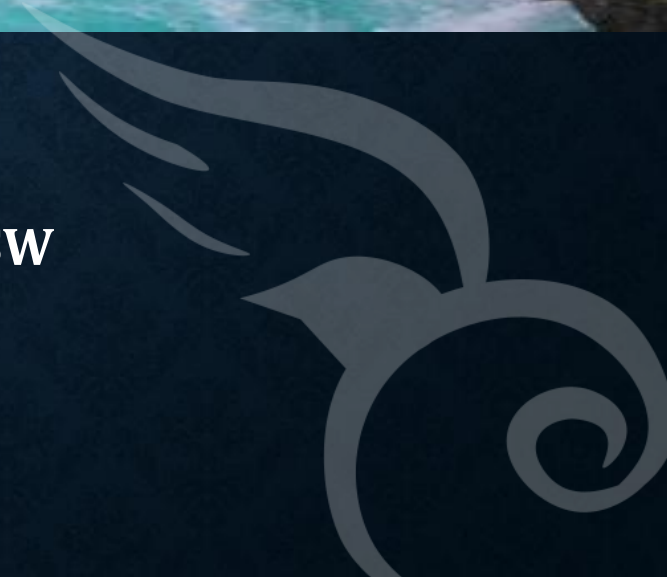


THE RIVER OF CRUELTY:

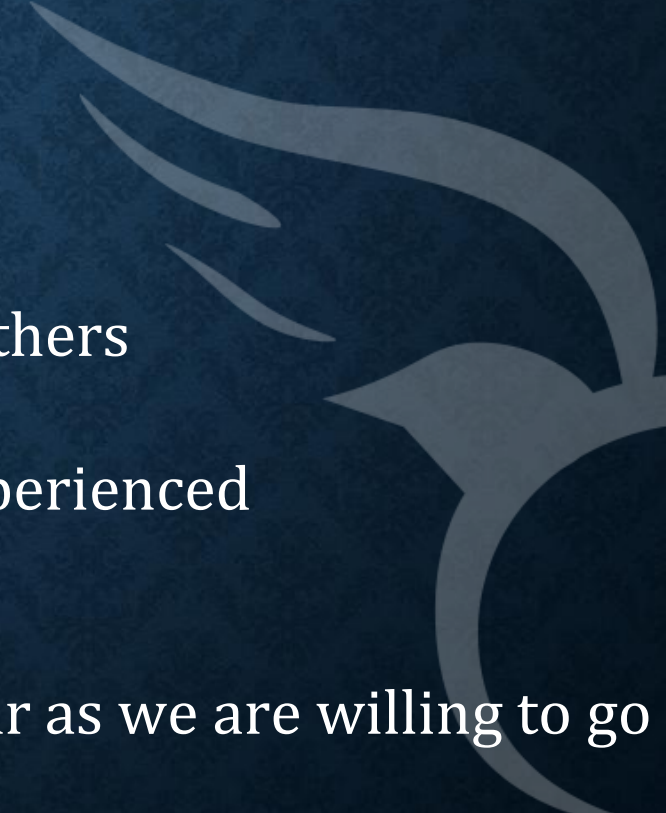
A Trauma-Focused Model for Transformational Change



Dorthy Stucky Halley, LMSW, and Steve Halley, LSCSW
Family Peace Initiative



OUR PHILOSOPHY:

- Create a culture of safety, emotional health and cruelty-free accountability through the use of compassion, integrity, and expertise.
 - Ask participants to take responsibility for:
The trauma they have caused others
And
Healing from the trauma they've experienced
 - Lead by example. We can only take others as far as we are willing to go ourselves.
- 

Effectiveness Of Approach



- Evaluation of effectiveness done by OAG & BIP Advisory Board in collaboration with the OJA
- CSO's examined all 2012 completers of 6 Kansas BIPS in 2015
- 88% have not been charged with another “person” crime since their date of completion
- 90% have not had another protection order filed against them

https://www.ag.ks.gov/docs/default-source/publications/bip-program-evaluation-study-report.pdf?sfvrsn=c5b5da1a_4

- The Center for Safety and Empowerment compared the list of all Shawnee County FPI completers 2015 through 2021 with the Topeka Police Department lethality assessment database: 14.9% had police contact that prompted use of the lethality assessment tool. 85.1% did not.

