

# HEALING COURAGE

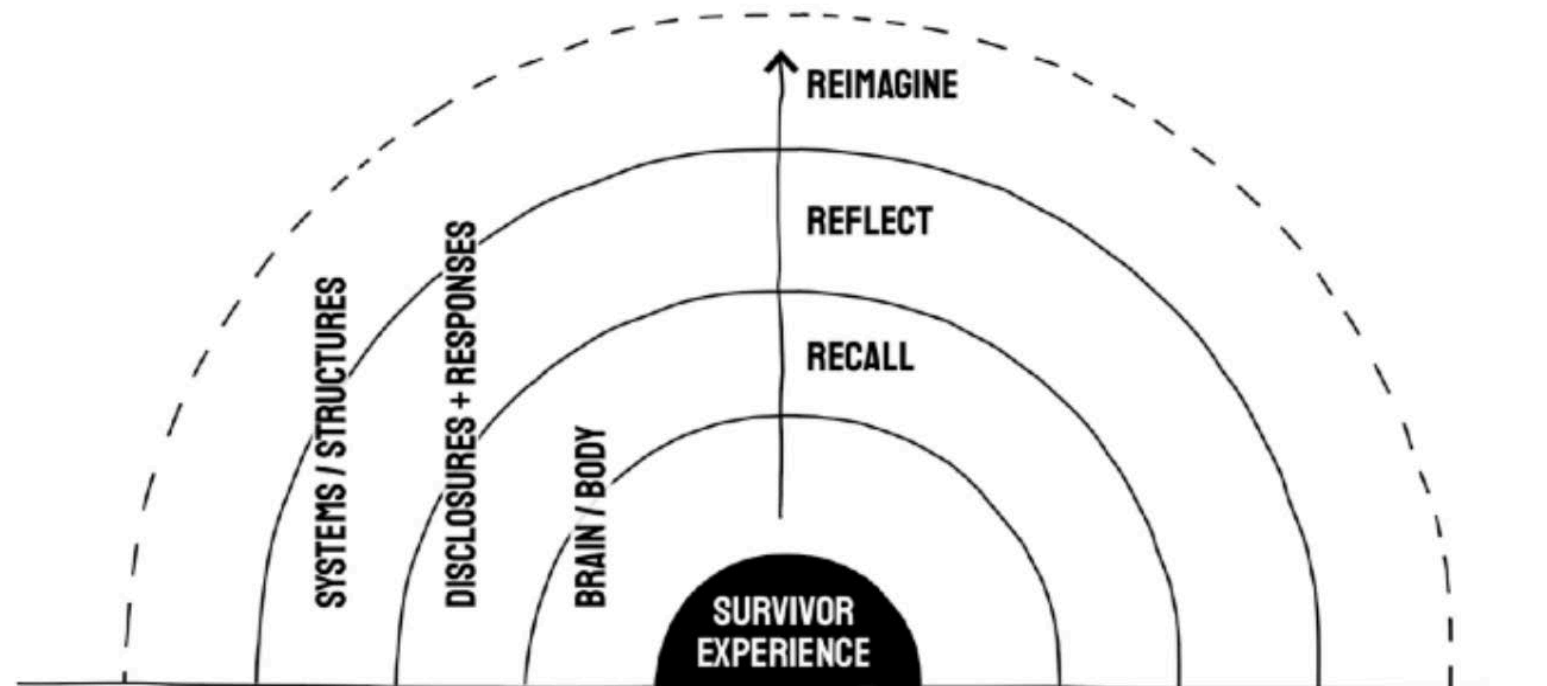
HEALING COURAGE IS A GROWING COALITION OF SURVIVORS ADDRESSING HARMFUL MYTHOLOGY AROUND GENDER VIOLENCE AND INTIMATE AND SEXUAL HARM.

HEALING COURAGE CENTERS THE WISDOM OF SURVIVORS TO REDEFINE AND INFORM OUR COLLECTIVE APPROACHES TO HEALING AND JUSTICE.

IN TRANSFORMING OUR UNDERSTANDING OF SEXUAL HARM, WE DESIGN SOLUTIONS TO PREVENT IT.

