

Sanctuary Monthly Training August 2023
Social Learning & Reenactment

SOCIAL LEARNING: How did you learn to cook?

- A. From watching someone (mom, dad, grandma)
- B. From watching Hell's Kitchen, Food Network, or Youtube
- C. I don't know how to cook
- D. Other

Think about a product you have recently purchased based on a TV commercial or Social Media Influencer. What influenced you to buy the product?

Answer true or false to the following questions:

- I find I learn better if I repeat an exercise more than once.
- When waiting at a cross-walk and no cars are coming I will wait for someone else to step off the curb first before following them.
- Have you ever copied someone's behavior based on the rewards that you have observed this person receiving?
- Would you rather read instructions to make an origami frog or watch someone make an origami frog?

Social learning theory focuses on the learning that occurs within a social context. It considers that people learn from one another, including such concepts as observational learning, imitation, and modeling.

Would you rather read instructions to make an origami frog or watch someone make an origami frog?

People can learn by observing the behavior of others and the outcomes of those behaviors.

Example: In a famous "Bobo doll" study, it was demonstrated that children learn and imitate behaviors that they have observed in other people. The children observed an adult acting violently toward a Bobo doll. When the children were later allowed to play in a room with the doll, they began to imitate the aggressive actions they had previously observed.

The Bobo Doll Experiment



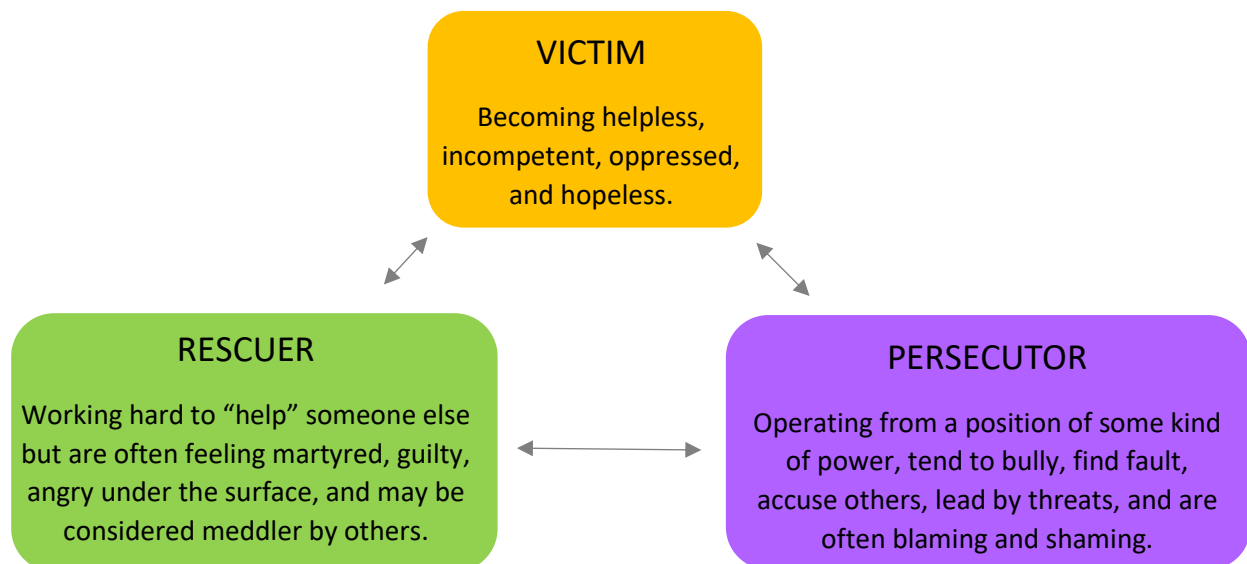
Learning can occur without a change in behavior. Learning may or may not result in a behavior change.

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Our commitment to Social Learning means creating an environment that allows people to learn from each other, from their experiences and their mistakes. We want to encourage all members of the community to try new things, as staying within your comfort zone can keep you stuck. In order to encourage trying new things, members must feel safe to make mistakes. Mistakes are opportunities for improvement and learning, rather than opportunities to punish. We should encourage members to share what they have learned from mistakes rather than feeling the shame that often drives people to cover up their mistakes.

REENACTMENT: Most of the Sanctuary interventions are around changing language and beliefs about people who have been hurt. Move away from blaming language and a view of people who have been injured by trauma as sick or bad and into one that appreciates that their experiences are **influencing** their current functioning. What's happened to you? We make an assumption that people are doing the best they can with what they have at the moment. We change their experiences by acting differently from the people who have hurt them.

- Human beings are creatures of habit.
- If it works, do it again. Whatever we did kept us alive today and will probably keep us alive tomorrow.
- Traumatized people are vulnerable to stress – even minor stress like frustration over a math problem can throw their bodies into a “fight-flight” response.
- If we don't know their experiences, we may interpret reenactments as other types of symptoms: psychosis, suicidality, etc.
- We work to give the individual a different experience. Focus on how we respond back to the individual and how we talk to them.
- Our role in reenactment: our history/our “stuff” can intersect with their stuff.
- We can **never** rescue our individuals from their past traumas. Our work is to help them break those patterns.



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ICEBREAKER: That's Me! - "I have two cats." "I love eating Oreos dipped in peanut butter." "I speak two languages at home." These are the kinds of personal statements participants shared during our game of That's Me.

To set up the activity, one person shares a statement about themselves like, "I have a sister." Anyone else who had a sister says, "That's me!" Then, the next person makes a statement.

If you're concerned that someone might have trouble coming up with statements about themselves, you can provide the group with a list of possibilities from which to choose: "I like mint chocolate chip ice cream." "I have never tried surfing." "Math is my favorite subject. ..."

Instead of having people speak out whenever they have a statement, you might have them raise their hand. Then you call on them one at a time.