

CAUTION Unrestricted_ is out now!

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SPEAKERS

Ignacio, Aredvi

- A** Aredvi 00:02:28
Wait. One more minute. I'm so excited. Our first episode is gonna premiere on YouTube, which I just learned what it means is you can watch it and leave comments in the chat box as you watch it. Oh, that's cool. Yes. Which is a Yeah, it's a cool feature. Hi, everyone who's joining us. We are having we're about to start a conversation about caution unrestricted. Our latest talk show that is going to be airing today. five episodes though. Join us. All right. It's three o'clock.
- I** Ignacio 00:04:44
All right. Hello. Hello, everyone. Hey, Rida! Okay, so who are we? Who are we?
- A** Aredvi 00:04:56
Well, who are we we are the HEAL Project. We are also, I'm Aredvi. And you are:
- I** Ignacio 00:05:04
I'm Ignacio.
- A** Aredvi 00:05:06

Ignacio is the founder of the heal project and our executive director and I am the Director of Education and programs. So today we are introducing our latest collection series called caution unrestricted. And to want to tell you more about how it came about what happened and what the making of it was like, just have a little conversation before you get to get on YouTube and watch the entire series five episodes.

I Ignacio 00:05:38

Yeah, I mean, I was just thinking about this. And I think that we started the dreaming about this show maybe two years ago, probably two years ago or so because of our our weekly work meetings when we get on our weekly work meetings. And our meeting was an hour, but we stay on for five hours. Like just talking and philosophizing and breaking things down and, and really talking about stuff that we were feeling relieved that we could talk to each other about certain things that are not very this like super taboo. And survivors are not supposed to talk about these, these things. So we're like, wouldn't it be great if we could talk about this stuff and just say fuck it. And just like, you know, like be survivors, whatever that means, be in the moment SAY WHAT THE FUCK we want to say? and not be afraid. Right? Like to like, let that fear go. So I think like two years ago, we were like, we're starting to record our meetings so that we can take a little piece of that, right.

A Aredvi 00:06:43

Yeah. And I think originally we were thinking about doing a podcast, an audio podcast, and basically have these conversations out in the open. I remember being really afraid of kind of talking about taboo subjects like that openly. Because among both of us have just so many experiences around not only just the identities we have but like having worked in different kinds of movements and how you're not supposed to talk about certain things, right? Oh, you're not supposed to have humor or be sarcastic when you are talking about like survivorship sexual violence. I mean But when we talk to each other, it's so healing honestly, to just be like, You don't look all of this shit. I'm relating. Here's my experience. Here's how I'm seeing things. I feel like an alien this way, but Ignacio would be like, yeah, like, it is absurd and humorous. And I'm also pleased to talk about it. Like,

I Ignacio 00:07:45

I often say, you know, like, Oh my God, we can't I don't think we could say this in public. And it really did also connect to, I think you're saying it would be like the respectability around what it is to be a survivor who's public and doing the work. And what is supposed to be a the very first theories that we have, what is supposed to be this, this idea of a

good survivor. So we started talking and saying, I'm a fucking badass survivor, I'm bad, kind of, you know, next to the criteria that, you know, that we have to, like, abide by. It's like, yeah, I'm totally bad at this. I'm not a good survivor. So just like this beautiful snowball effects that happen in thinking about what are the ways that people are supposedly bad survivors, which began the like process of thinking about this first series. And I have to say, like, this is just the first, we have five episode five episodes right, in this first series. And it's one of many actually, like, I think we started with the team, just one, and I'm a little nervous about the stuff that we've talked about. on there. Really, because it's really, it's, it's intimate, it's touchy. It's complicated. You know, and I think that's the point. There's no one way. And we need to be talking about this and a lot of ways and be able to, like just, I often say fall apart and say what we need to say. And I think this is a one of those platforms. So So yeah.

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Aredvi 00:09:27

Yeah. Yeah. So okay, I'm gonna tell folks a little bit more about the making of it. Yeah. We, I think we've had a lot of different iterations of how we're going to put this together. And it ended up being a lot more a lot of higher production, and work that we had anticipated. But I'm really happy about it. Right, we started filming last May. And it's been a lot of post production work. A lot of we have guests on the show, there are six guests who have segments on the show, and they talk about their experiences. And there is a lot of our own personal stories. A lot of these stories I'm sharing for the very first time publicly. I don't you know, I think a lot of our guests that may be the case as well. Yeah. Yeah, so and the episodes for the first series. So you will see that we have five episodes. It was interesting, trying to classify as sarcastically classify different types of back survivors that are out there, right. Well, there are really a lot of different ways to do it probably could do way more than five episodes on it. But we have first one is survivors who are in denial, right? Because I think that's the starting point for a lot of people. That point of like, you know, is this survivorship is this not it? Was this this was this that's all those questions that I think come up quite a bit. Yeah. So that was at that time first episode. And then from there we go to like survivors enabled and all of these are in like, quote unquote, survivors. We enable all these bad survivors. We just can't get it. Right. Whatever we do, doing something wrong, basically. Yeah. Yeah. Um, and then I think my favorite Episode Episode Three survivors who like sex too much. Yeah, that's one of my favorites. And also with that comes survivors who like sex too little writers. Again, no way to get it right. You're just never having enough sex? either. either direction, right. And then the fourth episode, I think was the hardest episode. Yeah. And we have titled it survivors who keep or kill again, and quote unquote, using this sarcastic language, which actually may be triggering for for many folks. But it is their rhetoric that is used a lot in the competition around abortion.



