

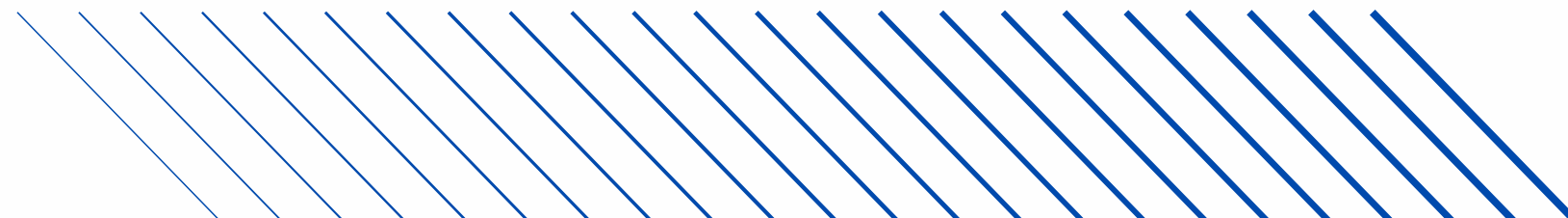
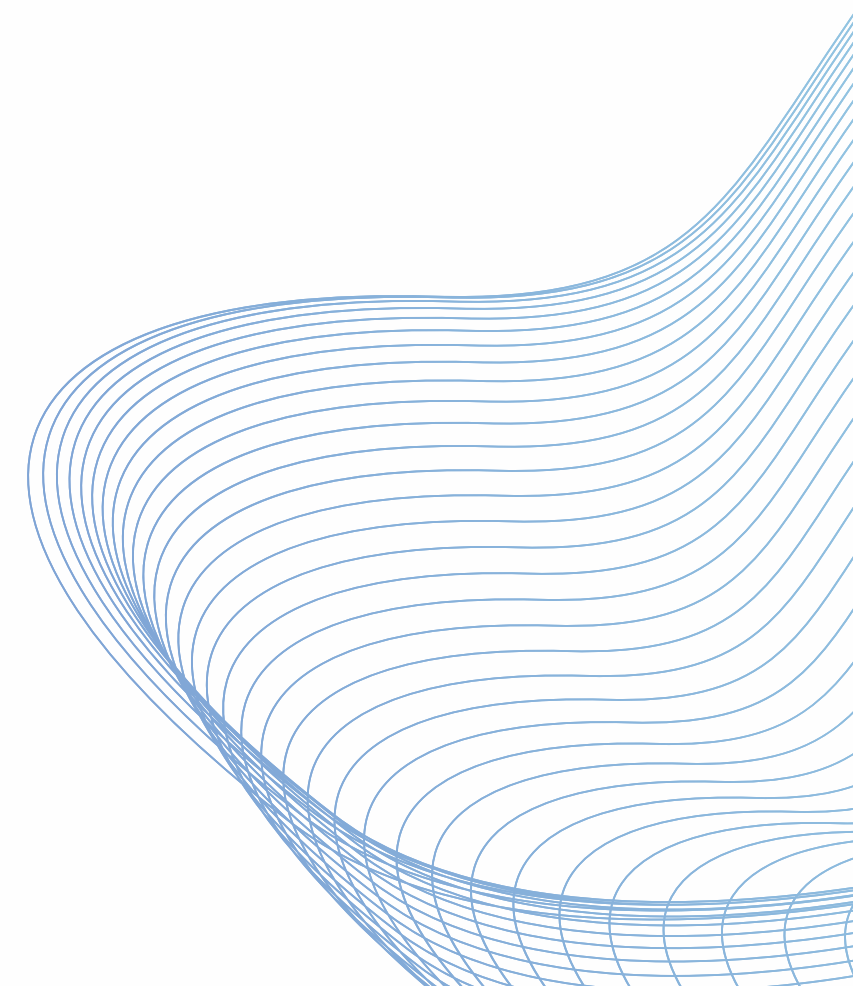


