

# + Core Embodied Coping Strategies



Fight



Flight



Freeze



Appease



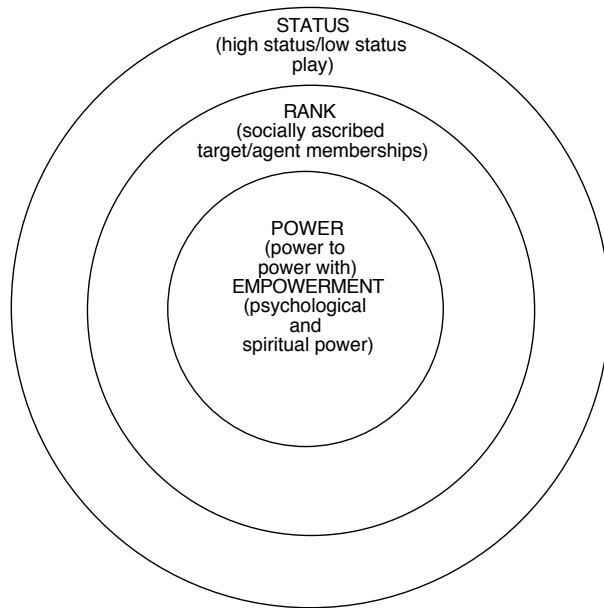
Dissociate



## STATUS, RANK & POWER

### Rank

- Socially ascribed memberships
- Not about identity
- Dualistic; not a continuum
- Operates all the time



### Status

- Interaction Style
- Changes easily, moment to moment
- Whoever is more aware of status-play has more influence
- High status among empowered targets may signify closeness

### Power

- For Agents, awareness and allyship skills sets
- For Targets, empowerment, strategy & re-centering skills sets
- Psychological Power & Spiritual Power

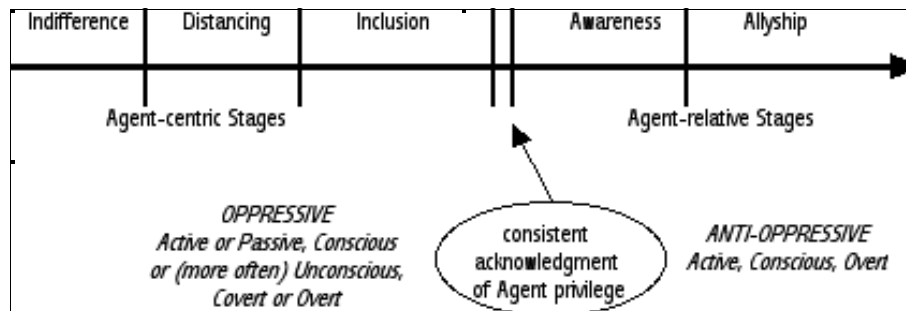
## AGENT/TARGET RANK

Rank can be deciphered by using Pam Hays' ADDRESSING acronym as a guide to where Agent and Target rank are ascribed

Social Rank Category	Agent Rank	Target Rank
Age	Adults (18-64)	Children, Adolescents, & Elders
Disability	Able-persons	Persons with Disabilities
Religion (relates to religious culture)	Cultural Christians, Agnostics & Atheists	Jews, Muslims, and all other non-Christian religions
Ethnicity	White Euro-Americans	People of Color
Social Class (relates to class culture)	Owning & Middle Class (access to higher education)	Poor & Working Class (no access to higher education)
Sexual Orientation	Heterosexuals	Lesbians, Gay men, Bisexuals, Queer, & Questioning
Indigenous Heritage	Non-Native	Native
National Origin	U.S.-born	Immigrants & Refugees
Gender	Biologically Male	Female, Transgendered, & Intersexed

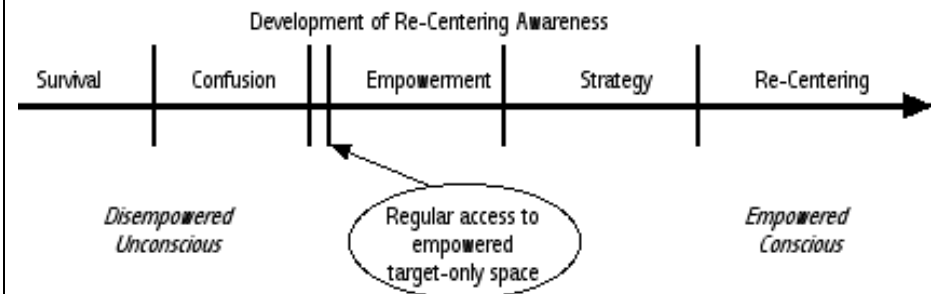
Developed by Dr. Leticia Nieto; ADDRESSING acronym by Pamela A. Hays, "Addressing the "Complexities of Culture and Gender in Counseling", Journal of Counseling and Development, March/April 1996, Volume 74.

## THE AGENT SKILLS MODEL



- Holarchical skills sets (not stages).
- Moment to moment; we don't always use the highest skill level we have access to.
- A life-long task.

## THE TARGET SKILLS MODEL



- Holarchical skills sets (not stages).
- Moment to moment; we don't always use the highest skill level we have access to.
- A life-long task.