



Trauma-informed Economic Empowerment

DOMESTIC VIOLENCE LAW CLINIC | GENDER JUSTICE WORKSHOP





This project aims to:

- **RE-IMAGINE**


Help re-imagine financial empowerment programs to integrate a holistic approach. Decenter financial “know-how” and focus on healing the emotional, psychological, and systemic effects of trauma on survivors.

- **EDUCATE & NORMALIZE**

Educate the public about financial trauma and normalize it.

- **INVITATION TO TAKE ACTION**

Continue developing and/or integrating these concepts in your role as advocate, provider of financial wellness services, and leader in your community.



This training has 3 goals:

1. Educate the public about financial trauma and normalize it.
2. Help re-imagine financial empowerment programs so that they integrate a more holistic approach. This may be achieved by de-centering financial “know-how” (budgeting, credit basics, saving strategies etc.) and drawing attention to the emotional and psychological, and systemic effects of trauma on survivors.
3. Invite you to continue to develop and integrate these concepts into your role as an advocate and future policy maker.



This training is for:

- Advocates, policymakers, and/or providers of financial wellness services.
- People who want to learn about how trauma-informed approaches can benefit vulnerable populations.
- People interested in learning about the dynamics of financial abuse and pathways to healing.



This training will help:

- Advocates, policymakers, and/or providers of financial wellness services.
- People interested in learning about the dynamics of financial abuse and the pathways to healing.
- People who want to learn about how trauma-informed approaches can benefit vulnerable populations.



Land Recognition

We acknowledge that our work takes place on Tohono O'odham Nation homelands and the lands of the Pascua Yaqui Tribe. We would like to pay respect to the Elders past, present, and emerging, acknowledging them as the traditional custodians of knowledge for these places.




We recognize that our work at The University of Arizona takes place on Tohono O'odham ancestral lands.



Contents

- A. Intro: The Need for Trauma-Informed Financial Education
- B. Defining Trauma and Economic Abuse
- C. Financial PTSD and the Scarcity Mindset
- D. Institutional Re-traumatization
- E. Mitigating Shame through an Economic Justice Framework
- F. Conclusion: Takeaways for Helping Victims of Economic Trauma and Abuse



This is an overview of the contents of this training.