

**“Resiliency 101:  
From Victim to  
Survivor”**

**Julie Brand, M.S.**

**Who are the  
“victims” and  
where are they now?**

# Sample Populations:

Who do we survey?

Inmates in maximum security prisons

Prostitutes

Women and men in treatment for chemical dependency

# Sample Populations:

What if we survey?

PTA presidents, dentists, mayors, CEO's of major companies, nurses, librarians, teachers, police officers, chemical engineers, social workers, judges, professors, school counselors

**What percentage of  
“average,” functional,  
emotionally healthy,  
productive adults were  
abused in childhood?**

*20%?*

*45%?*

*50%?*



# The Adverse Childhood Experiences (ACE) Study

**Dr. Robert (Rob) Anda** with the  
Epidemic Intelligence Service at the  
Centers for Disease Control and  
Prevention in Atlanta

and

**Dr. Vincent Felitti** at Kaiser  
Permanente in San Diego

1990's research collaborators

# The ACE Study

Kaiser Permanente, San Diego, CA  
1995 - 1997.

17,000 participants:

- standardized physical examination
- 10-item childhood questionnaire

On-going research studies

Still tracking the baseline participants.



**The ACE study  
links childhood trauma  
to long-term negative  
health, social, and economic  
consequences.**

# ACE Score Prevalence for CDC-Kaiser ACE Study Participants by Sex, Waves 1 and 2.

Number of Adverse Childhood Experiences (ACE Score)	Women Percent (N = 9,367)	Men Percent (N = 7,970)	Total Percent (N = 17,337)
<b>0</b>	<b>34.5%</b>	<b>38.0%</b>	36.1%
1	24.5%	27.9%	26.0%
2	15.5%	16.4%	15.9%
3	10.3%	8.5%	9.5%
<b>4 or more</b>	<b>15.2%</b>	<b>9.2%</b>	12.5%

# Prevalence of ACEs by Category for CDC-Kaiser ACE Study Participants by Sex, Waves 1 and 2.

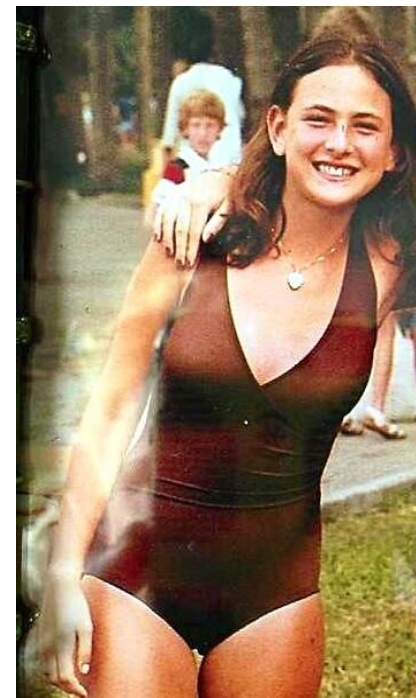
ACE Category	Women Percent (N = 9,367)	Men Percent (N = 7,970)	Total Percent (N = 17,337)
<b>ABUSE</b>			
Emotional Abuse	13.1%	7.6%	10.6%
Physical Abuse	27%	29.9%	28.3%
Sexual Abuse	24.7%	16%	20.7%
<b>HOUSEHOLD CHALLENGES</b>			
Mother Treated Violently	13.7%	11.5%	12.7%
Household Substance Abuse	29.5%	23.8%	26.9%
Household Mental Illness	23.3%	14.8%	19.4%
Parental Separation or Divorce	24.5%	21.8%	23.3%
Incarcerated Household Member	5.2%	4.1%	4.7%
<b>NEGLECT</b>			
Emotional Neglect <sup>3</sup>	16.7%	12.4%	14.8%
Physical Neglect <sup>3</sup>	9.2%	10.7%	9.9%

Some victims self destruct.

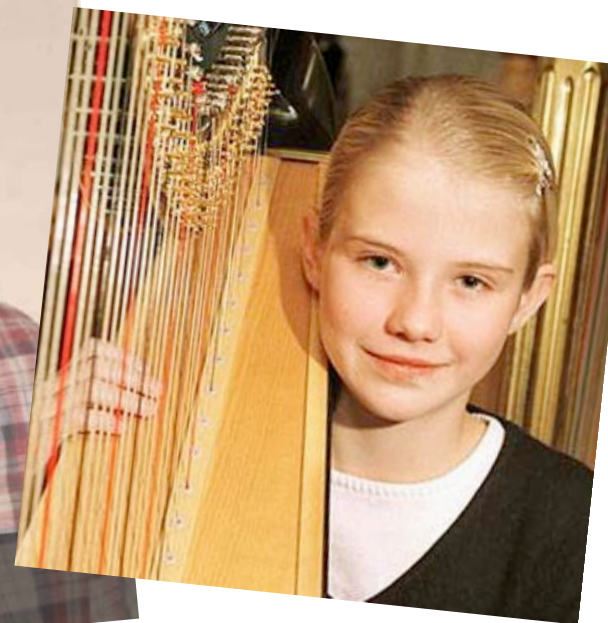
Others become emotionally healthy, stable, happy adults.

***How?***

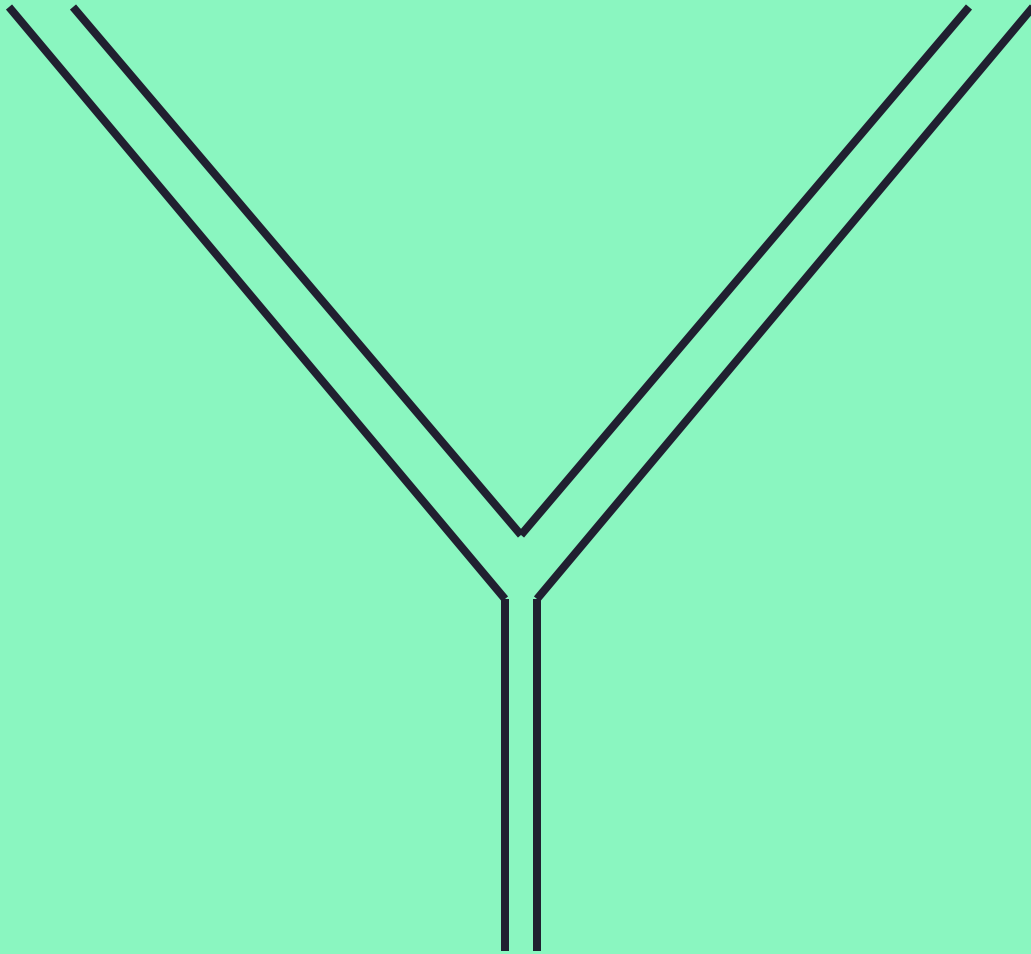
Can we influence which path they will take?



