

INSTRUCTOR	SESSION TITLE AND DESCRIPTION All sessions are approved for Social Work Continuing Education Credits (CEUs) Note: These sessions will not be recorded.	DATE/TIME SCHEDULED
Diane Rosenfeld JD, LLM Harvard Law School, Founder: The Bonobo Sisterhood Alliance	<p>The Bonobo Sisterhood: a vision of collective for self defense</p> <p>This class introduces The Bonobo Sisterhood: Revolution through Female Alliances by Diane Rosenfeld, Founding Director of the Gender Violence Program and a Lecturer on Law at Harvard Law School. Its thesis is that creating unprecedented female-female alliances modeled on the bonobos is a promising path toward thwarting patriarchal violence. Her vision is that every woman should take a Self Worth Defending (ESD) class to connect to her personal power, igniting the creation of The Bonobo Sisterhood.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Gain an understanding of how the bonobo model works and the importance of “answering the call.” ● Use the framework of the Bonobo Sisterhood as an umbrella to include and elevate ESD goals. ● Identify and challenge barriers between women to enable the creation of a collective self-defense like the bonobos. ● Challenge participants to share protective resources in new and innovative ways 	July 18th 10:30am to 12:00pm (CST)
Martha Thompson, PhD	<p>Harnessing the Collective Power of Research</p> <p>There has been a significant amount of research on empowerment self-defense (ESD) showing that it is effective in reducing attempted and completed sexual assault. We know that ESD increases self-confidence and self efficacy, it improves participant self-esteem while reducing self-blame, and makes it more likely survivors will seek supportive services.</p> <p>ESD instructors have long discussed the need for a common survey to use in shorter classes to contribute to the research on the efficacy of ESD. The task is challenging given the lack of funding and the wide variation in content and length of ESD programs. The goal of this workshop is to begin to craft a collective research project.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> ● Be able to easily summarize known benefits of ESD ● Understand the key components of a common evaluation tool ● Learn the tools and strategies for gathering replicable data 	July 18th 3:30pm to 5:00pm (CST)

	<ul style="list-style-type: none"> • Begin the process of collective research 	
Lauren Taylor, Executive Director, Defend Yourself and author of Get Empowered	<p>Creating a Trauma Competent Classroom for Safety and Learning</p> <p>All participants, whether survivors of gender-based violence or other forms of oppression, need emotional safety to learn. In this skill-building, scenario-based workshop, you'll learn how trauma impacts the mind and body, and how it shows up in the classroom or therapeutic setting. How can we as facilitators create safer, braver learning spaces? What specific practices can you introduce to help participants – and yourself – stay present and grounded? How can you recognize when a behavior is coming from a traumatic experience and help someone who is upset or triggered?</p> <p>This workshop is for everyone. Whether you teach self-defense and/or martial arts, or you are a provider who wants to understand the benefits of trauma-informed ESD approaches, this class has something for you. Bring your experiences and your questions!</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand how trauma affects the brain and the body • Create classroom policies, practices, and lesson plans to maximize safety and learning and minimize potential harm • Identify when a participant is having a trauma response, and know how to support them in the moment • Build a toolbox of specific exercises designed to foster healing and resilience. 	July 18th 7:00pm to 8:30pm (CST)
Shanda Poitra Founder / Executive Director of Turtle Mountain IMPACT	<p>Resisting Violence and Colonization: Empowerment Self-Defense for Indigenous Communities</p> <p>This workshop will present examples of indigenous-led empowerment self-defense programs on tribal reservations. It will show how ESD organizations can blend cultural revitalization efforts with empowerment self-defense to help community members heal from generational and interpersonal trauma. Turtle Mountain IMPACT revitalized an Ojibwe Coming of Age ceremony – which was lost for decades because elders were forced to attend Christian boarding schools and give up their culture -- and integrated traditional teachings and water ceremony with education on safe and healthy relationships and sexuality. The workshop will explore how ESD approaches have been used to develop meaningful and impactful programs in this sovereign nation.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand culturally specific ESD curriculum development • Learn the unique realities of sustaining ESD programs on tribal communities 	July 19th 1:30pm to 3:00pm (CST)