Hinda Institute

# **MOVING FORWARD: MASTERING PICS CHALLENGES**

August 7, 2024

Presented by Dr. Stephanie Kutzen, Ph.D., LCSW



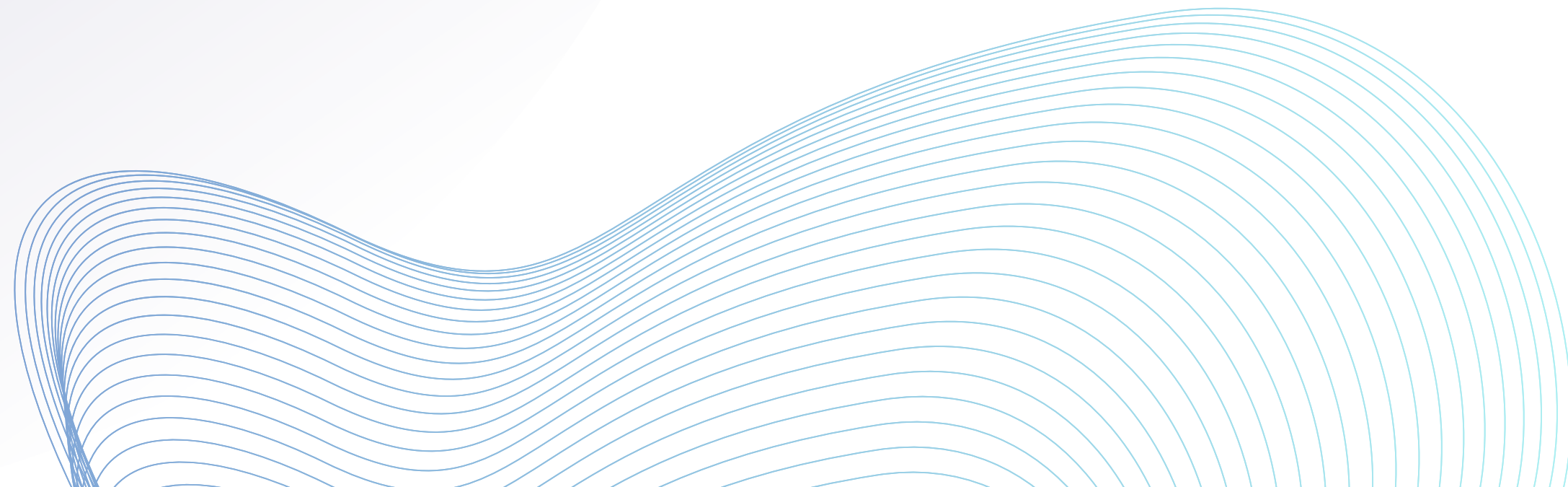
# SESSION 5 OBJECTIVES

- To continue assessing personal emotional/feeling obstacles to assertive communication.
- To establish measurable realistic steps to confront re-entry challenges.
- To learn results of seminar pre/post questionnaire.



*"What's coming is better than what's gone."*

*-PICS Survivor*



# A. GROUP DISCUSSION OF THREE IMPORTANT QUESTIONS

1. Please identify any of your own emotional/feeling reasons why it is difficult to assertively communicate when faced with re-entry challenges.
2. Please share what types of support, resources, training or coaching would might consider to assist with your challenges.
3. Please acknowledge if you are satisfied with your current approach and not seeking further re-entry skills/support.





# **B. EXPLORE AND PRACTICE TWO REENTRY SCENARIOS**



# SCENARIO 3: COMMUNITY REJECTION

Upon attempting to return to their original home, the client discovers posters with their photo and a warning about their criminal history plastered around the neighborhood. A resident openly expresses hostility, making a cruel remark. This public shaming and hostility from the community shatter any hope the client had of rebuilding their life in a familiar environment. The pervasive fear and anxiety triggered by being ostracized and targeted by their neighbors contribute to a profound sense of isolation. The client's emotional trauma is intensified by the feeling that they are perpetually seen through the lens of their past mistakes, with no chance for redemption or acceptance.

