



## *Marissa's Most Requested Topics:*

### **Relationships, Red Flags and Risk Reduction**

In this seminar, we talk about healthy vs. unhealthy relationships, red flags to look for in these relationships, and ways to avoid abusers and narcissists. We can infuse some activities throughout if that's wanted. This program is easily combined with other topics, and presented in an interactive presentation. We utilize group discussions, games and media to engage students and present the material in a way that will stick.

**Learning Objectives:** Healthy vs. Unhealthy Relationships, Red Flags, Situational Awareness, Consent, Risk Reduction Techniques, Safety Planning, Resources

### **The Top 5 Questions Nurses Have When Handling Domestic Violence Patients, and the Solutions**

In this Q&A style event, I cover the 5 most frequently asked questions nurses have to working with survivors of DV and their solutions. Then, we dive into the questions and experiences they've had with patients (with respect to HIPPA) and talk about best practices to handling them. Finally, as a group, we collaborate on building toolkits for each nursing student to use, filled with resources, phone numbers and organizations to recommend to survivor patients. The goal is to feel fully comfortable and prepared to face the challenge of working with someone enduring domestic violence.

**Learning Objectives:** Best Practices, Keeping Yourself and Your Patient Safe, Arming with Knowledge for Better Results, Knowing Resources and Building Resource Toolkit

### **Advocating: How to Best Support Your Friends and Family Who Have Experienced Abuse**

In this seminar, we identify the top 3 habits of a great advocate. We discuss how to avoid victim blaming, and what it means to really support a survivor of domestic violence or sexual assault. It's really difficult to watch someone you love endure abuse, because you feel helpless. But there are ways to be there while they're in the abusive situation, and after they leave that are effective and helpful.

**Learning Objectives:** Advocacy, Vicarious Trauma, Healthy Coping Skills, Habits of Helpful Advocates, Keeping Everyone Safe, Red Flags

## *Related Speaking/Seminar Topics for Your Campus:*

### **Avoiding Toxic Relationships**

In this seminar, we cover the 11 Toxic Traits to be aware of that narcissists most commonly portray. The more you can recognize them, the earlier you can choose to leave without fear of danger or harm. Having the capability to recognize manipulators and narcissists, helps you keep yourself and your friends and family safe. We will learn to identify the "early warning signs" of an abuser, and how to avoid toxic relationships.

**Learning Objectives:** Toxic Traits, Red Flags, Healthy vs. Unhealthy Relationships, Leaving Safely, Being A Good Advocate

### **5 Easy Ways to Be More Situationally Aware, and Keep Yourself Safe, Without Isolating and Missing Out on the College Experience**

In this seminar we discuss simple ways to keep yourself safe on campus without shutting yourself in your dorm room for 4 years. The college experience is social, and you can balance a social life with being safe. We discuss techniques to keeping yourself and your friend safe while simultaneously enjoying the college experience.

**Learning Objectives:** Safety Planning Techniques, Red Flags, Escape Plans, Situational Awareness, Consent

### **Greek Life: Stigmas, Myths and Safety Protocols**

There are a lot of negative stigmas roaming around about Greek Life. But there are incredible benefits, too. You have a built-in family and a sense of belonging. You know that you have people that have your back and will support you. However, there are dangers in it, too. From peer pressure and pledging requirements, to higher likelihood of Drug/Alcohol Facilitated Sexual Assault (also known as Date Rape), there is a higher chance of something happening. So, in this seminar, we discuss the stigmas of Greek Life, and then ways to be situationally aware and stay safe with your brothers/sisters.

**Learning Objectives:** Stigmas and Myths of Greek Life, Safety Planning, Situational Awareness, Drug Facilitated Sexual Assault, the 55 Different Drugs Most Commonly Used to Spike Drinks, Alcohol Facilitated Sexual Assault, Consent

### **Parenting After Abuse: Healing the Family**

This workshop usually is most effective for homemakers who have left an abusive situation, and returned to college — not exclusively, but that has mainly been the audience. In this workshop, we discuss the effects of abuse on the family dynamic, adults and children, and ways to relieve that trauma and move forward as a family unit.

**Learning Objectives:** Familial Healing, Different Effects Abuse Can Have on Children and Adults, Healthy Healing Techniques, Coping Skills, Red Flags in Adults and Children

### **#MenToo**

In this workshop, we focus on male survivors. Male survivors of sexual assault are the least reported incidents of all violent crimes overall. And that's because they've never felt supported, and there are stigmas against them at every turn. Their masculinity and sexuality are questioned. They are asked why they don't fight back. And it's disgusting, because women get more support immediately. So, in this seminar, we discuss resources for male survivors, as well as healing activities that will help them overcome their trauma specifically.

