Retreat Safety Supports

The primary purpose of this retreat is to increase hope, camaraderie and recovery. Thus we have the following safety supports in place.

Safety People

We have no one in the role of therapist here, but we do have survivors willing to be listeners. They are wearing a ribbon around their wrist. They can talk with you in the hall or in the Safety room if you want it.

SIA doesn’t endorse, finance or lend the SIA name to any related facility or outside enterprise. The information shared in this workshop is simply the sharing of Strength and Hope of the workshop leaders, one survivor to another.

Because boundaries are important for survivors:

😊 It is completely acceptable to step outside the room at any time for as long as you need to.

😊 Many survivors are triggered by physical contact, such as hugging and holding hands. Please gain someone’s permission first.

😊 Please, no food, gum or candy in the workshops, because some survivors are triggered by these. Beverages are allowed.

😊 Please do not respond to other peoples’ sharing without permission. We ask other members’ permission before responding, either positively or negatively, to their sharing.

😊 Please no judgment or criticism of any kind.

😊 To respect personal orientations on specific issues we ask people to keep sharings personal, and to not to share generalized judgments about political persons or parties or religions. To help people feel safe as possible, we also ask that people do not make any references to sexual attraction of other participants.

😊 We will not discount any memories you have.
Confidentiality: What is said in these rooms stays in these rooms.