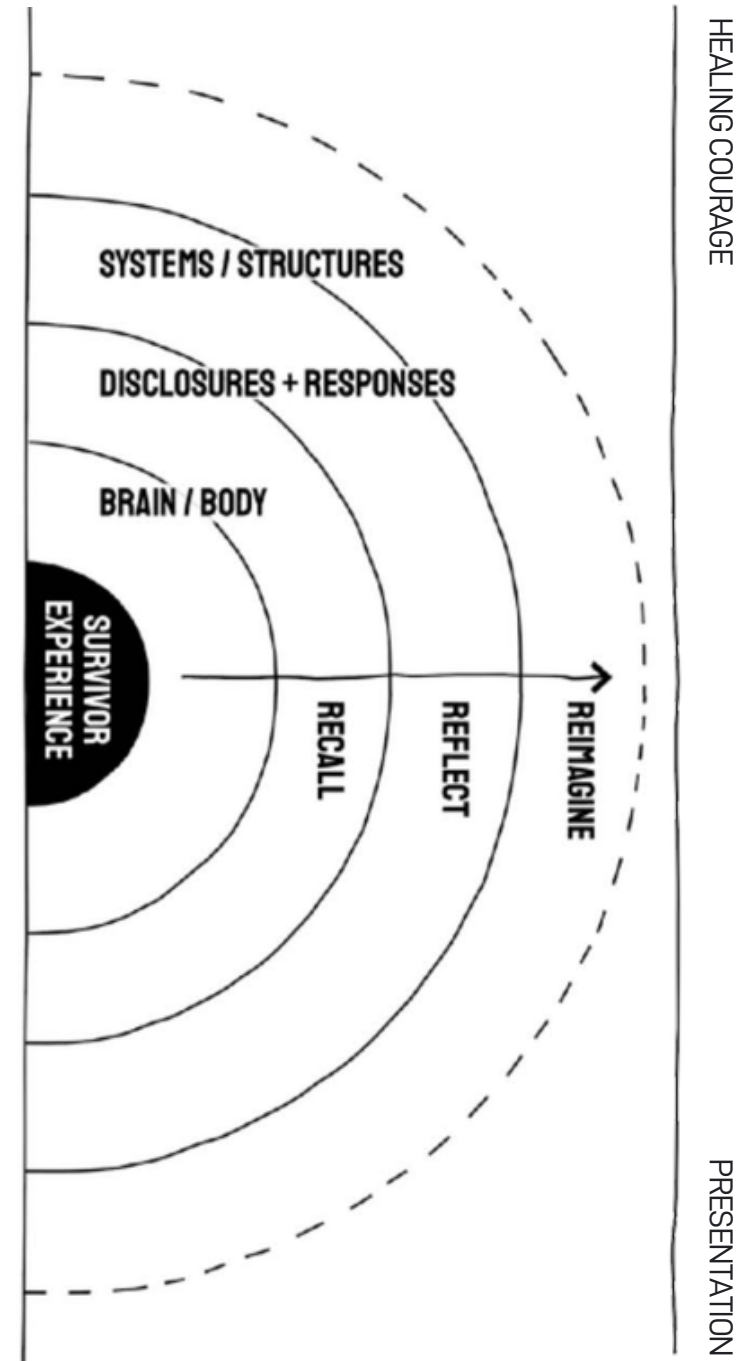


HEALING COURAGE

Centering the wisdom of survivors to transform how communities and systems respond to sexual and intimate violence.

Through community conversations, justice processes, workshops, research, and media, our work challenges harmful myths, reimagines healing and justice, and advances cultural and systems change to prevent violence and strengthen community well-being.



Healing Courage is a growing coalition of survivors addressing harmful mythology around sexual and intimate violence.

In collaboration with survivors and their communities, we design innovative survivor-informed approaches to justice.

In reimagining justice, we transform community and systemic responses to sexual violence and intimate harm.

In transforming our understanding of intimate violence, we collectively design solutions to prevent it.

WHAT IS THE SITUATION

Circle Work, Survivor Amplification, +
Participatory Action Research



HOW WE APPROACH CHANGE

Survivor centered, healing-informed,
transformative



WHO IS ENGAGED IN THE WORK

a growing coalition



SEXUALLY VIOLENT CRIMES ARE THE MOST PREVALENT, YET ALSO THE MOST UNDERREPORTED AND UNDERPROSECUTED.

AT THE MARGINS, THE IMPACTS OF SEXUAL & INTIMATE VIOLENCE ARE DISPROPORTIONATE.