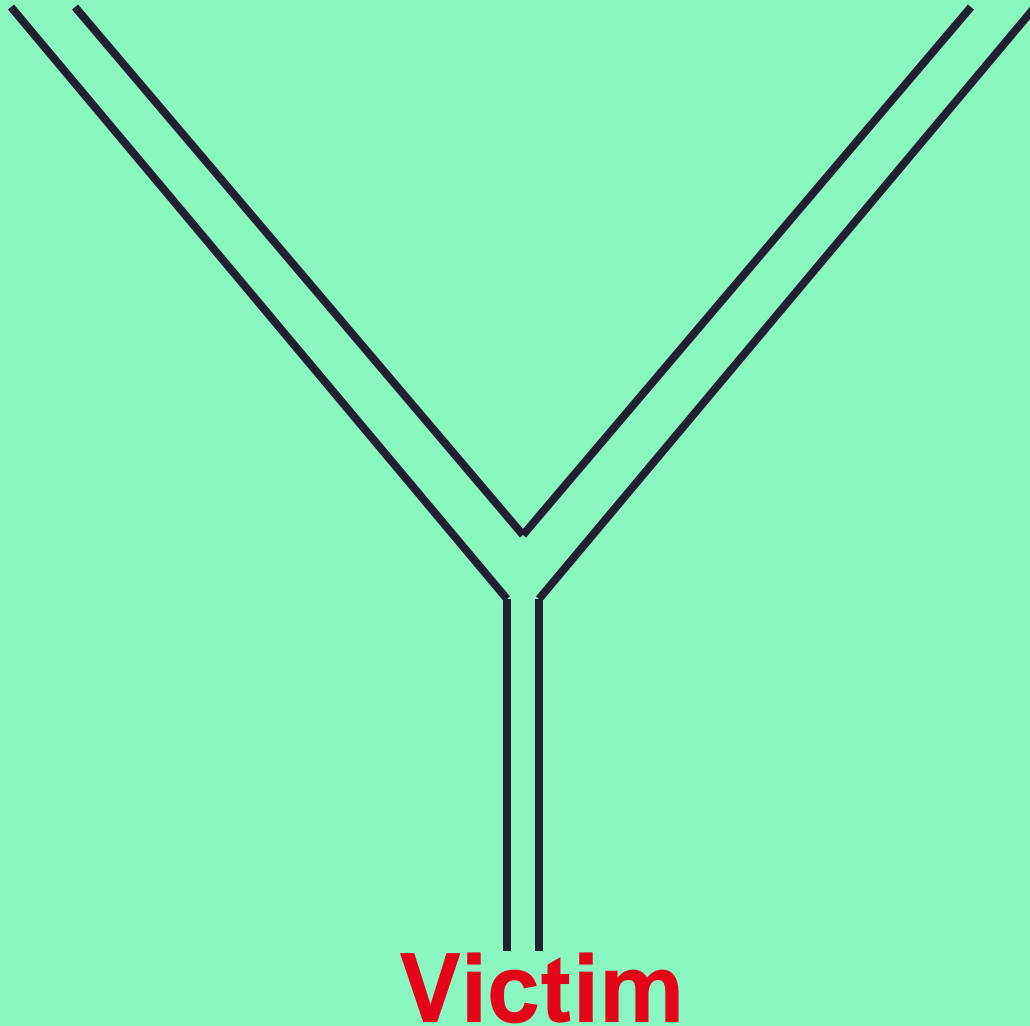
Dave Kindergarten



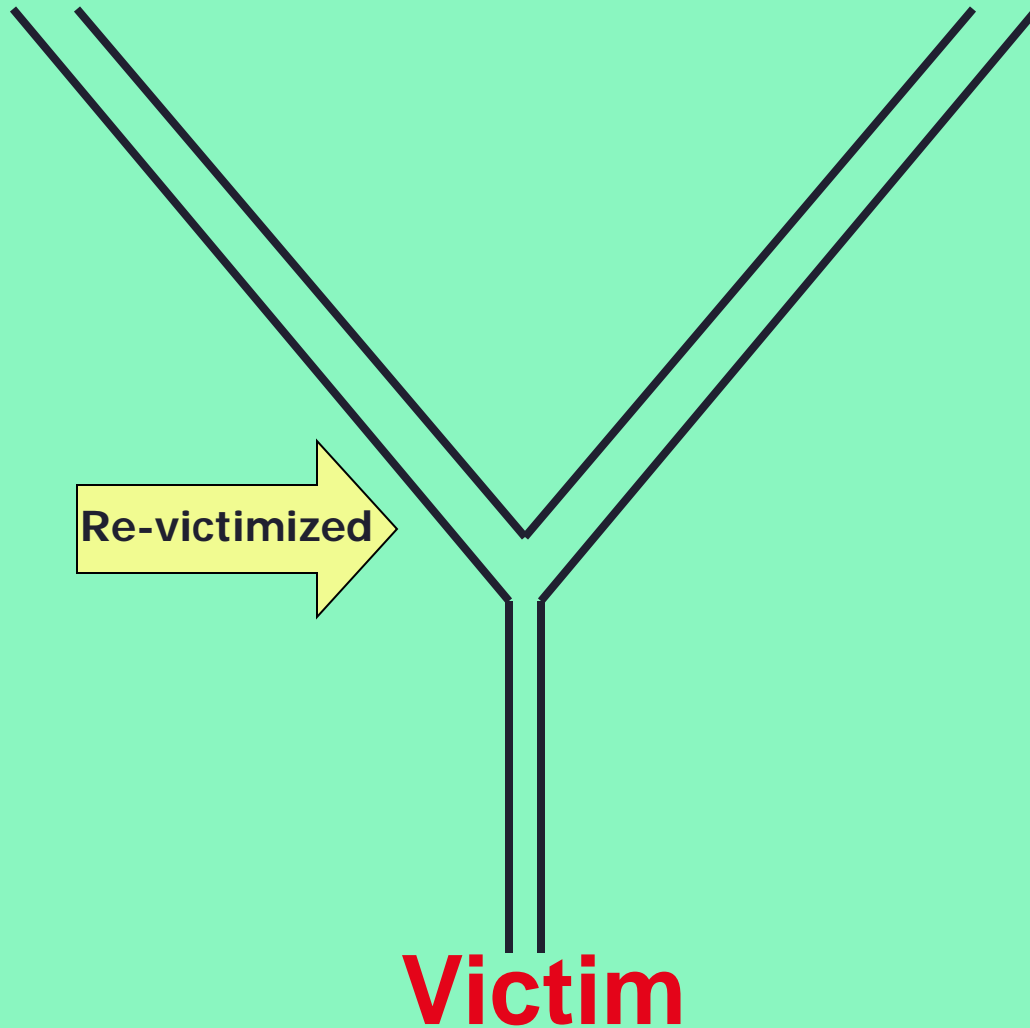
# Life Paths



# Life Paths

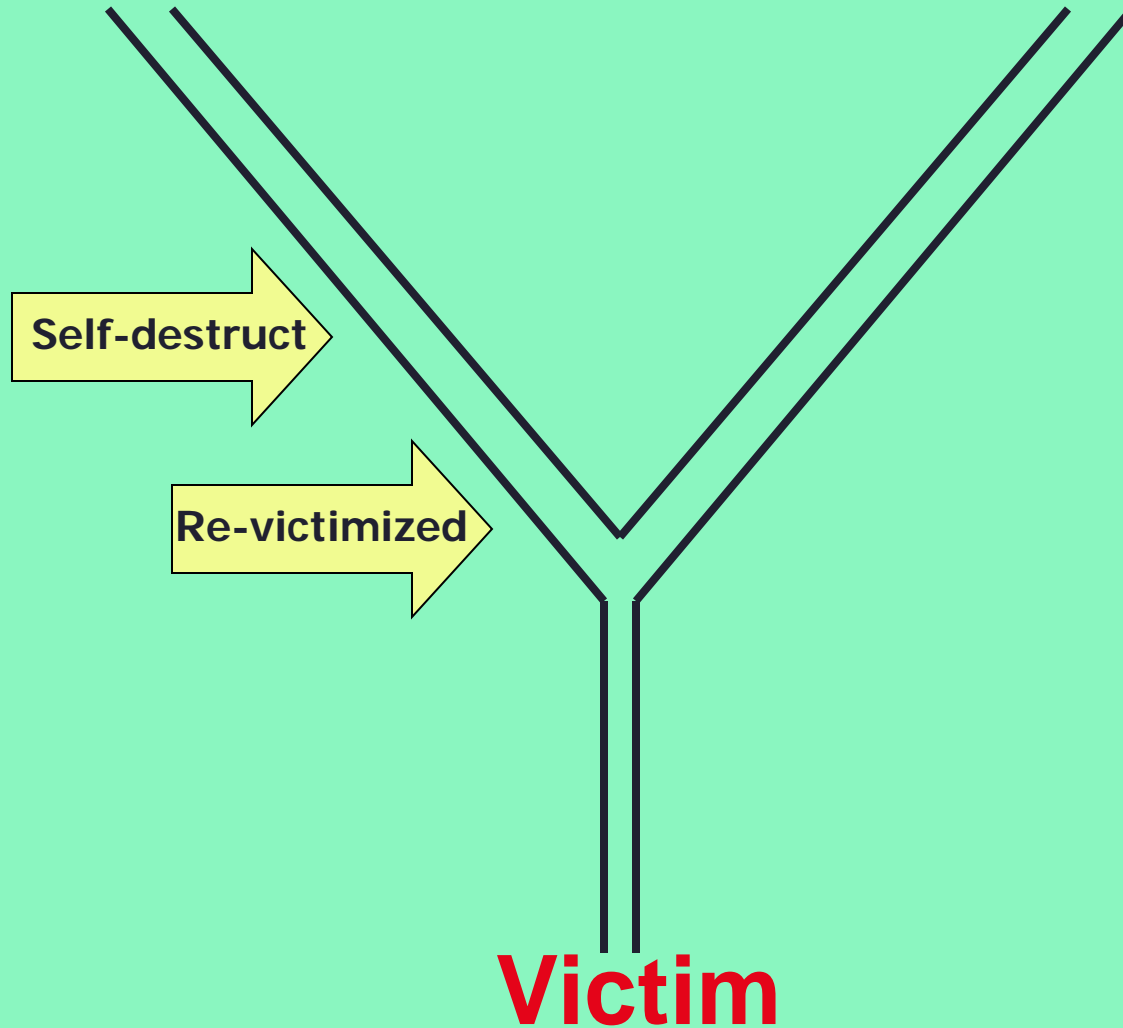


# Life Paths

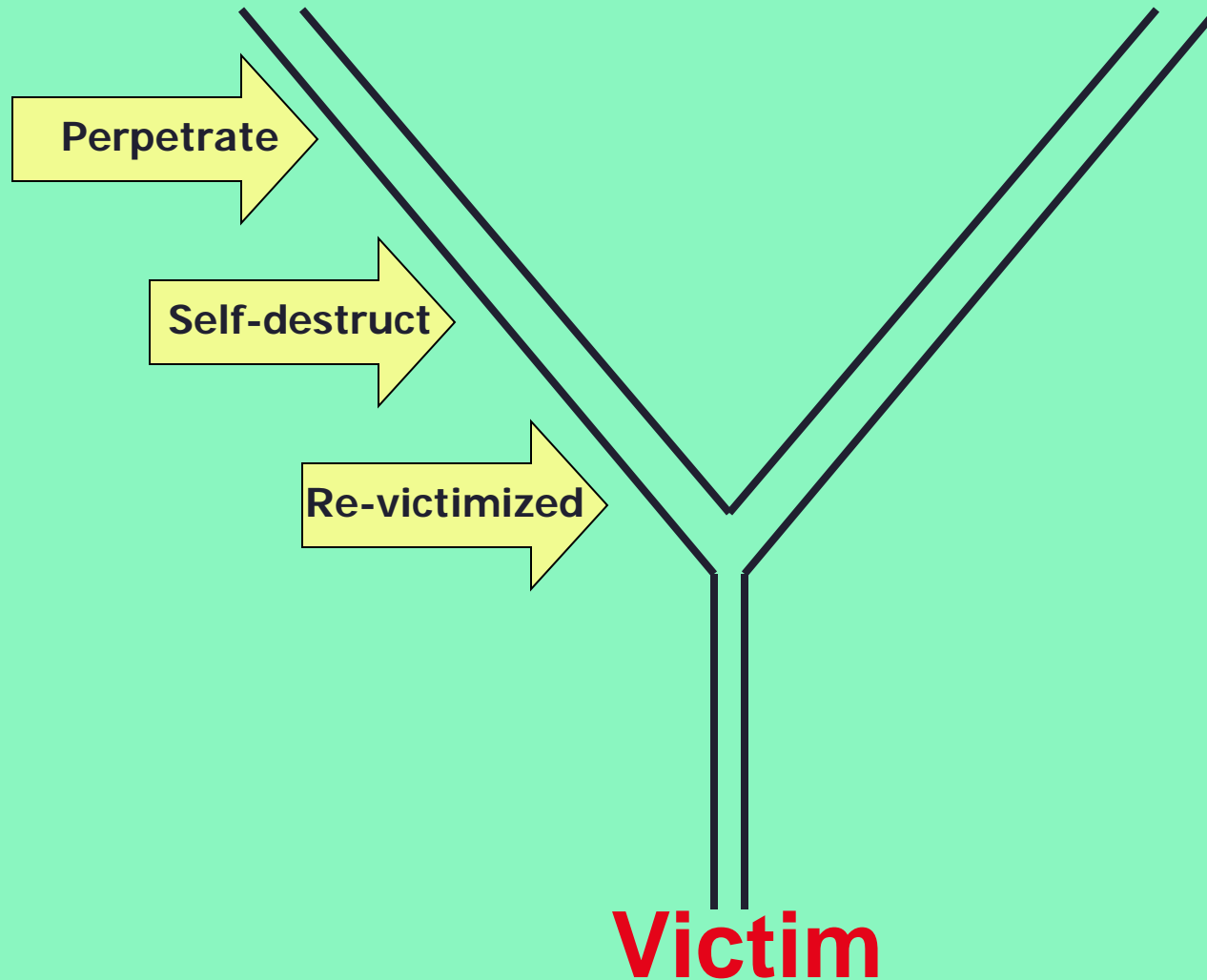




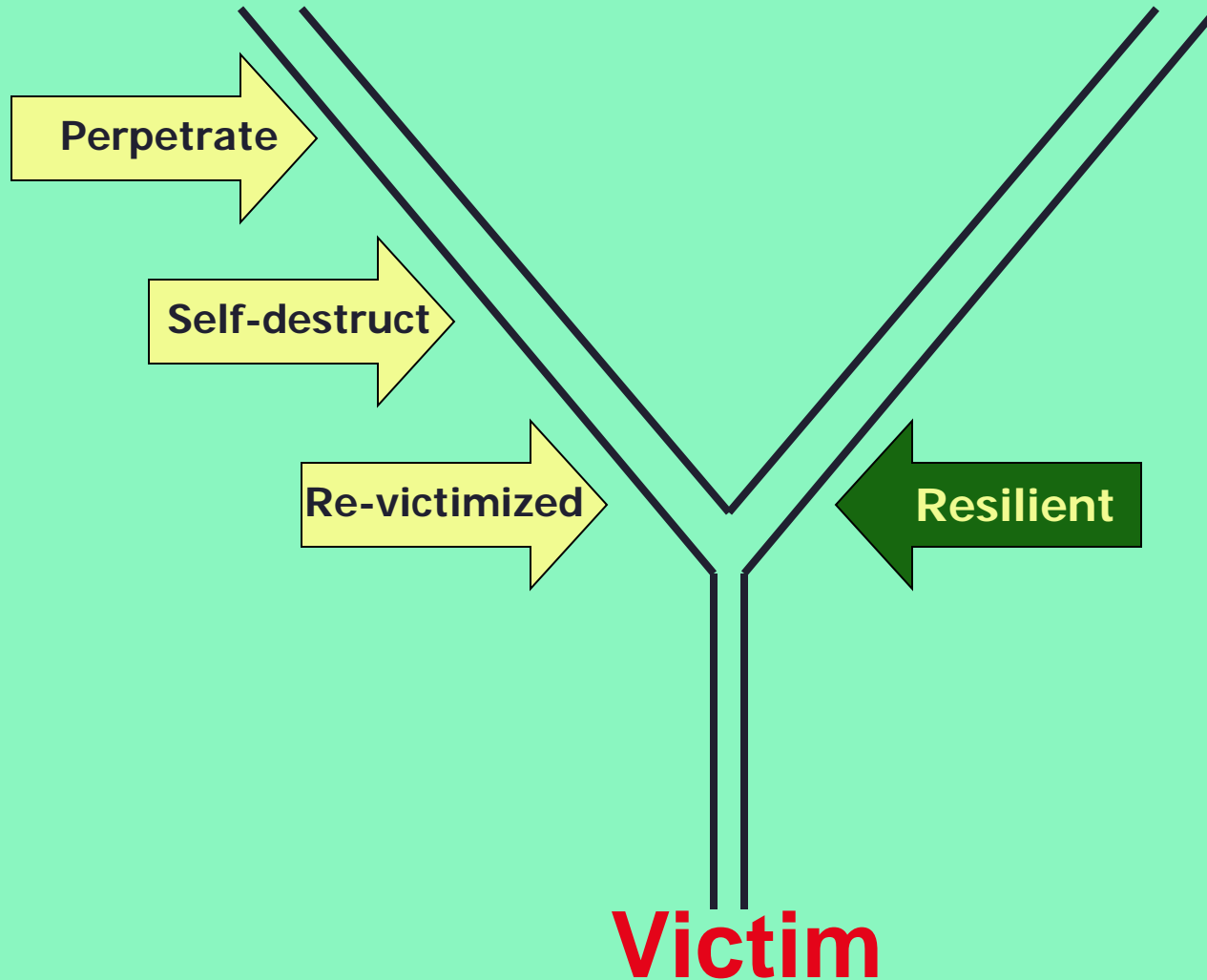
# Life Paths



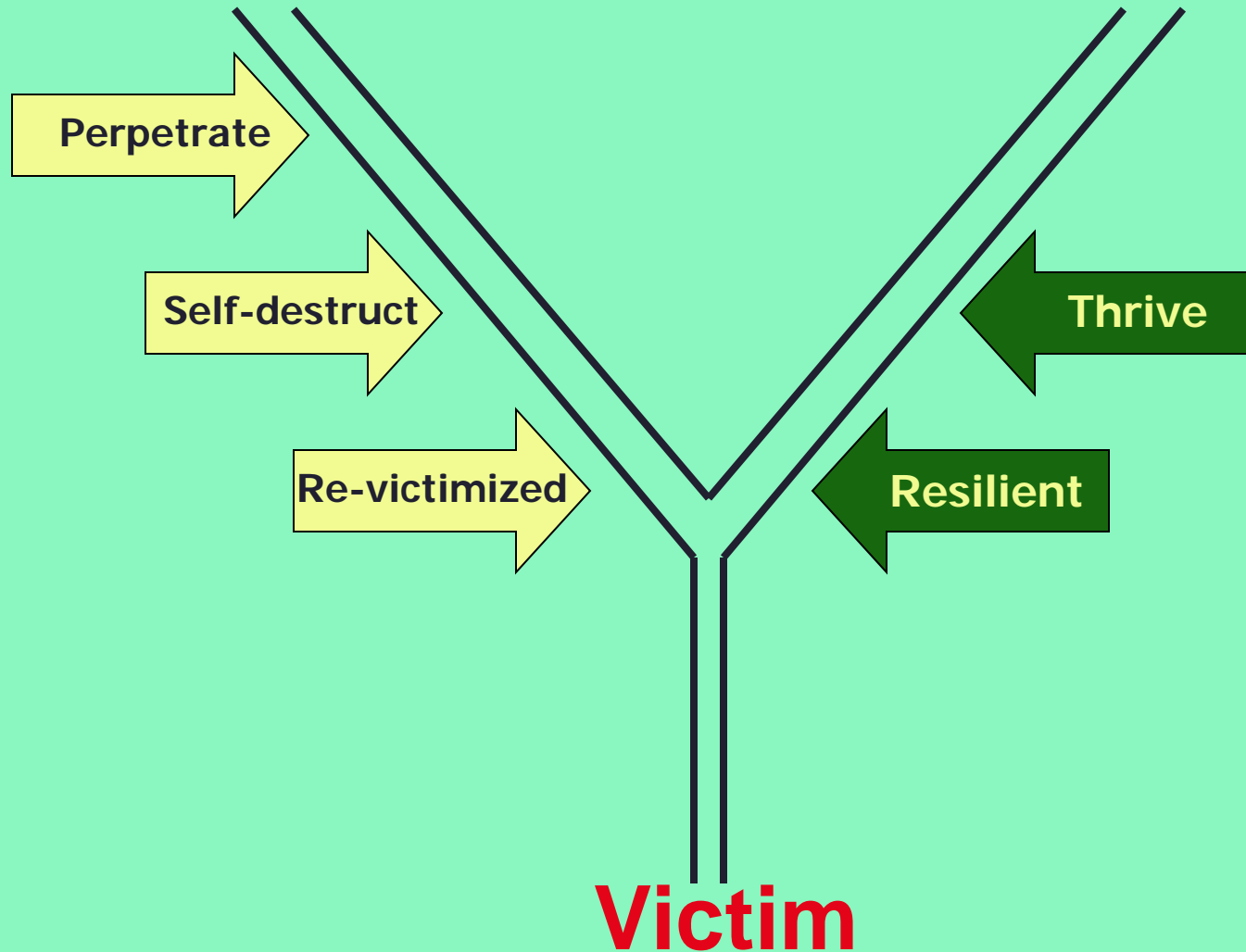
# Life Paths



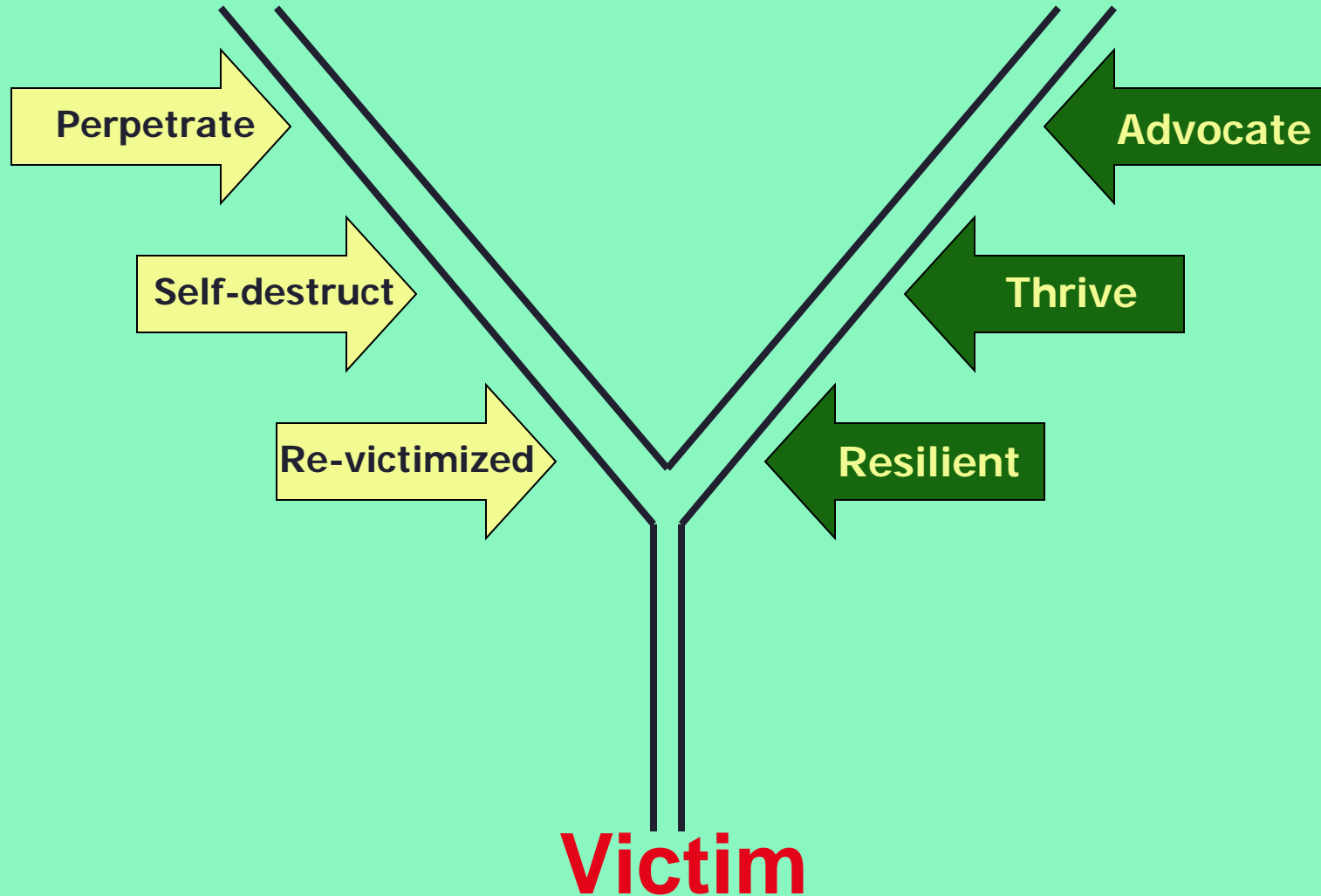
# Life Paths



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# Life Paths

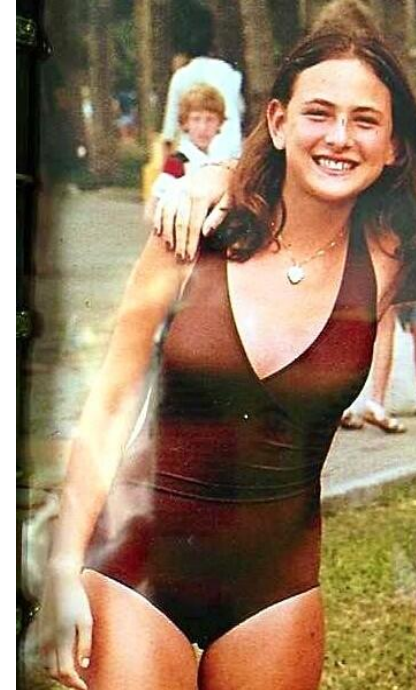




**Oprah, age 9**



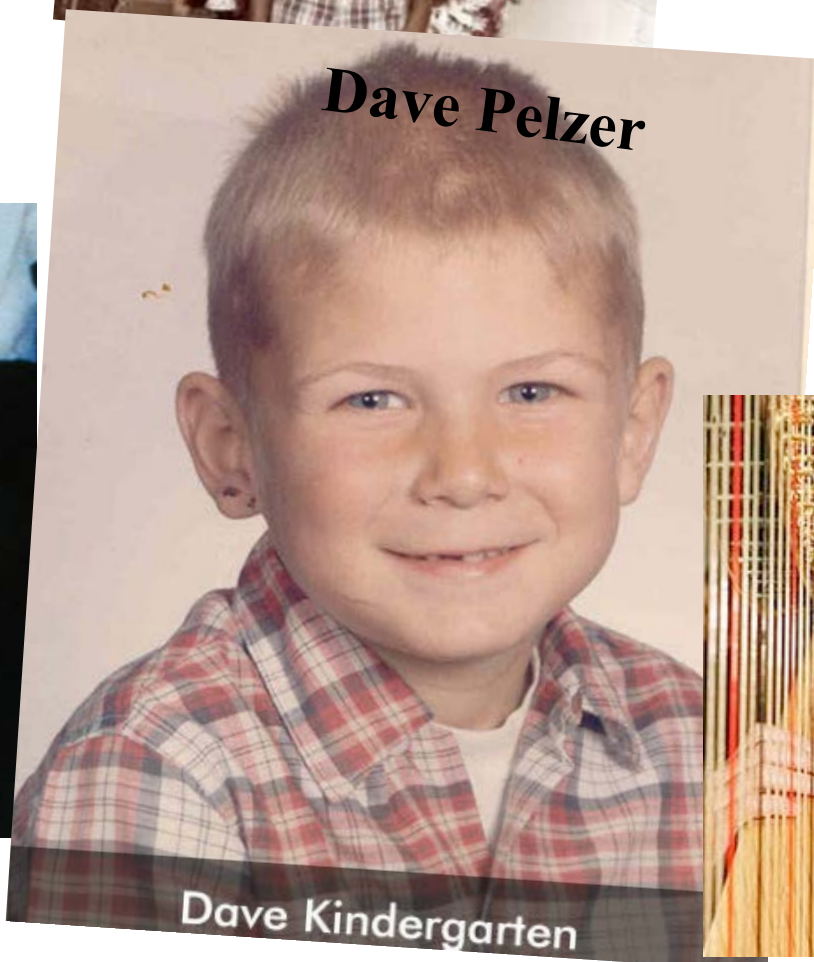
**Tyler Perry**



**Marlee Matlin**



**Sheldon Kennedy, 14**



**Dave Pelzer**

**Dave Kindergarten**



**Elizabeth Smart 14**

# Obstacles to recovery:

- 1) **Denial and ignorance** about
  - the amount & severity of child abuse
  - the effects on victimsand about
  - *the possibilities for recovery*

## 2) Shame

- secrets, threats, silence  
appear to blame to victim
- shame keeps them from telling,  
then feel guilty for not having told

***All shame should belong to the perpetrator alone.***





**Oprah, age 9**



**Oprah, 14**



**Oprah Winfrey**, sexual assault **survivor** *and* author, speaker, philanthropist, businesswoman, producer, actress, “media mogul” with her own talk show, production company, magazine . . . . Photo from her girls’ school in South Africa

### 3) Stigma

-- sensationalism, disbelief,  
skepticism

*Any stigma or dishonor should belong  
to the perpetrator alone.*



# Marlee Matlin

**Actress,  
wife, mom;**

**Survivor of sexual  
abuse by a female  
