



# **Military Sexual Trauma: Restoring of Hope, Purpose & Identity**

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# MST and Beyond...

- Sexual Assault/Rape
- Sexual Harassment
- Sexual Coercion
- Lack of Promotion





# Military Sexual Trauma

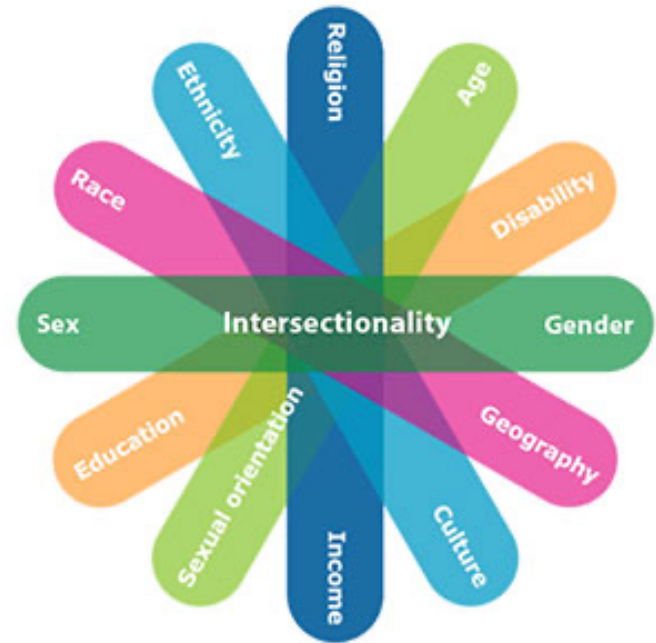
Exploring the Experience of MST on an Individual Level



# Intersectionality

“Our experiences are affected by intersecting parts of our identity, the context we are in, and our lived realities. We all have multiple identity factors that intersect that help make us who we are.”

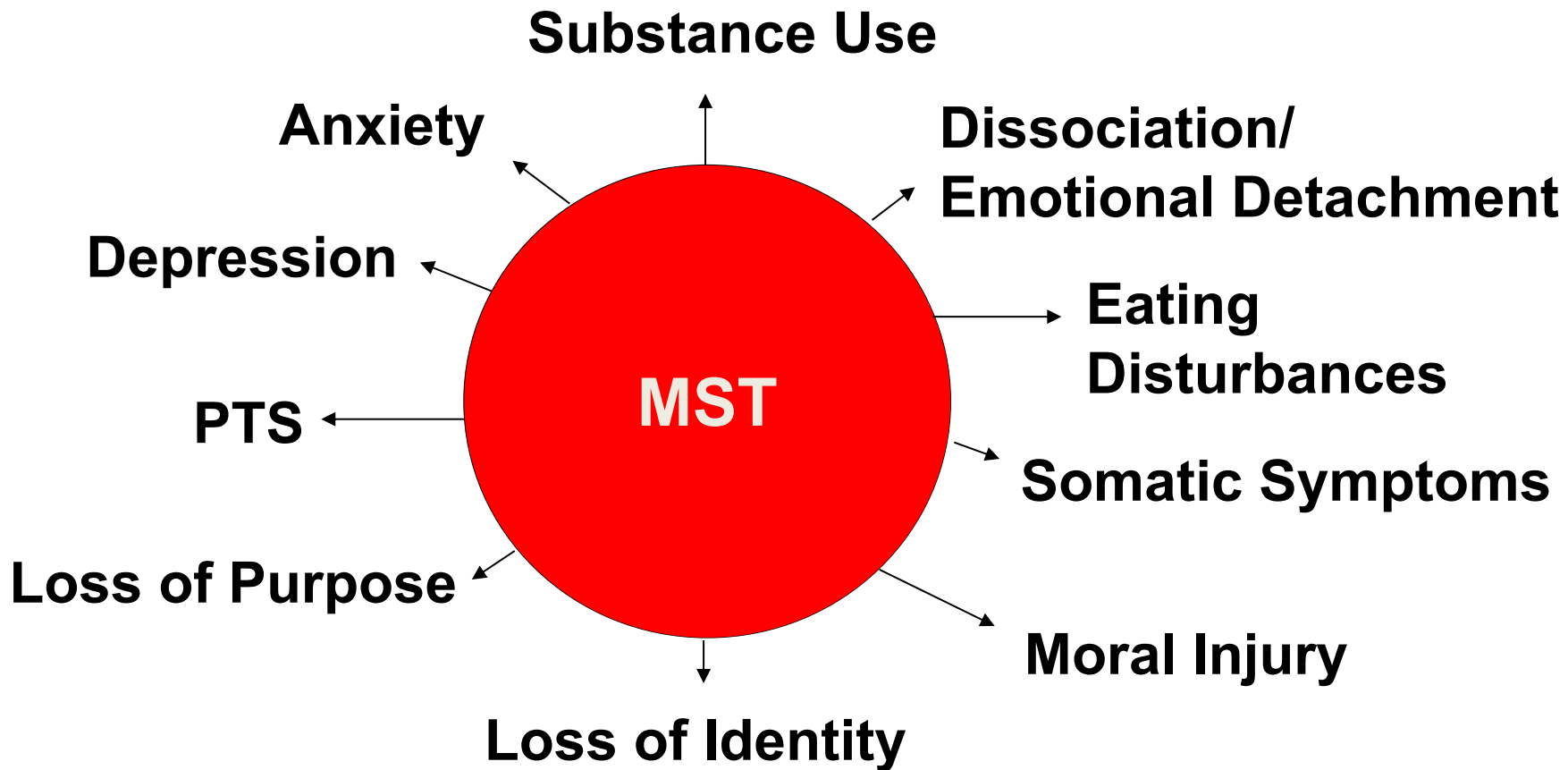
(Government of Canada)





