I now think of my wide ranging community of poets, writers, and colleagues and cousins, friends and family, and anyone associated with WISE, as one wide river of gold including Upper Valley writers, musicians, students, and community members as we gathered at The Skinny Pancake in Hanover to honor International Women’s Day on March 8. Joining us around the world, we both recognized the injustice of gender inequality as well as celebrated the strength and resilience of women.

Our We’re Acting to End Violence (WAVE) group organized the event bringing community members together to focus attention on gender inequality, gender-based violence, and social justice. The multi- generational participants shared original poetry and prose, while local musicians performed inspirational music.

A different approach to yoga

We were proud to introduce Trauma Center Trauma Sensory Yoga (TCTSY) to the Upper Valley. While many yoga practices may offer benefits to survivors of gender-based violence, this practice is specifically designed for trauma victims. TCTSY is an empirically validated treatment for complex trauma or chronic PTSD with foundations in the Upper Valley. We will continue to offer TCTSY to women as well as men and others throughout the Upper Valley in a practice that facilitates feeling a sense of control over their bodies, something that trauma victims find lacking. Participants are led in a practice that facilitates feeling sensations in challenging areas based on their experiences. We will continue to offer TCTSY to women as well as educational programs for providers.

Congratulations Kate

UNIT’s Prevention Innovations Research Center (PIRC) awarded Kate Richdelouze the 2017 PIRC Practitioner Award, recognizing her vision and leadership in ending gender-based violence. Join us in congratulating Kate.

A community-based model

Kate Richdelouze and Delaney Anderson traveled to Philadelphia to present at the National Association of Student Personal Advocates (NASPA) Sexual Violence Prevention and Response Conference. They reviewed our unique Dartmouth relationship and discussed strategies for planning, implementation, and impact of solutions for campuses nationwide. Community-based advocates, Title IX Coordinators, campus health professionals, students, and others shared their experiences with student affairs professionals attended. The educators shared their approach to diverse experiences and how to think about campus advocacy, particularly at smaller institutions in more rural areas.

For more information call 603-646-6473