

Bearing Witness as an Act of Love, Resistance, and Healing



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Mahmoud Darwish
"THINK OF OTHERS"

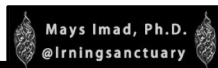
As you prepare your breakfast — think of others.
Don't forget to feed the pigeons.
As you conduct your wars — think of others.
Don't forget those who want peace.
As you pay your water bill — think of others.
Think of those who have only the clouds to drink from.
As you go home, your own home — think of others — don't forget those who live in tents.
As you sleep and count the stars, think of others — there are people who have no place to sleep.
As you liberate yourself with metaphors think of others — those who have lost their right to speak.
And as you think of distant others — think of yourself and say
'I wish I were a candle in the darkness.'

Today, we will:

1. Reflect back on the last year.
2. Consider how we will move forward.
3. Interrogate what centering collective well-being entails.



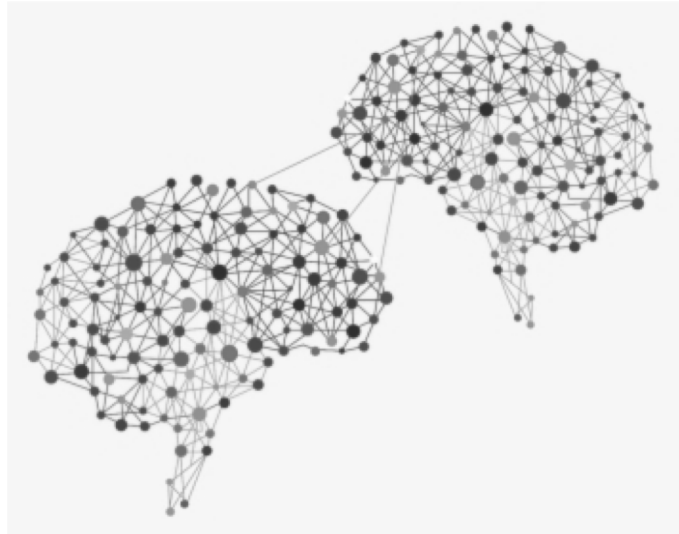
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What Makes the Brain Feel Overwhelmed?



