

# INSIGHT EXCHANGE INITIATIVE

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## Creating Conversations Kit



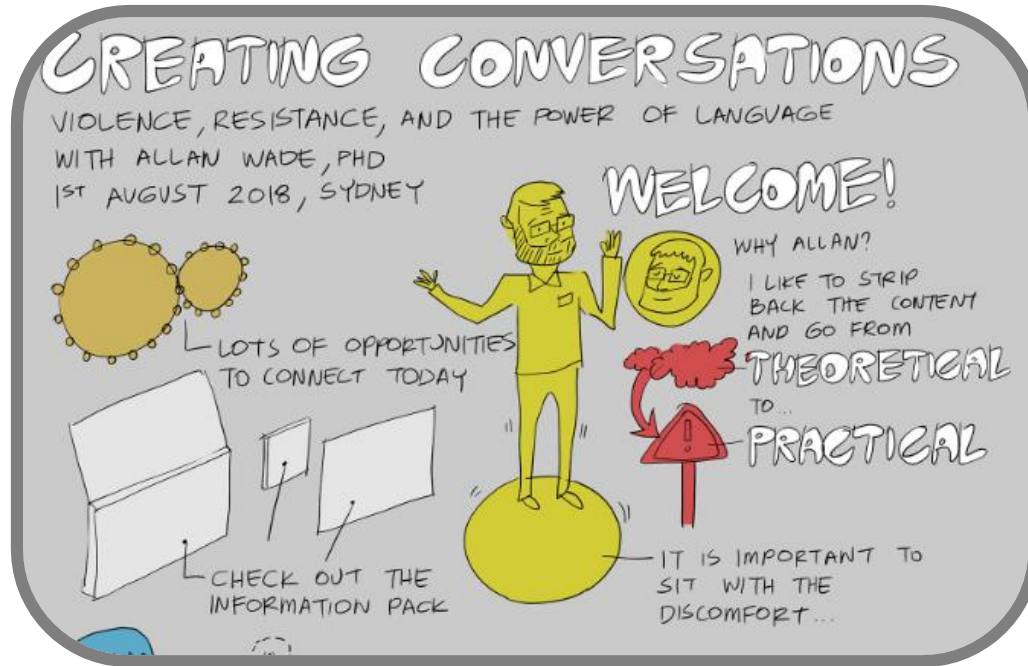
CREATING CONVERSATIONS EVENTS

# Resistance, Safety and Language

Aug 2018

# Introduction

Watch the 4:15min Video of 'Introduction' on  
<https://www.insightexchange.net/creating-conversations/resistance-safety-language/>

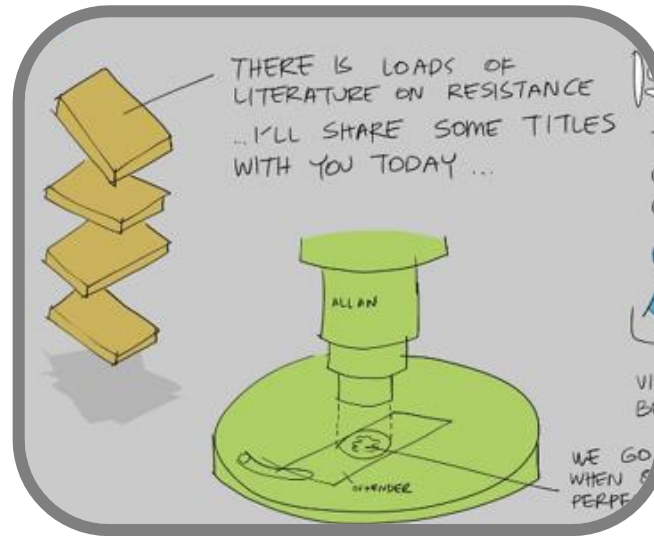


**ENGAGE | THINK | TALK**

Have you been in a situation where you feel threatened and where you turn to someone and they give you safety and dignity like that?  
(Sharing experiences of positive social responses)

# System Thinking

Watch the 2:14min Video of 'System Thinking' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“There is a vast literature on resistance to violence of many different forms. Then there is conversational analysis and microanalysis of social interactions. It’s about looking in real detail of how people interact and how conversations work with people. Looking closely at interview techniques. So, for me on the academic side it’s about micro analysis, critical discourse analysis and conversational analysis, and on a therapy side it’s a social justice informed systemic way of thinking. That’s really where I am coming from.”

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

What has and is influencing your thinking and practice?

