

**TRAINING MATERIALS SESSION 4A:
INTERVIEWING SURVIVORS: TRAUMA-INFORMED TECHNIQUES (AUGUST 2023)
JULY 7, 2023**

NIWAP also offers [technical assistance](#) for victim advocates and attorneys. Find out how to receive NIWAP's technical assistance from NIWAP's experts and judicial faculty [here](#). If you are a judge or judicial faculty, please consider joining our National Judicial Network. You can find more information about the **National Judicial Network** [here](#).

Communities of Practice: NIWAP runs several Roundtables and Communities of Practice that provide opportunities for peer-to-peer learning by meeting virtually several times a year with others from across the country working in your profession and serving immigrant victims of domestic violence, sexual assault, dating violence, stalking, and human trafficking. For each, membership is limited to that profession. Please join and encourage others in your community to join:

- Community of Practice for Family Law Attorneys www.surveymonkey.com/r/FamCOP2023
- Community of Practice for Victim Advocates <https://www.surveymonkey.com/r/VictimAdvocateCOPApp>
- Roundtable for Law Enforcement, Prosecutors and System-based Advocates <https://www.surveymonkey.com/r/LERoundtable>
- National Judicial Network: Forum on Human Trafficking and Immigrants in State Courts (Judicial Officials only) <https://niwaplibrary.wcl.american.edu/pubs/njn-outreach-letter>

Trauma-Informed and Culturally Relevant Interview Tools for Work with Immigrant Survivors

- (April 24, 2023): Trauma-Informed – Structured Interview Questionnaires for Immigration Cases (SIQI) <https://niwaplibrary.wcl.american.edu/pubs/siqi-trauma-informed-tool>
- (July 23, 2015): How to Prepare Your Case Through a Trauma-Informed Approach: Tips on Using the Trauma Informed Structured Interview Questionnaires for Family Court Cases (SIQI) <https://niwaplibrary.wcl.american.edu/pubs/siqi-for-family-lawyers>
- (April 24, 2023): Advocate's and Attorney's Tool for Developing a Survivor's Story: Trauma Informed Approach <https://niwaplibrary.wcl.american.edu/pubs/traum-qref-advocatetooldevelopingsurvivorstory-7-10-17>
- Immigrant Power and Control Wheel – Forms of Domestic Violence That Immigrant Women Experience (April 13, 1996) <https://niwaplibrary.wcl.american.edu/pubs/power-control-wheel-eng-niwap>

Webinars

- *National Judicial Network Webinar – Readily Identifying and Effectively Responding to Stalking in Family Court: A Resource for Judicial Officers (March 7, 2023) (Includes materials connecting to research, resources, and tools)
<https://niwaplibrary.wcl.american.edu/resources-on-stalking-for-judges>
- January 31, 2023: National Judicial Network Webinar – Protecting Against Vicarious Trauma: Tools and Strategies for Providers Working with Survivors of Domestic Violence, Sexual Assault, and Trafficking (Includes materials connecting to research, resources, and tools)
<https://niwaplibrary.wcl.american.edu/njn-webinar-vicarious-trauma-jan-31-2023>
- (Oct. 23, 2018): “Trauma-Informed Webinar Series: Trauma-Informed Legal Advocacy” (Webinar)
<https://niwaplibrary.wcl.american.edu/times-up-oct-23>
- (March 19, 2014): “Trauma-Informed Care, Part 2: The Nuts and Bolts of Immigration Story Writing Intervention” (Webinar)
<https://niwaplibrary.wcl.american.edu/trauma-informed-interviews-story-writing>
- (February 24, 2014): “Helping Survivors in Crisis: Hands-On Training for Advocates and Attorneys on Trauma-Informed Work with Immigrant Women Who Are Survivors of Domestic Violence and Sexual Assault” (Webinar)
<https://niwaplibrary.wcl.american.edu/hands-on-trauma-crisis-training>
- (October 30, 2013): “Trauma-Informed Care: Promoting Healing While Strengthening Survivors’ Immigration Cases” (Webinar)
<https://niwaplibrary.wcl.american.edu/trauma-informed-care>
- Mollica, R.F. and Augusterfer, E.F. (2019). The Science of Empathy, Empathic Reflection and Empathic Regulation in Clinical Care [Webinar]. Heal Torture, National Capacity Building Project.
<https://healtorture.org/webinar/science-empathy-empathic-reflection-and-empathic-regulation-clinical-care>
- Higson-Smith, C., and Nicholson Sullivan, M.J. (2016). Healthy organizations: beyond individual self-care [Webinar]. Heal torture, National Capacity Building Project.
<https://healtorture.org/sites/healtorture.org/files/HealthyOrganizations%20PPT>.
- All NIWAP Webinars
<https://niwaplibrary.wcl.american.edu/all-niwap-webinars>

Trauma-Informed Assistance

- SAMSHA Concept of Trauma and Guidance for Trauma Informed Approach
<https://niwaplibrary.wcl.american.edu/pubs/samsha-concept-of-trauma-and-guidance-for-trauma-informed-approach>