babysitter + sexual  
assault by a male  
teacher**

# “Victim”

hurt

harmed

exploited

used

helpless

damaged

# “Survivor”

strength

confidence

determination

courage

hope

# **“Resilient”**

**able to recover from failures and  
disappointments;  
from trauma and abuse,  
from setbacks and hurt**

**able to deal with adversity  
in the future**



# Gold Bond Ultimate Cream, Strength and Resilience,

4 Ounce by [Gold Bond](#)

\$11.73



# Root Resilience Strengthening Shampoo



**(8 fl oz.)** Price: \$42.00

Dr. Dennis Gross  
Skincare

***Many many* victims of  
childhood trauma  
“break the cycle”  
and become resilient,  
loving, healthy, safe  
adults.**

***How?***

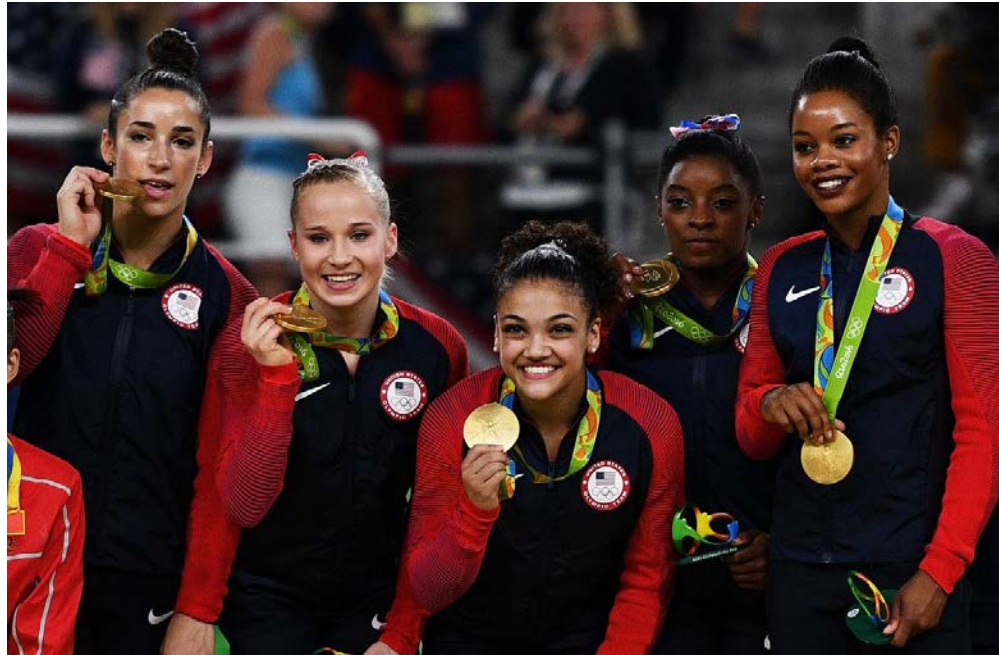
# Seven Steps to Becoming a Survivor

## 1) Awareness

### #MeToo

We can't become *survivors* unless we acknowledge that we were *victims*.

Call the abuse by name, acknowledge the pain and affirm the survivor.



Aly Raisman, McKayla Maroney, Gabby Douglas, Simone Biles of the 2012 Gymnastics team disclose sexual abuse



# Billy Currington

Singer  
Songwriter  
Survivor





## 2) Separation

There must be fundamental psychological separation from the abuser.

Most perpetrators are someone the child knows and trusts.

To survive, victims must see themselves as having different moral *character*; make a conscious commitment to be different





