



2018-2019
Self Care
and Healing
Workshops

force
upsetting rape culture

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Design by Leyla Gokcek

Content by Baltimore artists, activists and healers.

HEALING IS HARD + INVISIBLE WORK

People who survive through traumatic experiences are tasked with the invisible, difficult work of healing. But they are not alone.

Launched in 2017, Thrive created a space for people impacted by sexual and domestic violence to grow, learn and heal as a community. This zine catalogues the phenomenal facilitators who led one year of workshops. This series was organized by Gather Together, FORCE's Baltimore based collective of survivors committed to fostering a network of people building a city where rape no longer exists.

THIS ZINE IS A
COMPILATION OF
TOOLS THAT CAN HELP
SURVIVORS THRIVE.

Take what serves you, and know that you are not alone.

Omar Issan Ellis

Real Love: The Right & The Wrong

Mirrors

White board

Dry Erase Markers.



Real Love is a workshop designed to help individuals recognize what it takes to maintain healthy interpersonal relationships. It is more important than ever to learn how to identify toxic relationships, set and enforce boundaries, and communicate wants and needs in relationships.





ONE THING
THAT I HAVE
PEOPLE DO
AS A WAY OF
PRACTICING
SELF LOVE IS
TO SAY "I LOVE
YOU"

IT GOES BACK TO THE IDEA THAT IF YOU CAN'T LOVE YOURSELF, IT WILL BE HARD OR EVEN IMPOSSIBLE FOR OTHERS TO BE ABLE TO SEE YOUR WORTH.

It goes back to the idea that if you can't love yourself, it will be hard or even impossible for others to be able to see your worth.

Thus the exercise builds confidence in the person to see their own self-worth. It is a great way to demonstrate areas where improvements in self-esteem and self-love can be beneficial.

To themselves in the mirror. It may seem like a simple exercise, but the point is to help the individual see the importance of self-love. The challenge is to say it with complete sincerity in their love of themselves.

Use white board and dry erase markers to reflect on what felt good and what felt difficult.

THE INDIVIDUAL SEE THE IMPORTANCE OF SELF-LOVE. THE CHALLENGE IS TO SAY IT WITH COMPLETE SINCERITY IN THEIR LOVE

“..THE INDIVIDUAL
SEES THE IMPORTANCE
OF SELF-LOVE..”

“..SAY IT WITH
COMPLETE SINCERITY
SHOWING THEIR LOVE
OF THEMSELVES..”

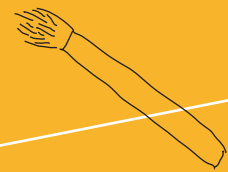
Jamie Grace Alexander

Creating Together: Collaboration & Communication

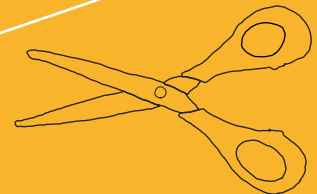
Artistic collaboration provides for a space in which people can negotiate boundaries with each other. Sometimes this space is very inaccessible. In art we can experience failure together, we can ask for help & layer a piece that is does not belong to either artist but instead may offer a chessboard or a record of the close encounter.

We'll be partnering up for this activity & using art to communicate & work out boundaries.

Paint



Paper



Scissors

Get together with another person, neither of you needs to self identify as an artist but both of you should understand you are entering this space as artists.

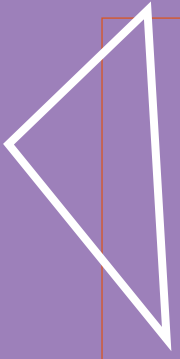
TRY TO UNCOVER
PROBLEMS YOU SEE
ARISE IN YOUR ART,
BE INNOVATIVE IN
YOUR SOLUTION



COLLABORATION CHECKLIST

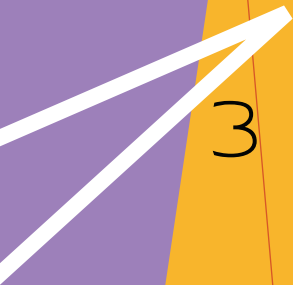
1

Recognize how your partner likes to create, then ask your partner for help.