	<ul style="list-style-type: none"> Promote ESD as a tool for healing from social historical trauma within tribal communities Learn how indigenous-led ESD programs can inform anti-racism and inclusion efforts in all ESD programs 	
Carmen Alonso, PhD Founder, Just Mindfulness	<p>Self-Defense and Self-Compassion</p> <p>This will be a meditation session where we will reflect on our relationship with ourselves and on the question: <i>Am I worth defending?</i> We will also have a group discussion around self-worth, empowerment, self-defense and martial arts, and will end the session with a self-compassion practice.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> Raise awareness about the relationship we have with ourselves. Explore self-defense as a form of self-care and self-compassion. Discuss how we feel a sense of empowerment through the practice of self defense or martial arts. Practice self-compassion in community. 	July 19th 3:30pm to 5:00pm (CST)
Meg Stone Executive Director, Impact Boston and author of The Cost of Fear	<p>Funding Empowerment Self-Defense Programs</p> <p>Most of us want ESD to be accessible to everyone who needs or wants it, but raising the money to make this goal a reality is a constant challenge. This workshop presents practical strategies for attracting funders through program development, strategic planning, and relationship-building. The session will also offer practical strategies for attracting foundation grants, individual donors, and earned income which are consistent with organizational values. Strategies presented will be relevant to ESD businesses, nonprofit organizations, and solo practitioners.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> Learn strategies to frame ESD as a charitable cause Understand the basics of foundation grant applications Evaluate the viability of fiscal sponsorship for organizations and programs Identify ways to raise funds that are consistent with an organization's mission and values 	July 20th 10:30am to 12:00pm (CST)
Julie Harmon, PhD Executive Director, Impact Safety	<p>Lasting Life Legacies - Conversations on the Last Third of Our Lives</p> <p>This "class" is intended to create space and discussion for those who are more aware of the ending of our lives than of the middle of our lives. Many of us have had the good fortune to do this work for many years and</p>	July 20th 1:30pm to 3:00pm (CST)

	<p>want to see the work continue and grow. ESD is, by design, a practice of collective resource sharing. And we each want to see our experience and expertise benefit that collective and contribute to the broader violence prevention field. What have we learned, what has it meant to us, what do we want to leave behind and how do we do it? Do we walk alone or in community as we pause for some reflection?</p> <p>This workshop will create space for meaningful dialogue and intentional action through didactic and somatic experiences, worksheets and discussions. Participants will leave the workshop having given themselves the gift of connection.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Share collective strategies for increasing current and future impact • Explore avenues for crafting a legacy line • Assess the next chapter in our professional journeys • Gain understanding of succession planning 	
<p>Karen Chasen Co-founder, Prepare Inc.</p>	<p>Go Beyond a Great Demo - Be a Great Teacher, On Purpose!</p> <p>Are you a new instructor who strives to be complete and specific when teaching techniques, but worry you won't remember everything you are supposed to say? You can accelerate your skills by using this checklist of movement components every time. Are you a more experienced instructor who wants to level up teaching skills to be trauma-informed with a consistent and predictable presentation for all your physical skills instruction? Engage students' active listening so they track you from your first sentence to the end of their practice - so they don't miss a thing. Learn more about setting the stage, working through the checklist as you teach, adding stories and examples for dynamics and interest, creating relatability, and proactively addressing common questions and objections.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Incorporate use of a movement checklist to shape teaching of physical skills in an organized, predictable, and trauma-sensitive way. • Add depth and context to the teaching of physical skills and engage students' attention. • Promote active listening amongst participants. • Understand how to use this checklist model to train and supervise new instructors. 	<p>July 20th 3:30pm to 5:00pm (CST)</p>