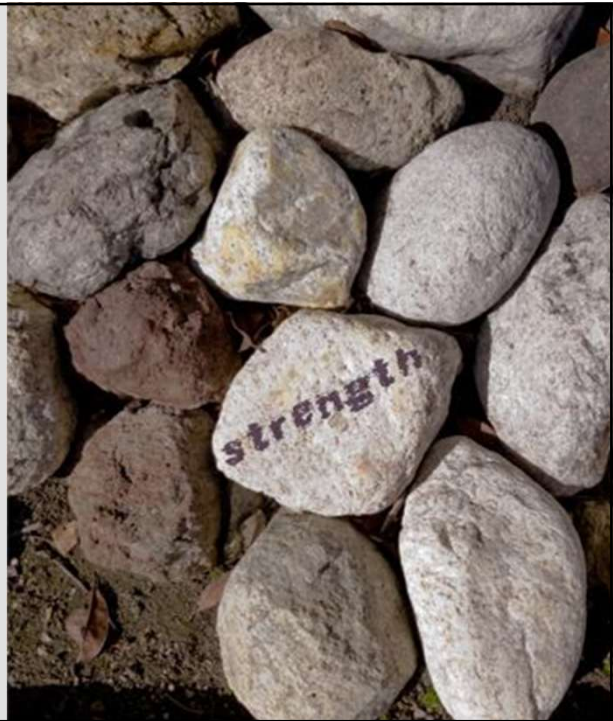


From Victim to Survivor

Aiding Victims of Crime to Empowerment

Lindsey Saltzman, LCSW
Cyndi Saltzman



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Lindsey Saltzman, LCSW

- Owner/Therapist at Equinox Counseling and Consulting, LLC
- USI BSW (2012) and MSW (2013)
- Licensed in Indiana, Kentucky, Colorado, Iowa, and South Carolina
- EMDR Trained
- Former VOCA therapist embedded in a law enforcement agency

Cyndi Saltzman, AB

- Child/Sex Crimes Victim Advocate at Warrick County Prosecutor's Office (9.5 years)
- 18 years with Warrick CSC
- Associates in Business Management and Early Childhood Education
- SANE training/committee
- 2024 Brian Turpin Service Award Nominee (Holly's House)

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Learning Objectives

- Improve comfort in working with victims of crime
- Improve understanding of local resources and legal options for victims of crime
- Explore appropriate ways to build rapport and safety when working with victims of crime
- Discuss best practices and the concept of post traumatic growth

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Understanding Victims Understanding Yourself

Building Rapport
Self-Reflection



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Define “Victim”

- a person harmed, injured, or killed as a result of a crime, accident, or other event or action

According to Indiana Law

- IC 35-40-4-8 "Victim" Sec. 8. "Victim" means a person that has suffered harm as a result of a crime that was perpetrated directly against the person. The term does not include a person that has been charged with a crime arising out of the same occurrence.

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Frustrations shared by victims of crime...

- “Why do I have to leave? S/He hurt me!”
- Feeling helpless as if their concerns aren’t being heard
- Not understanding the reason for arresting vs. not arresting the suspect
- Officers being friendly with one party over the other
- Feeling like people think they are crazy or lying
- Limited knowledge regarding next steps
- Bond Conditions/Sentencing

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Frustrations when working with victims of crime...

- VOC not following recommendations
- “Why don’t they just leave?”
- Irrational expectations
- “Are they being truthful?”
- Personal biases

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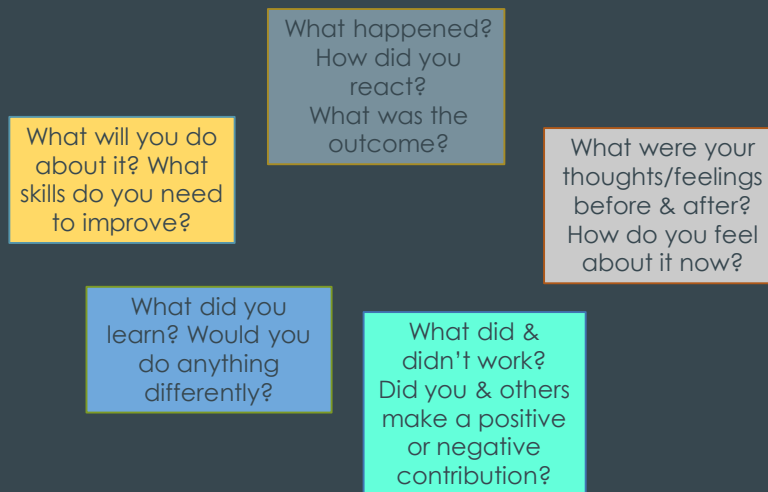
How can we help prevent these frustrations?

- Reflective Practice
- Improved understanding of VOC
- Build Our Knowledge

Frustrations cannot be prevented 100% but approaching situations a specific way we can help reduce the frustration felt on both sides.