2

Ask your partner a question about something they have created



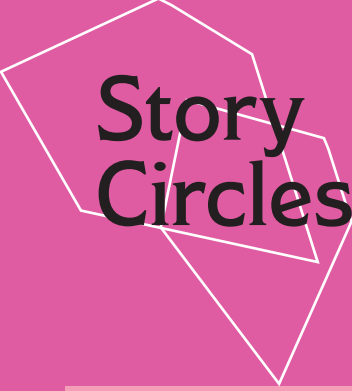
3

**Do not give up on the thing you are creating!
Remember to layer!**

Ashley Minner



Story Circles




Materials:

One large pad of paper

Marker

Tape or an easel

Water for folks to drink



In this Story Circles workshop, participants will share stories from their personal experience, which will lead to a greater sense of empathy, collective humanity and dignity. Participants will learn the history of the methodology as well as the method itself, for future use in their respective communities.



1. Ponder “active listening”

- Put away your phone and computer.
Turn off the tv.
- Go somewhere quiet.
- On your own, with a piece of paper and writing utensil, write down distinguishing characteristics of “active listening.” How can you tell when someone is giving their complete attention?

What does it
look like?

What does it
feel like?

When does it
happen?



2. Practice active listening

- Visit a loved one, especially an elder
- Give them your complete attention
- Engage them in conversation, making it a point to listen more than you speak



3. Listen actively

- Note times when you might like to change the subject or interrupt what's being said, especially by relating one of your own stories
- Keep listening



Ama Chandra

A Sacred Circle with Ama Chandra

Materials:

Palo Santo Wood sticks (\$1 each)

Crystals

3 packs of Lemon Balm Seeds

A circle is a line that is connected with no beginning or end. The circle as a symbol is universal and people have gathered in circles throughout recorded history.

Intentionally invoking the energy of the circle for collective healing and transformation is an ancient healing modality with great usefulness . If you are interested in learning more about circle symbolism and work contact **FORCE** for a link to recommended readings.

When setting up your altar place your cloth on a clean, flat surface such as a low table or shelf (the floor is fine though, let intuition lead). Place your items on the altar in a balanced, intentional way, thinking about each tool and what it represents while setting your altars layout.

Once you have a personal sacred space, it can become a place to sit and reflect whenever you need to. It can be used for meditation, journaling, drawing, and dreaming. It can be a place build a regular practice of mindfulness and spiritual connection.

CREATING AN ALTAR

This is a deeply personal and extremely varied practice but there are a few universal places to start to create an altar or centering space.

EARTH:
Crystal(s),
plants,
flowers

AIR/WIND:
Feather (any color),
Chime
Singing bowl

WATER:
Bowl or glass of water



FIRE: A Candle - Always take precautions when using a candle to ensure safety and never leave a burning candle unattended

SPIRIT: Incense, Essential Oil, A symbol of a person, place, or thing that aligns you with your highest concepts and values



Trae Harris

Memories in my Sway: Performance As Healing

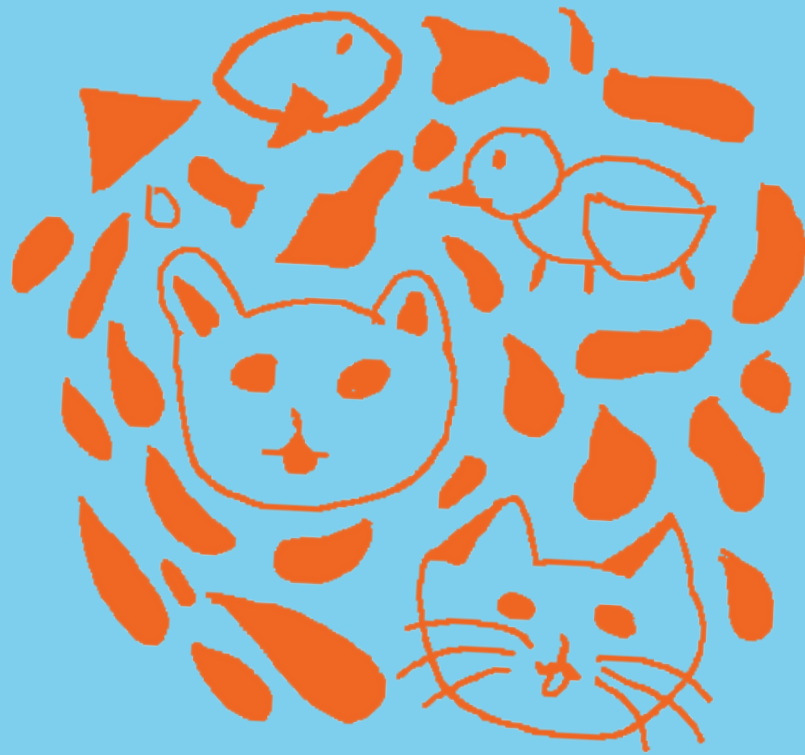
Poster Boards

Markers

Speakers

Memories in My Sway: Performance as Healing is a workshop dedicated to using the written word as a catalyst to inspire our bodies to perform healing movements based on our memories. We all experience trauma and we all have survived. We will use various poetic texts as blueprints to outline these experiences and then take these experiences off the page and translate them into physical movement.

