

SOURCE'S TRAUMA COUNSELLING PROGRAM

MOSAIC STAR EVENT

**I Can, You Can, We Can: Strengthen Students in
Response to Racism**

MAY 19TH, 2022

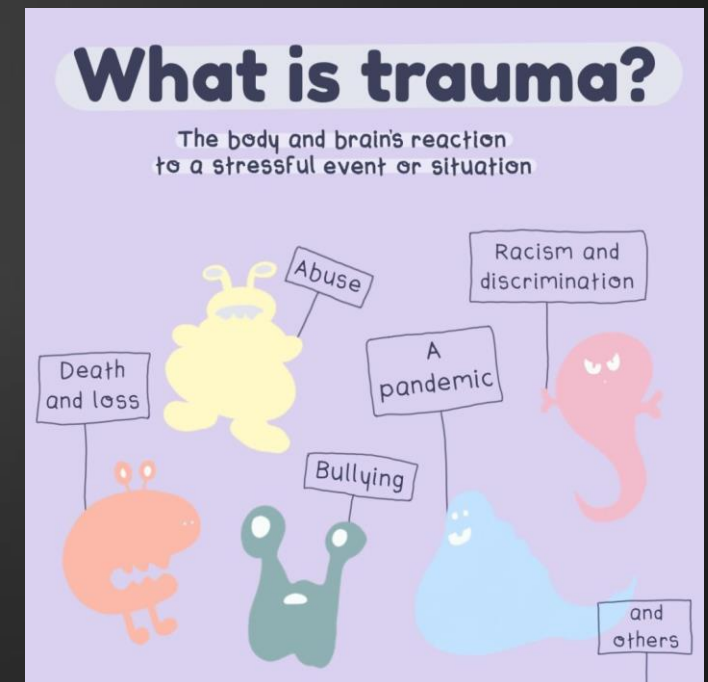
Naina Menon
MA, RCC
Trauma Counsellor
nmenon@sourcesbc.ca
604-541-4839

What is trauma?

DEF. The lasting emotional response of having gone through a distressing event. It overwhelms a person's capacity to cope. This can include a single event or multiple experiences that lead to an overload of the mind and body's abilities to process.

Some significant components of trauma are:

- The feeling of being unsafe
- Feeling your sense of self is threatened.
- Unable to regulate one's emotions.





A race-based trauma is when an individual has experienced an emotionally painful, sudden, and uncontrollable racist encounter.

Some of the consequences of having experienced this can look like this:

- Depression
- Anger
- Recurring thoughts of the event
- Low self-esteem, among others.

Types of Racisms:

- Interpersonal: the racism that is experienced between individuals.
- Systemic: racism prevalent within or across a society

Micro-aggressions

- Def. *Microaggressions are along a continuum from being very deliberate and conscious to being outside one's conscious behavior.*
- 3 types:
 - Microassault: Typical, deliberate, discriminatory behaviors.
 - Microinsult: Behaviors resulting in subtle discrimination against/insulting people based on race, sexual orientation, gender, and so on.
 - Microinvalidation: Attacks one's racial identity and self-esteem

Micro-Aggression Contd.

Areas of Microaggression:

- RACIAL
- SEXUAL ORIENTATION
- DISABILITY
- GENDER
- ENVIRONMENTAL: Hostile and invalidating climate.

○ Example:

"Someone commenting on how well an Asian American speaks English, which presumes the Asian American was not born here, is one example of a microaggression."

