DoD Safe Helpline Info Paper

Brainstorming to Support Healing
Safe Helpline Self-Paced Educational Program

safehelpline.org 877-995-5247

DoD Sexual Assault Prevention and Response Office (SAPRO) | 4800 Mark Center Drive, Room 07G21 | Alexandria, VA 22311-8000 | 571-372-2657

What is *Brainstorming to Support Healing*?
Brainstorming to Support Healing is a self-guided, online, educational module for Sexual Assault Response Coordinators (SARCs) and Sexual Assault Prevention and Response Victim Advocates (SAPR VAs) to assist in their work when supporting survivors. This educational module builds on the existing skills of SARCs and SAPR VAs by sharing techniques and examples Safe Helpline staff use when working with survivors of sexual assault and their supporters.

The module is eligible for one-hour of D-SAACP credit.

Background
Brainstorming is a useful tool for survivors to identify their own strengths and options for next steps. As SARCs, SAPR VAs, and other responders brainstorm with survivors, many may recognize that survivors often already have the tools to address a problem. The responders' job is to center the experience of each survivor, be a resource, and always respect the decisions that survivor makes about their own healing journey. By prioritizing their rights, needs, and wishes, brainstorming can help a survivor re-establish confidence and a sense of control in their life through highlighting existing strengths and skills.

Brainstorming does not have a one-size-fits-all approach and will look different for every survivor. For this reason, Safe Helpline created the *Brainstorming to Support Healing* module to help SARCs and SAPR VAs practice and implement brainstorming tools and techniques that are useful when working with survivors.

Goals of the module
As a result of this self-paced educational module, SARCs and SAPR VAs will be able to:
- Use brainstorming as a tool to support healing from sexual assault
- Identify skills to utilize in brainstorming sessions, including building rapport, creating lists, identifying pros and cons, and role playing
- Implement brainstorming skills in conversation with survivors
- Work through common challenges to brainstorming

What can I expect when participating in the module?

This online module lasts approximately sixty minutes. Content is presented through a combination of text, audio, and scenario questions to create an interactive, comprehensive presentation to be completed in a sequential manner.

This module includes four lessons on brainstorming with survivors. Lesson one is an overview of brainstorming; lesson two covers brainstorming skills; lesson three explores brainstorming with survivors in practice; and finally, lesson four addresses how to work through challenges in brainstorming.

How can a user access the online program?
Users can access *Brainstorming to Support Healing* using a computer or mobile device at SafeHelpline.org/education or through the Safe Helpline app.

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The program can be completed anonymously, or users can register with a valid military email address to receive one-hour of D-SAACP continuing education unit (CEU). Learn more about how to register here.

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