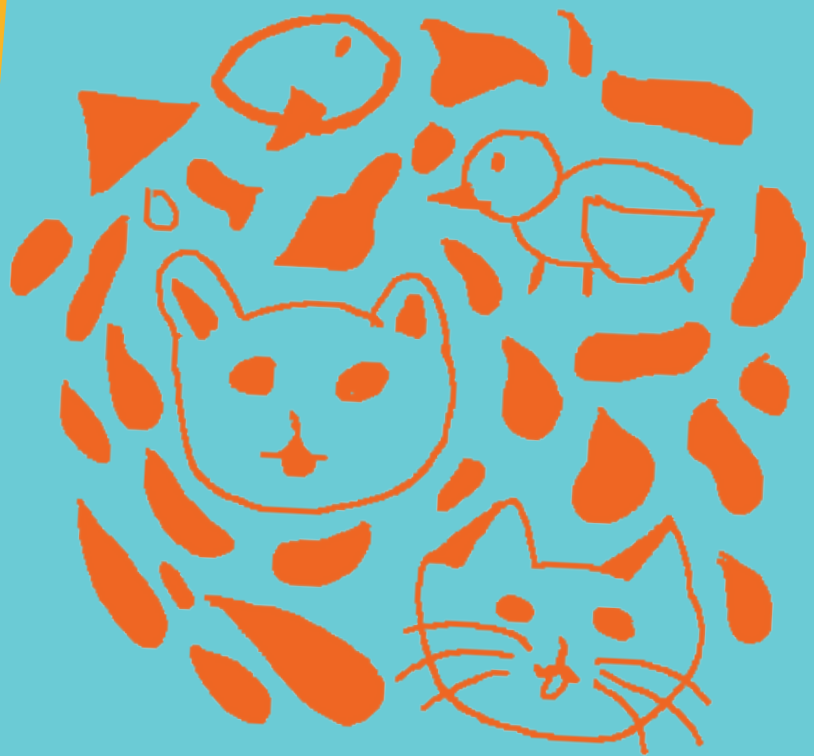
THESE MOVEMENT PHRASES ARE OUR TOOLS FOR HEALING AND SHARING OUR HEALING WITH OTHERS IN A SAFE SPACE WHERE WE CAN HONOR OUR PAST AS WELL AS OUR PRESENT.



1) One participant should choose one animal and draw it's name on a poster board. Each participant then chooses one of the animals that resonates with them most closely based on how they envision themselves, think of this is your "spirit animal".

2) The next step is to sit quietly for 5 mins of meditation in which they will then visualize themselves as the animal. While meditating think of how this animal would walk, glance, sit and express different states of being.

Once time is up, each participant will embody their spirit animal based on the way they saw themselves during the meditation and share it with the group. There is no right or wrong way to express your spirit animal, this is only a warm up.



3) The goal is to creatively use our bodies to express something that we have imagined based on a past experience or memory.

We remember how we perceive the animal in conjunction with the way we internalize our own identity. This is the beginning of turning our thoughts and memory into actions or movements.



Unique Robinson

Healing Within & Without: A Poetry Circle

Pens and Paper, Journals

Butcher paper/ Dry erase board /Chalkboard

Dry erase markers / Chalk

This workshop is a space meant to write and share without shame for survivors of sexual and domestic violence.

Participants will be given prompts related to healing one's self. Along with reclaiming one's power from what they have experienced. This workshop is not intended to be an end all be all to healing, but to provide participants with the intention and creativity to exist in their own truths.

Write a poem a day for a week, with each day dedicated to celebrating a different part of your body.

