



# Supporting Survivors of Abuse

Jewish survivors of abuse need safe, healing places where their unique needs will be anticipated and where they will be cared for — *physically, emotionally and spiritually*.

Below are resources developed by Mayyim Hayyim's Embracing Waters Initiative in collaboration with [Journey to Safety \(http://www.jfcsboston.org/Our-Services/Community-Services/Journey-to-Safety-Response-to-Domestic-Abuse\)](http://www.jfcsboston.org/Our-Services/Community-Services/Journey-to-Safety-Response-to-Domestic-Abuse) at Jewish Family & Children's Service. These trainings for volunteer Mikveh Guides and clinicians will assist mikva'ot in becoming even more welcoming and supportive to survivors of abuse.

## Steps for Making a Mikveh Supportive for Survivors of Abuse

This introductory letter offers guidance on developing a partnership between the mikveh and local domestic abuse program, thus creating a mikveh that is more welcoming and supportive for survivors of abuse and trauma.

Read: [Introductory Letter \(https://www.mayyimhayyim.org/wp-content/uploads/2017/11/SurvivorsOfAbuse\\_IntroLetter.pdf\)](https://www.mayyimhayyim.org/wp-content/uploads/2017/11/SurvivorsOfAbuse_IntroLetter.pdf)

## Training for Mikveh Guides I: Abuse and Trauma

Part one in a two-part series, this session focuses on possible implications of abuse and trauma on mikveh visitors, community resources, and understanding one's own reactions to abuse and trauma as a Mikveh Guide.

Read: [Training for Mikveh Guides I: Abuse and Trauma \(https://www.mayyimhayyim.org/wp-content/uploads/2017/11/MikvehGuideTrainingCurriculum1.pdf\)](https://www.mayyimhayyim.org/wp-content/uploads/2017/11/MikvehGuideTrainingCurriculum1.pdf)

## Training for Mikveh Guides II: Mikveh in the Aftermath of Abuse and Trauma

Part two in a two-part series, this session focuses on the stages of recovery and mikveh use, guidelines and role-play scenarios for Mikveh Guides, and self-care.

Read: [Training for Mikveh Guides II: Mikveh in the Aftermath of Abuse and Trauma \(https://www.mayyimhayyim.org/wp-content/uploads/2017/11/MikvehGuideTrainingCurriculum2.pdf\)](https://www.mayyimhayyim.org/wp-content/uploads/2017/11/MikvehGuideTrainingCurriculum2.pdf)

## Training for Clinicians working with Jewish Survivors of Abuse

This training provides an overview of domestic violence and the Jewish community, mikveh as a healing resource for marking life transitions, what happens at the mikveh, making referrals, and clinician self-care.

Read: [Training for Clinicians working with Jewish Survivors of Abuse \(https://www.mayyimhayyim.org/wp-content/uploads/2017/11/ClinicianTrainingCurriculum.pdf\)](https://www.mayyimhayyim.org/wp-content/uploads/2017/11/ClinicianTrainingCurriculum.pdf)

## More Information

[Additional Suggested Readings \(https://www.mayyimhayyim.org/wp-content/uploads/2017/11/References\\_EmbracingWaters.pdf\)](https://www.mayyimhayyim.org/wp-content/uploads/2017/11/References_EmbracingWaters.pdf)

## Resources

- [Videos \(https://www.mayyimhayyim.org/resources/videos/\)](https://www.mayyimhayyim.org/resources/videos/)
- [Supporting Survivors of Abuse \(https://www.mayyimhayyim.org/resources/supporting-survivors-abuse/\)](https://www.mayyimhayyim.org/resources/supporting-survivors-abuse/)
- [Fertility Journeys: A Jewish Healing Guide \(https://www.mayyimhayyim.org/fertility-journeys-a-jewish-healing-guide/\)](https://www.mayyimhayyim.org/fertility-journeys-a-jewish-healing-guide/)
- [Accessibility and Inclusion Discussion Guide \(https://www.mayyimhayyim.org/resources/accessibility-inclusion-discussion-guide/\)](https://www.mayyimhayyim.org/resources/accessibility-inclusion-discussion-guide/)
- [The Mikveh Monologues Theatrical Production \(https://www.mayyimhayyim.org/mikveh-monologues-theatrical-production/\)](https://www.mayyimhayyim.org/mikveh-monologues-theatrical-production/)
- [Online Resources \(https://www.mayyimhayyim.org/resources/online-resources/\)](https://www.mayyimhayyim.org/resources/online-resources/)
- [Community Mikva'ot Around the World \(https://www.mayyimhayyim.org/community-mikvaot-around-world/\)](https://www.mayyimhayyim.org/community-mikvaot-around-world/)
- [Past Conferences \(https://www.mayyimhayyim.org/resources/past-conferences/\)](https://www.mayyimhayyim.org/resources/past-conferences/)
- [Immersion Ceremonies \(https://www.mayyimhayyim.org/ceremonies/\)](https://www.mayyimhayyim.org/ceremonies/)
- [For Those from Other Than Jewish Faith Traditions \(https://www.mayyimhayyim.org/for-those-from-other-than-jewish-faith-traditions/\)](https://www.mayyimhayyim.org/for-those-from-other-than-jewish-faith-traditions/)

## Testimonial

*The Guide was incredibly respectful, supportive, and comforting. The first words she greeted me with on the phone were, "How can I be helpful?" That was exactly what I needed to hear in that moment.*

– Jill

## Contact

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