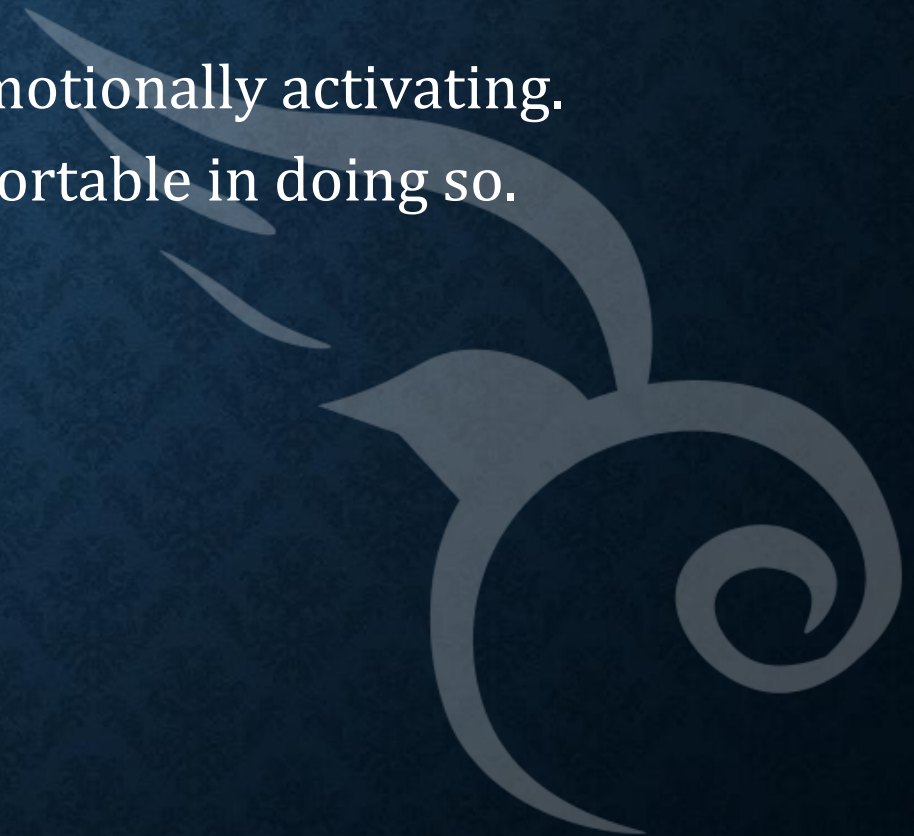
Halley Counseling Services, P.A.

- Family Peace Initiative (FPI)
 - A trauma-focused intervention program re: DFV
 - FPI curriculum used in many community DFV programs throughout Kansas, KDOC, and Family Advocacy Program at Fort Riley, United States Army Installation
- Peaceful Families Program
- The “Facilitator Training Series” for trauma-focused facilitation
 - 3 two-day workshops



APPLICATION

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



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”?

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



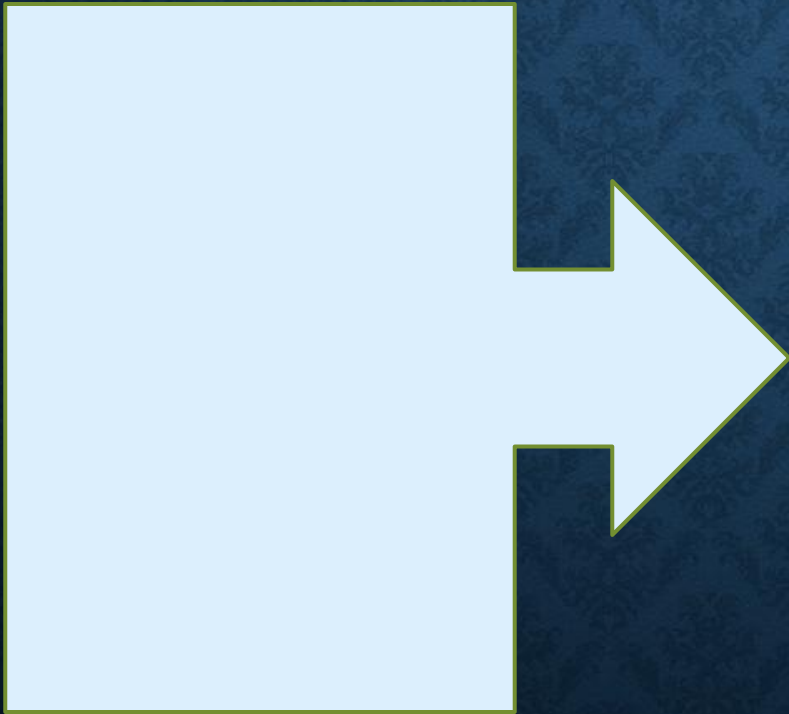
- *“Yet, I can certainly aver that I have never come across persecutors who weren’t victims in their childhood...”*

