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# THE PARAPHRASE

Official Newsletter of The University of Illinois  
Counseling Center Paraprofessional Program



## Introduction

BY ELIDA PALOMINO

This October, the Counseling Center has been keeping busy with tabling events for No Body Shaming week, where our Eating Disorders & Disturbances outreach team have focused on several events in collaboration with other groups on campus to spread awareness about body positivity. No Body Shaming week encompasses learning about what body shaming is as well as teaching about how disordered eating can look very differently for everyone, especially when considering race and gender. Body positivity is a social movement focused on the acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities, while challenging present day beauty standards and diet culture. During outreach tabling events, staff and CCP's were able to engage students in learning opportunities by providing information on how to recognize the signs of disordered eating as well as how to approach them. These tabling events consisted of engaging learning material such as flyers on various eating disorders as well as Counseling Center business cards. The Counseling Center has also reached out to the Counseling Paraprofessional Trauma team to feature them in a spotlight regarding their work and experiences.



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## No Body-Shaming Week

KYLE SEMPER

During the week of October 25th, I had the pleasure to help with the Counseling Center's outreach initiatives for No Body Shaming Week with the Eating Disorders and other Disturbances Outreach Team. I thoroughly enjoyed interacting with students and providing them with information about what body shaming is and eating disorders while tabling. Students had the opportunity to color body positive coloring sheets that included a diverse range of body types with multicultural colored pencils, to share the message that eating disorders can affect all people no matter their race or body shape. Students could also win Halloween erasers for spinning the prize wheel and answering a question that related to body image and eating disorders. With Halloween at the end of the week, we also collaborated with the Alcohol and other Drugs Outreach Team to discuss harmful behavior that people may perform in preparation for parties and other activities that they may participate in during Halloween. I believe that we had a significant impact on all the students that we interacted with, and they know that they can turn to the Counseling Center if they feel that they or someone they know is struggling with an eating disorder.



Love your body





# Domestic Violence Awareness Month Event

BY ZARI JONES

During the Domestic Violence Awareness Month event I attended, which was the lecture on October 20 with keynote speaker Wanda Swan, I learned a great deal. Wanda Swan talked about several topics that related directly to domestic violence systemically in our country. The topic she in-depth, discussed was anti-Blackness in relation to domestic violence. She also talked about how white supremacy affects Black people on several levels.

Wanda went into her presentation talking about how anti-blackness is a two-part foundation that voids the value of Blackness while also being systematically marginalized by the system. A key point she mentioned was that oppression is a rhetoric that validates violence in our society. Anti-blackness affects everyone because of the inequities present in our society. Another point she emphasized was that the construction of Whiteness was constructed before the 18th century in the U.S. to serve as a racial divide between slave owners and indentured servants and this set the foundation for the rest of history. The phrase “whiteness exists as a response to Blackness” said by Tressie McMillan Cottom is an accurate representation of what is still going on today in our society. This construct birthed a narrative of a default race and branded ideals of white superiority as the law of the land.

She ended by talking about how the four I’s of oppression which are ideological, institutional, interpersonal, and internalized shape the foundation of everything in our country. She also concluded that anti-oppressive advocacy or Black Abolitionist Feminism is central to the eradication of White supremacy by having accountability, cultural humility, and vulnerability. In all of this to the relation of domestic violence, the best way to support survivors is to believe them all because they are people just like you and to not overlook them or their trauma and experiences due to your own racial biases that you were socialized to believe. In order to do this, you have to check yourself and your own biases and get to the root of them, educate yourself on things you don’t know about, and believe Black people and especially Black women because they are the most undervalued and disrespected people in America.





## Trauma Team Spotlight

GILLIAN VEN NECK

With the end of October comes the conclusion of Domestic Violence Awareness Month. It seemed fitting then to shine a spotlight on the Trauma Team and their work. The trauma team is composed of several CCPs and I had the opportunity to interview Jaclyn Moy about her experience, as well as learning more about the events the team put on this month.

This month the Trauma Team was incredibly busy, Jaclyn explained. She said that they recently presented on Healthy Relationships. There is also an outreach event being presented November 2nd that will be building off of that that will address "the issue of stalking on college campuses." The work that the Trauma Team is doing is vital to not only the health of students here at the University of Illinois, but to their safety as well. Beyond providing outreach for students, the major project teams act as a source of education for CCPs in addition to our classes. Jaclyn says that she has:

"learned a great deal about how trauma can manifest in so many different ways for different people. Unfortunately, there's also a wide range of ways that people can experience and be affected by trauma. An important idea that this brings up for me is that even though we may not necessarily relate to a specific individual's traumatic experiences, it's important for us as we engage in outreach to learn as much as we can so that we can be sensitive to these different experiences."

Our major project teams are an incredible source of knowledge as we can get much more specific with areas that we are interested in. From all that they are learning and presenting, there is a message Jaclyn wishes she could get out to all of campus and that is:

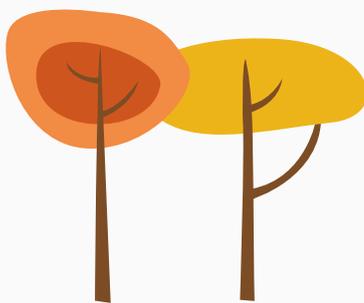
"You are not going through your struggles alone. So many people who feel trapped in abusive relationships also fear speaking out because they believe they are alone in their experiences. But this is an issue that affects over  $\frac{1}{3}$  of women and over  $\frac{1}{4}$  of men. If someone feels isolated because of abuse, there are resources and people who want to help. (Contact the 24/7 National Domestic Violence Hotline at 1-800-799-7233, or the UIUC Counseling Center Crisis Line at 217-359-4141)."





# Upcoming & Notable Events

BY ZARI JONES



## Upcoming Events

Tuesdays @7

- November 16: Managing Stress: Know Your Limits and Needs
  - location: Lincoln Hall 1092
- November 30: Setting Healthy Boundaries with Alcohol and Drugs
  - location: Illini Union 209

Finish Strong Campaign

- December 7: #FinishStrongIllinois: Preparing for Finals
  - location: Lincoln Hall 1092

## Notable Events

Domestic Violence Awareness Month Previous Events:

- Oct 7, “Educate Ourselves to Protect Ourselves” @ La Casa Cultural Latina
- Oct 12, Food for Thought: Navigating Resources and Supporting Survivors w/ Asian American Cultural Center
- Oct 18, I Heart Healthy Relationships Workshop @ Women’s Resource Center
- Oct 18, META: Toxic Masculinity? Machismo in the Latinx Community @ La Casa Cultural Latina
- Nov 2, DVAM Outreach hosted by Trauma Team, You of I: Stalking on UIUC Campus

Previous Speakers & Presentations

- Oct 11, Unapologetic: “Can’t Stop - Won’t Stop: My Truth” w/ Darlene Johnson @ Women’s Resource Center
- Oct 15, Solidary and Feminism: Histories Threaded Through Race and Empire w/ Dr. Tithi Bhattacharya over Zoom
- Oct 20, DVAM Keynote Lecture with Wanda Swan over Zoom
- Oct 25, Unapologetic: “Ancestors in the Making: Finding Balance & Restoration in Community Trauma Work” w/ Karla Aguilar Marquez

