

A MESSAGE FROM THE EXECUTIVE DIRECTOR

WHAT'S IN A NAME? EVERYTHING...

Dr. Monique Howard, PhD
WOAR Executive Director

continued...

Help us spread the word, we are **WOAR** - **Philadelphia Center Against Sexual Violence**. **WOAR** for short.

WOAR has several volunteer opportunities available.

Contact us at: info@woar.org if you are interested in loaning us your time, treasure or talent.

We need volunteers for; event planning, marketing/communications/public relations, and more...

Thank you for your continued support of our work and our mission. We hope to see you at the many community events that we are attending.



DIRECT SERVICES SCOOP

HEALING THROUGH EMPOWERMENT

By Anne Miller-Uueda, MSS, LCSW
WOAR Counselor

In the fall of 2018, **WOAR** started a partnership with **Women in Transition (WIT)** to offer clients from both agencies a new approach to healing. With input from colleagues outside of Philadelphia doing similar work, folks from WIT and WOAR developed a group that integrates self-defense instruction with psycho-education, processing, and mindfulness.

We've named this group: *Healing through Empowerment.*

There are multiple healing factors in this group. First, through both mindfulness and encouraging clients to stay in the moment

during self-defense instruction, this group helps clients tune into the mind-body connection, a key component for healing.

The Body Keeps Score states, "Agency starts with...our awareness of subtle sensory, body-based feelings: the greater that awareness, the greater our potential to control our lives. Knowing what we feel is the first step to knowing why we feel that way".

Secondly, there have been multiple positive impacts documented in the literature of self-defense training for survivors, including improving self-efficacy, improving assertiveness, and decreasing risk of re-victimization.