



The Surviving Spirit Newsletter – Healing the Heart Through the Creative Arts -

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars. - Kahlil Gibran

Hi Folks,

Happy Holidays to everyone...winter is definitely here in my little neck of the woods – snow and darn cold!!! But lots of great information and resources to share that will help warm us all up.

I had several presentations recently in MA – one at the Univ. of MA in Lowell, one at Salem State College, and one at Holy Cross College in Worcester for the MA Assoc. of Psychiatric Rehabilitation...all went well and lots of great comments and responses from so many. Helps remind me of why I do, what I do.

The nonprofit endeavor of the Surviving Spirit is moving along quite nicely...hope to have a website up by April...and we are currently planning some events to be held in 2010...and looking into the retail gallery space we will need...so lots going on.

Please note our brand new logo design at the top of this e-mail...very excited about this on so many fronts. And please do read the attached words from Barbara Burke, the artist as to how and why she came up with this...this truly embodies what we are all about as a Surviving Spirit... I feel doubly blessed with this effort, for I know Barbara as a dear friend...we go back many years. You can also hear her musical talents as a keyboard player and singer – she is featured all over my first album “TRAIN of TEARS”...so do visit www.mskinnermusic.com to hear some of that music.

And here’s some more reasons to believe in Hope, Healing, & Help:

Recently I had the good fortune to hear these folks present...very impressed with their message and their delivery concerning the issues of trauma, abuse, & mental health –

Steve Harrington of Recover Resources combines advocacy & humor in his talks on healing; he’s got a great sense of humor....a good guy doing some great things at www.recoverresources.com

Linda Andre, author of “Doctors of Deception: What They Don’t Want You to Know About Shock Treatment” has written a well researched book on this important topic and her presentations on this subject matter are clearly defined and informative. Learn more at www.doctorsofdeception.com

Sharon Wise – dancer, artist, advocate and so much more...whew!!! A true bundle of positive healing energy, Sharon has found creative ways to take her own pain and suffering to help so many others with her generous giving and sharing of talents. It is an honor to know her as a friend. www.2009youthonlyleadershipmarch.ning.com

Some folks addressing the concerns of trauma and abuse at their respective websites & blogs are also raising awareness and healing by talking about the things that society wants to ignore – kudos to them!!!

1] Michele Rosenthal, Founder - HEAL MY PTSD, LLC
www.healmyptsd.com A site for PTSD awareness, education, treatment & self-empowered healing.

2] Bryn Alyn Survivors in England - www.brynalyn.co.uk - a history of abuse in children’s homes and resources for survivors

3] Trauma Blogger - www.traumatised.org - “Not insane, nor to blame!” & “Psychiatrically injured, not inherently flawed” [and I agree!!!]

Claire has also produced a film "The Door to Adulthood - Support and its role in the origins and treatment of trauma". www.youtube.com/watch?v=8jfEoGVpnTo

This film answers a general question the public raise a lot "why do some people get over tough childhoods and not others?".

4] Petra Luna’s updated site in raising awareness on the abuse of males –
Our BIG New Web site: <http://help4guys.org/>

The site also has video clip postings of celebrity males sharing of their own abuse, Carlos Santana, etc.

Here’s a very special gift from the heart from Leslye Borden & the good people of Handmade Especially for You in Rancho Palos Verdes, CA – They make and deliver comfort scarves to abused women in 12 different shelters...do visit their site and learn more. www.handmadeespecially.org

And for some upcoming events:

1] **MaleSurvivor's 2010 International Conference**
March 18-21, 2010 JOHN JAY COLLEGE OF CRIMINAL JUSTICE - NEW YORK CITY

Register online @ www.malesurvivor.org - committed to preventing, healing, and eliminating all forms of sexual victimization of boys and men through support, treatment, research, education, advocacy, and activism. February

2] *Vital Cycles - engaging in the vital cycles of healing* - www.vitalcycles.org

Winter Retreat – *Healing Happens* February 5-7, 2010, Matwah, New Jersey - online registration and information

All my best & take care, Mike

ps. Please share this with your friends & if you have received this in error, please let me know.

*Our lives begin to end the day we become silent about things that matter.
~Martin Luther King, Jr.*

A diagnosis is not a destiny.

www.mskinnermusic.com - Hope, Healing, & Help for Trauma, Abuse, & Mental Health through music, resources, & advocacy

www.myspace.com/michaelskinnermusic - musical endeavors only

www.new.facebook.com/profile.php?id=635415804%20 Facebook - for friends, music, & advocacy!!

www.youtube.com/mcstrain - live performance of "Brush Away Your Tears" from TV show interview

mikeskinner@comcast.net 603-625-2136 38 River Ledge Drive, Goffstown, NH 03045

www.michaelskinner.net - new site for public speaking & music presentation on healing for trauma, abuse, & mental health.

"BE the change you want to see in the world." Mohandas Gandhi