- December 2011: Representing Domestic Violence Survivors who are Experiencing Trauma and Other Mental Health Challenges: A Handbook for Attorneys
<https://niwaplibrary.wcl.american.edu/pubs/attorneyhandbookfinaljan2012/>
- June 19, 2014: Grounding Tool
<https://niwaplibrary.wcl.american.edu/wp-content/uploads/GroundingTool.pdf>
- June 20, 2014: Self Care Tool
<https://niwaplibrary.wcl.american.edu/wp-content/uploads/Self-Care-Tool.pdf>

Impact of Trauma on the Brain Development of Children

- First Impressions: Exposure to Violence and a Child’s Developing Brain
<https://niwaplibrary.wcl.american.edu/significance-of-trauma-history-of-minorshttps://niwaplibrary.wcl.american.edu/significance-of-trauma-history-of-minors>
- (2018): Vulnerable But Not Broken: Psychosocial Challenges and Resilience Pathways Among Unaccompanied Children From Central America
<https://niwaplibrary.wcl.american.edu/pubs/vulnerable-but-not-broken>
- (March 29, 2018): Appendix E – Understanding the Significance of a Minor’s Trauma History in Family Court Rulings
<https://niwaplibrary.wcl.american.edu/pubs/appendix-e-effects-of-trauma-on-minors>
- (March 20, 2020): Declaration of David B. Thronson Discussing Trauma and the Neurobiological Health and Well Being of Children
<https://niwaplibrary.wcl.american.edu/pubs/thronson-declaration-child-brain-science>
- (July 11, 2016): BIA Amicus Brief on Recent Research Concerning the Neurobiological, Cognitive, and Psychological Development of Children and Adolescents
<https://niwaplibrary.wcl.american.edu/pubs/niwap-bia-amicus-child-brain-development>
- May, 22, 2017: BIA Decision RE Trauma
<https://niwaplibrary.wcl.american.edu/wp-content/uploads/BIA-Decision-RE-Trauma-May-22-2017.pdf>

Self-Care & Resiliency

- NCJFCJ Judicial Wellness Initiative
<https://www.ncjfcj.org/judicial-wellness-initiative/>
- CoLAP’s 2019 National Judicial Stress and Resilience Survey: The Results are in! 2019 National Conference for Lawyer Assistance Programs, September 25, 2019, Austin, Texas
<https://www.wacita.org/wp-content/uploads/2020/02/national-judicial-stress-resilience-survey092319.pdf>
- Self-Care for Providers from International Society for Traumatic Stress Studies: ISTSS – Self-Care for Providers
<https://istss.org/clinical-resources/treating-trauma/self-care-for-providers>

- Vicarious Trauma Toolkit from Office for Victims of Crime (OVC): About the Toolkit | The Vicarious Trauma Toolkit | About the Toolkit | OVC (ojp.gov)
<https://ovc.ojp.gov/program/vtt/about-the-toolkit>
- Reyes, V. (2022). How judges can mitigate vicarious trauma. Your Voice Column, *ABA Journal*, American Bar Association
<https://www.abajournal.com/voice/article/how-judges-can-mitigate-vicarious-trauma>

Mindfulness / Meditation Specific Resources

- UCLA Health: Guided Meditations – MARC | UCLA Health
https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations?id=22&iirf_redirect=1
- UCSD Center for Mindfulness
<https://cih.ucst.edu/mindfulness>
- UMass Memorial Health Center for Mindfulness
<https://www.ummhealth.org/center-mindfulness>

Contemplative Based Resiliency Training

The Portable Calm: Contemplative Based Trauma and Resiliency Training: The Portable Calm. Eight-week training developed by Gaea Logan & Patricia Tollison, to help cultivate resilience by strengthening the capacity for self-regulation and building protective internal factors essential to the prevention of burnout: <https://sutra.co/circle/skxh24/register>

Psychoeducation on the nature and causes of panic, anxiety, and the alarm system

- Michael J. Telch, The Nature and Causes of Anxiety and Panic
<https://labs.la.utexas.edu/telch/files/2015/08/Nature-and-Causes-8.10.15.pdf>

Sleep hygiene

- Sleep Hygiene Checklist
<https://sdlab.fas.harvard.edu/files/sdlab/files/sleephygienecheckliststriveweekly.pdf>
- 10 Tips for a Better Night's Sleep. National Sleep Foundation
<https://www.thensf.org/sleep-tips/>

SMART goal planning and action plan

- SMART GOAL
<https://www.lssu.edu/wp-content/uploads/2021/09/SMART-Goals-Worksheet-1.pdf>

Other Resources

- Heal Torture
<https://healtorture.org/>

- Cherokee Family Violence Center Individual Services Assessment
<https://niwaplibrary.wcl.american.edu/wp-content/uploads/ISA-CFVC-1.pdf>