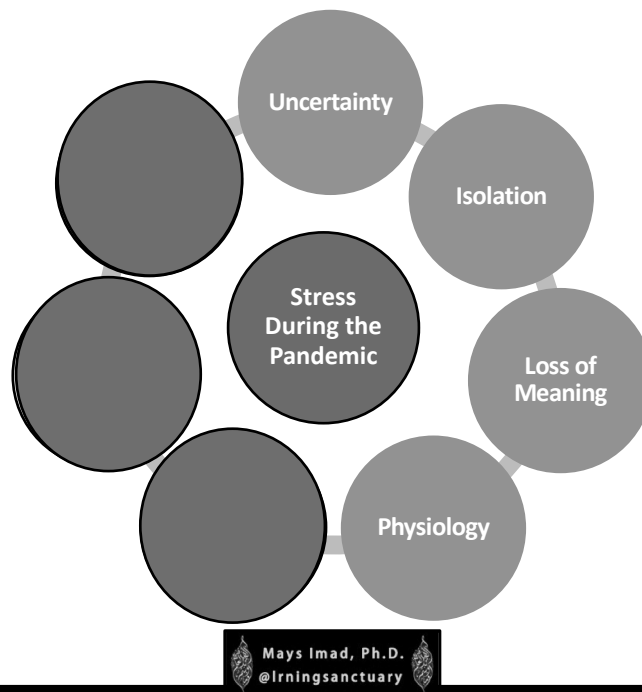
Our Brains Evolved to Connect



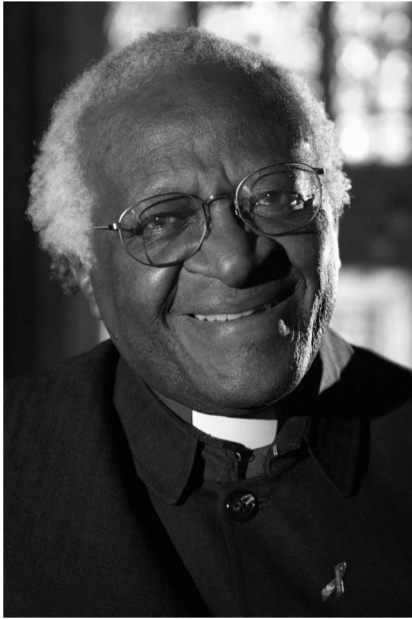
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What Prevents Connection & Integration?

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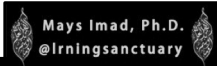
Tempting to Despair



Desmond Tutu

"We have hardships
without becoming hard.
We have heartbreak
without being broken."

– *The Book of Joy*



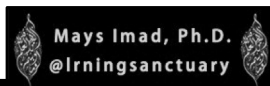
We can choose to:

1. Do Nothing.



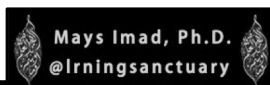
We can choose to:

1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.



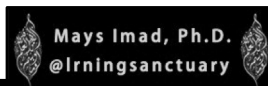
We can choose to:

1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.
2. Do Something.



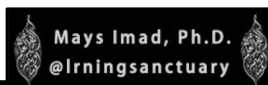
We can choose to:

1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.
2. Do Something: (a) repeat what we've been doing

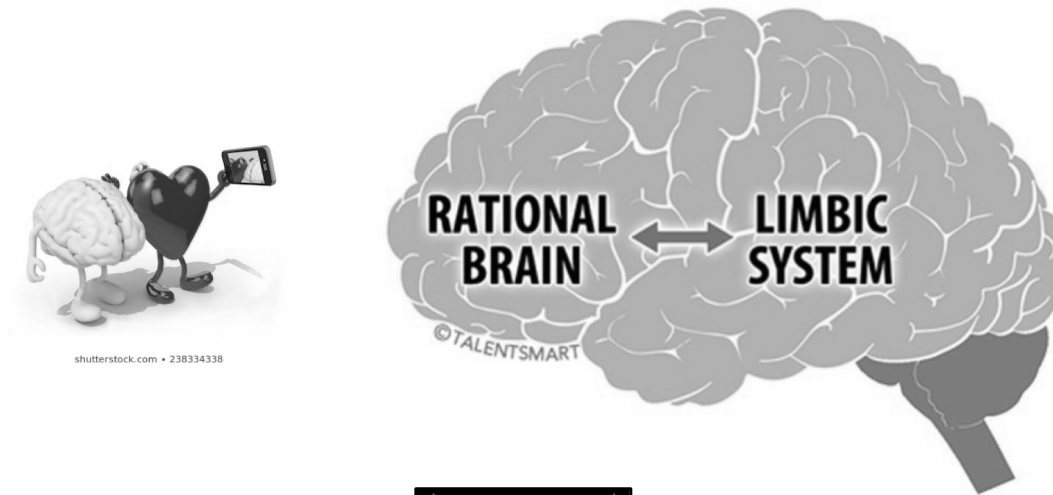


We can choose to:

1. Do Nothing: Remain passive, ambivalent, romanticize hopelessness.
2. Do Something: (a) repeat what we've been doing, or (b) **forge a new way.**



Calming the Nervous System



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Is Learning Possible
In These Disruptive Times?

Yes, *but* we need interventions.

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Trauma-Informed Care

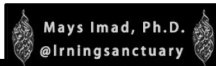
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Trauma is an event or a series of events
that feels threatening to our core and
leaves us in a position of helplessness.