HC'S VISION INCLUDES THREE DIMENSIONS:

- **CONCENTRIC CIRCLES CONVERSATION**
- **RESEARCH + POLICY**
- **AMPLIFICATION + EDUCATION**



HELP US CHANGE THE  
CONVERSATION.  
BECOME A PARTICIPANT.  
BECOME A PARTNER.  
BECOME A PATRON.

HEALINGCOURAGE.ORG

# HEALING COURAGE

## THE WHAT & WHY

**SEXUAL VIOLENCE AND INTIMATE HARM ARE SYSTEMIC, CULTURAL, AND COMMUNITY PROBLEMS THAT ARE BOTH PREVENTABLE AND SOLVABLE.**

1) Sexually violent crimes are the most prevalent, yet also the most underreported and underprosecuted. At the margins, at every intersection of race, class, gender identity, disability, sexual orientation and more, the impacts of sexual violence are disproportionate.

- **Prevalence:** One in six women, one in 21 men, and one in two transgender individuals will be a victim of sexual assault in their lifetime.
- **Reporting & Prosecution:** Only 30% of rapes are reported to law enforcement (compared to 60% of robberies). Only 5.7% of rape incidents lead to an arrest & 1.1% of incidents are referred to a prosecutor. Only 0.6% of incidents lead to incarceration.
- **Social:** Sexual violence is both a physical and a social violation. 82% of survivors know the person who assaulted them. 97% of those incarcerated for sex crimes will return to their community within two years.
- **Intersectionality:** Majority of sexual victimization in the US is perpetrated by white men and those most frequently targeted are PGM (People of Global Majority), LGBTQ+ folks, especially the trans community, immigrants, incarcerated & unhoused persons, sex workers and those with disabilities. 80% of rapes are reported by white women while women of color are more likely to be assaulted.

2) Cultural mythology impacts both violence and healing. Our cultural responses to sexually violent crimes are motivated by harmful mythology, leading to a crisis of understanding, invalidation, and victim blaming.

- Myth shapes how we think about intimate violence and predicts not just how we'll respond to it, but whether or not we'll commit it.
- Myth shapes the cultural climate within which we greet people who harm and have been harmed.
- Myth shapes the course of an individual healing experience.
- Myth leads to ineffective treatment and recidivism strategies.
- Myth shapes policy, justice, and resource allocation for victims.

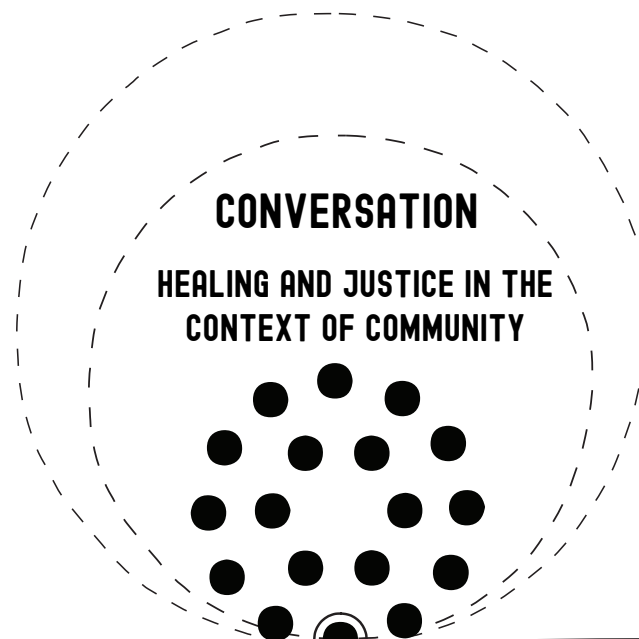
Restorative and transformative justice approaches are currently applied most widely in youth justice and education; there is less research into their use in violent or sexual crime, and a limited pool of practitioners engaging with them despite their reported effectiveness on healing outcomes and further prevention. We aim to change that, and in doing so, transform the harmful experiences of all survivors, especially the most marginalized and silenced.

