Life after Violence

Juultje Holla
Direct Violence

Personal 1 (or more) against 1
Directly towards 1 person

Suffers a lot for a long time

Support available (when someone speaks out and is believed)
Structural Violence

many things together can become very heavy

Often people don’t realise how much they hurt someone
Uncaring Care

Traumatic care experiences

Not listening (especially when it's about something hard)

"Not my problem"

You can't do that anyway

Neglect

No time for you.

Something else is more important

Lots of changes
Heavy Burden
World View
Coping Strategies

Communicate

adapt

avoid situations and people
A good life