

A.C.T.

A TRAUMA-INFORMED SELF-PROTECTION COURSE



A.C.T.: Assess ○ Choose ○ Take Control

This self-protection program was developed by Licensed Trauma Therapists from Resolve of Greater Rochester and Brazilian Jujitsu Trainers from On the Right. It was specifically designed to meet the needs of victims and survivors of Intimate Partner Violence or Domestic Violence, but is also relevant for other trauma survivors, particularly survivors of complex trauma.

Background

Traditional self-defense courses “miss the mark” for victims and survivors of trauma in many ways. The concept of “becoming the aggressor” and “fighting back” doesn’t make sense in the context of an intimate partner relationship or for many individuals who have experienced trauma.

The workshop is meant to be an entry-level, basic training that will teach skills participants to:

- Increase awareness of a possibly escalating situation
- Develop self-regulation strategies when triggered so that they can make helpful and effective decisions in the midst of rising tension
- Learn physical techniques that use leverage, not strength, to safely disengage from a potentially dangerous situation

The workshop is taught collaboratively by trauma-trained therapists and Brazilian Jujitsu trainers, allowing for customization to the needs of the participants, participant choice in engagement and exposure, and therapeutic support throughout the process.

The workshop pilot was held in spring 2018. Three additional rounds have been offered and it has been adopted for use with helping professionals and female college athletes.

Participant Criteria

ACT is open to individuals aged 16 years and up who have experienced intimate partner violence, dating violence, sexual assault or other forms of interpersonal trauma. Class size will be limited to 12-18 participants. Advance registration is required.

Note: This program is not meant to replace trauma treatment, and participants will not be considered clients of the therapists involved.

Appropriate participants will be currently involved in or have completed trauma treatment and will be physically able to participate in movements such as getting up and down from the floor, rolling, jumping, etc.

Individuals that are experiencing active psychotic symptoms, are known to be substance abusing, are emotionally dysregulated, or cannot meet the physical demands of the workshop are not appropriate.

Availability & Registration Info

Class size will vary between 12-18 participants. Each workshop will have at least 1 trauma-trained therapist on-site for the duration of the workshop and 2-3 Brazilian Jujitsu Trainers (ratio of 1:6).

The program is designed with self-determination in mind, and participants are able to choose and modify the level to which they would like to engage and participate.

A.C.T. will be offered **free of charge** several times between October 2019 and May 2020 through a special Centennial Grant from Zonta International, an international service organization with the mission of advancing the status of women.

Workshops may be offered in 1-day/8-hour format or in 90-minute sessions offered over the course of 5-consecutive weeks. Workshops will be offered in the evening or on weekends and will be scheduled in a variety of locations.

Child care and transportation are not available.

Workshop dates and a link to online registration can be found on the RESOLVE of Greater Rochester website, www.resolve-roc.org.

Note: If a minor is enrolled, a parent or guardian must provide signed consent at the workshop.

Advance registration is required and is available on a first come, first served basis. Please direct interested participants to www.resolve-roc.org. No referral is needed.



For general inquiries, contact RESOLVE 585-425-1580 or info@resolve-roc.org.

To discuss the appropriateness of a potential participant, contact a RESOLVE therapist.

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