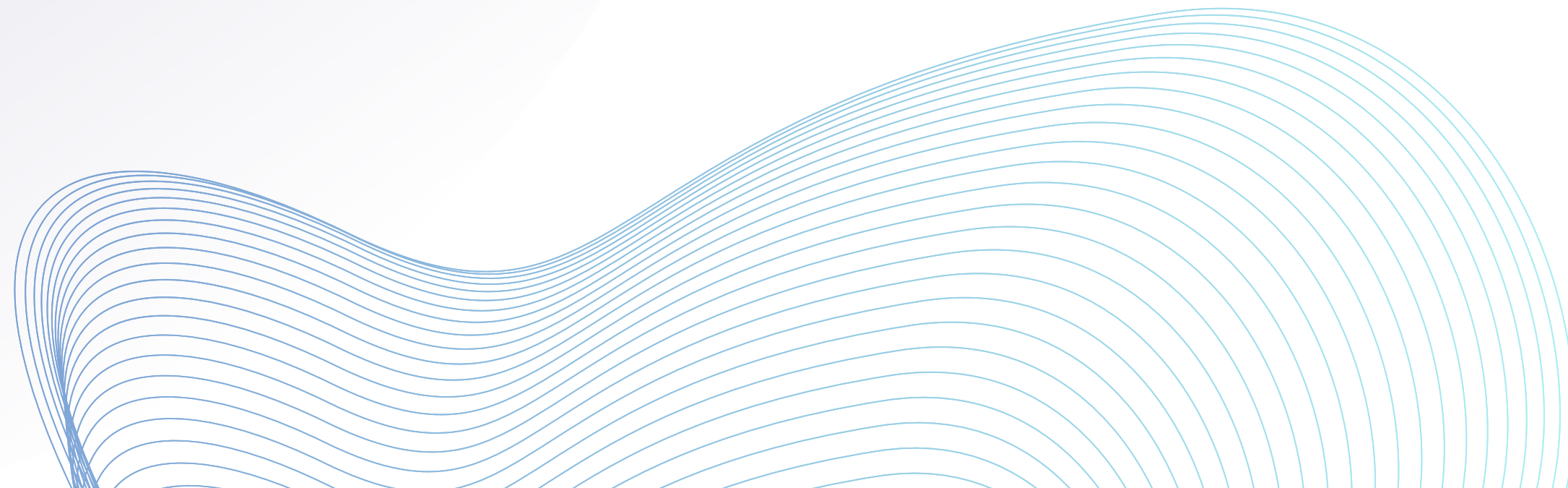


# SCENARIO 4: FAMILY REJECTION

The client's emotional trauma peaks when they are rejected by their own family, who refuse to speak to them and exclude them from family celebrations. This rejection by those who are supposed to offer unconditional love and support cuts deeply, leaving the client feeling abandoned and unloved. The pain of being disowned by their family creates a profound sense of loneliness and despair. The client grapples with the realization that their actions have not only affected their own life but have also severed crucial familial bonds. The absence of familial support makes the prospect of rebuilding their life feel even more daunting, as they are left to navigate their reintegration into society without the foundational support network that family typically provides.



*“Turn your wounds into wisdom.”*  
*-Oprah Winfrey*





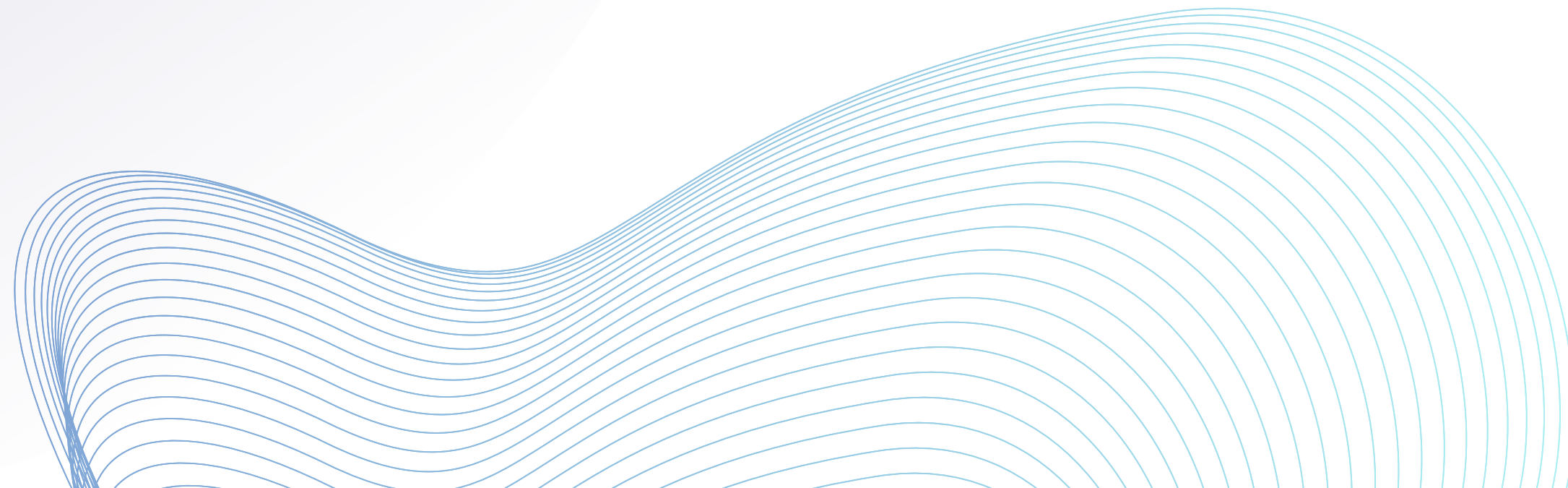
# C. REVIEWS OF PICS PRE-POST QUESTIONNAIRE

1. Analysis
2. Questions/Comments
3. Interest in Further PICS Presentations



*“No one can make you feel inferior  
WITHOUT YOUR CONSENT.”*

*-Eleanor Roosevelt*



# FACILITATORS AND HINDA STAFF CLOSING THOUGHTS

*Thanks for attending our session. Your contributions are essential to our learning process.*

