

Jordan Auzenne University of Texas at Austin - Persuasive (D...

Fri, 3/13 1:45PM 10:08

SUMMARY KEYWORDS

survivors, recovery, therapy, explains, provide, stories, handbook, movement, feel, assault, sex, journal, issa rae, emily, community, understand, healing process, healing, trauma, vital

SPEAKERS

Jordan Auzenne

J Jordan Auzenne 00:02

When she was in high school, Lindsay was assaulted. Then, as it does, life moved on, she would go to college, meet her future husband, land her dream job, raise little baby Lindsays. Life was good to her. But, she explains to SELF Magazine on August 4, 2018, that 34 years old, she still has trouble feeling normal sometimes. Because the truth about assault is that there is no baseline for normal. In fact, the American Psychological Association revealed in May of 2018, that of the one in five women and one in 16 men who are survivors, over 70% struggle with feeling like themselves again.

J Jordan Auzenne 00:53

Being a survivor is difficult right now. Between hearings and government speculations in Hollywood and revelations in our own community. We live in a time where turning on the television means reliving trauma. Because one unanticipated consequence of the Me Too movement is this. If you are a survivor, you will be reminded every day. And Tarana Burke, creator of the influential Me Too movement explained to The Cut on October 23 of 2018. That in the fight to remove abusers, the movement has been distracted from survivors and their healing process. It's not enough to simply believe survivors anymore. Now more than ever, survivors need specific mechanisms of healing.

J Jordan Auzenne 01:45

So let's understand how to help survivors and their healing process. We'll understand the three hurdles survivors encounter while healing in therapy, intimacy and storytelling. Each followed directly by gender inclusive and accessible solutions. Every solution mentioned in this speech will be provided in the Post-Assault Survivors Handbook, along with coloring pages, poetry and playlists. Survivors and allies alike, feel free to take one and bring it to your team. You never know when someone might need it. Burke articulated, "What happened on October of 2017 felt like millions of people raising their hands to say me too."

J

Jordan Auzenne 02:28

But a year later, it feels like so many of those people still walk around with their hands up. In undergrad, Emily rarely thought about her trauma. However, years later, she explains to MCR on September 28 2018, that at the University of Washington School of Medicine, she pioneers the research on survivors and their therapeutic representation. Let's understand how therapy can often fall short for survivors, followed by what we can do to ensure their recovery process. Forbes found back in 2007 that recovery therapy was among one of the most inaccessible forms of treatment, because insurance rarely covers it and providers are far and few between. And in the 2018 Journal of Sex and Marital Therapy. Roslin McCarthy lament over a decade later, not much has changed. Further they continue, therapy can be a cold place for survivors. Detailing your trauma one on one can be painful and difficult, leaving several survivors with no option but to leave therapy and missing out on the vital treatment for the PTSD, depression and anxiety that also come with assault.

J

Jordan Auzenne 03:47

Survivors can't put their need for healing on the back burner until medicine catches up. Which is why Emily articulated in the 2017 Journal of Applied Sciences and Research, it's imperative to facilitate conversations between survivors, creating support groups among survivors. In the handbook, I provided a checklist on how to create your own survivor support network, including discussion questions for survivors, and even access to the Me Too movement survivor network database. Additionally, apps like Doctor on Demand can provide survivors with the vital mental health they need when going to therapy isn't an option or feels too difficult. Emily continued, "My research has brought me to so many survivors I would have never met otherwise."

J

Jordan Auzenne 04:37

As a future doctor, the conversations we have with each other, give me hope.

J

Jordan Auzenne 04:45

Renee Denyer is a firebrand in the UK recovery community. She explains on her podcast Good Sex, Bad Sex, that the work that she's done to help sexual recovery for survivors goes all across the UK including an award winning all inclusive orgasm class.

J

Jordan Auzenne 05:04

Let's understand how the sexual part of assault recovery often falls flat, followed by what we can do to help survivors reclaim their sexuality. Ironically, sex is one of the first places survivors often go to feel like themselves again. The aforementioned SELF Magazine explains that survivors often disconnect their body with their mind when reentering these relationships. And even if they've been in relationships this disconnect can go unnoticed for years. But because therapy often focuses on the emotional, not physical effects of survival, survivors are left to unpack this dissociation on their own or with partners that aren't equipped to help. We need to allow survivors to help them reconnect their mind with their body. In a personal interview on January 11, 2018, design artists Nike Hildur detailed how sex toys can operate as tools for recovery. From mirrors that isolate parts of the body, to brushes that can help the survivor to feel

comfortable being touched again, and even sensors, which can indicate vital changes in breathing or heart rate. These tools can make a world of difference when it comes to survivors re-entering sexual relationships. In the handbook, I've included a checklist on what to look for in these tools, sex education opportunities, and even access to apps for dating apps made specifically for survivors. The aforementioned SELF Magazine continues, having good sex after assault isn't just recovery. Its liberation.

J Jordan Auzenne 06:43

Actress, Natalie Portman was 36 when she disclosed at the 2018 LA Women's March that the harassment she endured at just 13 pushed her to turn away roles she loved because they had kissing scenes and extenuate a conservative character. But after winning the Oscar in 2010, she feels that she finally has the platform to provide other women in Hollywood with their ability to tell their stories. Let's understand how storytelling can be painful for survivors, followed by what we can do to ensure that it's cathartic. Despite movements like Time's Up happening in Hollywood, writers rooms are still overwhelmingly male. So it should come as no surprise that The Blacklist finds on November 27 2018 70% of the sexual violence in scripts is written by men, the very men being ousted in movements like Time's Up. Further, Dr. Laura McGuire explains to Cosmopolitan in November of 2015, rhetoric is pivotal in recovery. It can be powerful and cathartic. Or it can re-traumatize we need to provide survivors with accurate representations of their story. And that starts with the content we consume. Producers like Jada Pinkett Smith, Shonda Rhimes, and Issa Rae, all survivors, provide us with excellent examples of what this content can look like.

J Jordan Auzenne 08:12

Pinkett Smith's Red Table Talk is a talk show that focuses on the multi generational and intersectional forms of healing. And characters like Abby in Rhimes' A Scandal and Issa Rae's insecure provide the next generation of survivors with beautiful representations of their experience and their stories. In the Handbook, I provided my watch list for media that represents survivors accurately and beautifully. And if you don't have a Hulu account, you can borrow mine. Just find me after the round. Telling our stories is a vital part of recovery. We need to ensure that those stories are protected, never exploited. For me, being a survivor means taking our stories and putting them on the silver screen. with survivors in front and behind the camera. My mother is a survivor.

J Jordan Auzenne 09:07

For her that meant bringing her daughters to a place where they could safely get an education. Several of the coaches on my coaching staff are survivors. For them that means providing their students with the access to education and understanding about their healing process. So many of the people in this community are survivors.

J Jordan Auzenne 09:26

So I'm carrying around the collective survivors journal. Feel free to tell your story about survival, and we will share it with the community at the end of the year. Today, we understand the three hurdles that survivors encounter when trying to heal in therapy, intimacy and storytelling, followed by what we can do to take the steps to heal. Because if this community has taught me anything. It's that we make waves across the world, when we decide not just to raise our hands but to hold each other's.