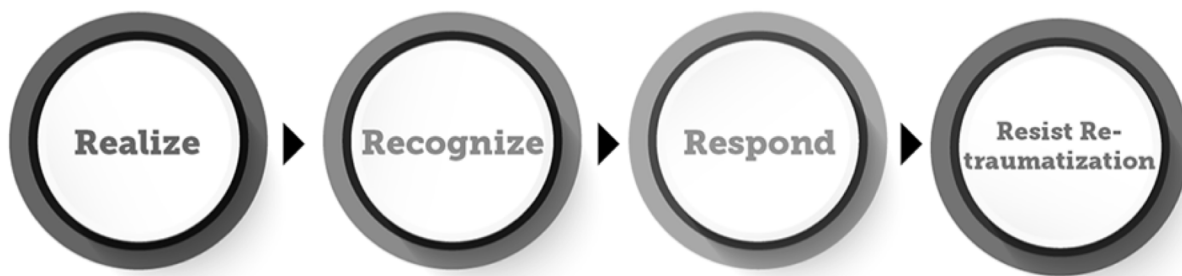
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**Trauma shatters our assumptions
about the benevolence of the world,
the meaningfulness of the world, and
our sense of self and self worth.**

Trauma is Relational



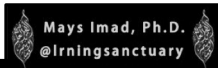
Trauma-Informed Care



This figure is adapted from: Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's concept of trauma and Guidance for a trauma-informed approach. HHS publication no. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health



Trauma-Informed Education requires having an awareness of our students' past and present experiences and the effects of those experiences on students' well-being. We must be able to recognize trauma or toxic stress in ourselves and our students. We are intentional to promote safe environments, provide resources, cultivates connections, empowerment, and recovery.

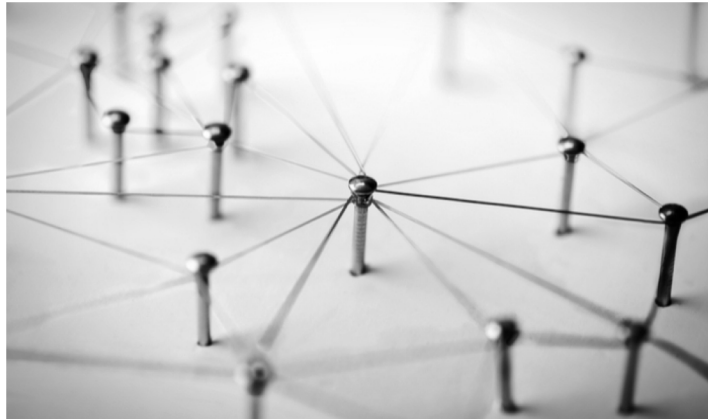


Trauma-Informed Pedagogy **MISCONCEPTIONS:**

- **M#1:** Trauma-informed pedagogy requires that we have training in social work or clinical psychology.
- **M#2:** There are no rules and students can “get away” with anything.
- **M#3:** Trauma-informed pedagogy means having lower academic expectations.
- **M#4:** Trauma-informed pedagogy is a model only for high-poverty schools.
- **M#5:** Trauma-informed pedagogy is just for students who have experienced trauma.



Healing Through Relationships



**Interdependent Relationships with
the Earth & its Inhabitants**

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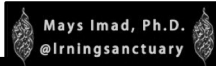
Adrienne Rich