**Tyler Perry, writer, director, actor, comedian, opened up in 2009 about the emotional, physical and sexual abuse he experienced as a child.**



**Tyler suffered violent beatings from his alcoholic, rage-filled father. He was sexually abused by multiple perpetrators: a male neighbor, a male nurse, a man in his church, his friend's mother.**

**The sexual abuse began when he was just five.**



**Tyler Perry was born Emmitt Perry Jr. but changed his name to distance himself from his father and his horrific childhood.**



Matt Sandusky, 9,  
participated in  
Jerry Sandusky's  
"The Second  
Mile" program for  
"troubled youth."



## **Matthew--**

“Perfect victim”—isolated, dysfunctional family—biological dad physically abused his mom and all three children. . . .

Jerry Sandusky, “pillar of the community,” famous Penn State football coach, lavishes Matt with attention and gifts—takes him to football games. But he expects sexual acts in return . . . .



**Skipped  
school**

**Attempted  
suicide**

**Age 15-16**

**Grades slipped**

**Aggressive,  
acts out,  
gets into  
fights**

**Started a fire with  
another boy**



# **NO** “Trauma informed” interventions or support

“They saw me as a ‘bad kid’ . . . an ungrateful jerk. Nobody asked me what was going on.

Even when I tried to kill myself,  
nobody asked me why?”

Jerry Sandusky,  
convicted of 45  
charges of child sex  
abuse in 2012.

Sentenced to 30 to  
60 years in prison.



# **Matt Sandusky files motion to have name changed**

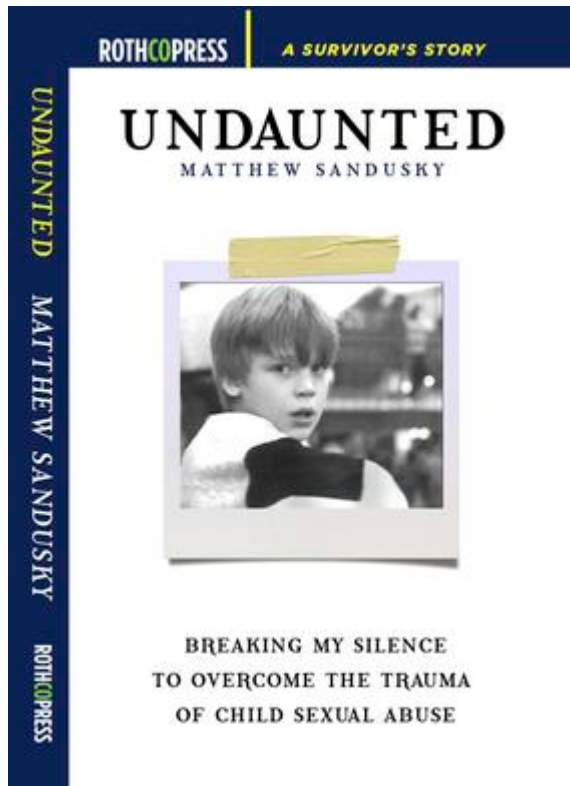
Matt Sandusky, his wife, and on behalf of their four children, have filed a motion to have their names legally changed, court documents in Centre County, Pennsylvania, show.

