Welcome CIVICUS, Activists/Labers, Claudine, and Interpreters!

Ginhawa

Becoming Activist-Healers

with your story-weaver: Naro
Ginhawa
Map of March
Voyage

Pakikipag-kapwa
Being with each other

Act 1
The Wounded Healer
Self-liberations
Rest & Protest
30 min

15 min break

Act 2
Care 101
Psychological First Aid
Community Resilience Model
40 min

Paghilom & Laya
5 min

20 min
Healer

Someone who can remind others of their hope, courage, and strength.
In what ways do I support the healing of others?
What strengths do I have that make me a healer?
What would make it difficult for me to heal others?
Where am I in the network of care?
Healer-in-Training

My Being
(Who I Am)

- Identity
- Personality
- Meanings & Beliefs
- Strengths
- Histories

My Capacity
(What I Can Do)

- Skills
- Ability
- Knowledge
Care Skills

How to Help Survivors of Trauma
How to Empower Others
How to Help Others Cope
How to Support Activists' Wellbeing
Care 101
6 basic skills for activists
Psychological First Aid Skills

**Look**
- Check for safety.
- Check for basic needs (food, shelter, access to services, etc.)
- Check for distress (burnout, compassion fatigue, vicarious trauma)

**Listen**
- Ask about needs and concerns.
- Listen empathically and help them feel calm.

**Link**
- Accessible services (social, legal, etc.)
- Reliable information
- Connect them to loved ones and social support (community, chosen family, etc.)
Community Resilience Model Skills

**Tracking**
- notice bodily sensations
- redirect focus towards body's neutral or pleasurable points

**Resourcing**
- Identify internal and external resources (from within or outside) which provides positive memories or emotions

**Grounding**
- direct contact of one's body to the floor or a solid, stable, & supportive surface
Ginhawa Project

Learn about your local healing practices (indigenous, cultural, decolonizing, critical, etc.)

How can you include them in your wellbeing and activism?

keriforactivists@gmail.com
**Map of Our Entire Voyage**

**Act 1**
- Pakikipag-kapwa
  - Being with each other
  - 20 min

**Act 2**
- Identity
  - The Story of "I"
  - 40 min

**Act 1**
- Paghilom & Laya
  - Body Scanning
  - Freedom Space
  - 15 min

**Act 2**
- Collective Care
  - Brainstorming Collective Care
  - 40 min

**Act 1**
- Loób
  - Mapping My Inner World
  - 40 min

**Act 2**
- Ginhawa
  - Holistic Wellbeing
  - 30 min

**Paghilom & Laya**
- Psychological First Aid
  - Community Resilience Model
  - 40 min

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**Paghilom & Laya**
- Body Scanning
  - Freedom Space
  - 15 min

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Freedom Laya

Any Questions?
Ginhawa

Daghang salamat!
@ CIVICUS,
Activists/Labers,
Interpreters &
Claudine

Feel free to get in touch any time.
We are here for you and for any
social justice defender:
keriforactivists@gmail.com
fb.com/kerimentalhealth

Amping amping (take care!)
THE MANY WAYS OF HEALING

SUPPORTING THE HEALING OF OTHERS

- Empowering and motivating others
- Letting them know they are not alone
- Validating their emotions and listening to their concerns
- Accepting people for who they are in all aspects

WE HAVE DIFFERENT WAYS OF HEALING AND DIFFERENT WAYS OF SUPPORTING THE WAY OTHERS HEAL. HAVING SOLIDARITY IS A FORM OF STRENGTH

CARE SKILLS FOR ACTIVISTS

- How to help survivors of trauma
- How to help others cope
- How to support the well-being of activists
- How to empower others

VISUAL SUMMARY BY CLAUDINE DELFIN
CARE 101
6 BASIC SKILLS FOR ACTIVISTS

PSYCHOLOGICAL FIRST AID

LOOK
CHECK FOR SAFETY, BASIC NEEDS, AND DISTRESS

LISTEN
ASK ABOUT NEEDS AND CONCERNS, LISTEN EMPATHICALLY AND HELP THEM FEEL CALM

LINK
ACCESSIBLE SERVICES, RELIABLE INFORMATION, CONNECT THEM TO LOVED ONES AND SOCIAL SUPPORT

COMMUNITY RESILIENCE MODEL

TRACKING
NOTICE BODILY SENSATIONS, REDIRECT FOCUS TOWARDS NEUTRAL OR PLEASURABLE POINTS IN THE BODY

RESOURCING
IDENTIFY INTERNAL AND EXTERNAL RESOURCES WHICH PROVIDES POSITIVE MEMORIES OR EMOTIONS

GROUNDING
DIRECT CONTACT OF ONE'S BODY TO THE FLOOR OR A SOLID, STABLE, SUPPORTIVE SURFACE

VISUAL SUMMARY BY CLAUDINE DELFIN