Alice Miller, *The Drama of a Gifted Child*

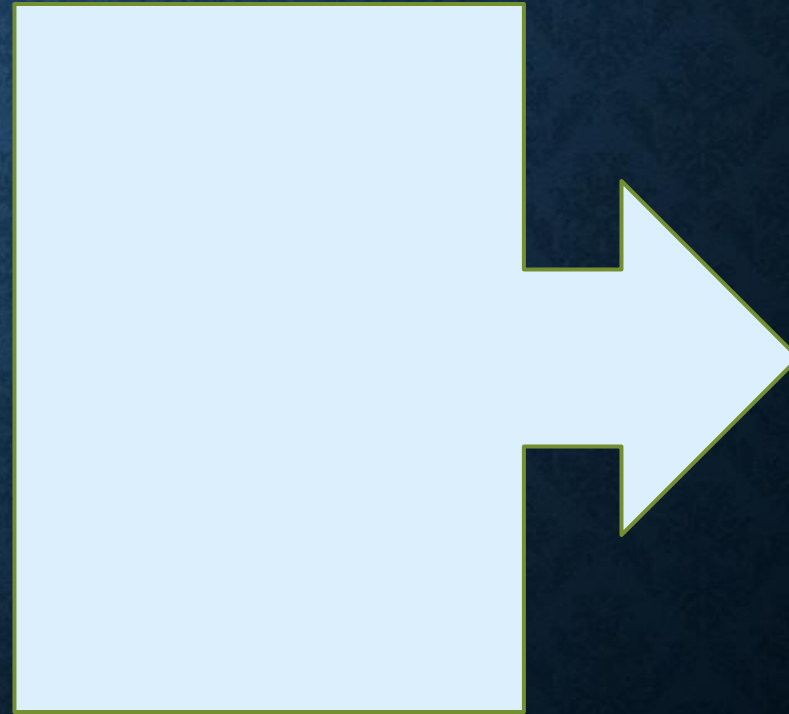
What are cruelties a person might experience, particularly before the age of 18?

CRUEL EXPERIENCES ALWAYS CREATE ADVERSE FEELINGS

Cruelty



Adverse Feelings



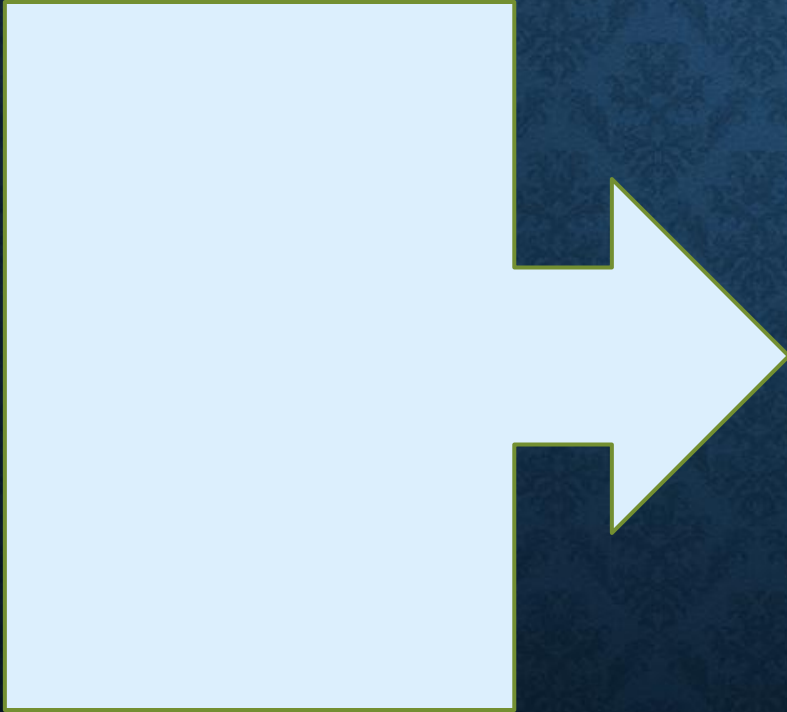
“Adverse Feelings” are all of
those feelings we wake up in the
morning hoping NOT to feel.