Prevalence: One in three women, one in four men, and one in two transgender individuals will be a victim of sexual assault in their lifetime.

Reporting & Prosecution: Less than 5% 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.

Intersectionality: Majority of sexual victimization in the US is perpetrated by white men, and those most frequently targeted are PGM (People of Global Majority), LGB+ folks, 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.

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 only how we'll respond to it, but whether or not we'll commit it.

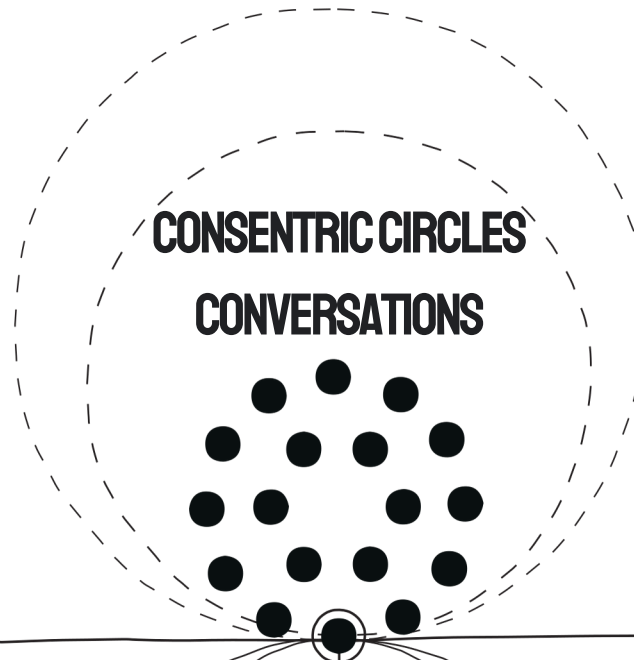
Myth shapes the cultural climate within which we greet people who harm and have been harmed.

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.

WHAT IS THE SITUATION

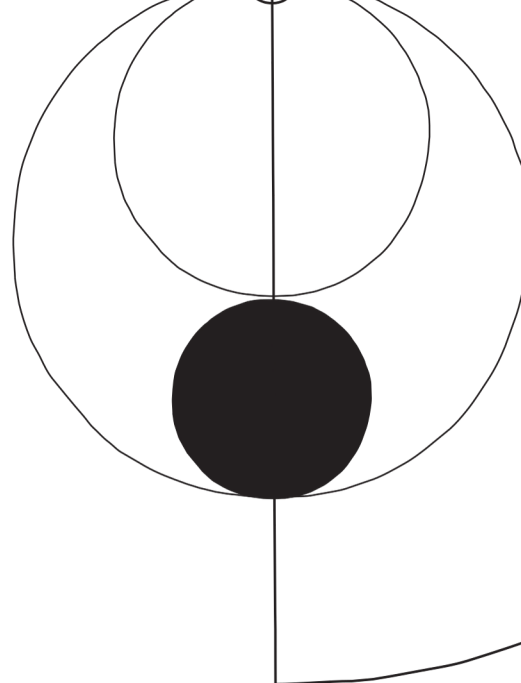
HOW WE APPROACH SYSTEMIC CHANGE



We facilitate survivor-centered community conversations that cultivate connection and foster learning. Our 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, 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 increase community accountability as we collaboratively reimagine what healing and justice look like for those impacted.

RESEARCH + POLICY

In imagining new futures of justice and healing, survivors serve as co-researchers. We utilize participatory action design research and other equity-based 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 + EDUCATION

We design an education and 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 and uses data visualization to produce dynamic short-form educational content around trauma science and how-we-got-here histories. These truth-telling graphics, video campaigns, workshops, and trainings explore, explain, and dismantle the science and social paradigms behind trauma and our culture of response.



**STEPHANIE
BURNS
SHE/HER
DIRECTOR &
CO-FOUNDER**

Educator, collaborative problem solver, and transformative community leader with over 20 years of program management, design, and facilitation, Stephanie's experience with a criminal trial as a survivor of sexual violence led her to 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 learn in community and heal in the presence of others.



**ALEXIS ROSE
SHE/HER
CREATIVE &
CO-FOUNDER**

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.



