

Heartland Campus Safety Summit



THE RIVER OF CRUELTY: AN EXPERIENTIAL APPROACH TO UNDERSTANDING AND INTERVENING WITH CRUELTY.



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ADVERSE CHILDHOOD EXPERIENCES

AS CRUEL EXPERIENCES INCREASE

Physical Abuse

Sexual Abuse

Emotional Abuse

Parents separated

Alcoholic or Drug abusing caretaker

Criminal behavior in the family

Witnessing Domestic Violence

Mental health issues in family

EMOTIONAL AND PHYSICAL DIFFICULTIES INCREASE

Smoking

Teenage pregnancy

Drinking and drug usage

Heart disease

Psychotropic medication

School drop out

Victim of domestic violence

Perpetrator of domestic violence

WHAT IS THE "RIVER OF CRUELTY"?

The River of Cruelty is a model illustrating how cruelty is passed from person to person and from generation to generation.

WHAT IS THE DEFINITION OF "CRUELTY"?

- 1) The intentional infliction of pain and suffering
- 2) The blatant disregard for another

WARNING!

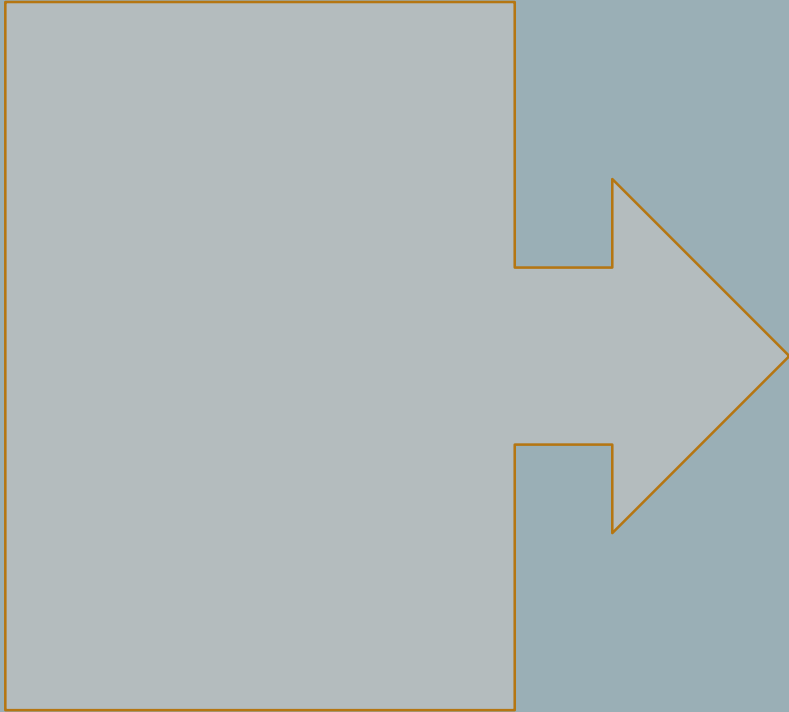
The remainder of this presentation can be emotionally activating. Please feel free to participate as much as you are comfortable in doing so.

BRAINSTORM A LIST OF
"CRUELTY"

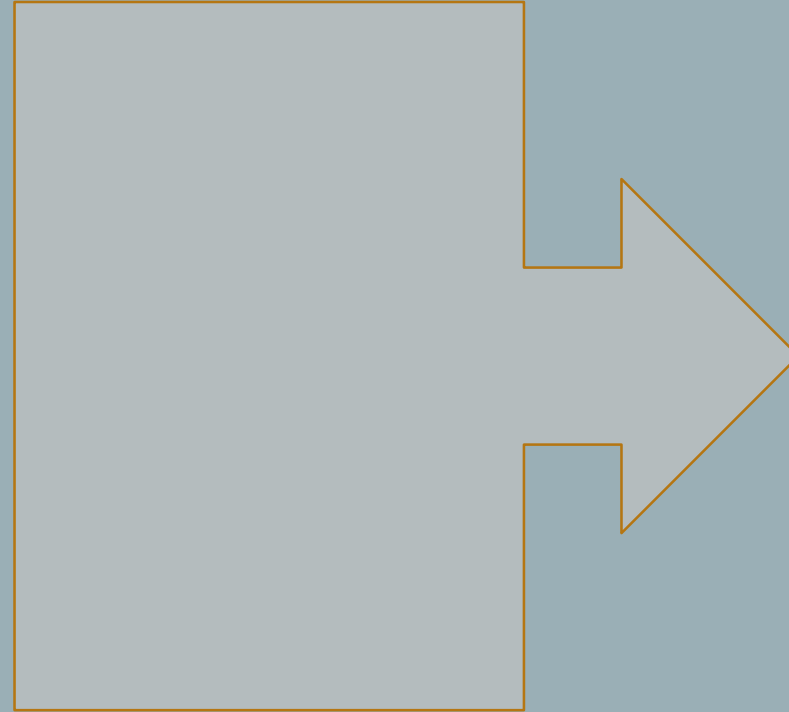
CRUELTY:

