



FCASV Insight January 2018

Registration for FCASV's 2018 Biennial Summit Opening First Week of February

Are you committed to re-energize the movement against sexual violence? We challenge you to take a stand and join us.

The Summit will be held at the Naples Grande Beach Resort June 13-15 in Naples, FL.

Our goal is to host summits that re-energize, refocus, and provide transformative opportunities for those involved. The 2018 summit's theme is *Reaching Out* (across disciplines, causes, genders, faiths, colors, etc.), *Coming Together* (connecting and discussing how we can best serve survivors).



The summit will feature various tracks, engaging workshops, and several keynote presentations that address various issues within the anti-sexual violence movement.

Registration is opening the first week of February on [FCASV's website](#).



TRE®: Tension and Trauma Releasing Exercises

Each of us has a natural mechanism internally for unwinding and releasing deeply held tension that has

accumulated due to everyday life events, immediate or prolonged stress, or traumatic life experiences.

TRE® uses a set of seven exercises, which can be modified for any body type to evoke a muscular tremor reflex deep in the core of the body that is self-controlled. This reflex is the body's natural way of discharging stored energy and rebalancing the nervous system. TRE® is easily learned and can be integrated into simple, daily routines to help restore a sense of inner peace and emotional resiliency. It also has immediate impacts for most people.

At the heart of TRE® is self-regulation. Within these exercises, self-regulation refers to recognizing when you are ungrounded or you no longer feel safe and comfortable. You then learn how to re-ground or return to safety and avoid being overwhelmed. It's also important to recognize when your body needs modifications or support and needs to slow down or stop the tremoring process. Through TRE, you'll develop the insight and skills needed to regulate your own experience both physically and emotionally.

Chronic stress and trauma can have a negative impact on the body. Specifically, it can trigger dysregulation of the autonomic nervous system. Dysregulation of the nervous system can lead to deep-

rooted physical and emotional issues. TRE® works to promote nervous system regulation and restore a healthy balance.

Documented benefits of TRE® include: improved sleep, decreased anxiety and depression, decreased burnout, improved quality of life, increased ability to focus, decreased chronic body pain, and increased range of motion.

TRE® must be taught by a certified provider. A provider will offer a safe environment to learn the process, while holding space for the individual's unique experience. If you would like more information about TRE® or to find a local provider, visit www.traumaprevention.com.

Carla Fuquay, MS, LMHC, CHC; FCASV's Outreach Counselor/Advocate, will be leading TRE® courses at our 2018 Biennial Summit.

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Program Highlight: The Center for Abuse and Rape Emergencies (C.A.R.E.)

Founded in 1983 as the Charlotte County Rape Crisis Center, The Center for Abuse and Rape Emergencies (C.A.R.E.) of Charlotte County has been providing services to survivors of sexual abuse and domestic violence for more than thirty years. Starting in a two-bedroom house that was slated to be demolished, officials of Charlotte County and the City of Punta Gorda recognized the growing need for domestic violence and sexual assault services and voted to allocate funds toward building a shelter for victims on public property. Since that time, C.A.R.E. has been able to provide services throughout



Charlotte County with an addition of a satellite office in Englewood and placement of advocates in the Justice Center.

In addition, C.A.R.E. has been able to provide an advocate at both the Charlotte County Sheriff's Office and Punta Gorda Police Department. The support of law enforcement is instrumental in a successful SART program, along with the partnership of the State Attorney's Office and local hospitals. C.A.R.E. services also include: a dedicated 24-hour helpline for sexual assault and a separate 24-hour hotline for domestic violence victims, information and referrals, crisis intervention, advocacy, and emergency medical/forensic services 24 hours. Advocates and volunteers are on-call to respond to local hospitals and provide support to victims of sexual assault. Thanks to a partnership with local hospitals and businesses, C.A.R.E. received donations of clothing in various sizes that are included in the advocates' Hospital Response Kit. The Kit provides survivors with something to wear in the event that their clothing is taken for evidence.

In 2018, the growth continues. Starting this month, C.A.R.E. is proud to announce that a full-time advocate is stationed at the Port Charlotte Town Center Mall. C.A.R.E. has partnered with the Charlotte County Sheriff's Office, who has opened a satellite location in the mall, to reach Charlotte County residents in a way that is easily accessible to them. An advocate is available to answer any questions about C.A.R.E.'s services and programs, make appointments with victims to meet with other advocates in a private and confidential setting, and recruit volunteers.

