



BEYOND THE WOUND

2023 SUMMIT GUIDE



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ABOUT US

Beyond the Wound helps survivors of religious trauma find freedom and connection. Our annual virtual summit addresses religious trauma in an embodied way, focusing on healing the integrated self: body, mind, heart (soul/spirit/emotion/psyche).

Our speakers are leaders in their fields and come to you as guides, not gurus, to help you feel empowered to chart your own path with confidence, freedom and joy.

Our goal is to help you move beyond the wound; to heal.



INFORMED CONSENT

We are all gathering with our collective experience of wounding caused through religious institutions.

This gets to be an opportunity of immense healing, connection, and validation. Together, we will strive to co-create an environment where healing can occur and where we cultivate safety and respect for ourselves and others.

This requires informed consent:

- Consent is a process not an event
- Confidentiality is a right



- Each individual must have sufficient information and understanding before making decisions about their care



HOW TO CO-CREATE SAFETY TOGETHER



Together, as we co-create an environment where healing can occur we also need to cultivate safety and respect for ourselves and others.

As we broach these topics that hold the potential for internal activation, it is important that we can hold space for what emerges with non-judgemental, curious presence.

What shows up is allowed to show up and is good, however, if any moment it feels too overwhelming, please give yourself permission to momentarily disengage. Disengaging is you practicing **informed consent** with your own body; that is a beautiful thing and it is part of what allows us to continue to co-create safety together.

TO DO THIS WE MUST REMEMBER:



- That other attendees show up in different stages of trauma recovery and with different lived experiences.
- You will hear and experience different perspectives and input throughout the summit. Agreement isn't the goal, but respectful dialogue and excellent resourcing is!
- You do not have to agree with everything you see, hear, or experience at the summit, but can still be respectful and considerate.
- Listen with an open mind, notice what comes up for you, and be willing to challenge assumptions. Decide for yourself what "fits" for you and what you need to discard.



- All contributors acknowledge the goodness of our "core state", however, that does not mean they all reach the same conclusions about how to live.
- Expect to be triggered at some point. We are coming from systems where agreement was expected, so it makes sense that disagreeing will feel uncomfortable.



INFORMATION ABOUT THE SUNDAY LIVE SESSIONS

Sunday live sessions carry a greater risk for triggers because they are, well, LIVE. Thank you for understanding as we seek to make this a safe and equitable event, while navigating the challenges of a live session. Keep in mind the necessary ingredients to co-create a safe space and informed consent.

Purpose

to give you a live connection with a group of leaders and professionals in the field, as well as an opportunity for a real-time connection with others at a round table.

Risks

With live events, there is always a greater risk for mishaps. We do our best to moderate, but appreciate your grace and understanding so that we can provide these.

Guidelines

If any of the live sessions or pre-recorded sessions, are activating, take a break! Listen to your body's cues and heed them! "Pushing through", is not the goal!





SUNDAY LIVE SESSION: REGARDING BREAKOUT TABLES



- There will be a handful of trauma informed table hosts available during the Q&A and a handful after the Q&A.
- Tables are meant to serve as a place to interact with other attendees around the content we are consuming.
- Breakout tables are not meant to serve as counseling sessions.
- If you are in crisis, please contact the crisis line, or your local support team.

What shows up is allowed to show up and is good, however, if at any moment it feels too overwhelming, please give yourself permission to momentarily disengage. This allows us to continue to co-create safety together.



PRE-RECORDED SESSION & LIVE SESSION PREPARATION

Before starting a pre-recorded session or live session, take a moment to consider what topics might be harder to approach so that you can 'get out ahead of it'.

Once those topics are brought up, be intentional about staying present with how you're being impacted by it.

- *What is happening in your body?*
- *What are your current emotions?*
- *What is the story your thoughts are telling you?*

Be prepared

Throughout the summit, be personally aware around your current state; emotions, thoughts and sensations - your nervous system.

Implement the following tips to support yourself when activated.



WHAT TO DO WHEN TRIGGERED

- 01** When you are noticing intense sensations/emotions/thoughts rising; slow down. Invite curious awareness. Avoid judgment of self or others (speakers etc).
- 02** What are you noticing? Label the physical sensations, put names to the emotions, try to get out of the thoughts in your head.
- 03** Breathe deep into the belly and slowly exhale twice as long as you inhaled. Repeat three times or more.
- 04** Validate what you're experiencing. Honour that your body is telling you something about your trauma. Invite curiosity to what it might be saying without judgment.

CONTINUED...



05 Grounding: draw your attention from the screen and back into your own space.

- If needed close the computer or turn off the volume.
- Begin to slowly and deliberately describe your surroundings - label things you see, hear, feel, smell, taste.
- Try to embody the experience. Literally let your body act it out.