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## THE HOW

### HC'S VISION INCLUDES THREE DIMENSIONS

- CONVERSATION
- RESEARCH + POLICY
- AMPLIFICATION



We facilitate survivor-centered community conversations that cultivate connection and foster learning. Our transformative Concentric Circle conversations bring together survivors, community and family members, decision makers, first responders, and in some cases, those who committed harm. Scaffolded with learning resources, these vulnerable, deep group learning discussions explore the impacts of trauma and challenge myths. Addressing where the system does not meet survivor needs allows us to foster survivor imagination and systemic change and increase community accountability as we collaboratively reimagine what healing and justice look like for those who are impacted.

### RESEARCH + POLICY

#### SURVIVOR-CENTERED PEER VIEWED

In imagining new futures of justice and healing, we utilize participatory design and other methodologies to carry out groundbreaking, survivor-centered research that includes underrepresented populations and asks critical, often overlooked questions. Our peer-reviewed findings contribute to the pool of evidence on which we can base a new landscape of community-based services and policies for healing and justice that is both inclusive and responsive to the needs of all survivors.

### AMPLIFICATION

#### MAKING TRAUMA TRUTH COMMON KNOWLEDGE

We design a media strategy that both amplifies and informs, leading the conversation away from harmful mythology, while arming the public with a deeper understanding of intimate harm and its impact. Our creative team captures survivor wisdom from conversations and research and uses data visualization to produce dynamic short form educational content around trauma science and how-we-got-here histories. These truth-telling graphic and video campaigns explore, explain, and dismantle the science and social paradigms behind trauma and our culture of response.

# HEALING COURAGE

HEALING COURAGE  
IS A GROWING COALITION  
OF SURVIVORS  
ADDRESSING HARMFUL  
MYTHOLOGY AROUND  
INTIMATE VIOLATION,  
GENDER VIOLENCE, AND  
SEXUAL HARM.

## WHO WE ARE

**ALEXIS ROSE | SHE/HER | CREATIVE**

Sustainable systems designer for over a decade, Alexis survived sexual harm and engaged the person who harmed her in an ongoing restorative justice process. She speaks publicly about her experiences with trauma, restorative justice and criminal justice reform. Her work in creative direction and system design crosses multiple disciplines, from Indigenous ecology, conservation and sustainable design to film, television, and architecture. As a project specialist, she works with various groups and challenges to design systemic data based solutions to complex problems, and believes that everything can be solved when attention is paid, listening is prioritized, innovation is encouraged, and humanity is centered.

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**MICHELLE SEYLER | SHE/HER | POLICY & DEVELOPMENT**

Survivor, advocate, ally, and policy expert, Michelle has spent her career working towards a more equitable world for marginalized communities. After graduating law school, Michelle worked with survivors of violent crime for many years, representing hundreds of clients in immigration law for their naturalization applications, U-Visa petitions, and Violence Against Women Act petitions. Michelle's expertise includes an integrated advocacy model that uses organizing campaigns and policy advocacy at the local, state, and federal levels to affect real change. Michelle's experiences with the criminal legal system led her to search for alternative roads for healing and justice. She is committed to creating innovative alternatives to our current systems that are responsive to the needs of all survivors.

**GRACE CROWLEY | SHE/THEY | RESEARCH**

As a mother, educator, and advocate, Grace empowers and supports communities and individuals to engage in the transformative and reflective work needed to bring us toward collective liberation. A member of the disability community, she understands the power of self-advocacy, mutual aid, and community care. The healing support she received from the queer community following a sexual assault led her to her current doctoral research that centers empowerment and community amongst queer survivors of sexual and domestic trauma, specifically in outdoor/nature settings. Grace believes that courageous vulnerability and connected communities will change the world.

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**STEPHANIE BURNS | SHE/HER | ENGAGEMENT & EDUCATION**

Educator, collaborative problem solver, and transformative community leader with over 25 years of program management and facilitation, Stephanie's rare experience with a criminal legal trial as a survivor of sexual violence led her to criminal justice reform, a Master's in Restorative Justice, and a deep commitment to anti-oppression and collective learning and healing. Known for holding powerful and intentional healing spaces and cultivating collaborative learning environments, Stephanie is inspired by vulnerability and accountability. Given the right conditions, she believes that we can learn powerfully in community and heal deeply in the presence of others.