July 18, 2013

Matthew Sandusky,  
Founder and  
Executive Director of  
Peaceful Hearts  
Foundation

Survivor of child sex  
abuse at the hands of  
his famous, trusted  
adoptive father—from  
age 8 to 17. .





Matthew Sandusky



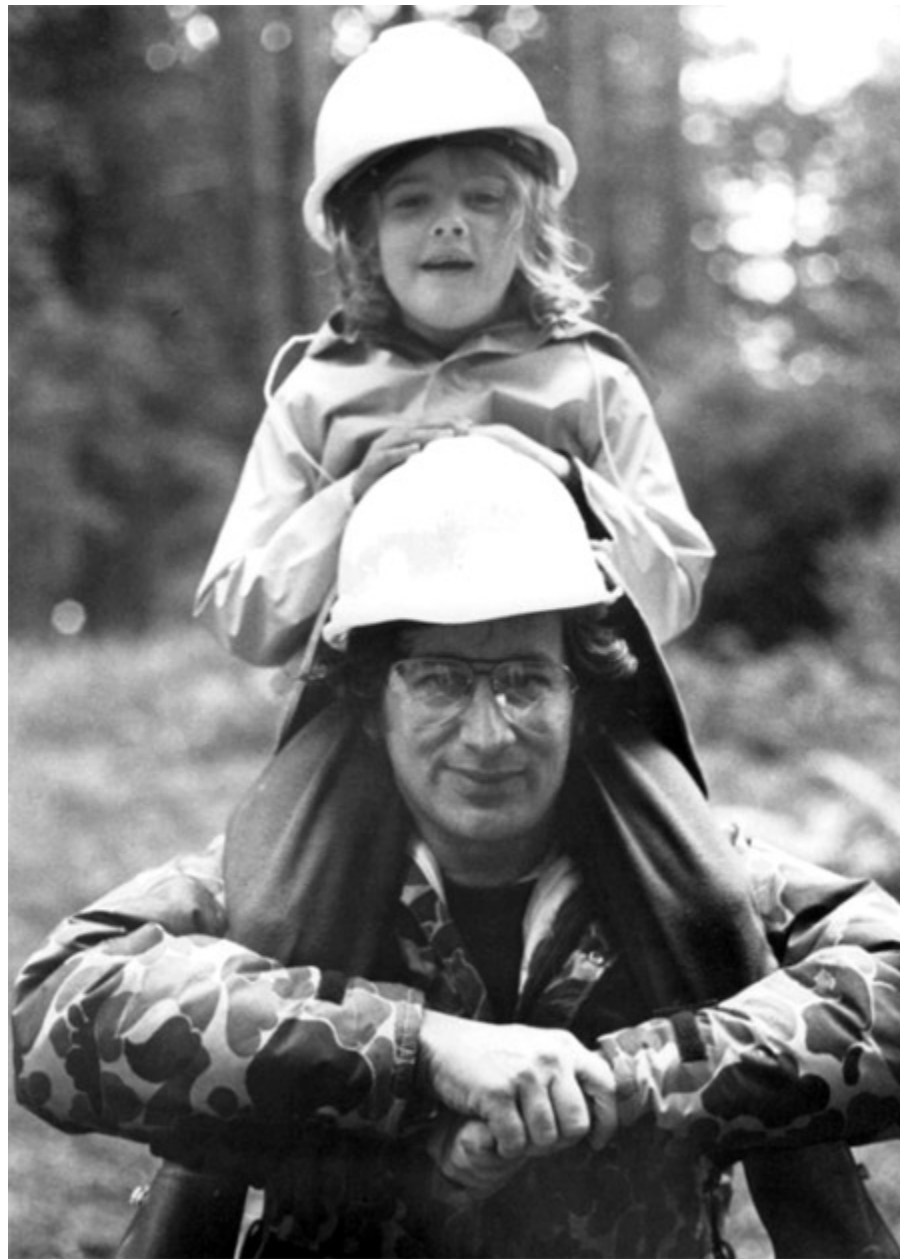
### 3) Connection

Victims need opportunities to connect with healthy, safe adults.

School, sports, clubs, mentors, extended family

1-1 relationship can make the difference!!

*Research based –see handout “Resources” section*





Drew Barrymore, 7, and director, Steven Spielberg

*E.T. the Extra-Terrestrial*      1981-82





# Big Brothers, Big Sisters

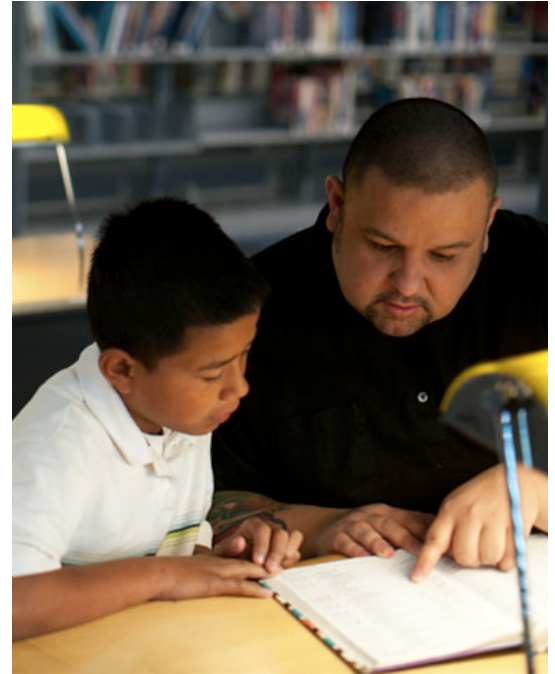


**Mission:** provide children facing adversity with strong and enduring, professionally supported

***one-to-one relationships***

that change their lives for the better, forever.

# Big Brothers Big Sisters





# Elizabeth Smart

Kidnapped at age 14, June, 2002;  
starved, drugged, raped; rescued March, 2003  
Advocate, wife, mother  
Founded the Elizabeth Smart Foundation

## 4) Responsibility

Learning to be responsible --in a variety of settings.

Problem solving + decision-making + boundary-setting + organizing + planning + learning from mistakes. . .

Finding a way to help victims of childhood trauma





Sheldon Kennedy, 14

# Sheldon Kennedy



**Former NHL player, father, advocate;  
started "Respect in Sport,"  
and survivor of sexual abuse by  
his hockey coach (ages 14-19),**





Sheldon Kennedy spoke at a U.S. congressional hearing on the sexual abuse of children in the aftermath of Penn State allegations. "Canada is a world leader in the prevention and investigation of child sexual abuse," Kennedy said. That's largely because Canadian victims, officials and stakeholders have worked together."

December 12, 2011



# **Kennedy named “Citizen of the Year” at Calgary Awards**

Calgary Herald 06.12.2013



## **Sheldon Kennedy centre for abuse victims opens in Calgary**

**Federal government announced it will give \$350K to help young victims and their families at opening**

May 23, 2013

## 5) Empathy

To become a survivor, one must demonstrate both **awareness** and **empathy**.

Recognize harm that their abuse did to them  
and also

Care about other peoples' well being

*Be committed to not repeating the  
harm*



**Dave  
Pelzer**



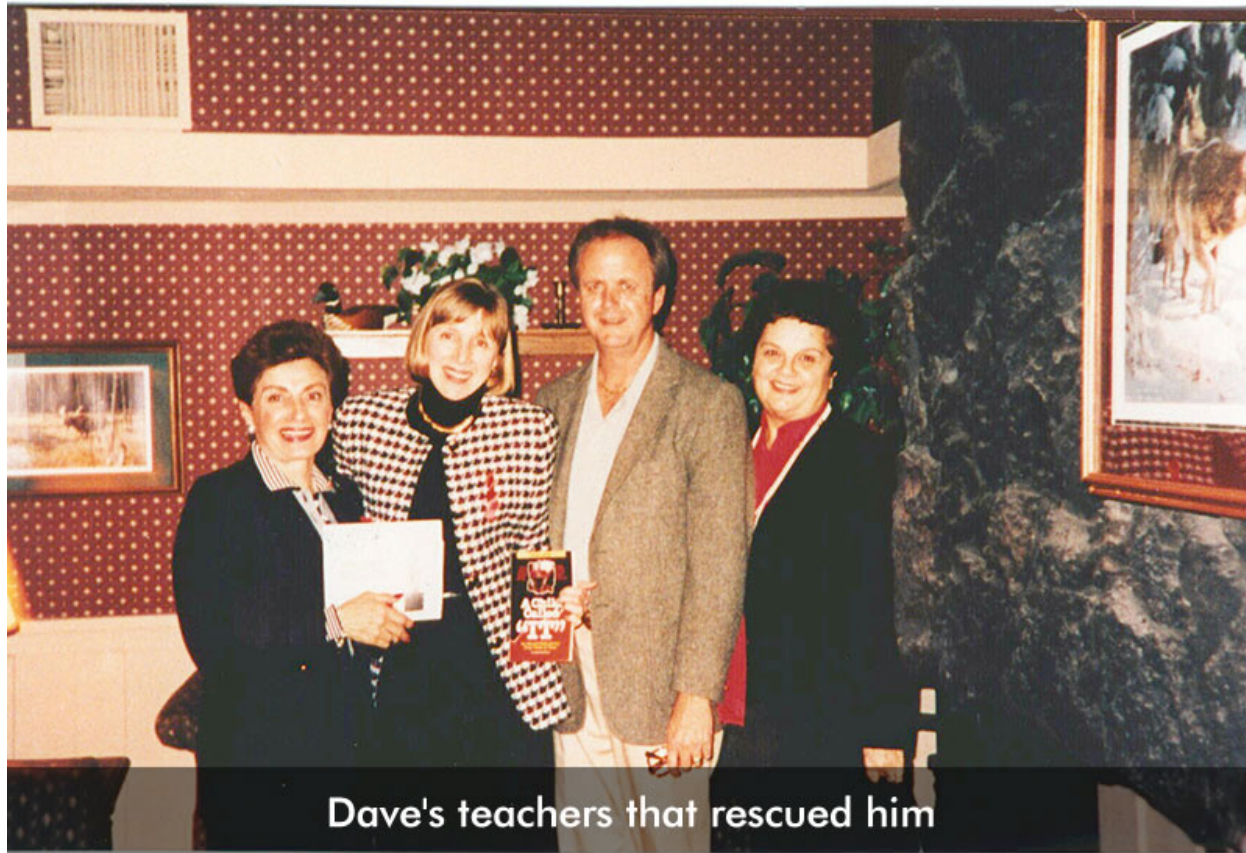
Dave in Boy Scouts

# Dave Pelzer,

Survivor,  
Author,  
Child advocate



***A Child Called It***  
(1995)



Dave's teachers that rescued him





With Supt. Rizzo & Mrs. Woodworth who rescued Dave

## 6) Laughter

Assume new perspectives

Gain insight

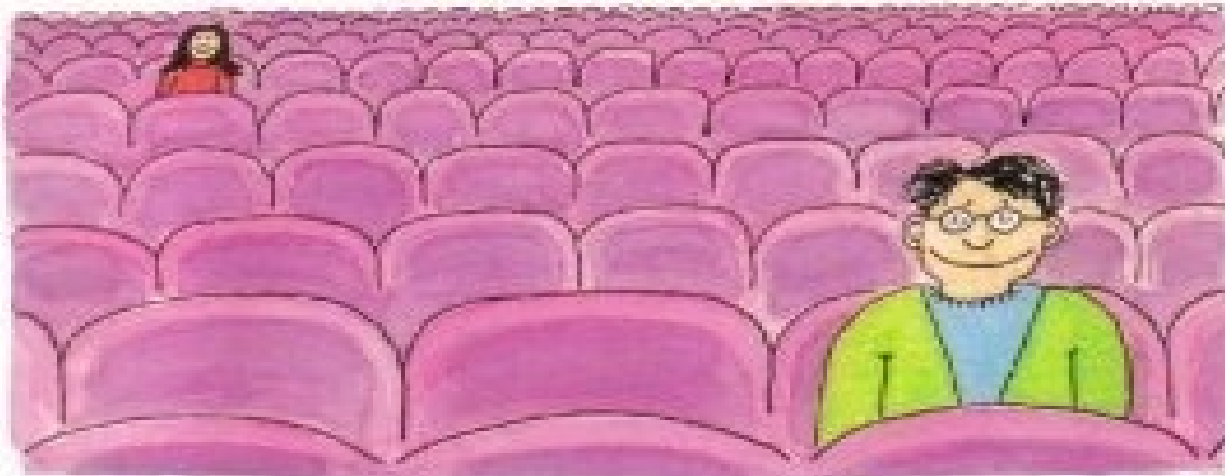
Emotional release

Physical release (endorphins)

