

“Addressing in the Lives of People with Intellectual and Developmental Disabilities”

End Abuse of People with Disabilities Webinar Discussion Guide

Presenter: Karyn Harvey, Ph.D.

This guide is an invitation to have a discussion about the content discussed in the *End Abuse of People with Disabilities* webinar to help you engage with the material. If you have questions or concerns, please email Ashley Brompton at abrompton@vera.org.

A Note on Self-Care

We recognize that many of the topics discussed in our webinars, and the accompanying discussion guides, may be difficult and/or triggering. We ask you to practice self-care. Here are some suggestions for practicing self-care when watching *End Abuse of People with Disabilities* webinars or using the discussion guides.

- Be mindful of trigger or content warnings during webinars, as well as your body’s own reactions. Center yourself and your needs. Do whatever you need to do to feel comfortable and safe.
- If you need to take a break, allow yourself to do so. The webinar can be paused and re-started as needed.
- Plan out ways to decompress and regroup after consuming heavy content.
- Identify supports in your community or organization that you can reach out to for assistance as needed.

Discussion Questions

1. What is the difference between “big T Trauma” and “little t trauma”?
2. How does trauma manifest in the lives of people with intellectual and developmental disabilities (I/DD)?

3. Have you experienced any manifestations of trauma in the people you serve? If so, how have you responded to these manifestations historically?
4. Following this webinar, are there any changes you will make to how you identify and respond to manifestations of trauma in your service users with I/DD?
5. What are some components of healing?
6. How can you ensure that the people with I/DD that you serve are receiving healing services?
7. How can you support staff and families of people with I/DD in addressing their trauma?