"CRUEL EXPERIENCES ALWAYS CREATE
ADVERSE FEELINGS

Cruelty



Adverse Feelings



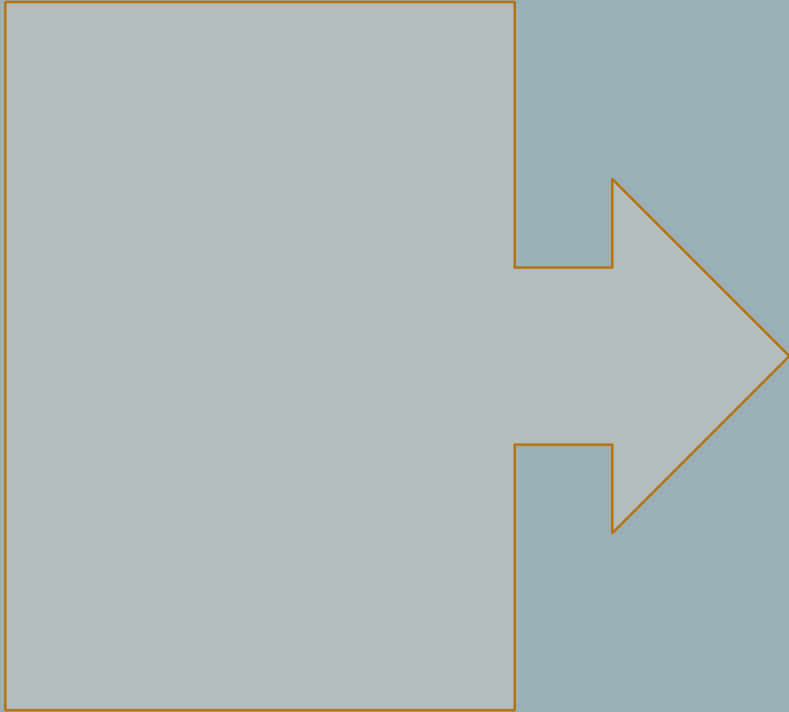
Adverse Feelings are those feelings we wake up in the morning hoping not to feel.

BRAINSTORM A LIST OF
"ADVERSE FEELINGS"

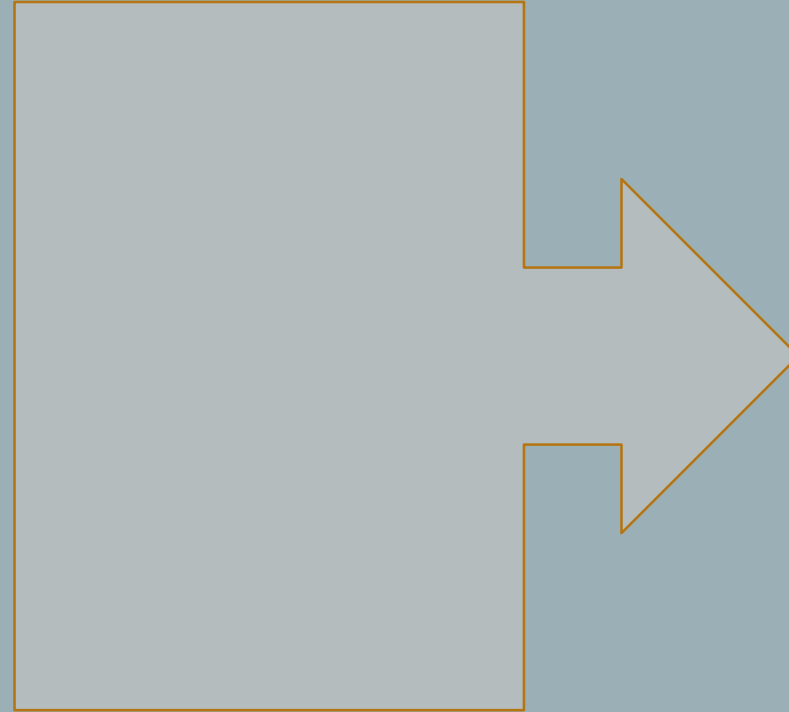
Adverse Feelings:

IF OUR ADVERSE FEELINGS ARE NOT
VALIDATED AND NORMALIZED, WE
WILL DEVELOP DEFENSE SYSTEMS.