“The *gift* of humor”

**"Jennifer Berman is my favorite cartoonist."**  
— DEBORAH TAVENNER, author of *For Just Don't Countenance*

# ADULT CHILDREN OF NORMAL PARENTS ANNUAL CONVENTION



PLUS A BONUS SHORT STORY  
**AND OTHER CARTOONS ABOUT LOVE, LIFE AND  
DYSFUNCTION AT THE END OF THE MILLENNIUM**  
**BY JENNIFER BERMAN**

Author of *Why Dogs Are Better Than Men*



# **7) Compassion and love for self and others**

**The victim's interpretations of his or her life experiences are key to recovery.**

**The meaning of the trauma to the individual:**

**Psychological  
Philosophical  
Spiritual**

**Victims did not *deserve* their abuse or trauma**—because they were too trusting or too scared or simply “n the wrong place at the wrong time. . . .”

**It can be so hard to forgive oneself**—for not being able to do anything different.

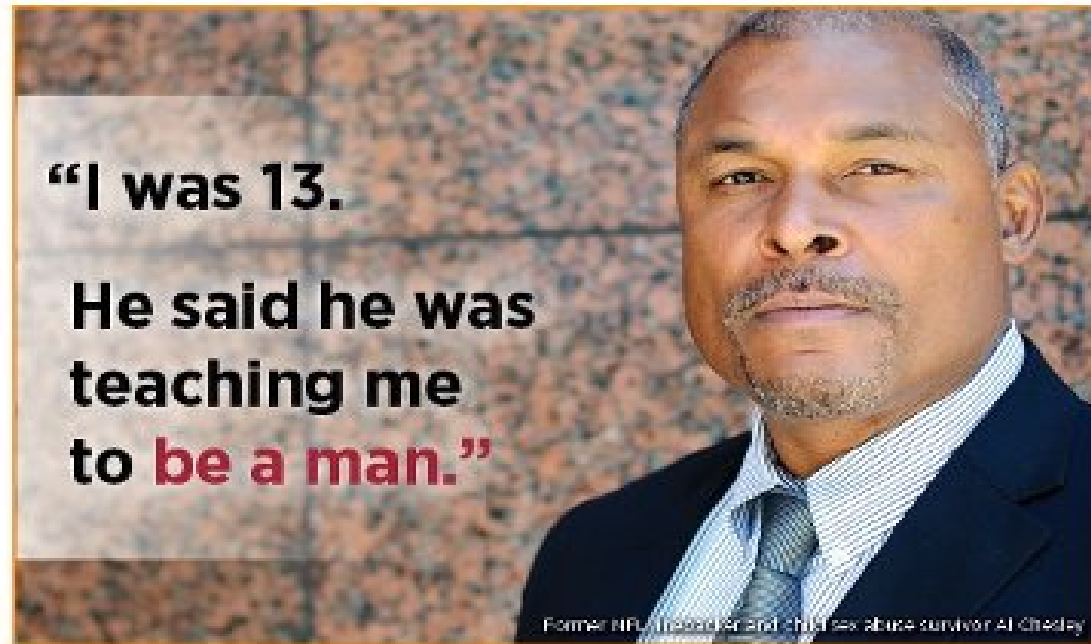
# “The Survivor’s Perspective:”

*“The abuse is a part of me but it is not **me**.”*

*“We are defined not by what happens to us in life but by what we choose to do with it.” --anon*

*“I **deserve** to have a happy, good life.”*

Working through trauma can lead to a profound appreciation of our gifts, strengths, friends, life!



As an adult, Al Chesley realized that the person he trusted had raped him — but the law had already timed out.

When victims like Al are ready to speak,  
the law should be ready to listen.

---

**Al Chesley,**  
former Philadelphia Eagle and  
University of Pittsburgh football player,  
now shares his experiences of  
childhood sexual abuse to *fight for*  
*change in statute of limitations laws*

**Abused at 13**

**Perpetrator: a trusted, well-known  
male police officer**





After decades of keeping silent, now he says, ***“I’m not a victim any more. I’m a survivor. I’m free.”***

# “The Language of Resiliency”

- what happens to us
- how those experiences are described and stored
- how we perceive ourselves

# “Re-framing”

to identify and to reinforce  
victims' strengths

A cognitive strategy used to  
*consciously and intentionally*  
create a shift in perspective  
from victim to survivor

your daughter is:  
messy

shy

bossy

your son:  
dropped out  
of college

*my* daughter is:  
***creative***

***thoughtful***

***assertive***

*my* son:  
**“is exploring his  
options and  
finding himself”**

# **“Strength building”**

**deliberately selecting words that  
identify and reinforce  
victims’ strengths, abilities & skills**

**Goal: positively impact self-  
perception and behavior**

# Scenario # 1     Anthony

*“ . . . I was almost beat up last night coming home from Safeway with my little brother.”*

**What is your first reaction to Anthony?**



**(Reactions)**

A light blue triangle is centered on a teal background. The word "hurt" is written in a bold, black, sans-serif font at the top vertex of the triangle.

