



# INSTRUCTIONAL DESIGN CASE STUDY

Creating a safe environment for learners engaging with sensitive topics or traumatic experiences



## CONTEXT

Since 2019, the Story Arc Learning team has partnered with the **Wings Foundation**, a national non-profit organization dedicated to providing support for adult survivors of childhood sexual abuse to help them transcend their trauma and lead healthy lives.

Wings came to us with a wide array of pre-existing content at the ready and a bank of video interviews with survivor testimonials. When dealing with such sensitive material targeted towards highly vulnerable learners, it's important to lead with a trauma-informed approach to delivery. Our past experience working with similar clients positions us with the expertise to be ideal partners. Our team developed the initial version and supported redesigning the course in 2024.

After carefully examining and evaluating material, our instructional design team set to work developing this material into the **Champions of Healing™** learning series: two e-learning courses providing guidance for survivors and their loved ones as they continue on their journeys towards healing.



## STORY HIGHLIGHTS

- Built a strong, collaborative relationship with Wings since 2019
- Developed the revolutionary first course of its kind for survivors and loved ones alike
- Course for survivors reached past its geographic barriers to become a resource for people in states across the country

“Story Arc's team met our evolving needs with creativity, compassion, and solution-oriented action. We felt they truly cared about the content and quality of this project and understood and supported its importance in the world.”

- Jenny Stith, Wings Executive Director



## CONTENT

Our instructional designer team created two courses within the **Champions of Healing™** series: Survivors, which includes resources for adult survivors of child sexual abuse working through their trauma, and Allies, which includes resources for family members, friends, care providers, and community members to champion the survivors in their lives.

The initial version of the course incorporated interviews with real survivors to create multiple storylines that learners could follow based on which stories they resonated with the most. After receiving user feedback, our team reimagined the course by editing the content and integrating more interactivity to make the courses functional. Feedback and testing from beta users reinforced the condensed approach to ensure content was comprehensive while still retaining the impact of their original stories.

Aligning with our trauma-led approach, our team incorporated several self-care resources to support learner mental health. Some resources included breathing exercises when learners feel overwhelmed, strategies for dealing with triggering material, and designated stopping points throughout the module for distance and reflection. Feedback on these elements was overwhelmingly positive.

## CREATIVITY

The **Champions of Healing™** series included interactive modules and custom graphics designed by our team. The two, 90-minute e-learning courses focus on supporting survivors and allies at any stage of the healing journey.

In addition to weeks of video editing and creating handouts and downloadables using Articulate and Adobe Suite, our team developed, populated, and launched an entirely new learning system on Talent LMS.

