

FAMILY SAFETY NETWORK
presents:



PATHWAYS TO HEALING

[A WORKSHOP FOR SURVIVORS OF SEXUAL TRAUMA]

no sharing is required - listening is enough.

**CO-FACILITATED BY
KELLY SADAUCKAS, DPT
AND HEATHER FRANKLIN, LCSW**

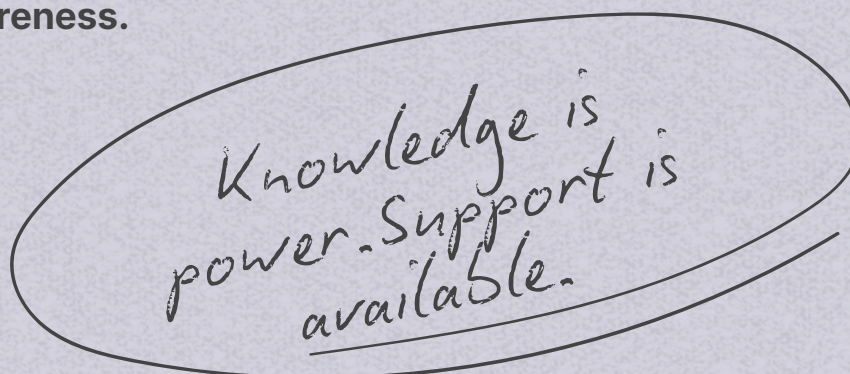
**THURSDAY, APRIL 9, 6:30-8PM
@ MENTAL HEALTH COALITION (DRIGGS)
FOOD & BEVERAGES PROVIDED**

more info: familysafetynetwork.org | questions? 208-354-7233

Pathways to Healing

[A WORKSHOP FOR SURVIVORS OF SEXUAL TRAUMA]

1. Welcome & Introduction to services that Family Safety Network offers.
2. Polyvagal Theory: Our nervous system fluctuates between 3 states, and our state dictates our emotional and behavioral reactions.
 - a. Ventral vagal (safe)
 - b. Sympathetic (fight/flight)
 - c. Dorsal vagal (shutdown)
3. Pelvic Floor Responses/Considerations in Domestic Violence/Sexual Assault.
 - a. Basic Pelvic Floor Anatomy & Function
 - b. How the stress response affects the pelvic floor
 - c. How this stress response presents functionally as pelvic pain; urinary frequency/urgency or leaks; constipation, irritable bowels (or combination)
4. How trauma response changes situational awareness.
 - a. Are we ruminating or problem solving?
5. Pelvic Floor Connection Activity.
6. Final Grounding Activity and Conclusion.



Knowledge is power. Support is available.

Meet your facilitators

Heather Franklin, MSW, LCSW (she/her), specializes in attachment issues, addictive behaviors, and trauma in her work with adults. Trained in the Compassionate Inquiry approach, she creates a safe and connected space where authentic emotions can be expressed and released from the nervous system, helping to reduce triggers and unravel outdated coping strategies. She taught yoga for 13 years in Jackson, WY, before pursuing a career in social work. She continues to integrate her passion for the mind/body connection into her work with clients. She is trained in trauma-informed and neuro-informed modalities such as EMDR, IFS, the Compassionate Inquiry Approach, and body-based nervous system-focused therapies.

Kelly Sadauckas, DPT is a pelvic floor physical therapist, wife, mother, and small business owner dedicated to redefining what women are told to accept about their bodies. She challenges the belief that pelvic pain, pressure, leakage, or loss of intimacy are “normal,” and instead empowers women with the truth: the pelvic floor is meant to function well throughout life.

Kelly helps women at every stage—whether symptoms began recently or decades ago—restore strength, confidence, and connection to their bodies through education, rehabilitation, and compassionate care.