



ISABEL & THE RUNAWAY TRAIN

PO Box 26771
Austin, TX 78755

Isabel Sexual Maltreatment Response Certification

Summary: If someone tells you they were sexually maltreated, do you know what to say? Learn how to help without rescuing in this interactive workshop that equips leaders to respond to and discuss sexual maltreatment. Facilitator and trainer Anna Westbrook will teach participants to transition out of a victim, persecutor or rescuer mindset by blending Stephen Karpman's Drama Triangle and Cannon's Trauma Response Theory with an analysis of her original work *Isabel & The Runaway Train* (the grassroots theatre project that took Austin by storm in July 2018). Why does it work? Trauma leads to drama. And consequently, intentionally leveraged drama can bring healing to survivors of traumatic events.

The Need That The Program Meets: Community leaders need to feel comfortable discussing topics of mental health, trauma, and sexual maltreatment. By so doing, they can be more prepared to lead their communities through today's changing cultural environment. While most programs provide training on the rates of sexual maltreatment and signs of sexual maltreatment, there is a need for communications trainings that can reduce fear, shame and guilt-based conversations. We meet that need.

Training Outcomes:

- Participants will be able to identify their starting gate responses in accordance with Karpman's Drama Triangle.
- Participants will show an increased understanding of how they can leverage Cannon's Trauma Theory to support their daily interactions.
- Participants will feel empowered to respond appropriately to a survivor of sexual maltreatment while maintaining their own emotional equilibrium (stepping outside the triangle).
- Participants will complete the *Isabel* response worksheets and receive a signed *Isabel* response certificate.

Training Timelines & Expectations:

- 90 minute program
- Ideal for groups of 15 - 25 [adaptable for smaller or larger groups]
- Projector with audio capabilities required
- Value: \$75/certification [discounts available for youth-leadership organizations]

Contact ANNA WESTBROOK at anna@annawestbrook.com for booking
isabelandtherunawaytrain.org