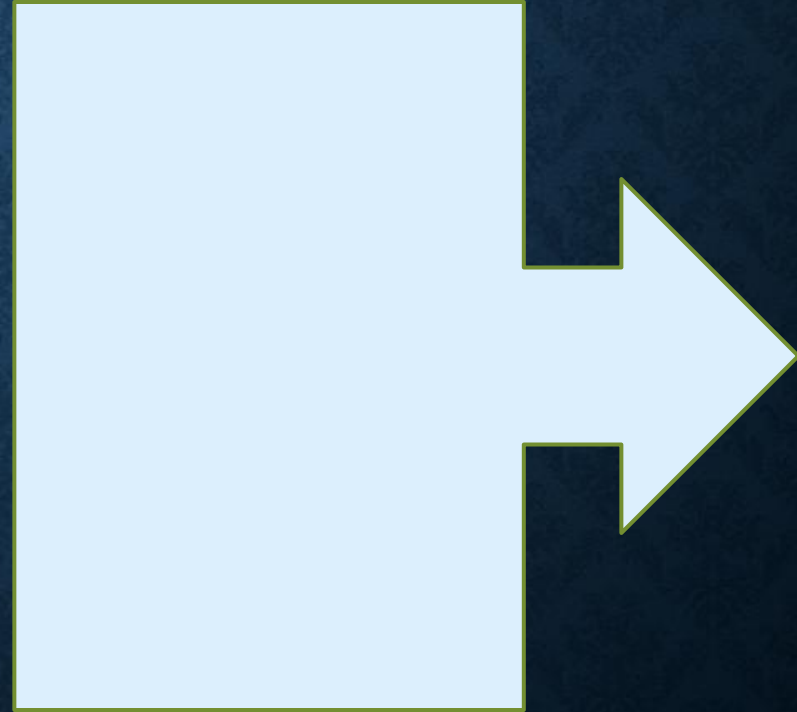
What Adverse Feelings occur as a result of the cruelties?

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.

