

THE RIVER OF CRUELTY:

A Trauma-Focused Model for Transformational Change



Dorthy Stucky Halley, LMSW, and Steve Halley, LCSW
Family Peace Initiative

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OUR PHILOSOPHY:

- Create a culture of safety, emotional health and cruelty-free accountability through the use of compassion, integrity, and expertise.
- Ask participants to take responsibility for:
The trauma they have caused others
And
Healing from the trauma they've experienced
- Lead by example. We can only take others as far as we are willing to go ourselves.

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Halley Counseling Services, P.A.

- Family Peace Initiative (FPI)
 - A trauma-focused intervention program re: DFV
 - FPI curriculum used in many community DFV programs throughout Kansas, KDOC, and Family Advocacy Program at Fort Riley, United States Army Installation
- Peaceful Families Program
- The “Facilitator Training Series” for trauma-focused facilitation
 - 3 two-day workshops

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APPLICATION

The remainder of this presentation can be emotionally activating.
Please participate as much as you are comfortable in doing so.

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WHAT IS THE “RIVER OF CRUELTY”?

The River of Cruelty is a model illustrating how cruelty is passed from person to person, and from generation to generation.



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What is the Definition of “CRUELTY”?

- The intentional infliction of pain and suffering
- The blatant disregard for another

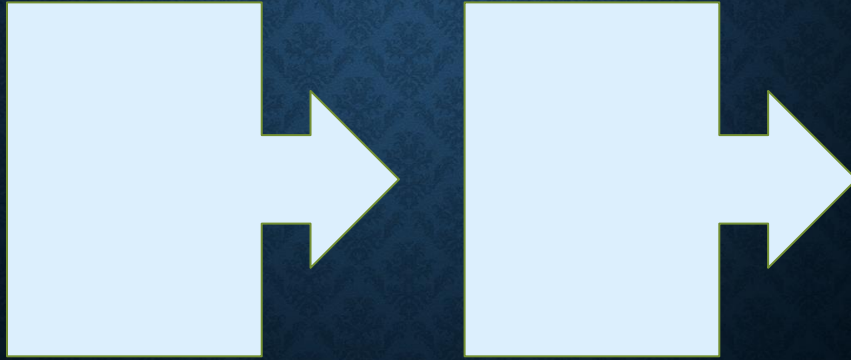


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CRUEL EXPERIENCES ALWAYS CREATE
ADVERSE FEELINGS

Cruelty

Adverse Feelings



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“Adverse Feelings” are all of those feelings we wake up in the morning hoping NOT to feel.



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We are capable of doing amazing things to **defend** ourselves when we are **afraid**.



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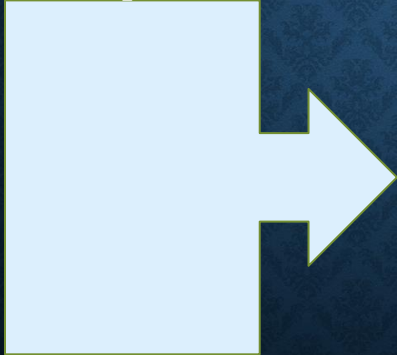
Defense Systems are designed
for one purpose...
to help us avoid our adverse
feelings.



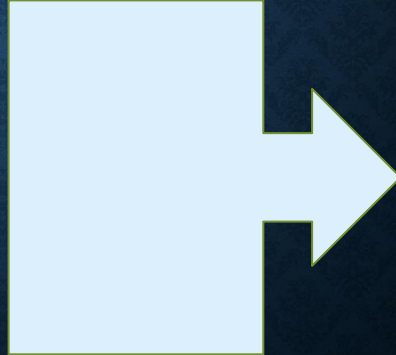
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Our **BELIEFS AND ATTITUDES** hold the entire system in place and cause us to keep getting the same results.