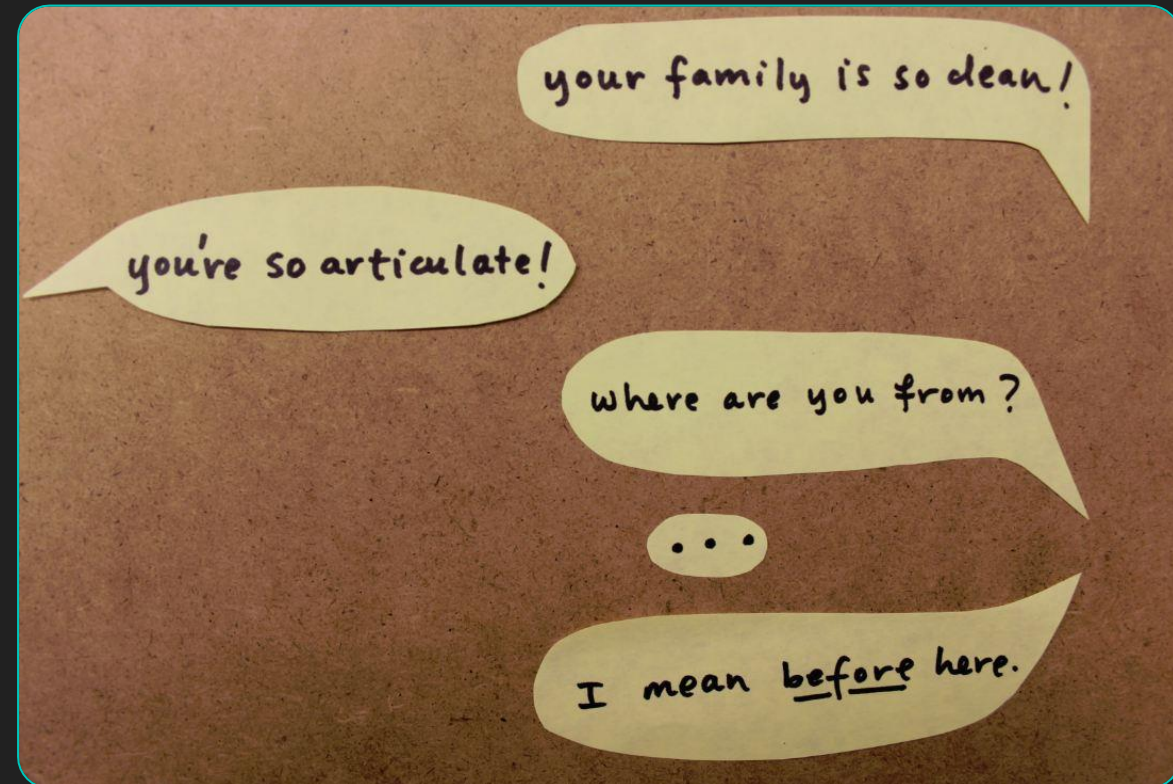
Video:

<https://www.youtube.com/watch?v=hDd3bzA7450>

EXTRA:

<https://youtu.be/ZahtlxW2CIQ>

<https://www.youtube.com/watch?v=QFSkLZzx0w>



How can counseling help?

AWARENESS

SUPPORT AND VALIDATION

CREATING A SAFE ENVIRONMENT TO
EXPRESS YOURSELF

A SAFE SPACE TO CHALLENGE
CERTAIN SOCIAL NORMS

TOOLS TO HELP ADVOCATE FOR SELF
AND OTHERS

Trauma Counselling Services- Stopping the Violence Program

Those identifying as women with childhood trauma

Those identifying as women who have experienced interpersonal violence

Serve women with dual diagnoses however our specialty is in trauma and recovery

Serve women aged 19+ with some exceptions

Provide rapid access to trauma informed physicians (Thanks to the Division of Family Practice)

The closest forensic examination facility is at Surrey Memorial

Resource and Referrals (Transition houses, Income supports, Work programs etc.)