**Learning Objectives:** Male Survivor Patterns, Speaking Out, Confidence Building, Empowerment and Support, Healing Activities, Release, Resilience, Rebuild, Resources

### **What Is Gaslighting?**

What is Gaslighting and why am I hearing that word so much? Recently, gaslighting has become a trending topic in our society, but nobody can really explain what it is. Gaslighting is the act of a narcissist trying to push blame off of them and onto their victim or survivor. And they do this in many different ways. And as simple as it sounds, the psychological impact of gaslighting is detrimental to the survivors well-being. In this

workshop we address the many ways narcissists use to gaslight people, how to identify it, and how to evade these attempts and keep yourself safe and sane.

**Learning Objectives:** Gaslighting, Emotional Abuse, Trends and Patterns of Narcissists, Tool and Tips to Staying Safe and Sane, Resources

### **Stalking, Abuse in Silence: What You Need To Know To Keep Your Campus Safe**

Stalking reports have increased on college campuses by over 65% since 2017. That increase in reports is a scary revelation for colleges and universities around the country, but it's difficult to address. In this seminar, we discuss stalking, what it is, and why it's so dangerous even though you're not being physically harmed, and better ways to keep campuses safe from stalkers and abusers.

**Learning Objectives:** What is Stalking, Red Flags, Abusive Relationships, Psychological Aftermath of Stalking, Coping Skills, Resources, How to Reduce Stalking on Campuses

### **7 Things Narcs Do When You Go No Contact**

When you're dealing with a narcissist, especially in a platonic or romantic relationship, cutting them out will never be easy. They feel superior and smarter than everyone around them, and will manipulate and lie to get what they want. When you decide to cut them out, break it off or go "no contact," you're bound to feel some backlash. This seminar is created to prepare you for some or all of the backlash you may feel after deciding to go "no contact" with a narcissist.

**Learning Objectives:** Tips to Managing Backlash, What is a Narcissist, Tools, Tips and Resources, What to Expect from your Narc, Support Networks

### **Domestic Violence and Law Enforcement: How to Properly Handle Domestic Dispute Calls**

Working with survivors of abuse is confusing and complicated. They called for help, but don't want it when you arrive? It doesn't make logical sense, and that's because it's an emotional issue. There are proper and effective ways to handle DV calls and situations without worrying about getting hit by the victim. In this seminar, we cover the correct ways to address an incident, and

how to safely defuse the situation and keep everyone involved safe.

**Learning Objectives:** Domestic Violence, Emotional Abuse, Narcissism, Impact of DV on Survivors, Best Practices to Working with DV Clients, Tools and Resources, Cool Down Practices

### **Best Practices for Residential Assistants (RAs) to Safely Respond to Domestic Violence and Sexual Assaults**

Being an RA is a huge responsibility. You are tasked with the safety of yourself, your floor and your building. You have to know how to respond to all different types of problems and issues, and know all of your resources. It's an incredibly important job. One of the most crucial responsibilities of an RA is knowing how to safely intervene in dangerous situations, such as a domestic dispute, or a sexual assault. And most students aren't prepared for all that happens during and after such an event.

In order to properly respond to DV and SA, you have to first understand it. Then, and only then, can we arm you with the knowledge of the best and most effective ways to respond to keep yourself, the survivor and your building safe.

**Learning Objectives:** Domestic Violence, Sexual Assault, Emotional Abuse, Narcissism, Impact of DV on Survivors, Emotional Aftermath, Best Practices to Working with DV Survivors, Working with SA Survivors, Tools and Resources On and Off Campus, Cool Down Practices

### **Be a C.A.R.E.N, Not a Karen™**

C.A.R.E.N — Communicate; Advocate; Respect; Empathize; Nourish. These 5 characteristics make you the best partner, advocate and friend that you can be. In this program, we instill these 5 characteristics into your daily friendship interactions, and identify the people in your life that are CAREN's. The more CAREN's you have in your life, the stronger and more beautiful friendships and relationships you'll have.

**Learning Objectives:** Communication Techniques, Advocacy, Healthy Traits, Toxic Traits, Consent, Red Flags, Resources, Healthy Interactions, Gaslighting

## **Not All Men**

In society, we spend so much time and energy teaching women how to *not* be assaulted: don't put down your drink, don't wear revealing clothes, don't drink too much, use the buddy system... blah blah blah. But we don't spend any time teaching men appropriate ways to treat their partners. Safe and impactful communication, appropriate and inappropriate sexual behavior, how to ask for consent, etc.

## **Not All Men (continued)**

In this program, we learn about all the ways men have been misled into thinking that toxic masculinity will get them what they want. We assess behavior patterns and learn better and healthier ways to have a safe and healthy relationship.

**Learning Objectives:** Safety Planning Techniques, Red Flags, Escape Plans, Situational Awareness, Consent

Ideal for Middle School, High School, and College Age Men.

\*Can Also be Generalized for All Genders\*

## *Faculty and Staff Specific Seminars for Your Campus:*

### **How to Deal With Narcissistic Personalities in The Workplace**

When you spend roughly 1/3 of your life at work, the people around you make a profound difference. With great coworkers and a great boss, the days just seem to fly by. But when you have a narcissist in your workplace, everything drags. They create chaos, distraction, disruption and disjointed team efforts. This is infuriating, and it seems like we can't do anything about it. But that's not true. There is a recipe for creating and maintaining a healthy and productive work environment, even if you have a narcissist in your office.

