



*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*

Greetings folks,

August Issue 2010

I hope all is well for everyone and that you have been enjoying the summer; we certainly can't complain about the lack of sunshine or the HEAT!! And hopefully, everyone has taken some time off or will be – you deserve it for all that you do. I took several days off a few weeks ago, but spent most of it working in my yard...no complaints, I actually find that relaxing. Later in August I do plan to venture forth to my favorite wilderness camping site way up in Maine for some swimming, camping, hiking and doing nothing.

I think we have compiled some more great resources, information and news to share with one and all in this issue of the Surviving Spirit newsletter. We are now posting the newsletters at our website to enable further reading and studying if too busy to read it all now. Just follow this link - <http://www.survivingspirit.com/newsletters.html>

And a sincere thank you to one and all for sending us some of the news and resources we share – please keep this helpful information flowing!!!

Here's a great quote courtesy of Jacey who will be sharing some great stories of hope and success pertaining to adoption in the near future.

“One hundred years from now, it will not matter how big my house was....or what kind of car I drove....what will matter is that I made a difference in the life of a child.” Forest Witcraft

How true, and speaking of helping young people. This is a great opportunity for all of you who work with teen girls thanks to Jenny, Rachael and the good folks at Teen Voices.

1] Teen Voices, the only alternative print magazine created by and for girls in the country is offering **a free sample magazine to friends of Surviving Spirit**. In our magazine we promote teen writers and teen artists. Of special interest may be the latest print magazine which features “Art from Behind Bars” – the artwork by teen girls who are involved with Artistic Noise- an arts program for youth in the juvenile justice system. In addition, Teen Voices just published in our online magazine a feature about a teen girl who heads a major national youth group called MY LIFE, which works to empower teens dealing with issues from mental health to substance abuse. You can view the story on our website:

<http://www.teenvoices.com/2010/06/30/changing-the-face-of-mental-health-care-for-teens/>

It's also free to sign up for our online magazine at [www.teenvoices.com](http://www.teenvoices.com) and we welcome teen girls to submit articles and art as well as schools, teens, adults, and libraries to join as members.

**The special offer for a free sample copy is through September 1, please e-mail Rachael Lau at [Rachael@teenvoices.com](mailto:Rachael@teenvoices.com) by September 1 with your name or the name of a teen and the snail mail address, e-mail address, and phone number and mention code: Surviving Spirit 2010**

**Jenny Amory | Executive Director**

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direct 617.426.5505 ext. 15 | fax 617.426.5577  
<http://www.teenvoices.com> | <http://twitter.com/TeenVoices>

2] Well...the research title says it all –

*Sexual Abuse Has Long-Term Adverse Consequences:* A history of sexual abuse is strongly linked to psychiatric disorders, researchers say. Study investigators say a history of sexual abuse is associated with suicide attempts, Post-Traumatic Stress Disorder (PTSD), anxiety disorders, depression, and eating and sleep disorders. A history of rape also strengthened the association with depression, eating disorders and PTSD. Writing in *Mayo Clinic Proceedings*, researchers report prevalence rates of sexual abuse in some populations are as high as 21 percent in adults and 33 percent in children. ([ScienceDaily](http://www.sciencedaily.com), 7/12/10)

Full link to article -

<http://www.sciencedaily.com/releases/2010/07/100712133129.htm>

3] From our friends at Gift From Within - An International Nonprofit Organization for Survivors of Trauma and Victimization comes this helpful article –

“Healing From Shame Associated With Traumatic Events” – by Dr. Angie Panos  
<http://www.giftfromwithin.org/pdf/healing.pdf>

Gift From Within website <http://www.giftfromwithin.org>

**4] Mental Health America Launches Online Support Community**

The community has been created in partnership with Inspire, which works with nonprofits to provide safe, online health and wellness communities to help members live mentally healthier lives. Located at <http://www.mentalhealthamerica.net/community>, the community will allow registered members to take part in moderated discussion groups and post personal journals, enabling them to support one another through their individual journeys and experiences.

5] My good friend Margie McKinnon has this to share:

“If you know of anyone who could start a Lamplighter chapter in their area please send them my way. It's so easy and I can email a Lamplighter Facilitator Guide to anyone interested. The Lamplighters is an international movement for recovery from incest & childhood sexual abuse. We currently have 59 chapters in 9 countries but we need an army. See our Blog for more information at <http://www.thelamplighters.org/>”

6] Thanks to my friend Mike Kane for this helpful news:

Here's a great article on how dogs are helping to treat PTSD and depression in both civilian and military cases.

<http://www.zootoo.com/petnews/soldiersfindfaithfulcompanions-1641>

On a personal note, I still can remember back in 1996 how my dog Princess would come over to me and just sit beside me or lay her head on my lap when so down and out from depression. I would just sit on my kitchen floor staring off, she knew and so she helped.

7] I can personally attest to my friend Rythea's creative talents and gifts as a musician, writer, dancer, artist, healer and so much more, so I know this is well worth checking out.

