

#METOORECKONING WORKSHOP
IMMEDIATE INTERVENTIONS (COOPER-WHITE)



Immediate Crisis Response: Sexual Assault/Acute Battering Incident

Rev. Dr. Pamela Cooper-White, *The Cry of Tamar, Second Edition*.
(Minneapolis: Fortress Press, 2012)

The following guidelines are quoted from chapter 10 of Cooper-White's book.

1. Are you safe right now? If the answer is no, then the first priority is for the woman to ... get to a safe place. She may need you to suggest some options.
2. If she believes she is safe now, explore this: Where is the person who hurt you? Is he coming back? Are you safe where you are? Is anyone there with you? If you do not believe she is safe, again, encourage her to go to a safer place.
3. Get her phone number in case you are disconnected... Ask if and when it's safe to call her back, whether she would like you to call again to check in with her, and, if so, when.
4. Ask about her medical situation: Are you hurt? Do you need medical attention? If she was just raped or beaten, encourage her or offer to call the police or 911. Take into account that she may be in shock and unaware of the extent of her injury.

Crisis Care beyond the Acute Emergency

Rev. Dr. Pamela Cooper-White, *The Cry of Tamar, Second Edition*.
(Minneapolis: Fortress Press, 2012)

The following guidelines are quoted from chapter 10 of Cooper-White's book.

Crisis care/counseling is therefore somewhat different from pastoral care/counseling ... more structured.... Maintaining boundaries such as a set length of time, and moving ahead through several preplanned steps, provides a sense of safety and containment... focuses on the immediate events or the trauma that precipitated her seeking help...

1. Instill calm; be reassuring.

2. Get the story clear. What happened?

3. Validate her feelings.

4. Problem solving.

Explore her options; do not give advice:

This is the step in which you will make relevant referrals.
try to get an action plan,

5. Closing

a. Express appreciation and respect directly

b. Validate her courage

c. Assure confidentiality (and explain exceptions, if any)

d. Check and be sure that you have not missed anything important

e. Let her know clearly when she can reach you again (include any limits on availability...
[and re-emphasize referrals])

f. Repeat her action plan and tell her you care

g. Possibly end with prayer, or simply promise to pray for her.... follow her lead, and respect her own spiritual tradition in deciding whether to offer prayer or an opportunity to pray together—ask first!

Cooper-White, Pamela; Cooper-White, Pamela. *The Cry of Tamar*. Fortress Press. Kindle Edition.