NIWAP Resources

- Advocate’s and Attorney’s Tool for Developing a Survivor’s Story: Trauma Informed Approach
<https://niwaplibrary.wcl.american.edu/pubs/traum-qref-advocatetooldevelopingsurvivorstory-7-10-17>
- Trauma Informed – Structured Interview Questionnaires for Immigration Cases (SIQI)(July 12, 2018)
<https://niwaplibrary.wcl.american.edu/pubs/siqi-trauma-informed-tool>
- Trauma-Informed Help For Immigrant Survivors (Updated November 11, 2020)
<https://niwaplibrary.wcl.american.edu/trauma-informed-help-for-immigrant-survivors>
- Dynamics, Interviewing, Safety Planning, Collaboration and Best Practices
<https://niwaplibrary.wcl.american.edu/dynamics-best-practices>

References

Arnsten, A. F. (2009). Stress signaling pathways that impair prefrontal cortex structure and function. *Nature reviews neuroscience*, 10(6), 410-422.

Ashar, Y. K., Andrews-Hanna, J. R., Dimidjian, S., & Wager, T. D. (2017). Empathic care and distress: predictive brain markers and dissociable brain systems. *Neuron*, 94(6), 1263-1273.

Baird, K., & Kracen, A. C. (2006). Vicarious traumatization and secondary traumatic stress: A research synthesis. *Counselling Psychology Quarterly*, 19(2), 181-188.

Batson, C. D., Ahmad, N., & Lishner, D. A. (2009). Empathy and altruism. In S. J. Lopez & C. R. Snyder (Eds.), *Oxford handbook of positive psychology* (pp. 417–426). Oxford University Press.

Figley, C. R. (1995). Compassion fatigue: Toward a new understanding of the costs of caring.

Feldman Hall, Dalgleish, Evans & Mobbs (2015). Empathic concern drives costly altruism, *Neuroimage*, 105, 347-356, ISSN 1053-8119, <https://doi.org/10.1016/j.neuroimage.2014.10.043>.

Hegarty, D. & Buchanan, B. (2021, November 29). Psychologist Norms for the Professional Quality of Life Scale (ProQOL). <https://novopsych.com.au/news/psychologist-norms-for-the-professional-quality-of-life-scale-proqol/>

Higson-Smith, C., and Nicholson Sullivan, M.J. (2016). Healthy organizations: beyond individual self-care [Webinar]. National Capacity

Building Project. <https://healtorture.org/sites/healtorture.org/files/HealthyOrganizations%20PP T>.

Hofmeyer, A., Kennedy, K., & Taylor, R. (2020). Contesting the term ‘compassion fatigue’: Integrating findings from social neuroscience and self-care research. *Collegian*, 27(2), 232-237.

Hudnall Stamm, 2009-2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5

(ProQOL). www.proqol.org. (ProQOL). <https://novopsych.com.au/news/psychologist-norms-for-the-professional-quality-of-life-scale-proqol/>

Joëls, M., & Baram, T. Z. (2009). The neuro-symphony of stress. *Nature reviews neuroscience*, 10(6), 459-466.

Logan, G. & Tollison, P.K. (2016). Contemplative Based Trauma and Resiliency Training, International Center for Mental Health, and Human Rights

McEwen, B. S., & Akil, H. (2020). Revisiting the stress concept: implications for affective disorders. *Journal of Neuroscience*, 40(1), 12-21.

Mollica, R.F. and Augusterfer, E.F. (2019). The Science of Empathy, Empathic Reflection and Empathic Regulation in Clinical Care [Webinar]. Heal Torture, National Capacity Building Project.

Oriel Feldman Hall, Tim Dalgleish, Davy Evans, Dean Mobbs. Empathic concern drives costly altruism, *Neuroimage*, Volume 105, 2015, Pages 347-356, ISSN 1053-8119, <https://doi.org/10.1016/j.neuroimage.2014.10.043>.

Pennebaker, J. W., & Chung, C. K. (2011). Expressive writing: Connections to physical and mental health. In H. S. Friedman (Ed.), *The Oxford handbook of health psychology* (pp. 417–437). Oxford University Press.

Singer, T., & Klimecki, O. M. (2014). Empathy and compassion. *Current Biology*, 24(18), R875-R878.

Sprang, Ford, Kerig & Bride (2018). Defining secondary traumatic stress and developing targeted assessments and interventions: Lessons learned from research and leading experts. *Traumatology*. Advance online publication. <http://dx.doi.org/10.1037/trm0000180>

Stamm, B.H. (2010). The Concise ProQOL Manual, 2nd Ed. Pocatello, ID: ProQOL.org.

Telch, M. J. Nature and Causes of Anxiety and Panic.

More tools for practitioners are available in NIWAP’s web library
<http://niwaplibrary.wcl.american.edu/training-materials-prosecutors>

**If you have difficulty accessing this publication, please contact for assistance NIWAP at
(202) 274-4457 or info@niwap.org