# Everybody is Important

Watch the 1:49min Video of 'Everybody is Important' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



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

How would you describe your ethics? | What is it that is most important to you?  
(Sharing values and principles)

# Colonial domination is a living fact

Watch the 2:32min Video of 'Colonial domination is a living fact' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“Colonial violence, colonial domination is a physiological, biological, material fact. It is not history, it is the soil, it’s in the air, it’s in everything we breathe and everything we do. And we are in a colonial context trying to address different forms of violence.”

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

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

# The urgency of violence

Watch the 2:06min Video of 'The urgency of violence' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“If we get better at addressing violence we are going to get better at everything. That is the big enchilada. If we get better at justice, if we get better at addressing violence, if we get better at inclusion, if we get better at being peaceful we are going to get better at everything. It’s not a mental health problem – it is a social justice problem....”

**ENGAGE | THINK | TALK**

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

# Zero training in interpersonal violence

Watch the 4:23min Video of 'Zero training in interpersonal violence' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“How much training in interpersonal violence is in your law schools, medical practitioner training, school teacher training....social workers, in different forms of interpersonal violence, how they are functionally related, how they relate to colonialism, how people respond and resist? What about training in psychology?  
...You might get training in trauma but that is not even remotely the same thing...  
Yet...Violence is the most serious most widespread most urgent problem of our times.”

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

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# Resisting Violence and Resisting State Colonialism

Watch the 4:42min Video of 'Resisting Violence and Resisting State Colonialism' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



**ENGAGE | THINK | TALK**

“They want the violence to stop...but don’t want their partner to get racism, they don’t want their partner beaten in custody, incarcerated, they don’t want them to be humiliated. They are engaged in resisting colonialism and violence, and we need to join them in that... and conduct the way we work in a way that reflects that.”

“Why do we get pleasure from someone's acts of dignity. It’s horrible – she shouldn’t have to resist, you know but how come we get so much pleasure from her pleasure of resisting? Because he hasn’t won. It’s her strength. We can identify with that right? When we hear about how someone responded to with such dignity, so creatively, in such an extraordinary kind of a way. We can immediately identify with the person, the human, their spirit, their dignity shines through...”

“So our job, in part, is to find the inner ‘Tantoo Cardinal’... so our work can become, partly, identifying and honouring and acknowledging the already existing resistance and spirit of dignity of the person, when faced with adversity. We can orient our work that way, rather than treating the negative effects and impacts of violence which is the colonial practice... I’ll come back to that later...”

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

# Humour in dignity

Watch the 1:45min Video of 'Humour in dignity' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“She could tell from the way he came up the steps what was going to happen next.”

“If I was making a film of that moment would I have seen you do anything that indicated you even noticed that he was there?... She had to be absolutely disciplined.... She knew how all of that would work...”

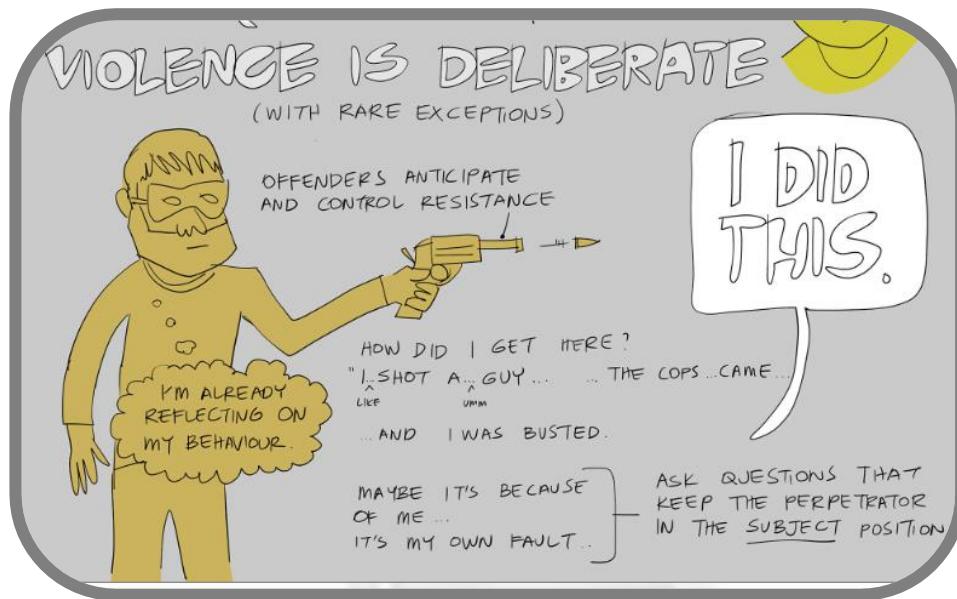
“There is dignity in humour. There is humour in dignity. There is dignity in resistance. And that is what we are trying to support and uphold in our practice.”