In this seminar, we address narcissistic personalities, and identify the 6 fool-proof ways of working cohesively and efficiently, with a narcissist in your office. Make any workspace safer, and more pleasant using 6 very small changes.

\*Ideal for Faculty and Staff Audiences and/or Student Leadership Organizations

**Learning Objectives:** What is a Narcissist, Narcissistic Personality Disorder, Red Flags and Symptoms, How Narcissism Affects the Workplace, Communication Tips, Creating a Healthy Work Environment, Boundaries, Support Networks, Resources

### **Advocating For Your Students: Knowing How To Help If They Reach Out**

It's not uncommon for students to reach out to professors and faculty that they trust in times of need. You basically become satellite parents, which can be a great thing. It means they trust you. But, when they come to you about abuse or assault, it is such a sensitive subject, and one that not many people know how to properly handle. In this seminar, we discuss the best practices for being an effective advocate for your students. Armed with the knowledge of how to respond, you'll feel confident in guiding them towards the right resources and how to approach the subject in a healthy and confident way.

**Learning Objectives:** Great Advocate Habits, Resource Building, How to Address Abuse, Best Ways to Help Students, Confidence in the Content, What is DV/SA, Psychological Aftermath of Assault, Recognizing Students Red Flags



## **Creating A Healthy Work Environment to Prevent Burnout and Increase Employee Retention**

In higher education, there are a lot of moving parts, juggling tasks and projects and navigating red tape. All of that, mixed with an unhealthy or disorganized workplace is a recipe for disaster. Prioritizing mental health and creating a healthy work environment will increase productivity and employee retention, and decrease employee burnout rates and turnover.

Burnout is about the workplace, not the people. Using these 5 small shifts in your work environment can positively impact all aspects of the dynamics of your workplace and organizational performance.

**Learning Objectives:** Boundary Setting, Healthy Relationships, Healthy and Productive Communication, Healthy Workplace, Coping Mechanisms, Staff Support Programs, Productivity, Employee Retention, Mental Health Awareness, Resources

## *Interactive Presentations for Your Campus:*

### **The Healing From Emotional Abuse Philosophy: The 3 Keys to Overcoming Narcissism**

In this interactive presentation, we infuse important lessons, such as red flags, healthy relationships, what abuse is, etc. with activities to help students overcome their abuses and experiences. Topics can be customized, but the activities are immediately effective and cannot be customized. Survivors will leave the workshop feeling empowered, free and confident.

**Learning Objectives:** Red Flags, Risk Reduction, Releasing Trauma, Resilience Boosting, Rebuilding Tools, Healthy Relationships, Confidence, Healthy Healing Techniques, Coping Skills, Healthy vs. Unhealthy Relationships

### **Therapeutic Writing Interactive Presentation**

Mental Health awareness has become the forefront trend since the beginning of COVID. Self-care and mindfulness are extremely important, especially in colleges and universities. About 24.3% of students impacted by abusive relationships and sexual assault will drop out of college this year. They won't seek out the resources that they desperately need. So instead, I bring the resources to them. Writing has been an incredibly useful tool for survivors of trauma. It allows them to Release the burden they're holding on to, without the vulnerability of talking about it.

In this program, I use therapeutic writing techniques to help survivors of trauma let go of their abuse and begin to heal in a healthy way. Thus, decreasing the risk of dropping out. Everything students will need, including pens and notebooks, is provided by me.

**Learning Objectives:** Healing Technique, Coping Skills, Therapeutic Writing, Releasing, Confidence Building, Empowerment and Support, Community

### **Being A Good Friend**

Throughout life, we accumulate friends and friendships. We surround ourselves with the people with whom we share interests, history, and character traits. But not every friendship is healthy. The truth is, we are never actually taught how to be a good friend, or what to look for in a healthy platonic relationship. And as simple as it seems, 84% of women and 75% of men report having had a toxic friend at some point in their life.

Learning how to be a healthy friend and foster healthy friendships is important. Our friends teach us about ourselves, and we adopt mindsets, mannerisms, and habits from the people we surround ourselves with. In this program, we identify the characteristics of a healthy platonic friendship, and look into our own lives to isolate the toxic friends from the healthy friends.

**Learning Objectives:** Healthy Friendships, Red Flags, Toxic Traits, Healthy Traits, Advocacy, Self Love, Toxic Relationships, Mindset Coaching, Community Building

## *Specialty Speaking/Seminar Topics for Your Campus:*

### **Practicing Family Law & The Impact on Survivors of Domestic Violence**

Working with survivors of abuse in a legal setting is not easy, and that's because this issue is very emotional. Love isn't logical, and so addressing a survivor in a legal setting with logic may not be as effective as meeting them where they are emotionally. There are techniques and words to use that make the situation more comfortable for your client, and more efficient for you. Together, we'll walk through the most effective way to relate to your client, and make the legal process easier for everyone.

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