

# 'Trauma' and Resistance: 'Hang Time' & Other Innovative Responses to Oppression, Violence and Suffering

An online workshop with **Vikki Reynolds**

May 11th 3.00 – 6.00 GMT (UK time)

Apply by contacting: [leahksalter@gmail.com](mailto:leahksalter@gmail.com) Cost: £35



The Centre for Systemic Studies is pleased to host this workshop



## Vikki Reynolds PhD RCC

Vikki will share stories of practice and acts of resistance that inspire hope, bringing us to "Hang Time", describing activist-informed ways of responding to suffering in persons who have been oppressed and harmed. This approach centres on witnessing folks' wise and creative acts of resistance. Justice-doing and a decolonising stance for the work is required to resist psychology's neutrality and objectivity that often blames people for their own suffering from oppression. A witnessing approach requires that we situate personal suffering in its sociopolitical context and resist the individualisation and medicalisation of suffering as 'trauma' and other mental illnesses.

Vikki Reynolds (PhD RCC) is an activist/ therapist who works to bridge the worlds of social justice activism with community work and therapy. Her experience includes supervision and therapy with peers and other workers responding to the opioid catastrophe, refugees and survivors of torture - including Indigenous people who have survived residential schools and other state violence, sexualised violence counsellors, mental health and substance misuse counsellors, housing and shelter workers, activists and working alongside gender and sexually diverse communities. Vikki is an Adjunct Professor and has written and presented internationally.

Articles at: [www.vikkireynolds.ca](http://www.vikkireynolds.ca)