C.A.R.E. would like to thank Sheriff Bill Prummell, who is a member of their Board of Directors, for allowing them the opportunity to work alongside his deputies as they strive to provide services to victims in Charlotte County.



'Yo Soy SAAM' Seminario Web: Aplicación de principios de EMDR para calmar las emociones

¡Le invitamos al primer seminario web de la serie #YoSoySAAM el 27 de marzo!

Irene M. Rodríguez es terapeuta certificada en EMDR y Traumatic Incident Reduction y es la fundadora de [Mindful Journey Center](#) basada en la Florida. Irene también es capacitadora certificada de Dancing Mindfulness y

Traumatic Incident Reduction, y ofrece talleres nacionalmente y en Puerto Rico sobre temas tales: trauma, mindfulness (la atención plena), fatiga de compasión y auto-cuidado para personal de ayuda.

Ella presentará un [seminario web en español](#) sobre la terapia de Desensibilización y Reprocesamiento por medio del Movimiento Ocular o, por sus siglas en inglés, EMDR.

'YoSoySAAM' Spanish Language Webinar Series: The Application of EMDR Principles For Calming emotions

We invite you to the first webinar in the #YoSoySAAM series on March 27!

Irene M. Rodriguez is a certified EMDR and Traumatic Incident Reduction therapist and the founder of the [Mindful Journey Center](#) based in Florida. Irene is also a certified Dancing Mindfulness and Traumatic Incident Reduction trainer and offers workshops nationally and in Puerto Rico on topics such as: trauma, mindfulness, compassion fatigue, and self-care for helping professionals.

She will be presenting a [Spanish language webinar](#) on the topic of Eye Movement Desensitization and Reprocessing (EMDR).

2018-2019 ESARP RFP Now Available



The request for proposal (RFP) for the 2018-2019 Excellence in Sexual Assault Response Project (ESARP) is now [available](#). The project is a collaboration

between the Florida Council Against Sexual Violence and the criminal justice community, funded by the Department of Justice, Office on Violence Against Women. ESARP offers free training, policy development consultation, and technical assistance to law enforcement organizations and state attorneys' offices on responding to sex crimes against victims 11 years old and above.

The Excellence in Sexual Assault Response Project employs a trauma informed, offender-focused approach that incorporates the most up-to-date sexual assault investigative and prosecutorial strategies. Using new research on the neurobiological effects of trauma, ESARP teaches the Forensic Experiential Trauma Interview, or FETI, technique, redefining the way law enforcement interviews and gathers information from victims.

The ESARP model involves training key professionals across the criminal justice system: dispatchers, patrol officers, detectives/investigators, leadership and command staff, and prosecutors. Trainings are led by professional law enforcement, dispatch, and prosecutor trainers experienced in using the ESARP techniques. This model leads to better evidence collection and corroboration which results in more successful criminal justice outcomes.

Four sites will be chosen to participate in this comprehensive, agency-wide training. Visit the [FCASV](#) website for more information.

Upcoming Events and Trainings

One-Day SANE Clinical Skills Training

February 1, 2018
8:00 am - 5:00 pm
Tampa, FL

For more information, visit fcasv.org.

One-Day SANE Clinical Validation Training

February 2, 2018
8:00 am - 5:00 pm
Tampa, FL

For more information, visit fcasv.org.

Advanced SANE One-Day Training

February 3, 2018
8:00 am - 5:00 pm
Tampa, FL

For more information, visit fcasv.org.

'Yo Soy SAAM' Seminario Web: Aplicación de principios de EMDR para calmar las emociones

March 27, 2018
11 am - 12:30 pm

Para más información y para registrarse, visite fcasv.org.

Save the Date & Take a Stand: Reaching Out, Coming Together Summit

June 13-15, 2018
Naples, FL

Are you committed to re-energize the movement against sexual violence? We challenge you to take a stand and join us at our Biennial Summit at the Naples Grande Beach Resort.

For more information, visit fcasv.org.

Save the Date: 40-Hour SANE Training

June 11-15, 2018

Naples, FL

Check fcasv.org for updates with more information about this training.

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100 Tallahassee, FL 32301