Adverse Feelings



Defense Systems



We are capable of doing amazing things to defend ourselves when we are afraid



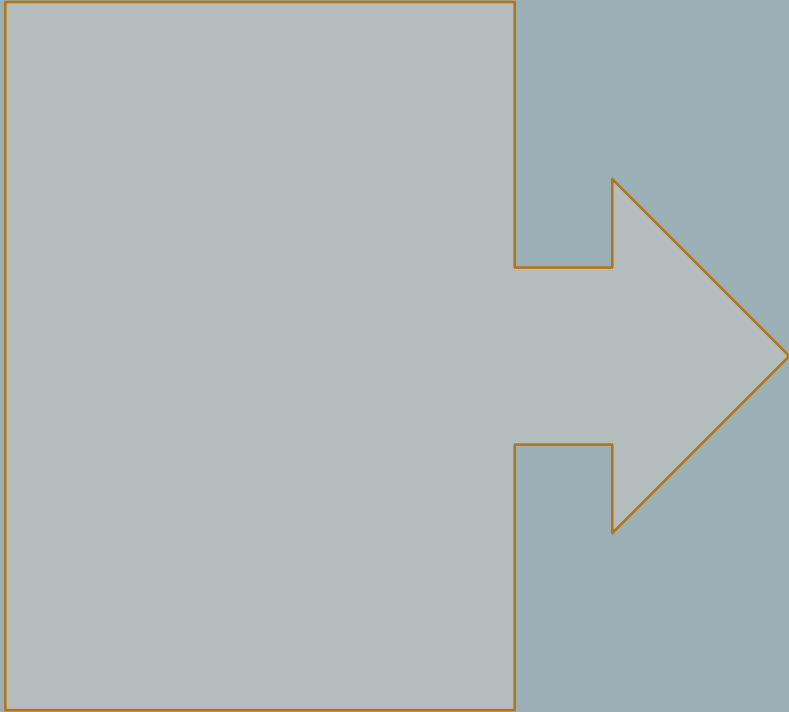
Defense Systems are designed for one purpose... to help us avoid our adverse feelings.

BRAINSTORM A LIST OF
"DEFENSE SYSTEMS"?

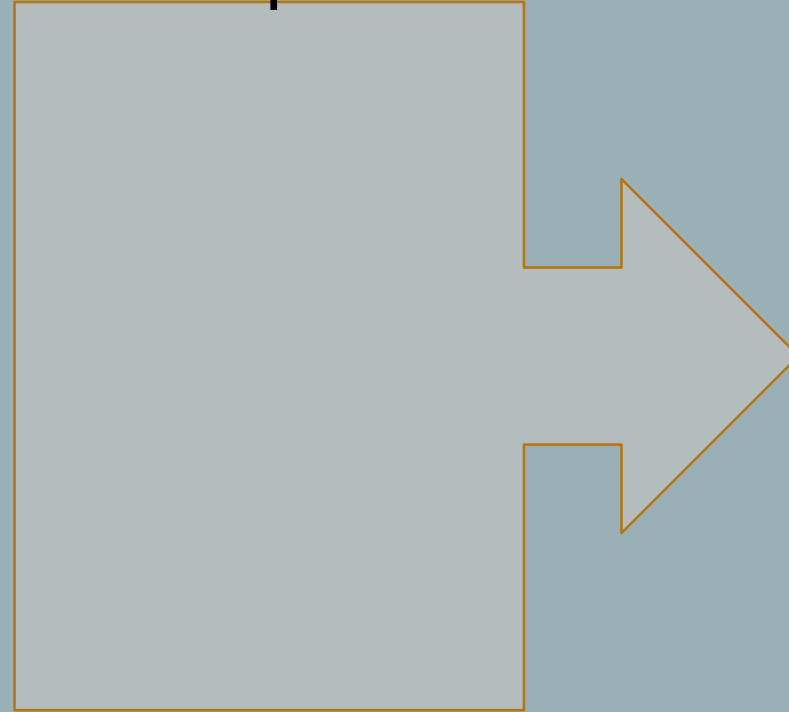
Defense Systems:

WHILE OUR DEFENSE SYSTEMS OFTEN
WORK, THEY ALSO BRING UNINTENDED
CONSEQUENCES.