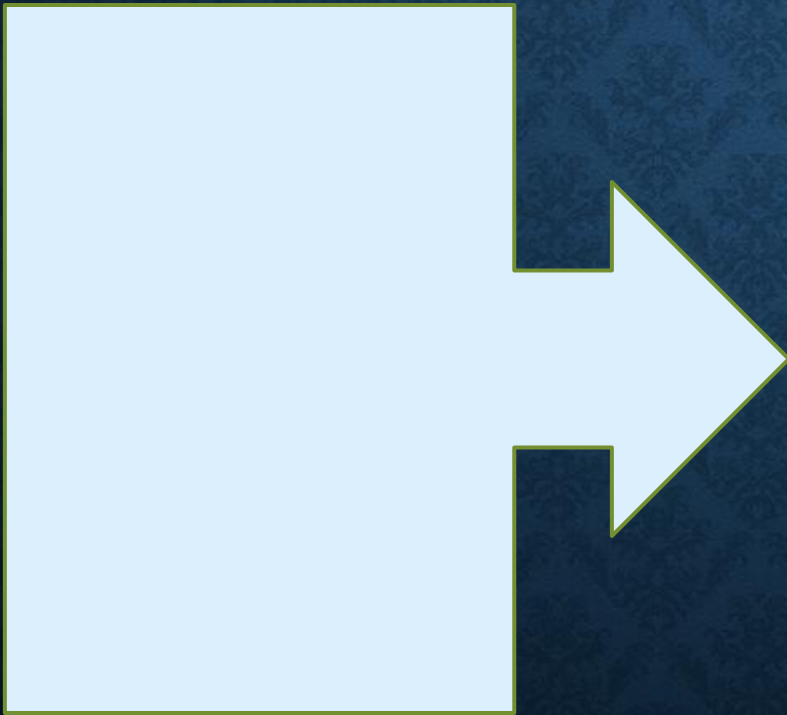


Let's make a list of Defense Systems

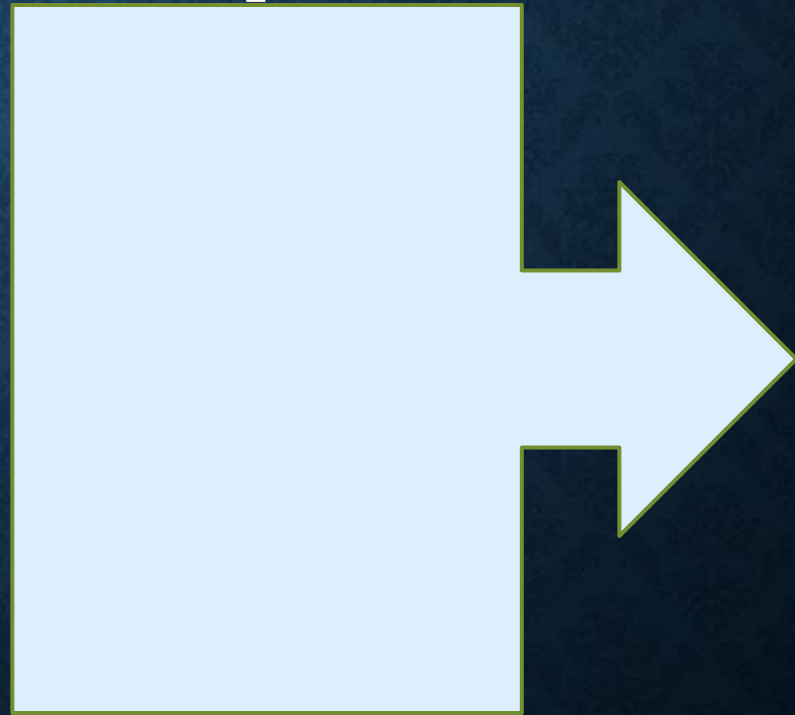
use alcohol	drugs	binge eating
comedy	Retail therapy	promiscuity
gambling	Extreme exercise	controlling
aggression	Domination	withdrawing
Perfectionism	Oppositional	rebel

While our **DEFENSE SYSTEMS** often work, they also bring
UNINTENDED CONSEQUENCES.

Defense Systems



Unintended
Consequences



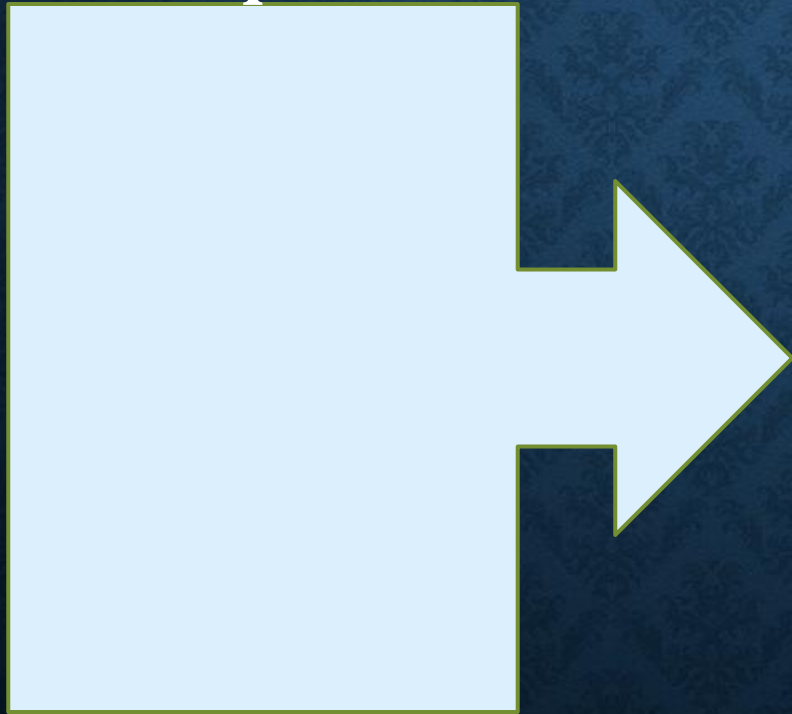


I PLANNED ON GETTING DRUNK...
I DID NOT PLAN ON GETTING A DUI

What are some of the Unintended Consequences of our Defense Systems?

Our **BELIEFS AND ATTITUDES** hold the entire system in place and cause us to keep getting the same results.

