

# AVP UPDATE

The Anti-Violence Partnership of Philadelphia (AVP), a private non-profit organization, is the only agency in Philadelphia dedicated to addressing the entire cycle of violence from support and counseling of child victims and adult co-victims to early prevention training for children, their parents, teachers and service providers throughout the region.

## Remarks from the Executive Director

To AVP's Friends & Partners - local family members of the at-tack's victims and help school children regain a sense of security and normalcy, all of our staff members must also deal with their own reactions. touched me greatly. I am pleased that she has permitted us to include the following excerpt of her remarks. I hope you find it as insightful as I did.

*The last two months have been a challenging time for all of us as we work to process and rebound from the events of September 11, 2001. We at AVP have been affected both professionally and personally by the attacks on our country.*

On October 18, 2001, I was fortunate to attend a reception hosted by The Institute for Safe Families honoring Sandra Bloom. M.D. Dr. Bloom is a nationally recognized expert in the treatment of individuals traumatized by violence. Her speech focusing on the aftermath of September 11th touched me greatly. I am pleased that she has permitted us to include the following excerpt of her remarks. I hope you find it as insightful as I did.

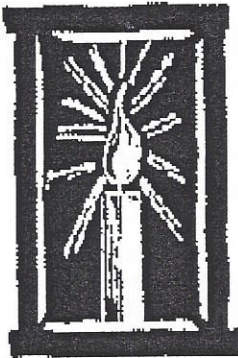
As we extend our services to Bloom. M.D. Dr. Bloom is a Julie Good

## In the Aftermath of September 11

From a Presentation by Sandra L. Bloom, M.D.  
Institute for Safe Families Reception, October 18, 2001

Inside this issue:

SAVE Marks Tenth Anniversary	2
Staff/Board Update	3
In the Spotlight. FMV Clients & Partners	3
New in Brief	4



We are all now participant observers to the impact of trauma. We are the helpers and the helped, the healthy and the injured, the calm and the distressed, the found and the lost.

Probably like you, I have had trouble concentrating, maintaining focus. I have had a longing to make contact with everyone I care about. I am not sleeping well and am plagued by strange dreams. I watch my own defenses of denial, avoidance, and numbing all romping around on the field of my consciousness.

I find my mind wandering away, asking questions about life, and death and what it all means, questions that I usually manage to avoid in the face of day-to-day, hurried existence.

I hear airplanes overhead and they are no longer just airplanes headed for the airport. The sound their engines make as they streak through the skies sounds too much like the sound in WWII movies when bombs were dropping over London. Sirens scare me. I alternate between being preoccupied with watching the television news reports, to completely ignoring what is happening, protecting myself from too much stimulation, fear and anger.

It is impossible to recover from traumatic experience as long as you are still unsafe. And we are still all unsafe. It is not over yet. The reverberations of thousands of deaths has only begun. Lives are shattered in ways that money cannot repair. There is no clearly defined en-

emy. There is no clearly defined endpoint. This isn't over yet. We all want it to be over, but it's not and there is nothing we can do about that. Events are still unfolding. There are reminders everywhere, triggering off fears and flashbacks—images, sensations, emotions, body sensations—that feel overwhelming and terribly disorienting. We cannot think clearly about recovery yet.

Instead we have to focus on coping, on functioning, on keeping our feet moving so that we don't get stuck in time. Because that's what trauma does. It keeps a person stuck in time, trapped in the looking glass, slowly sinking in quicksand. Our job is to keep as many people from getting stuck in the goo as possible.

(Continued on page 2)

AVP Main Office  
633 West Rittenhouse Street, C-14  
Philadelphia, PA 19144  
(215) 438-9070  
(215) 438-9096—FAX

Families of Murder Victims (FMV)  
1421 Arch Street, 7th Floor  
Philadelphia, PA 19102  
(215) 686-8078  
(215) 686-8049—FAX