Defense Systems



Unintended
Consequences



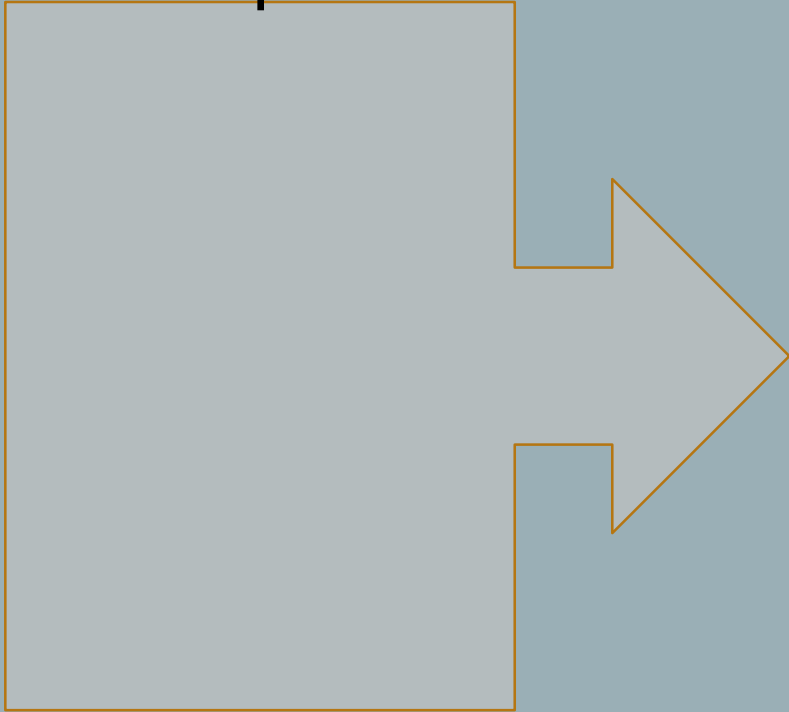


I PLANNED ON GETTING DRUNK...
I DID NOT PLAN ON GETTING A DUI

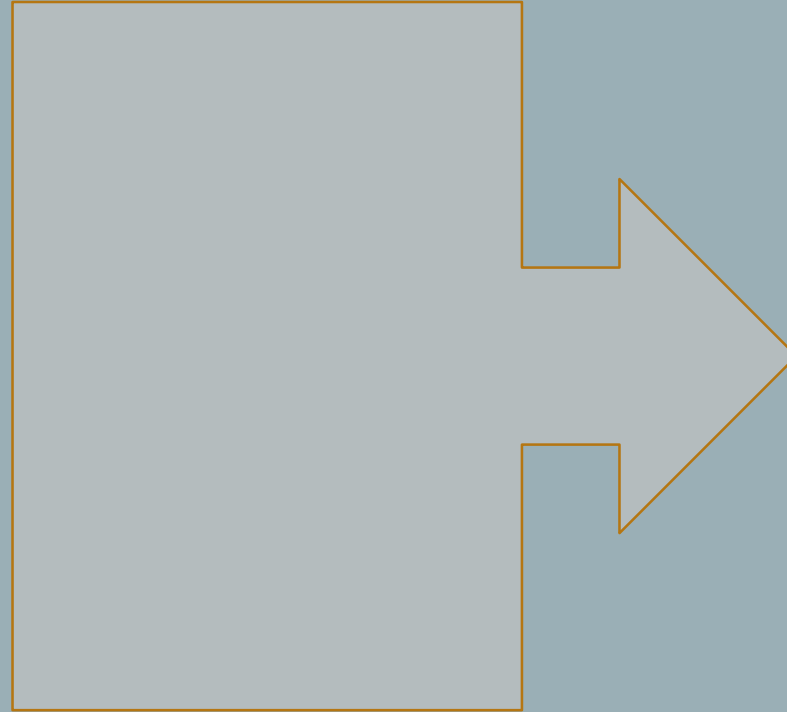
BRAINSTORM A LIST OF
"UNINTENDED CONSEQUENCES"?

OUR BELIEFS AND ATTITUDES HOLD
THE ENTIRE SYSTEM IN PLACE. WE KEEP
GETTING THE SAME RESULTS.

Unintended
Consequences



Beliefs and
Attitudes



Beliefs and Attitudes are like the mortar that holds the bricks together.



BRAINSTORM A LIST OF
"BELIEFS AND ATTITUDES"?