Unintended
Consequences



Beliefs and
Attitudes



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



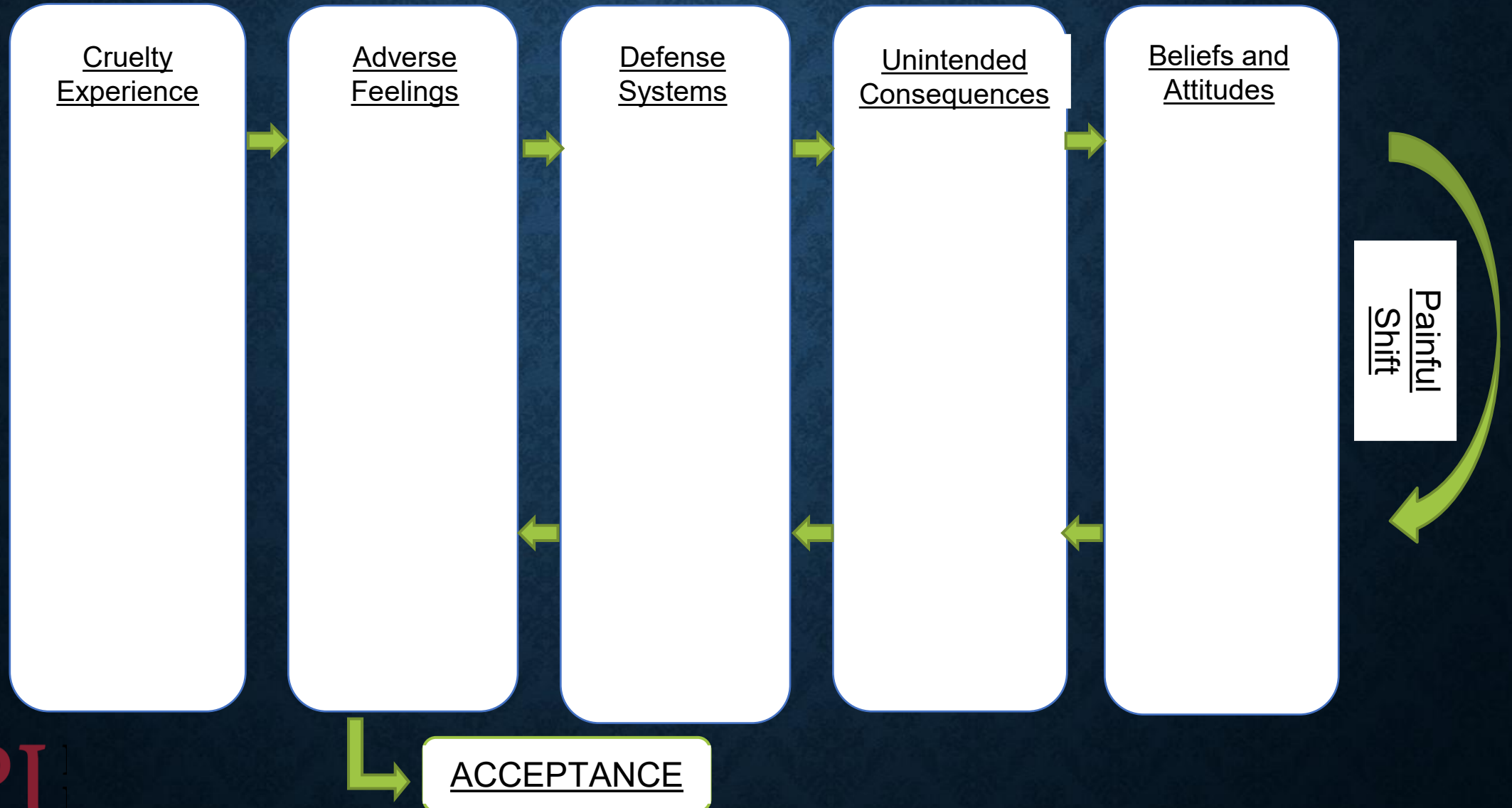
What are some Beliefs that support the continued use of Defense Systems?

The Painful Shift:

Deciding to swim against the current



THE RIVER OF CRUELTY MAP



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

Measured Activation

It's not the memory, or the story that we fear. It is the adverse feelings connected to the traumatic memory that are problematic. When we are no longer afraid of the emotions connected to the memory, the traumatic event loses its hold.



“Her brain was trying through reenactment, to make the trauma into something predictable, and, hopefully, ultimately boring.”

--Perry p 55

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





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