**hurt**





hurt

**scary**



hurt

scary

**helpless**



hurt

scary

helpless

**you poor kid**



hurt

scary

helpless

you poor kid

**horrible ♦ terrible**



hurt

scary

helpless

you poor kid

horrible ♦ terrible

**I feel so sorry for you**



hurt

scary

helpless

you poor kid

horrible ♦ terrible

I feel so sorry for you

**there was nothing you could do**

hurt

scary

helpless

you poor kid

horrible ♦ terrible

I feel so sorry for you

there was nothing you could do

**VICTIM**

hurt

scary

helpless

you poor kid

horrible ♦ terrible

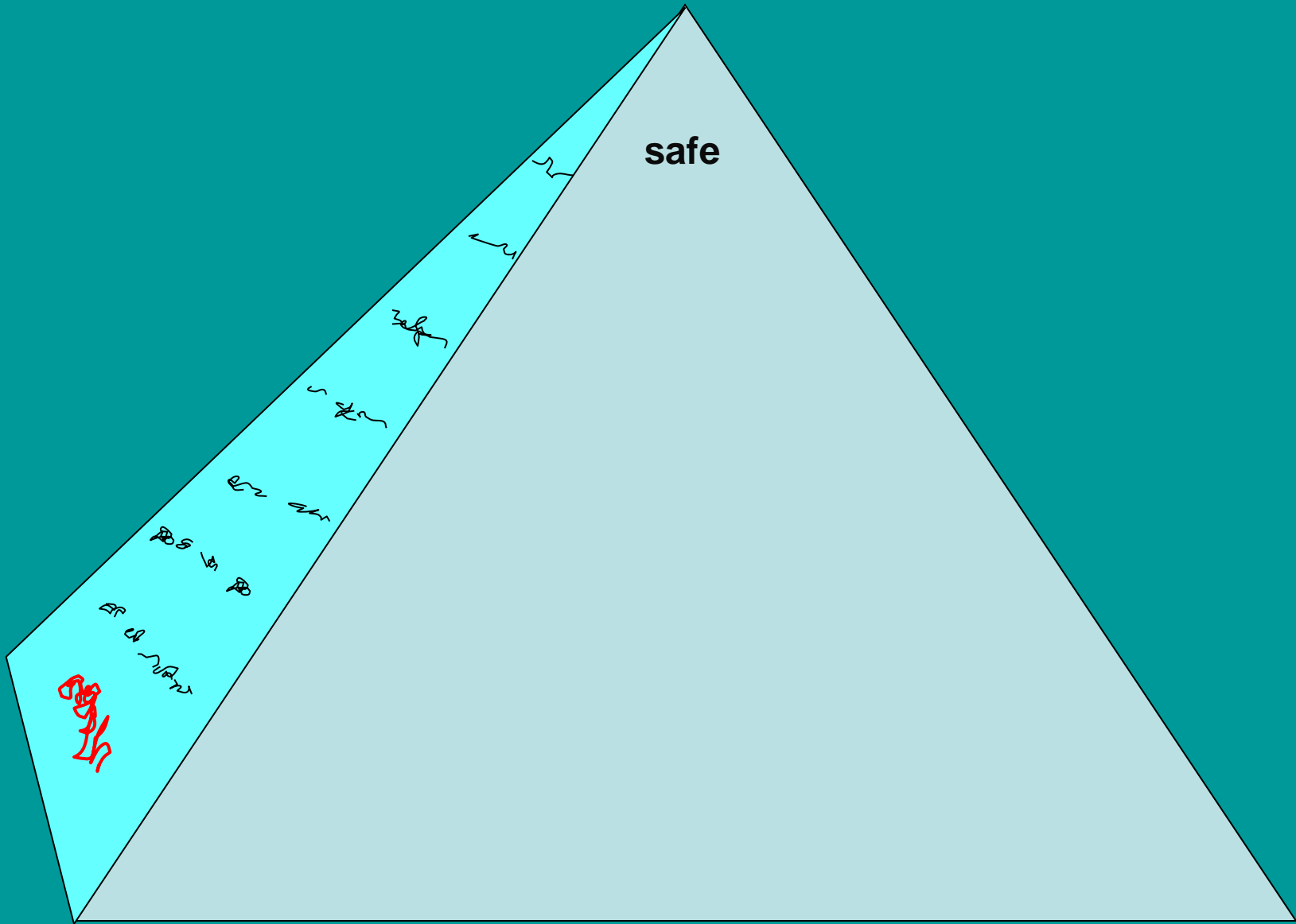
I feel so sorry for you

there was nothing you could do

**VICTIM**







safe

Handwritten red text/signature

Handwritten black text

Handwritten black text

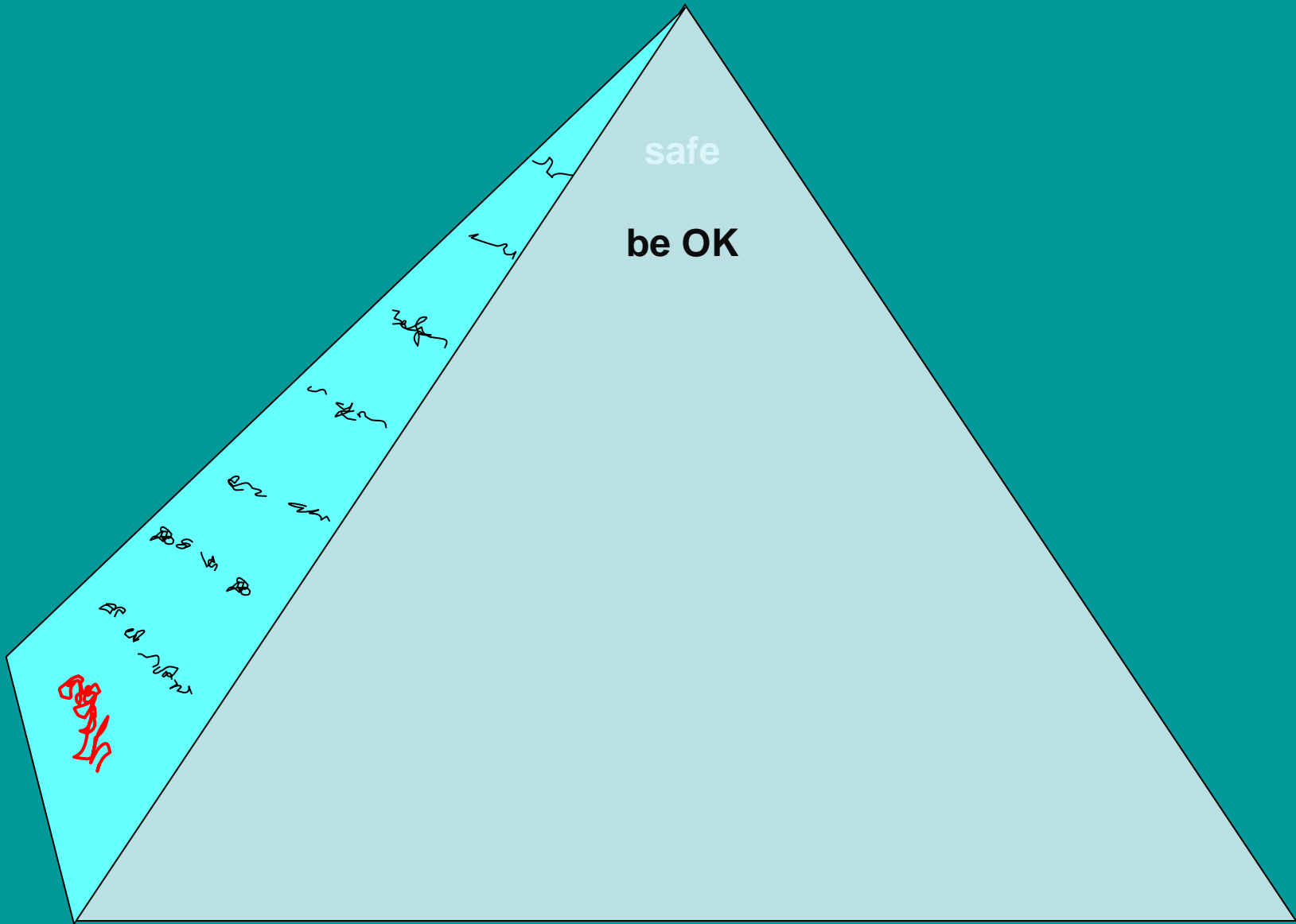
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safe

**be OK**

安全

可靠

稳定

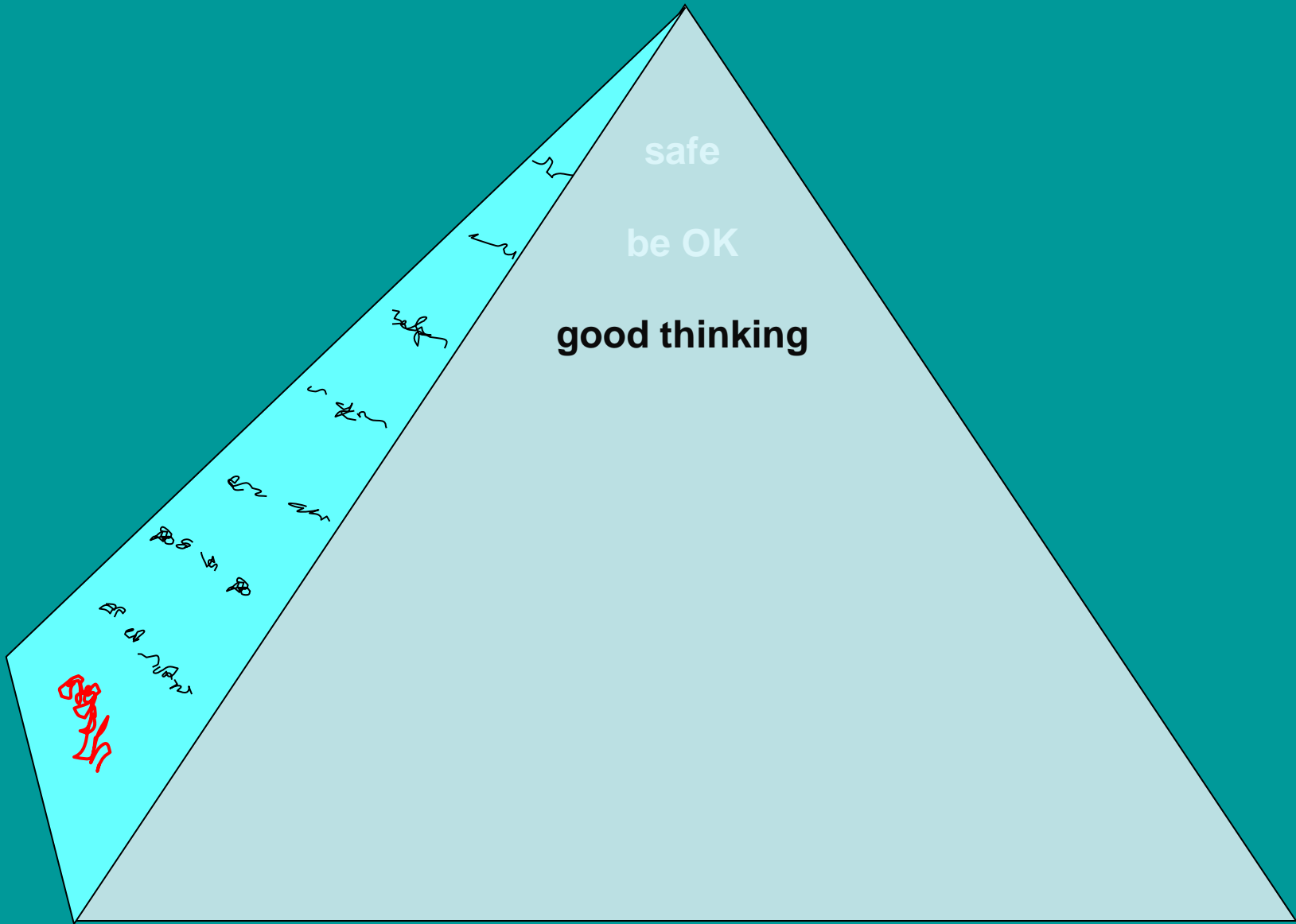
持久

耐用

结实

坚固

耐用



safe

be OK

**good thinking**

Handwritten red characters (signature or stamp)