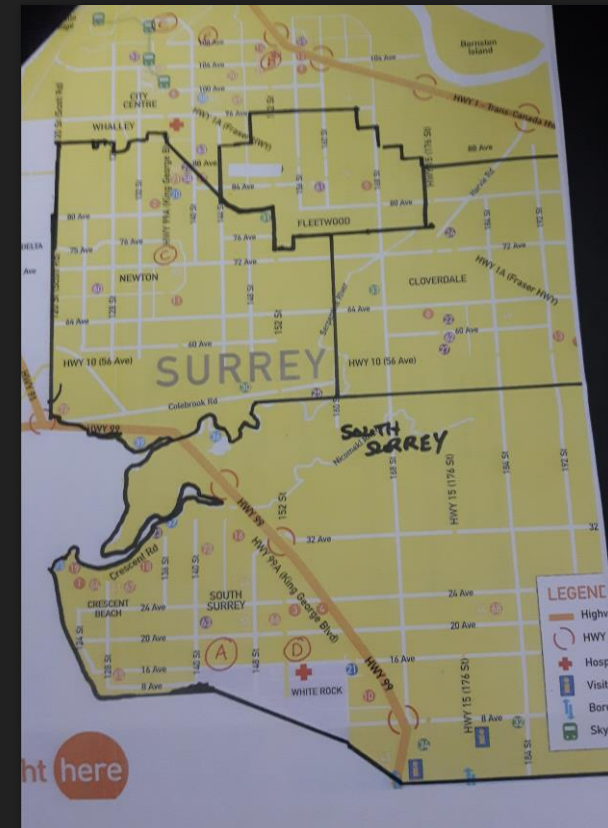
Outreach and Preventative Education

TWO PROGRAMS

Fee for Service



Trauma Counselling Program



Referral Process



Crime Victims Assistance Program

The Crime Victim Assistance Program (CVAP) provides benefits to **Victims of violent crime** in accordance with the *Crime Victim Assistance Act* and its regulations.

The program may also provide benefits to **Immediate Family Members** of an injured or deceased victim of crime, as well as **Witnesses** to the crime with a close personal relationship to the victim.

- ❑ Serve men, women and adolescents that have been the victim of crime
- ❑ Applied for and received counseling benefits through CVAP
- ❑ Key eligibility criteria:
 - ❑ The crime must have taken place in BC
 - ❑ The crime must have been reported within a year unless it was a sexual assault.



Health services

Home » Health services » Health care providers » Counsellors

Health services

Enhanced Care changes

✓ Invoicing and reporting

Treatment plan

Disability advocacy organizations


^ Health care providers

Acupuncturists

Chiropractors

Counsellors

Do you provide counselling treatments to ICBC customers injured in a car crash? Here are a few things you should know.

 As of May 1, 2021, new processes are in effect. To learn more, visit [ICBC changes to insurance](#).

In order for ICBC to consider treatment funding, you must meet the definition of a "counsellor". According to the [Insurance \(Vehicle\) Regulation](#), "counsellor" means a person:

- (a) who is a member in good standing of an association whose members provide the health care services of clinical or counselling psychology,
- (b) who holds a master's degree or doctorate in psychology, psychiatry, social work, or clinical or counselling psychology, and
- (c) whose health care services of clinical or counselling psychology are overseen by a person who is a member of a health profession as defined in the [Health Professions Act](#) or a similar law of another jurisdiction.

EAP SERVICES

Serve men, women, and adolescents that have experienced interpersonal violence.

Applied for and received counseling benefits through their Employee Assistance Program.

Other Supports and Services

Peer Support while waiting for counselling, safe spaces to attend counselling, childcare program (new)

Resources and Referral

Suds, Duds and Scrubs – Clothing, Laundry and Shower facilities (currently closed due to COVID)

We offer supervision and external consultation

A variety of constantly changing group counselling options (Healing Arts, DBT, Anger, Boundaries and Communication)

We offer Trauma Informed Training (fee for service)

We offer preventative outreach services to change the systemic nature of violence

A close-up photograph of a hand using a computer mouse on a wooden desk. In the foreground, a large, three-dimensional '@' symbol made of cardboard is prominently displayed. The background is softly blurred, showing a white mug and other office items.

CALL, EMAIL, OR CHECK THE WEBSITE

- ▶ Trauma Counselling
- ▶ 15318-20th Avenue
- ▶ Surrey, BC
- ▶ E: Dgoudriaan@sourcesbc.ca
- ▶ T: 604.541.4827
- ▶ <https://www.sourcesbc.ca/our-services/trauma-counselling-program/>