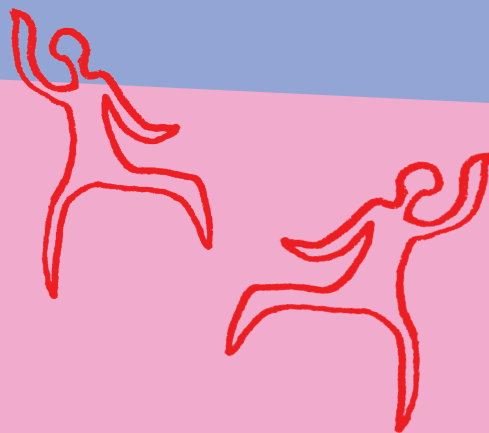
...CERTAIN PARTS
OF THE BODY ARE
MORE DIFFICULT
THAN OTHERS TO
CELEBRATE...

If certain parts of the body are more difficult than others to celebrate (for reasons related to trauma, dysphoria, etc), instead, write about why you feel you cannot celebrate this part.
After this exercise, give gratitude to your body as a whole, what it has survived in spite of the trauma and conflict.

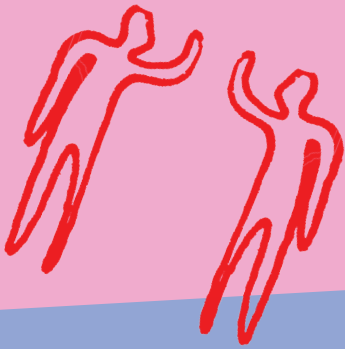
Brian Francoise

Participatory Theatre for Healing, Community and Dialogue

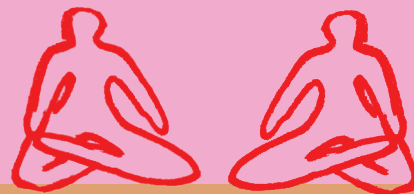
Participatory Theatre is designed to foster healing, trust building and a freer sense of self-expression through play. This type of theatre work is fun and galvanizing. It will give participants direct experience with practical and creative tools for holding spaces that are evocative, empowering and open up dialogue within our communities.



USING OUR BODIES AS FORM OF DIALOGUE



Theatre of the Oppressed (TO) techniques, these creative skills have long been utilized for therapeutic purposes along with personal and collective transformation. With a particular focus on Image Theatre, this workshop is designed for “non-actors.” Using our bodies as form of dialogue, an image can be worth a thousand words that very often reveals fresh insights into and encourages reflection on our personal journeys. Also, groups like Survivor’s Theatre Project have applied TO techniques for the purpose of committing to survivor leadership in the movement to end sexual violence within a healing justice framework.



AN IMAGE CAN BE WORTH A THOUSAND WORDS

SCULPTING

STEP I

BRAINSTORM single words that reflect issues, feelings or values the group is exploring.

STEP II

DEMONSTRATE how a “sculptor” can sculpt human “clay” by manipulating the clay into place OR by showing them the physical details the clay should mirror (including the face). Consent **MUST** be at the forefront of this activity. Sculpting is done silently without words, so participants should decide whether physical touch is an option and a non-verbal sign to approve touch (such as a thumbs up).

STEP III

Get **PARTNERS** facing each other so an outer circle acts as the sculptor and an inner circle is the clay. In response to a word from the brainstorm, the sculptors sculpt their “clay” to create an image “showing” the theme. The clay hold their positions.

STEP IV

The outer circle go on a **GALLERY WALK** around the inner circle of embodied images and look at the multiple interpretations of the word.

STEP V

SWITCH ROLES so that clay becomes sculptor and vice versa. Explore your list of themes with new partners.

STEP VI

DEBRIEF the experience about what was meaningful.
Were there any patterns in imagery?
How did it feel to hold certain poses?
To be sculpted?
To sculp others?

force

upsetting rape culture

Founded in 2010 by and for survivors, FORCE: Upsetting Rape Culture is an art and organizing collective that creates actions to disrupt rape culture. Nationally known for producing large-scale public art projects, FORCE believes that a more difficult and honest conversation needs to happen in America in order to face the realities of sexual violence, and create a world where sex is empowering and pleasurable rather than coercive and violent.

At FORCE, we believe that rape is a systemic and normalized phenomenon in our culture, and it is used as a tool for building and upholding white supremacy. Rather than viewing the culture of rape as a problem to change, people in a rape culture think about the persistence of rape as “just the way things are.”

Our organization’s mission is to foster relationships between survivors, provide support and education, and create spaces where survivors can experience the world we/they deserve. We honor art and expression as invaluable communication tools that make a better world—and value survivors’ stories in all their vast diversity as holding the answers. In fighting rape culture, we must honor the humanity/individuality of every person. Each person’s healing journey is vital to imagining a world without rape.

