

# Better at Understanding

Watch the 4:56min Video of 'Better at Understanding' on [www.insightexchange.net/creating-conversations/](http://www.insightexchange.net/creating-conversations/)



“... Perpetrators commit ‘violence’. They don’t commit ‘trauma’. We need to be talking really clearly about the perpetrators actions, not a theory about what is happening in the mind body brain of the victim. As soon as you begin talking about violence as trauma, notice you are substituting with the a theory about the mind body brain of the victim rather than describing the actions of the offender...”

“...So, If we get better at addressing violence we get better at everything. Because it is at the bottom of so many diverse forms of suffering”

**ENGAGE** | THINK | **TALK**

What surprised you? | What did you appreciate about that? | What might you reflect on?