**The Heart of Empathy Training** provides the ground for personal and professional development in the emerging field of healing trauma. We offer a body-centered, experiential training utilizing movement and expressive arts as well as the main modalities of Inner Bonding® and Body- Mind Centering®. We offer these heart and body-alive techniques and modalities as a means to expand each practitioner's range in working with both themselves and their clients.

Dates: November 5-8, February 4-7, May 6-9, August 5-8

Information session - **Wednesday evening September, 15th from 6:00-7:00 pm**

The Instructors for this training are practitioners, Rythea Lee and Naomi Sparrow.

Please go to - <http://www.zanyangels.com/index.php/Training.html> for more details, including bios for the instructors.

Or call 413-586-7390 to register. **221 Pine Street #349, Florence, MA 01062**

8] Sue Ingebretson has some great information and resources on fibromyalgia and chronic illness at her website and we are excited that she will be writing an article for us next month on the tie-in to emotional issues and physical issues. Learn more about Sue, her book and lots more at:

*FibroWHYalgia: Why Rebuilding the Ten Root Causes of Chronic Illness Restores Chronic Wellness* <http://www.rebuildingwellness.com/>

9] AAPD [American Association of People with Disabilities] is the largest nonprofit cross-disability member organization in the United States and they have been quite busy with the recent celebration of the 20<sup>th</sup> Anniversary of the Americans with Disability Act. You can learn more at their website. It was also quite exciting to see Andy Imperato

[President and CEO] and some fellow advocates on the PBS News Hour – very cool and well done!!! It's not often that you get to see someone you know on national TV and doing such a great job. <http://www.aapd.com>

10] Following up with this news on the ADA anniversary, the ILRU [Independent Living Research Utilization], founded in 1975, has a long [history](#) of providing research, education and consultation in the areas of independent living, the Americans with Disabilities Act, home and community based services and health issues for people with disabilities. You can learn more at - <http://www.ilru.org/>

11] The OP Music House, Inc. is a 501(c)3 community center in Buffalo, NY whose mission is to promote peace thru music and education in helping to eradicate domestic violence & abuse.  
To learn more about their music venue and recording studio for young adults (16-24) and support services for anyone impacted by domestic violence and abuse, please visit: <http://www.opmusichouse.org/>

12] I've always been impressed with Jerome's artwork and now a book – wow!! Well done Jerome.

### **How to Get What You Want By Changing Your Mind: Finding Life's Lessons in Art**

Written By Jerome Lawrence with Foreword by Rosalynn Carter

"Having devoted much of my life to helping people with mental illness, I am constantly impressed by stories of achievement and courage . . . In his two-part book, Jerome gives us a panoramic view into the workings of his agile mind and creative genius. Book One gives sensible but uncommon advice on creating art that also enhances numerous coping skills. In Book Two, . . . Jerome describes the confusion and fear when a promising young mind goes awry." -- Rosalynn Carter

In love and kindness, Jerome Lawrence 404.543.5492 <http://www.jeromelawrence.net/>

13] We at Surviving Spirit are very excited to share this news. Soon we will be working with the good folks at Loving Healing Press in promoting and selling their extensive listing of books from our own website, we hope to have our web store page posted soon. But for now, please learn all about their about innovative and rapid therapies for healing the mind and spirit selection of books at <http://www.lovinghealing.com/> I think the name of their publishing company sums it up quite nicely.

14] From the good folks at FEGS and my friend Holly Beck come this announcement about the SASS ART SHOW -A Path to Healing from Sexual Abuse & Family Violence October 20-22, 2010 SUNY Stony Brook, Long Island, NY

**The 19th Annual SASS (Sexual Abuse Survivor's Art Show); The SASS is a multi-dimensional project featuring the art, music, poetry etc. of sexual and domestic violence abuse survivors. The show offers a safe space for survivors to exhibit the creative works they have completed as a part of the healing process and provides a**

**culturally and socially enriching experience for the public. Now in its nineteenth year, SASS is an annual showcase of the healing power of art for survivors of abuse and is implemented through FECS - L.I.F.E (Living in Fair Environments) Programs. In the past we've been fortunate to display artwork from all over the world. For any questions, please feel free to contact me (Holly Beck) at [hbeck@fecs.org](mailto:hbeck@fecs.org) or call 631-691-7080x302. For artists' agreement please see our website: <http://www.fecs.org/sasshow/CFE.html> We are looking for artists.**

FYI, my participation in this event over the years has been the source of many thoughts and ideas that helped to shape the development of the Surviving Spirit.

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.

<http://www.mskinnermusic.com/> - Hope, Healing, & Help for Trauma, Abuse, & Mental Health through music, resources, & advocacy

<http://www.myspace.com/michaelskinnermusic> - musical endeavors, friends and advocacy

<http://www.facebook.com/people/Michael-Skinner/635415804> - Facebook - for friends, music & advocacy

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

[mikeskinner@comcast.net](mailto:mikeskinner@comcast.net) 603-625-2136 38 River Ledge Drive, Goffstown, NH 03045

<http://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**