What was most difficult or  
traumatic for you?

# Effects of MST on Mind, Brain, and Body







But I was never in a combat zone...



Are the Effects of MST Different  
from Battlefield Trauma?





## Military Sexual Trauma vs Civilian Sexual Trauma







# Active Defense versus Passive Defense





Learned Helplessness...



# MST and the COVID-19 Pandemic

## MST

- Unpredictable environment
- Loss of control
- Feeling alone

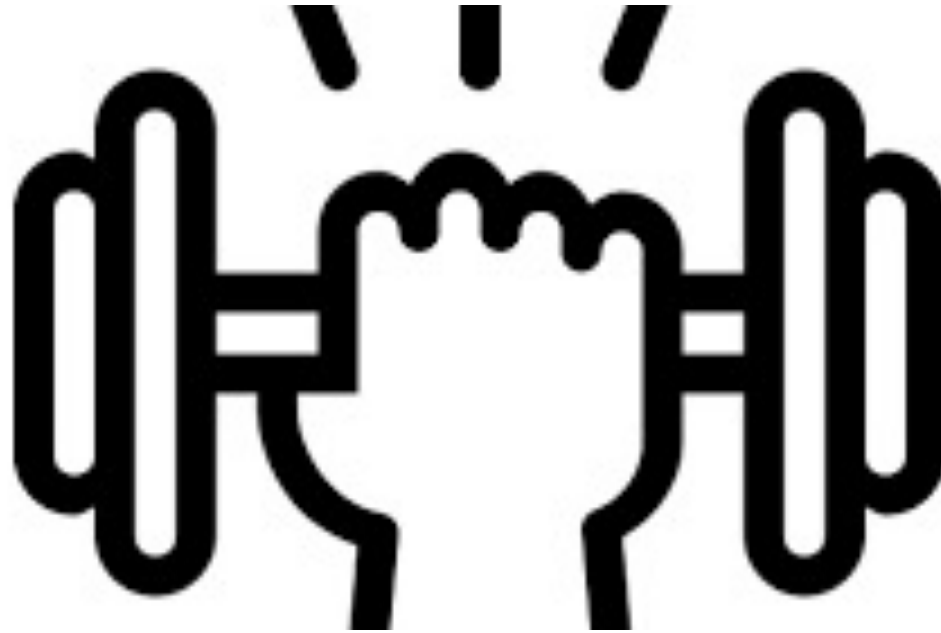
## Covid-19 Pandemic

- Unpredictable environment
- Loss of control
- Feeling alone





Restoring of Hope, Purpose & Identity  
Through Empowerment



Fostering the Strengths of Each  
Individual

Reconnecting  
Mind and  
Body...







# STOIC WARRIORS

THE ANCIENT PHILOSOPHY  
BEHIND THE MILITARY MIND

# Body Map



Processing the  
Pain Related  
to the  
Traumatic  
Experience on  
a Cognitive,  
Emotional &  
Bodily Level





Social and Peer Support



# ***"IT'S JUST 700"***

DIRECTORY OF SERVICES TO HELP  
CANADIAN MILITARY SEXUAL TRAUMA (MST)  
SURVIVORS

# SEXUAL MISCONDUCT Response Centre

Professional  
counsellors  
to  
**support  
you**

## 1-844-750-1648

HOURS: Monday to Friday, 7 a.m. to 8 p.m. Eastern Time  
Voice messaging system available for after hours and on statutory holidays.

[Canada.ca/defence-sexual-misconduct-response-centre](http://Canada.ca/defence-sexual-misconduct-response-centre)



*We offer* compassion

*We explain* your options

*We listen*

*We facilitate* access to services

*We respect* confidentiality

*We support* your decision

Operation **HONOUR**





Thank You!