Handwritten Chinese characters

Handwritten Chinese characters

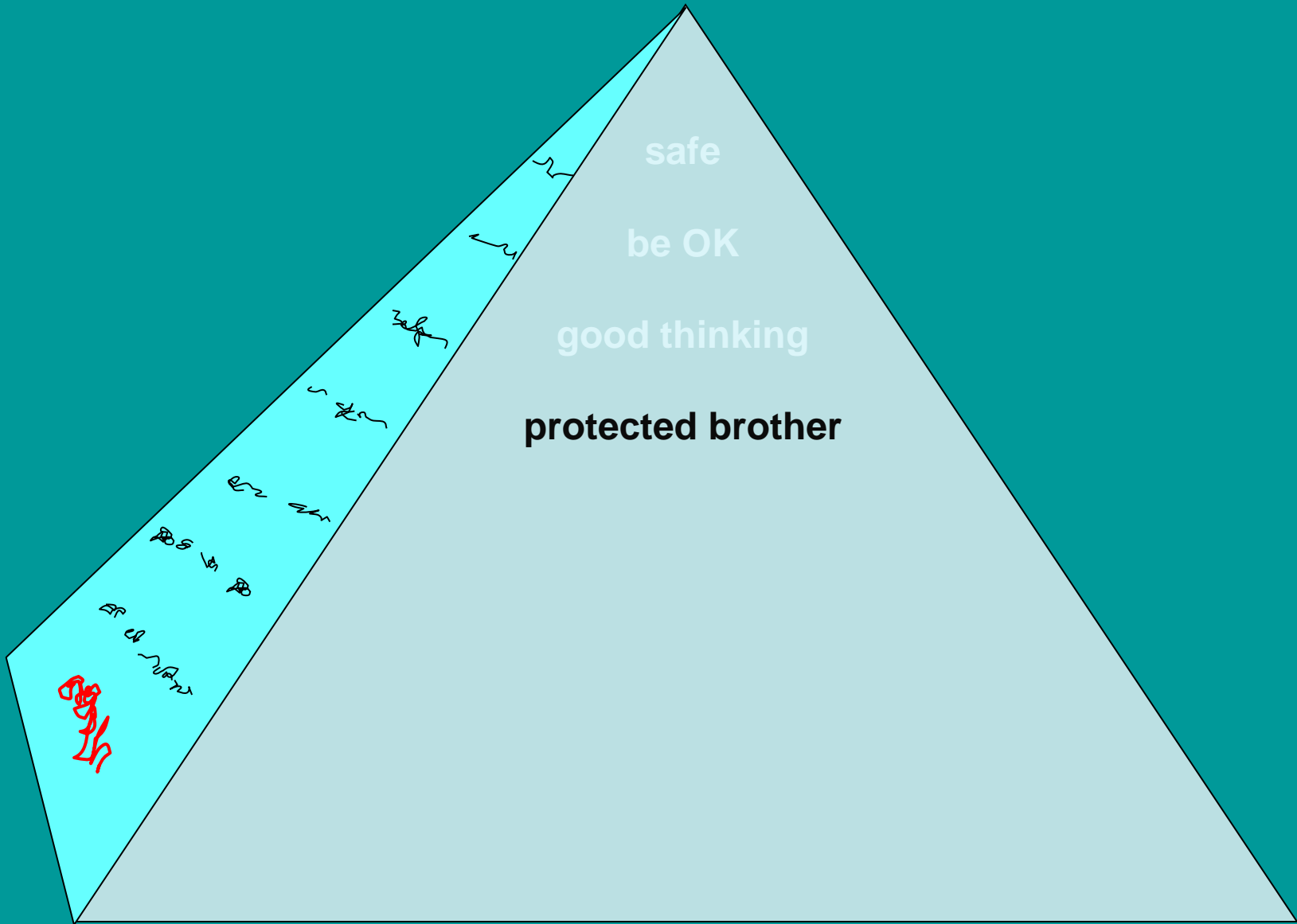
Handwritten Chinese characters

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safe

be OK

good thinking

**protected brother**

保护

兄弟

安全

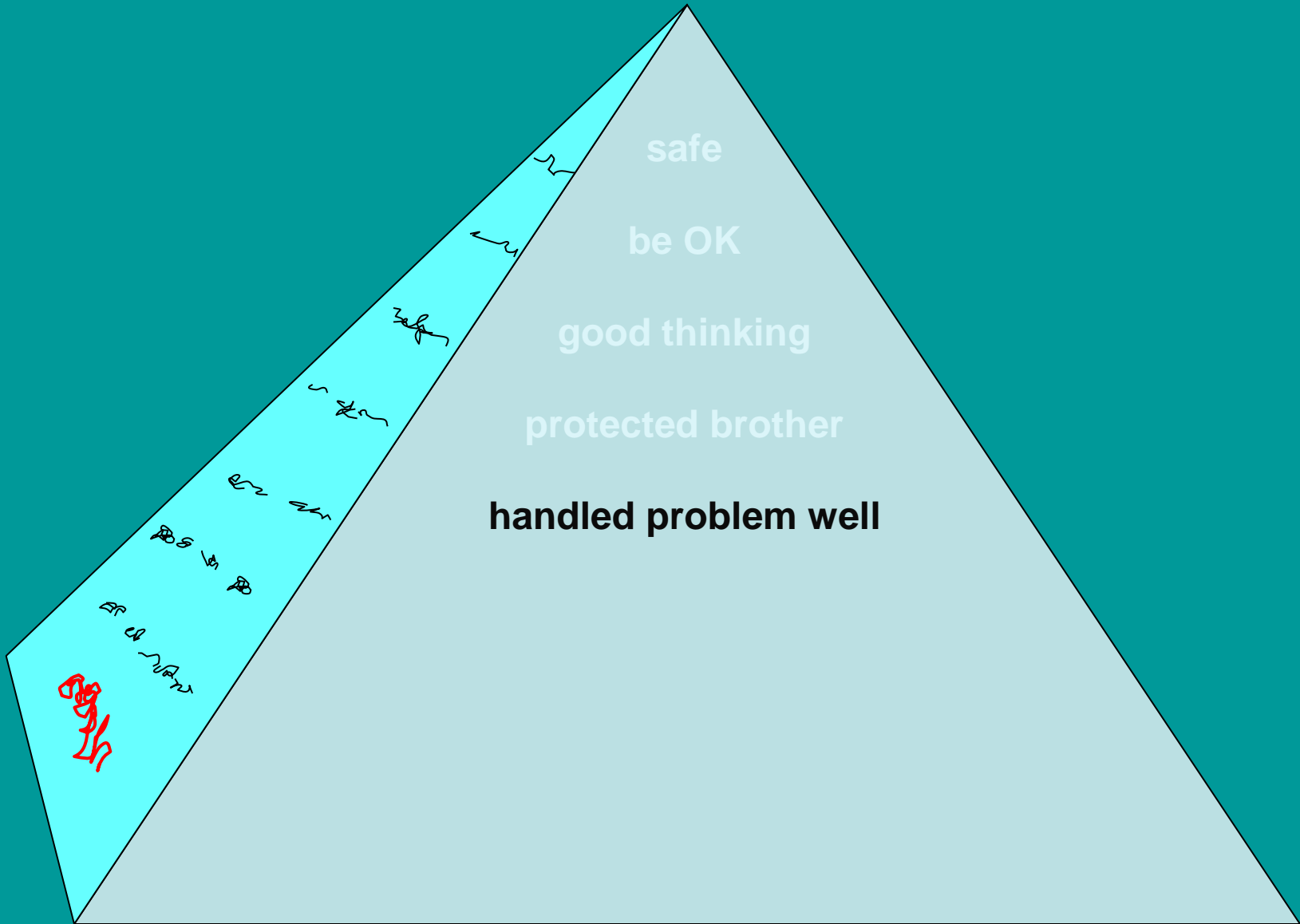
思考

OK

安全

OK

安全



safe

be OK

good thinking

protected brother

**handled problem well**

安全

平安

好思想

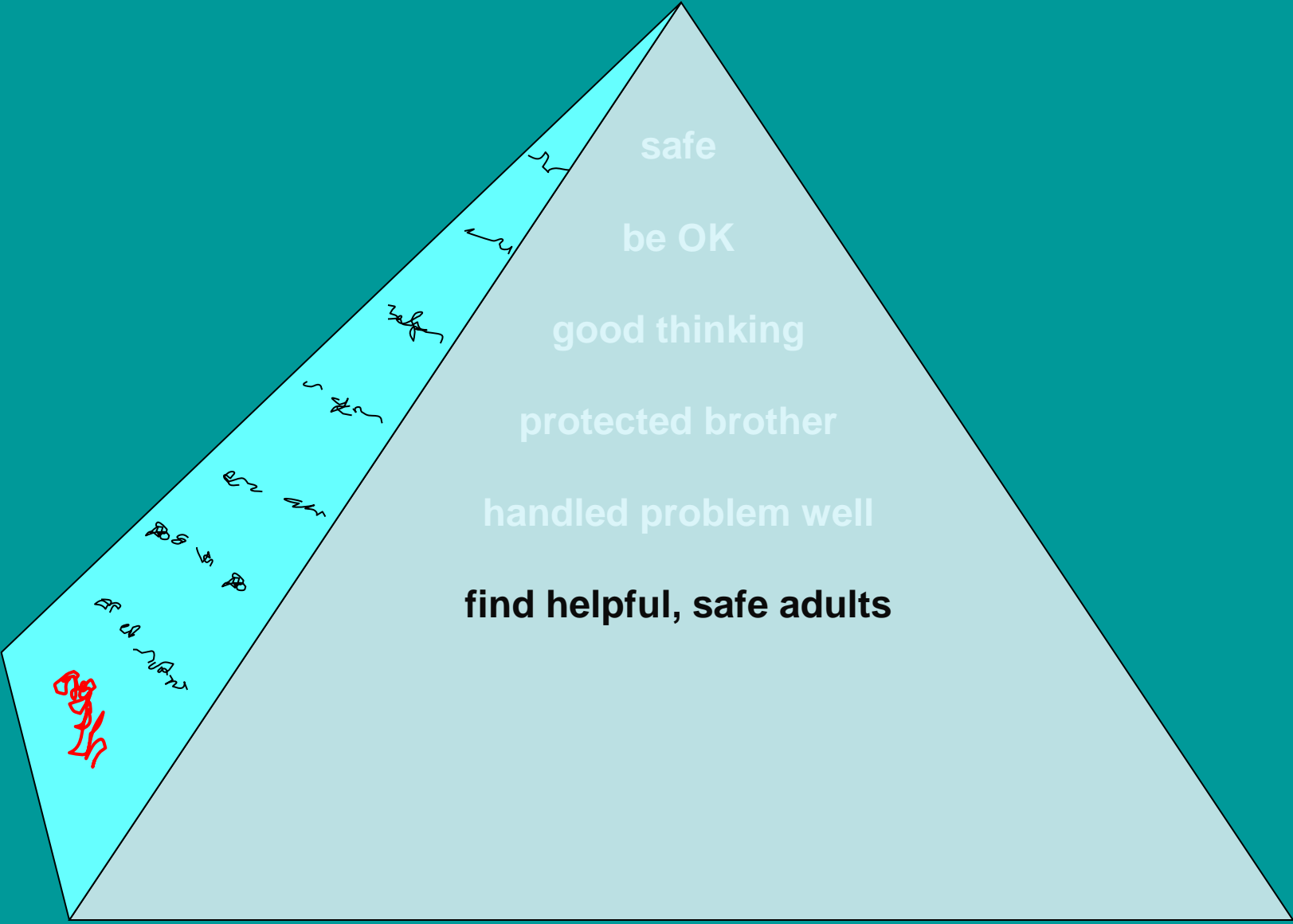
受保护

兄弟

好

OK

安全



safe

be OK

good thinking

protected brother

handled problem well

**find helpful, safe adults**

معلم



safe

be OK

good thinking

protected brother

handled problem well

find helpful, safe adults

**feel proud of action you took**

安全

安全



safe

be OK

good thinking

protected brother

handled problem well

find helpful, safe adults

feel proud of action you took

**SURVIVOR**

موفق

موفق

موفق

موفق

موفق

موفق

موفق

موفق



**Deion Murdock, 12**

Aug. 25, 2013

## 911 RECORDING



Dispatcher: "911 where's the emergency, hello?"

Deion: "Someone's trying to break into my house."



Boy:

I'm going to have to whisper  
now because I think they're  
coming in.



**DEION:**

I'm in my mother's  
room right now.  
Please hurry.

**DISPATCHER:**

Is your house... I am,  
stay on the phone  
with me.

**La Tonya  
James,**  
a 911  
dispatcher



**praises 12-year old boy for his quick action  
and good thinking during home break-in**

Dispatcher: **"You're doing good,  
doing real good, doing perfect."  
"Your mom's going to be so proud  
of you."**

Deion: **"This is actually the only  
thing I could think of."**

Dispatcher: **"Well, you thought well.  
You thought well." "You're a very,  
very smart young man and you did  
a good thing."**

# Scenario # 2      Maria

*“My friends don’t want to hang out with me any more. It’s ‘cause I told them back when I was 9, I had sex with my brother.”*

**What are your responses to Maria?**

# Affirming responses for Maria:

“I’m so glad you told.”

“It took courage to tell what happened.”

“It was not your fault.”

“Now that you’ve told, things can start to get better for you.”



# Some Words That Can Build Resiliency:

**“brave”**

**“smart”**

**“strong”**

**“courageous”**

# **Possible follow-up responses with Maria:**

**“Lots of kids have experienced sexual abuse and grown up to become happy young adults.”**

**“They have told me about some things they did that helped them.”**

**“Would you like to hear some of their ideas?”**

# **“The Survivor’s Perspective”**

**Is the Glass Half Full or  
Half Empty?**

1) **“The glass is  
half empty.”**

*(Pessimism, negative perspective)*

2) **“The glass is  
half full.”**

*(Optimism, positive perspective)*

3) **“The glass is only half full, but look, here comes someone to fill it up.”**

*(Optimism, connection)*

4) **“The glass is only half full, but I see a water fountain over there, and I’m going to go fill it up.”**

*(Optimism, responsibility)*



5) **“The glass is only half full. I see a water fountain over there, and I’m going to go fill it up. While I’m there, may I fill yours, too?”**

*(Optimism, responsibility, connection)*

It is not “them” and “us”— the  
“victims” and the “healers” . . . separated.

Each of us has experienced trauma of some type:  
physical maltreatment, sexual abuse, emotional  
suffering, unemployment, poverty, foreclosure,  
divorce, loss, illness, injury, natural disasters . . .  
the loss of someone we loved so much.

**We *all* need and deserve to become  
healthy, strong,  
resilient survivors.**

**YOU, too, must also  
discover and cultivate  
*your own unique*  
psychological-  
philosophical-Spiritual  
*belief system***

which will allow you to work with child abuse, trauma and interpersonal maltreatment *without going crazy.*

**You find *your* peace so that you can help victims to discover *theirs.***



“Walking wounded”

**“The world breaks  
everyone,  
and afterwards,  
some are strong  
at the broken places.”**

*-- Ernest Hemingway*



you