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

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

# Understanding abusive behaviour

Watch the 2:59min Video of 'Understanding abusive behaviour' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>

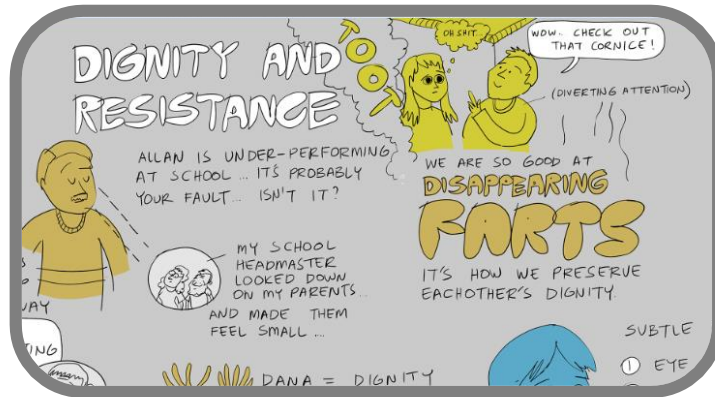


**ENGAGE | THINK | TALK**

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# Student of dignity

Watch the 7:19min Video of 'Student of Dignity' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“..in the most abject and horrible circumstance – how is it that people retain dignity, and preserve dignity and the dignity of one another.”

“... we negotiate dignity instantaneously... just the flip of an eye. Violence is committed in the flip of an eye. It's so quick. If you have been with a partner for 25 years you know that if he just gives you one of those looks, you know you're going to get it at home. It doesn't take much. A lot of what we are doing and dealing with is happening on a micro level and quicker than simple reaction time...”

“Socially we are protecting one another's dignity and we are really good at it. All forms of violence are a humiliation of dignity and the perpetrator of abuse is often not the person who will restore dignity to the victim. They are not going to get an adequate apology. They are not going to get an adequate acknowledgement.

And that is where we all come in. Our job is to uphold the dignity of the person. One of the things we don't do is go to advice giving. When we go to advice giving we are saying the person is not already competent enough to have thought of that themselves, and so advice giving is a humiliation of dignity.

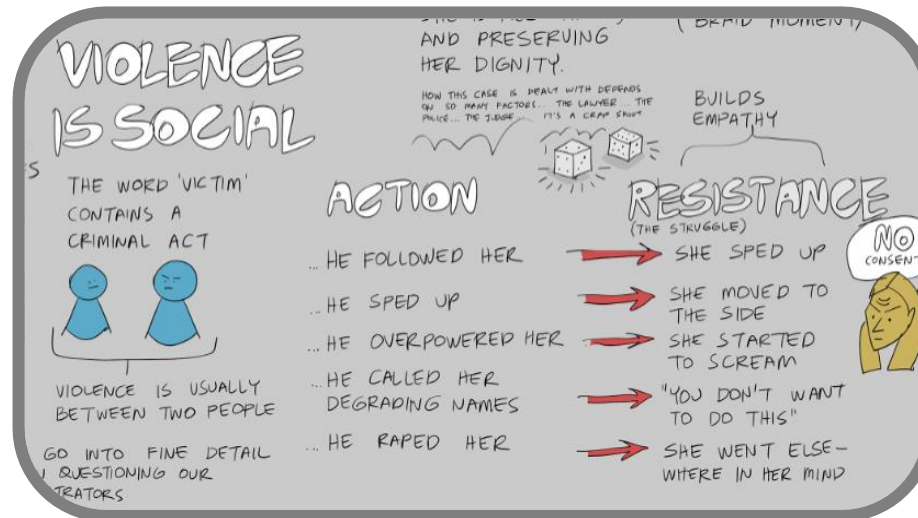
So we have to be careful about our practices. So a dignifying practice instead of advice giving, is to ask – “Wow, that's a hard situation, how did you respond? What did you do? Then we begin to learn about their pre-existing competency, their pre-existing skill and awareness, their pre-existing efforts to be safe. We tap into their pre-existing dignity, spirituality, capacity. That's what we are looking for. That is the flame of dignity. That's what we want to uphold.”

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# The fact pattern

Watch the 7:13min Video of 'The fact pattern' on <https://www.insightexchange.net/creating-conversations/resistance-safety-language/>



“The use of the word ‘victim’ and ‘perpetrator’ is that they are situated action terms not identity terms”

“Violence is social. There are at least two people involved. Which means if we want to understand what is going on we need to look at the actions of both people. Would you agree? Otherwise, it would be like me giving you a book... and only wanting you to read the pages on the left hand side. Pretty soon the pages on the left hand side wouldn't make sense because you would lack the context of the pages right hand side. So, social interaction is like that, we need to see how the actions of one person are connected and related to the other person.”

**ENGAGE | THINK | TALK**

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