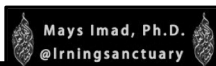
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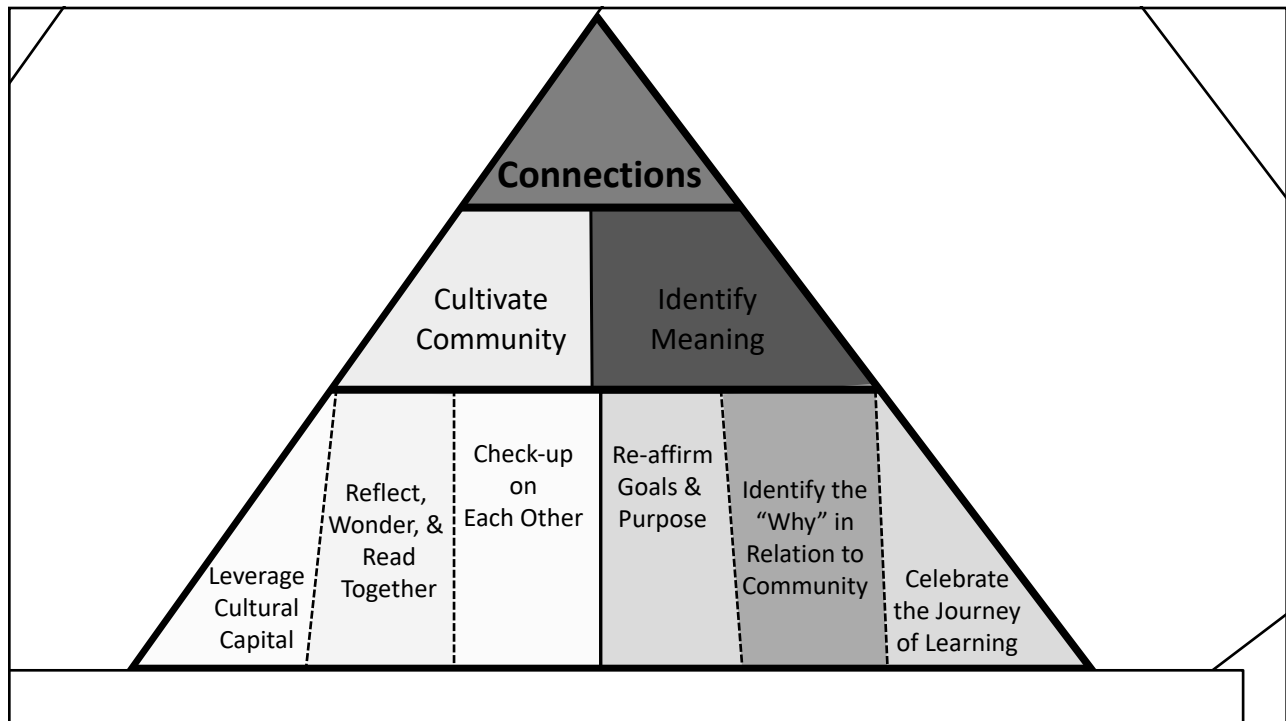
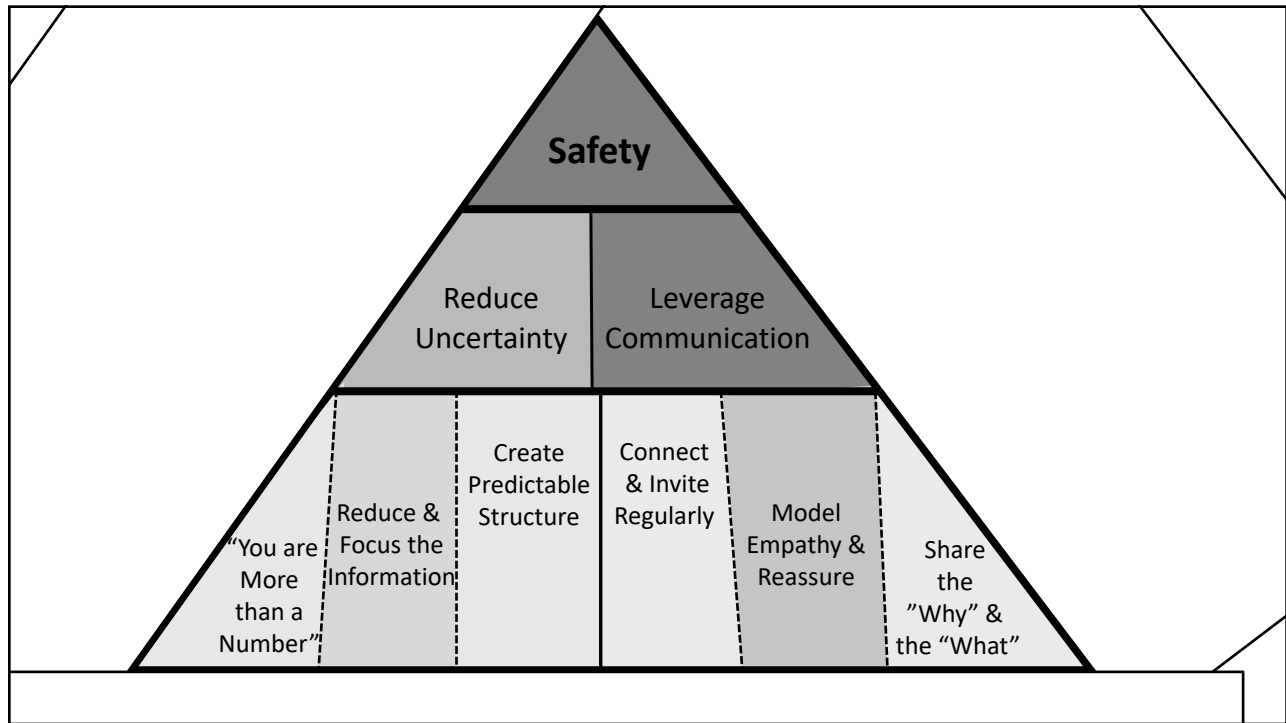
“When those who have power to name and socially construct reality choose not to see you or hear you...when someone with the authority of a teacher, say, describes the world and you are not in it, there is a moment of psychic disequilibrium, as if you looked in the mirror and saw nothing. It takes some strength of soul – and not just individual strength, but collective understanding – to resist this voice, this non-being, into which you are thrust, and to stand up, demanding to be seen and heard.”