Beliefs and attitudes:

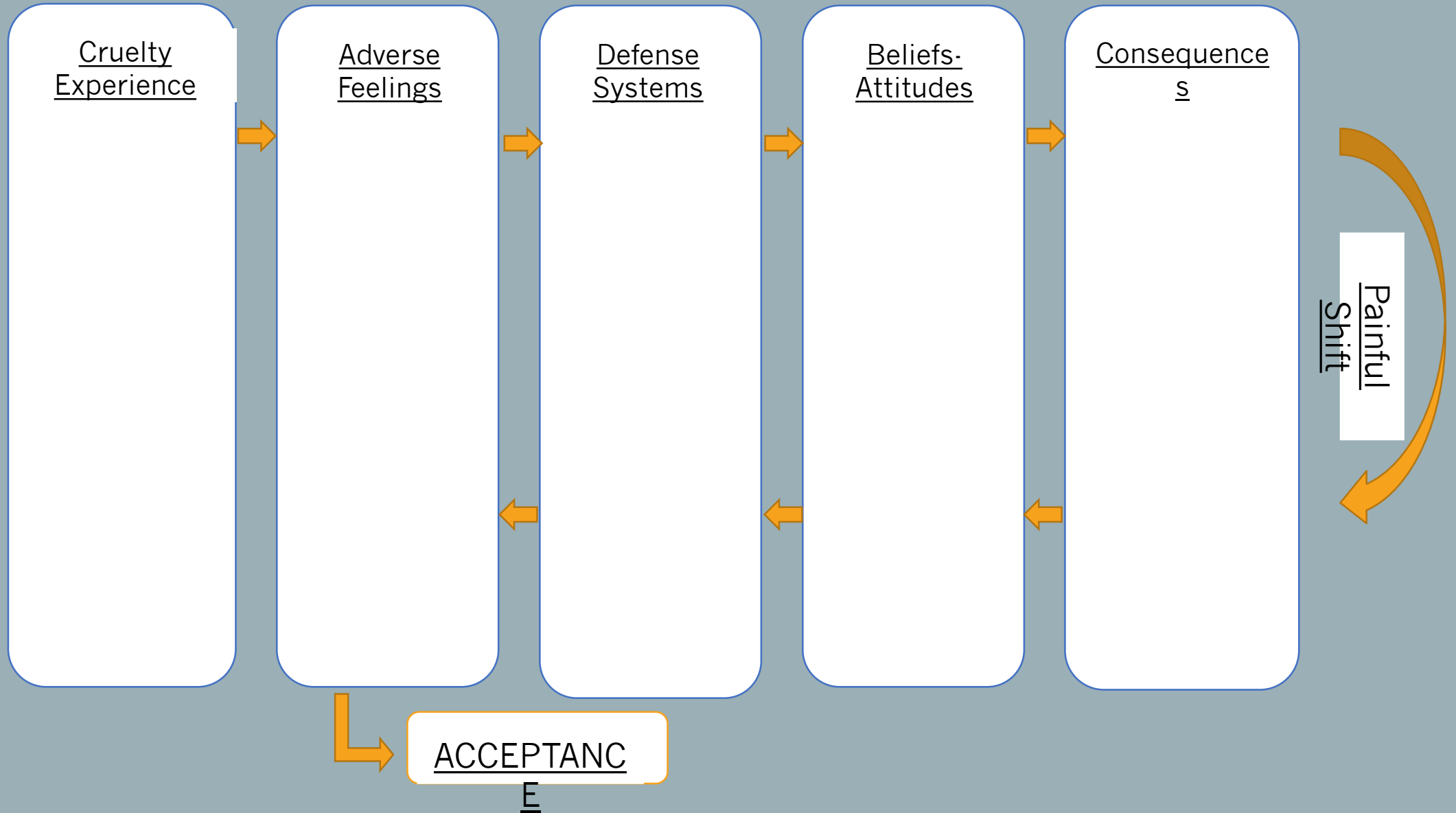
“THE RIVER OF CRUELTY” IN THEIR OWN WORDS

The Painful Shift:

Like deciding to swim against the current



THE RIVER OF CRUELTY MAP



IMAGINE IF WE DID NOT HAVE TO BE AFRAID OF OUR ADVERSE FEELINGS

- We begin to take more responsibility for ourselves
- We minimize, deny, and blame much less
- We begin to eliminate our unnecessary defense system
- We are more willing to be seen by others for who we are.
- People around us are less in danger as we have less to defend

Instead of living our lives in fear of our adverse feelings, we can simply live our lives.

PRESENTER CONTACT INFORMATION



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