



# College Workshops on the Red Flags of Abuse & Trauma built around the Healing TREE short film *Silk*

## Why

Psychological abuse is a stronger predictor of PTSD than physical abuse among women.<sup>1</sup>

**Women between the ages of 18-24 are most commonly abused by an intimate partner.<sup>2</sup>**

College students haven't been given the tools to deal with dating abuse.

57% say it is difficult to identify and 58% say they don't know how to help someone who is experiencing it.<sup>3</sup>

**95% of men who physically abuse their intimate partners also psychologically abuse them.<sup>4</sup>**

Nearly half of women *and men* have experienced at least one psychologically aggressive behavior by an intimate partner.<sup>5</sup>

## The Effects of Non-Physical Abuse

Psychological abuse increases the trauma of physical and sexual abuse, and a number of studies have demonstrated that psychological abuse independently causes long-term damage to a victim's mental health.<sup>6</sup>

Victims of psychological abuse often experience depression, post-traumatic stress disorder, suicidal ideation, low self-esteem and difficulty trusting others. Subtle psychological abuse is more harmful than either overt psychological abuse or direct aggression.<sup>6</sup>

## Who We Are

Healing TREE (Trauma Resources, Education & Empowerment) is a national nonprofit organization dedicated to transforming how society responds to abuse and interpersonal trauma.

## What

**A college workshop on the red flags of abuse and trauma built around *Silk*.**

Artist advocates will lead a workshop and discussion on abuse and trauma after screening our film which highlights the abusive tactic of gaslighting and stars mainstream talent in an effort to engage and equip young people with the tools necessary to spot and confront the most insidious forms of abuse in various contexts. We will connect students with resources that help them understand trauma's impact on the brain and what can be done about it so as to help achieve Healing TREE's vision where healing from, rather than coping with, trauma becomes the new normal. The impact will be measured with pre and post workshop assessments.

<sup>1</sup> [https://www.speakcdn.com/assets/2497/domestic\\_violence\\_and\\_psychological\\_abuse\\_ncadv.pdf](https://www.speakcdn.com/assets/2497/domestic_violence_and_psychological_abuse_ncadv.pdf)

<sup>2</sup> <https://www.bjs.gov/content/pub/pdf/ndv0312.pdf>

<sup>3</sup> <http://www.loveisrespect.org/resources/dating-violence-statistics/>

<sup>4</sup> [https://www.speakcdn.com/assets/2497/domestic\\_violence\\_and\\_psychological\\_abuse\\_ncadv.pdf](https://www.speakcdn.com/assets/2497/domestic_violence_and_psychological_abuse_ncadv.pdf)

<sup>5</sup> [https://www.speakcdn.com/assets/2497/domestic\\_violence\\_and\\_psychological\\_abuse\\_ncadv.pdf](https://www.speakcdn.com/assets/2497/domestic_violence_and_psychological_abuse_ncadv.pdf)

<sup>6</sup> O'Leary, K. D. & Mairuo, R. D. (2005). Psychological abuse in violent domestic relations. New York,

# The Team



**Crista Marie Jackson**

Cara

*The Greatest Showman*

*Power*

*Beyonce's Formation World Tour*



**Louisa Krause**

Emily

*The Girlfriend Experience*

*Billions*



**Fran Kranz**

Sol

*Dollhouse*

*The Cabin in the Woods*

*Much Ado About Nothing*



**Garcia**

Ruben

*Tales of the City*



**John Magaro**

Director

*The Many Saints of Newark*

*The Umbrella Academy*

*Carol; The Big Short*



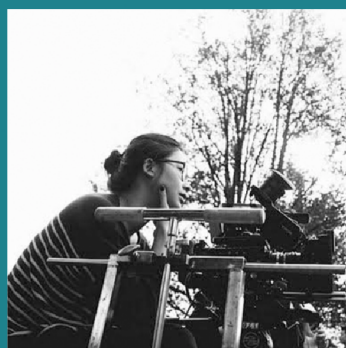
**David Caudle**

Co-Writer

*The Sunken Living Room*

*Visiting Hours*

*Downward Facing Debbie*



**Frances Chen**

Cinematographer

*Films screened at Cannes  
and Tribeca Film Festivals*



**Marissa Ghavami**

Producer, Co-Writer

*Not Fade Away*

*Without A Trace*

*The Gift of Christmas*