Unintended
Consequences



Beliefs and
Attitudes

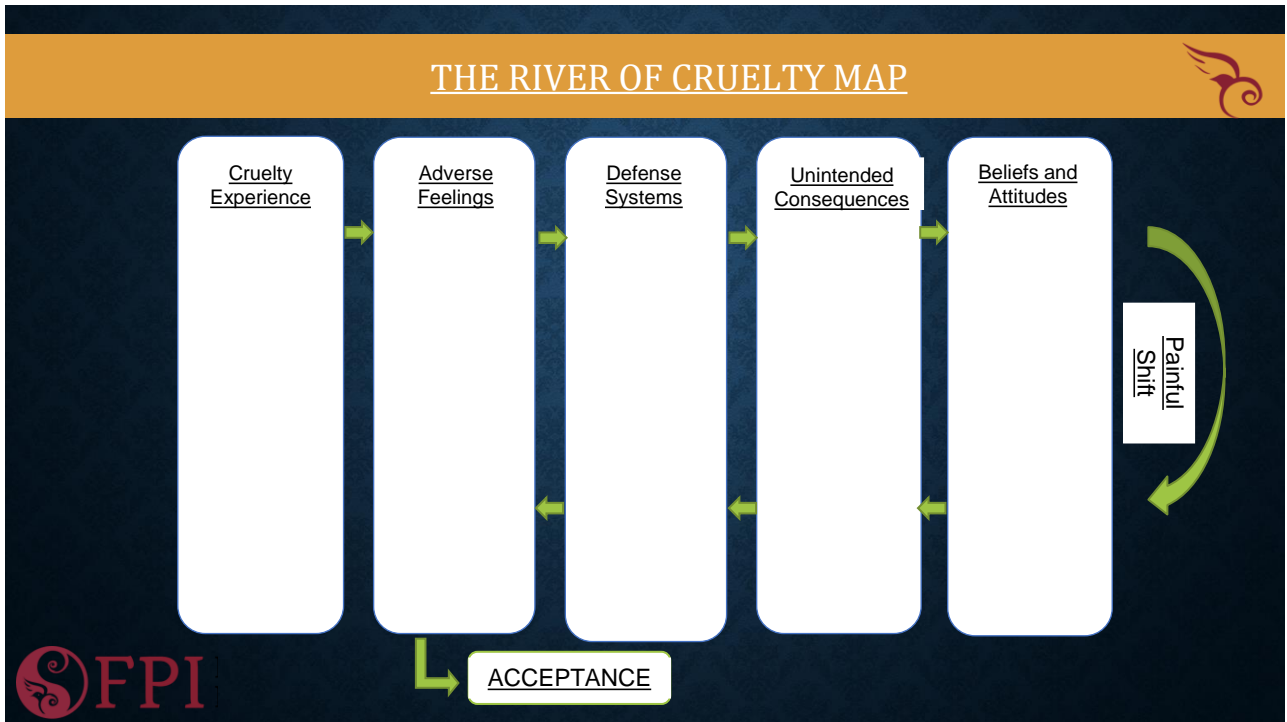


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Beliefs and Attitudes are like the mortar that hold the bricks together.



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IMAGINE IF WE DID NOT HAVE TO BE AFRAID OF OUR
ADVERSE FEELINGS?
WHEN WE ARE NOT AFRAID OF OUR FEELINGS...

- We begin to take more responsibility for ourselves
- We minimize, deny, and blame much less
- We begin to eliminate our unnecessary defense system
- We are more willing to be seen by others for who we are.
- People around us are less in danger as we have less to defend

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Measured Activation

It's not the memory, or the story that we fear. It is the adverse feelings connected to the traumatic memory that are problematic. When we are no longer afraid of the emotions connected to the memory, the traumatic event loses its hold.



“Her brain was trying through reenactment, to make the trauma into something predictable, and, hopefully, ultimately boring.”

--Perry p 55

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Instead of living our lives in fear of our adverse feelings, we can simply live our lives.



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Dorthy Stucky Halley, LMSW

M: (785) 409-3773

dorthyh@familypeaceinitiative.com

Steven M.S. Halley, LSCSW

M: (785) 438-7378

steveh@familypeaceinitiative.com

Office: (785) 350-2858

www.familypeaceinitiative.com