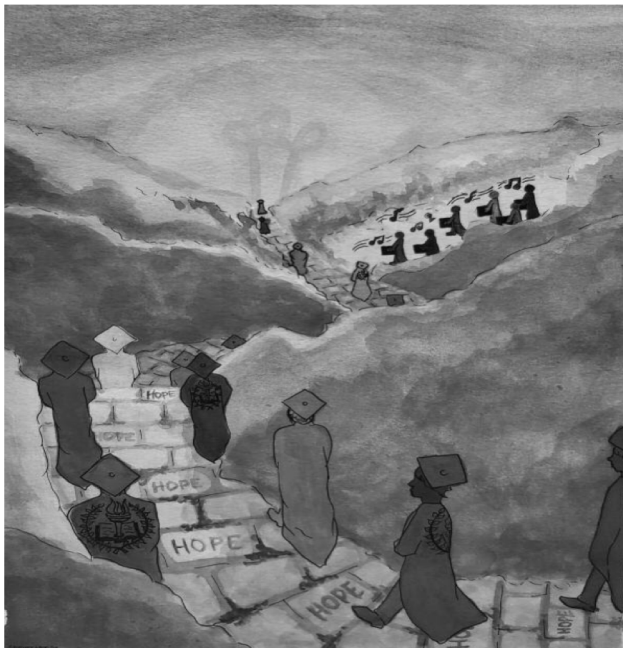
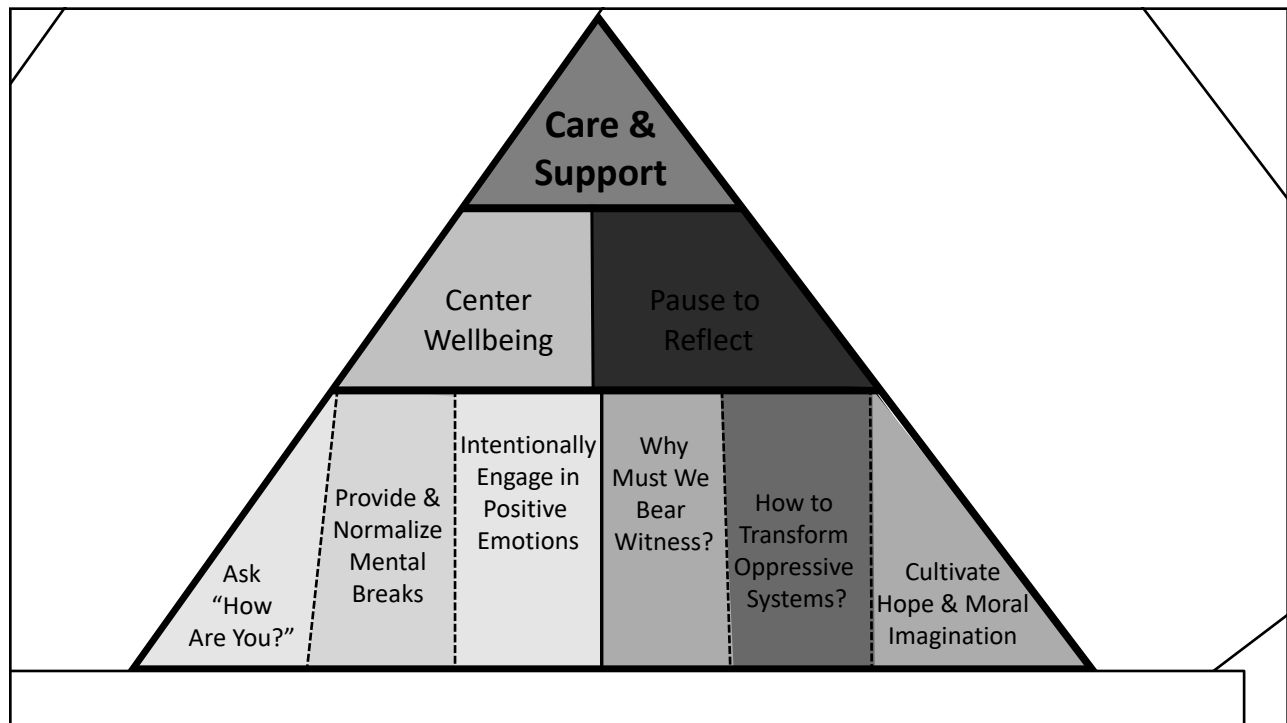
– Bread and Poetry