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Gibbs Reflective Cycle



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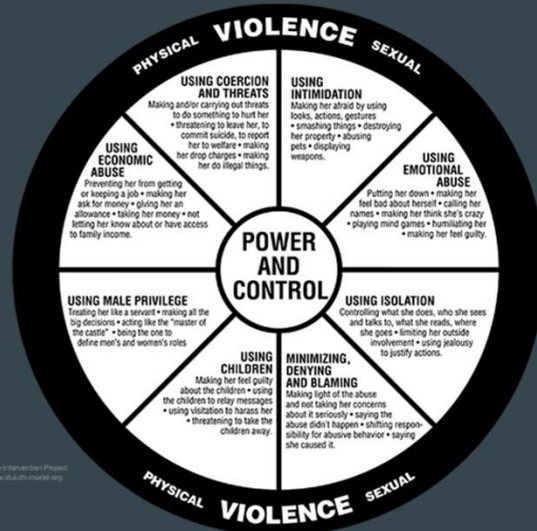
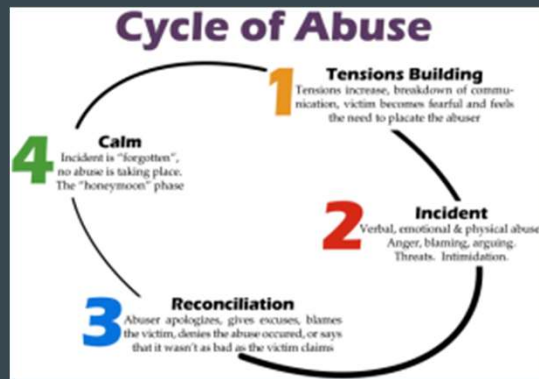
Know yourself. Know yourself. KNOW YOURSELF.

- Strengths
- Limits
- Your past (both personally & professionally)
- Your biases/attitudes toward certain situations/people

Counter-Transference – Occurs when we ascribe characteristics of significant people & events in our past to those in our present.

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Why do victims stay?...



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Brain vs. Mind



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Stages of Change

- Pre-contemplation
 - Individual does not believe there is an issue
- Contemplation
 - Individual thinks change may help, but are yet to act on these thoughts
- Preparation
 - Individual is working out a strategy to make changes
- Action
- Maintenance
 - Sustained change has occurred for 6 months
- Relapse

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Taking the Next Steps

Understanding a Victim's
Legal Options



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Legal Options

No Contact Order

- Issued by a judge when an offender is released from jail
- No Contact Orders stays in place while criminal case is OPEN

Protective Order

- File at County Clerk's Office and approved/denied by a judge 24 hours for temporary order
- Court date within 30 days for victim and offender to determine if 1-2 year order will be granted

Victims are encouraged to make additional copies of their orders and photos on their phones

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What does the legal process look like?

Factors To Consider

- Types of Charges
- Immediate vs. Long Form Arrests
- Arrest to Bond Court to Court Dates
- What if children are involved in DV incidents?
- Victim Notifications
- Additional DV Incidents
- Child and Sex Crime Specific Incidents

Possible Outcomes

- Victim dropping charges (Choices Class with Albion)
- Deferral Programs
- Alcohol/Drug Programs
- Probation or Jail Time

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Additional Community Resources

- Law Enforcement Agencies
- Indiana Legal Aid
- Albion Fellows Bacon Center
- Holly's House
- YWCA of Evansville
- The Parenting Time Center
- Lampion Center
- Indiana Criminal Justice Institute
- Impact Ministries (Boonville)
- Protective Order Assistance Office (Vanderburgh County Courthouse)
- VOCA National Crime Victims Fund
- National Domestic Violence Hotline 1-800-799-7233

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Therapeutic Approaches

Treatment Modalities
Post-Traumatic Growth



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O.A.R.S.

- Open Ended Questions
 - “How can I help you with _____?”
 - “What have you tried before in this situation that has helped?”
- Affirmations
 - “You handled yourself really well in that situation.”
 - “I appreciate your willingness to call us today”
- Reflective Listening
 - “It sounds like you _____”
 - “On the one hand _____, on the other hand _____”
- Summarize
 - “Here’s what I’ve heard. Tell me if I’ve missed anything.”

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Focus on Solutions

- Help individuals identify & amplify their strengths
 - Affirmations
- Help individuals identify resources
- Focus on the future solutions, not the past problems
 - “Let’s focus on how we can make things better. What might help?”
- Reframe, reframe, reframe
 - “You may not have called in the past, but you did call today.”
- Externalize Problems
 - “You can’t control their actions. You can only control yours.”

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Trauma Focused

- Cognitive Processing Therapy (CPT)
 - Impact Statement and Challenge Questions
- Eye Movement Desensitization and Reprocessing (EMDR)
 - Safe Space, Peaceful Place, etc
 - Various Levels of Processing
- Brainspotting
- Internal Family Systems (IFS)
- Mindfulness

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Crisis Management Skills

Steps...

- Obtain an overall summary & understanding of the issue
- Identify key facts of situation
- Identify core emotions & feelings the individual is experiencing

Remember

- Provide a warm hand-off when you are able
- Seek additional assistance as needed

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