Ignacio 00:12:03

Right. And the language that like the religious right uses, and this is where we're coming from this kind of sarcastic way. And when you see the episode or you hear the episode, you understand where we're coming from. And it's funny that we were still talking about that, because of that, that fear, the fear that comes up around talking openly and honestly about this stuff, and how people might react. And I think this is why we really thought long and hard about how we wanted to set the container for caution unrestricted, specifically, even even the name, the name itself, it's like caution. This is unrestricted space, that means that a lot of things are going to be talked about here, that may be really difficult, could be triggering, maybe not. But where I think we're trying to enact a continued process of community healing, and just like a story telling, as a part of healing. So yeah,



Aredvi 00:13:06

yeah, absolutely. And I think the last episode, the episode of the series survivors who are right, that's also very interesting. And I love that we included that because I was just talking with Ignacio earlier about how that conversation is a lot around men and masculinity survivors, right. And what I really love about the series itself, is that we really talk about survivors, we bring in a lot of different perspectives, whether it's our experience, personal experiences, or working with survivors, right. And survivorship for men and masculine folks is one of the aspects that is talked about actively in every episode, but especially in the last episode. And honestly, like we were saying, we could probably just do a whole series as battered like men as bad survivors, right? men cannot be good survivors, just masculine folks, cannot be good survivors, or whoever, back is a good survivor, right? That's the ideal one. Yeah, so. And looking, as you were saying, We highly, we have included a lot of information for the on our website, and also in the descriptions. One thing that we really want to encourage everybody to do before actually watching the episodes is to check in with yourself, if you're ready for it. We've included a trigger guide, that has a lot of good information about how you can recognize if you are being triggered while you're watching the show, and also what you can do about it. Right. And yeah, and Ignacio, we've had this conversation a lot in the making of the show how we went together so many times. Right.



Ignacio 00:14:52

Yeah, I actually said, You know, I think we should probably put something in writing to say, cuz I read, it was the one editing the entire thing. So read, it was like living with this, you know, this footage for a year, really. And then I sat and watched it, Episode 125, back to back. And that night I was in, I was in such a bad trigger state. And I knew what I was

where I was experiencing. I named it my partner, I said, You know, I think I need this. And it was it was actually really bad. You know, but I noticed it. And I was like, Oh, yes. Maybe it's not a good idea to watch all five. Maybe it's like you watch one, you take a break. And it all depends on you. Right? Everyone has different capacities. So I know my capacity. Now. I'm going to take it one episode at a time just to give me some space in between to think to reflect, make some comments, talk to other survivors, you know. Yeah. That was a, that was a learning curve for me.

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Aredvi 00:15:57

Yeah, absolutely. Yeah, same thing. Same thing happened with me a lot, right? Like I would work on a little bit of an episode and then in the morning, and I'd be exhausted or be drained. I hadn't done nothing. I've been working for an hour. And I'd be like, I would feel so overwhelmed. Right. So I guess I just really want everyone to know that wherever you are, we do advertise the series as more suitable for folks who are a little bit further along in their healing journey. But again, I think every survivor has their own journey. I know that a lot of this content. It brings up so much stuff even still for me that because I'm in a place that I can deal with it. It's really helpful for me, and it helps me move along my own journey. Right. But everybody's story is different. So I really hope you tune in with yourself. Take the time. And if you feel inspired by every episode, you can also we have actions for you. Yes, Action. Action. What should I be taught a lesson a little bit more about the actions?

I

Ignacio 00:17:11

Yes, at the end of every episode, we have like a question or prompt for you that's related to what we talked about. Just to kind of Continue a dialogue, right? So after you watch the episodes, you might have a lot that you want to process. So we, we give a platform so that we can process it as a larger community on social media. Or you can do this on your own with, you know, people around you, because it is it is something to process, right. This is, as survivors watching things like this, we have to really check in with ourselves. Yeah. And so the actions, the actions really, for us, it's like, the continued conversation, but also, it's letting other folks know about the project to check out the episodes to, to actually give some suggestions on Super on newer episodes coming out. If you want to be involved, we have again, comment commenters on the show. And they're called to centers, right? Because they are Oh, no, this is, um, yeah, call to centers, right. And so they give their opinions, they share their stories, and you could be one of those people. We have a process that we'll be enacting, but we want a larger community input, right. This is we feel, we believe in community healing, and this is a part of it, sharing the good stuff, but also the heart and ugly stuff, too.

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Aredvi 00:18:45

Yeah, absolutely. Yeah. And again, if you really like it, spread the word. Let you know, anyone you know, we think can benefit from watching this series, join our YouTube channel. And also, you can always, always support us on Patreon. The show will be posted there. You can also donate to the heal project directly through our website. And if you have any feedback comments, feel free to comment on our YouTube channel or send us an email. We'd love to hear from you and what you think about the series. And also your stories and you know how you interacted with it. And we are really open. I know this is true for ignacia as well. We're really open to hearing all ways of thinking about these issues. from wherever you may be right if it's offensive, if it's really too much. If it's you think no that's just no wouldn't work for you. That's fine. We want to hear about that as well. Right?

I

Ignacio 00:19:43

Yeah. Let's get in that dialogue. Yeah. Yeah. Watch the premiere the premiere.

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Aredvi 00:19:53

Happy watching. Why are you made happy my guy likes you. You may you may cry watching I don't know. Or you might just, you know, not really know what's going on with it. But happy watching and I'm sure we will be back to talk about caution at some other time.

I

Ignacio 00:20:11

Yeah. Thanks, everybody for your support. Let us know how you liked it. Yeah,

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Aredvi 00:20:16

absolutely. Have a good one, everyone.

I

Ignacio 00:20:18

Bye bye.