Three preconditions for every student to thrive in life: feeling safe, experiencing meaningful connections, and having support & resources.







Come, come, whoever you
are.

Wonderer, worshipper,
lover of leaving.

It doesn't matter.

Ours is not a caravan of
despair.

Come, even if you have
broken your vow

a thousand times

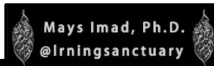
Come, yet again, come,
come.

- Rumi

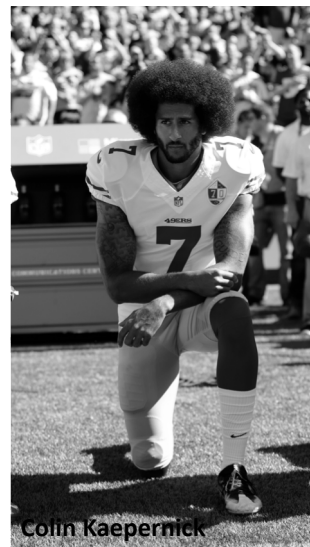
“I live a hope despite my knowing better”



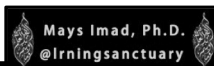
James Baldwin



To continue to hope
“despite knowing
better” is to resist, and
**“love is at the root of
our resistance.”**



Colin Kaepernick



Additional opportunities to learn about trauma-informed education

<https://forms.gle/xGfjd51axeMSJcRYA>

Colin Kaepernick