06 Keep a notebook handy and write out your feelings during or after each session noting what came up.

07 Get up and move your body. Notice where the sensations are showing up in your body and intentionally bring presence and movement to that spot: **shaking, dancing, jumping.**

08 Get some fresh air and put your feet on the ground. Connect with presence.



NEXT STEPS & GETTING HELP

As you journey through the summit take the next steps to further your healing.

- This could be offering yourself compassionate witnessing to the emotions your feeling.
- It could be responding to a trigger with deep breathing, going outside for some fresh air, offering your body movement.
- It could be reaching out for more professional help and support. We have provided some resources to help you find a therapist that can meet your needs.





THERAPY RESOURCES



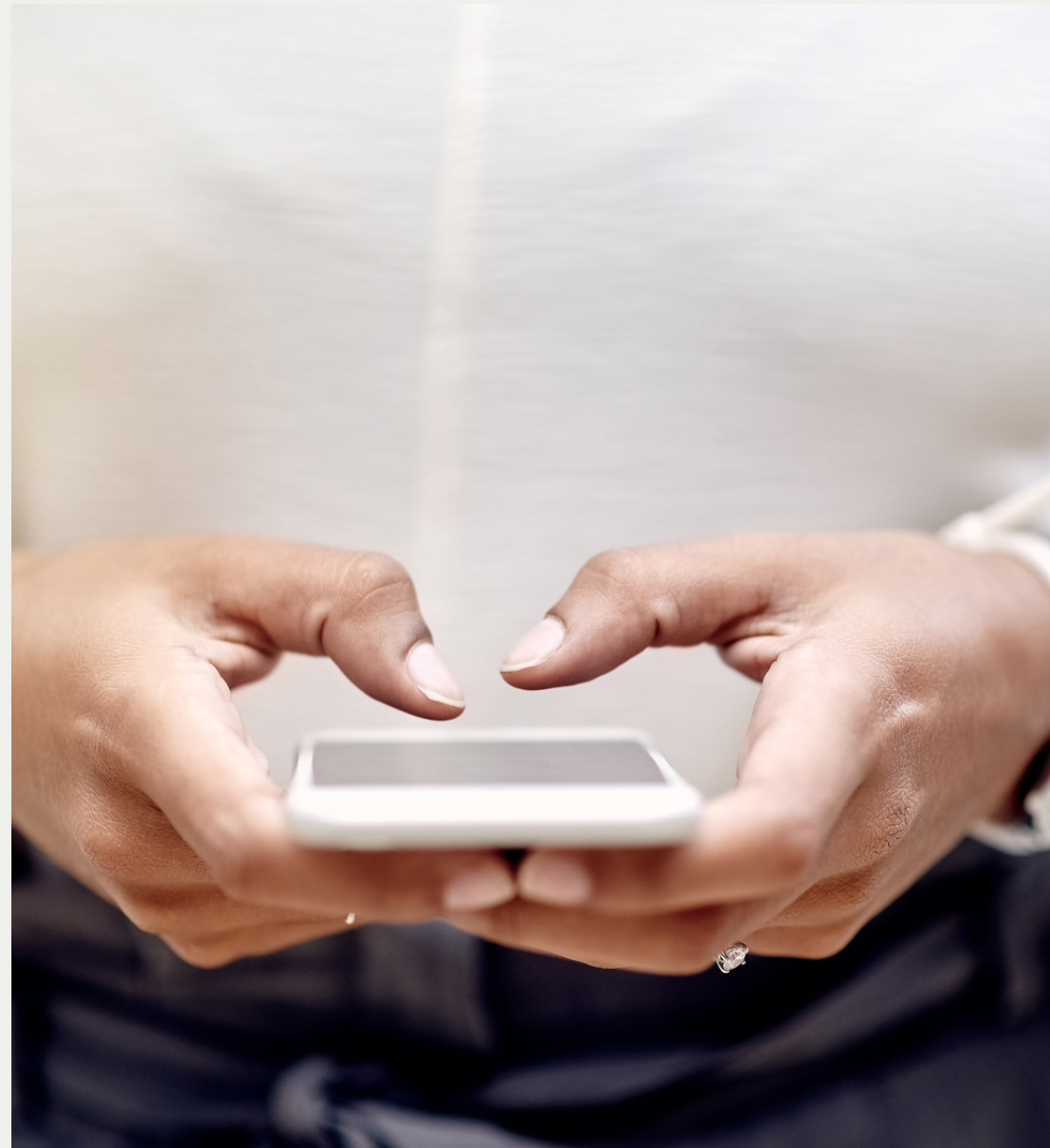
- 01 Tips for regulating your nervous system.

Our amazing speakers have provided their own methods for regulating their nervous system which you can find in this document.

- 02 What to ask when looking for a therapist?

Our website has resource links to virtual therapists, but this resource can serve as a guide when vetting local therapists you might find through Google or other connections.





CONTACT US

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