**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.



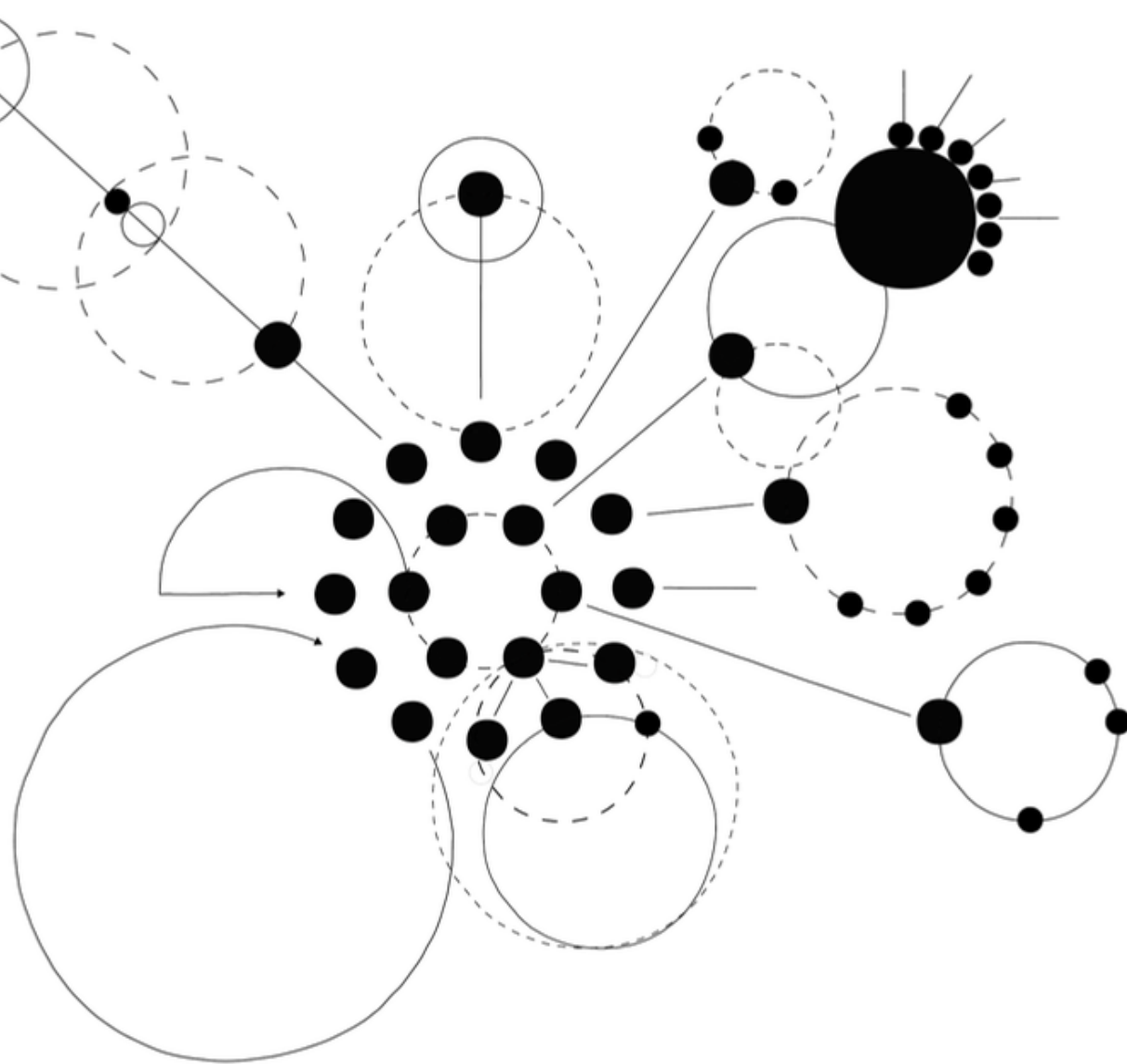
**MICHELLE
SEYLER
SHE/HER
POLICY**

Survivor, advocate, ally, and policy expert, Michelle has spent her career working towards a more equitable world for marginalized communities. After 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 organizes campaigns and advocates for policy 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.

WHO IS ENGAGED IN THE WORK

Healing Courage centers the wisdom of survivors to deepen our understanding and transform harmful cultural and systems responses to sexual and intimate violence.

Through community conversations, justice processes, workshops, research, and media, our work challenges harmful myths, reimagines healing and justice, and advances cultural and systems change to prevent violence.



WEBSITE

www.healingcourage.org



EMAIL

stephanie@healingcourage.org



INSTAGRAM

[@couragetriumphs](https://www.instagram.com/couragetriumphs)