



Healing the Heart Through the Creative Arts, Education & Advocacy

Hope, Healing & Help for Trauma, Abuse & Mental Health

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

Hi Folks,

Very excited to share this latest Surviving Spirit newsletter with you...you will find there are a lot of great resources to help in healing via the creative arts in many different modalities – we've got drumming, music, dance, poets, writers, educators, advocates, playwrights and so much more. There's also some helpful information if you want to create your own Internet radio show and tips for writing your own blog or newsletter.

As the saying goes, *"take what you like and leave the rest"* – but I can attest to how the creative arts of music, drumming, dance, poetry, writing and the alternative healing techniques shared here have helped so many of us impacted by trauma, abuse and mental health challenges.

"This is my wish for you: Comfort on difficult days, Smiles when sadness intrudes, Rainbows to follow the clouds, Laughter to kiss your lips, Sunsets to warm your heart, Hugs when spirits sag, Friendships to brighten your being, Beauty for your eyes to see, Faith so that you can believe, Confidence for when you doubt, Patience to accept the truth, Courage to know yourself, Love to complete your life. – Anonymous"

1] [Drumming Proves Beneficial for Overcoming Substance Abuse Disorders](#) - Indian Country Today Media Network.com

A research study conducted by a team of psychiatrists based in Los Angeles, California concluded that drumming is beneficial for American Indians and Alaska Natives with substance abuse disorders, but clinical trials are needed to establish it as a standard treatment.

[Dr. Daniel Dickerson](#), a double board-certified psychiatrist and addiction psychiatrist, said that they have found that drumming decreases depression and anxiety, enhances concentration, increases energy, decreases fatigue and enhances spirituality.

"At this point, we have had a pretest that has shown promising results. What we are working on next is designing a clinical trial so we can compare it to a standard typical treatment."

“Those who love you are not fooled by mistakes you have made or dark images you hold about yourself. They remember your beauty when you feel ugly...your wholeness when you are broken...your innocence when you feel guilty...and your purpose when you are confused.” African saying

2] [Art and Trauma: Creativity as a Resiliency Factor](#) - GoodTherapy.org

Helping People Find Therapists & Advocating for Ethical Therapy

A perception of artists as eccentric, different, and living on the social periphery seems to precede this group outside of therapy and, likely, within the context of treatment as well. There seems to be an unspoken premise that ingenuity is motivated by pain or pathology, or at least some might argue there is a sort of affiliation. Some might assume that this relationship is causal: that trauma causes creativity and thus most artists are contending with some type of affliction. An alternative possibility may be that art is not necessarily motivated by pain; rather the capacity for creative inspiration is something that is brought into the recovery process by those who have such inclinations. In other words, some survivors who are able to express through art may have access to a recovery tool that others do not.

3] [50 Warning Signs of Questionable Therapy & Counseling](#) - GoodTherapy.org

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” Plato

4] [Music, the Brain, Medicine and Wellness -With Music on Their Mind](#) By Stuart Isacoff - WSJ.com

Examining the Healing Possibilities of Music - a fascinating article from the Aug. 8th Wall Street Journal.

The three-day symposium on "Music, the Brain, Medicine and Wellness" that took place here from Friday through Monday represented an unlikely pairing. In one corner were the musicians: purveyors of magic who make us wistful, edgy, ecstatic or cheery simply through their artful shaping of tones and rhythms. In the other were the scientists out to prove there's really no such thing as magic. The first group provokes chills; the second clinically charts their neurological correlates.

At least that's what I thought before arriving. As it turns out, those scientists are also capable of dispensing some powerful magic.

“I wish I could show you when you are lonely or in darkness the astonishing light of your own being.” – Hafiz

5] [The Use of Acupuncture in Addiction Treatment Programs](#) By Dr. Michael O. Smith Associate Professor of Psychiatry, Cornell Medical School Huffington Post

Acupuncture is a traditional method of health care that has been practiced in China and other parts of Asia for 2,000 years using a textbook that is still used today. Acupuncture is based on the correlation of individual locations and superficial "energy" phenomenon of the body with health supportive functions of our body. It is taught and licensed throughout the U.S.

Many popular alternative healing methods are based on similar principles, such as: acupressure, reflexology, reiki, shiatsu, and Qi Gong. Micro-acupuncture uses points on a small part of the body that also shows correlations with balancing and restorative functions. Points on the feet, hands, scalp, and especially the ear are used in this regard. More than 2,000 drug and alcohol treatment programs in the U.S. and 40 other countries have added ear acupuncture to their protocol. This development is based on the 35-year experience of Lincoln Hospital (Bronx, N.Y.), which delivered 100 acupuncture treatments per day as part of its comprehensive substance disorder program. The nationally-recognized Miami Drug Court is an outgrowth of the Lincoln experience.

“Man never made any material as resilient as the human spirit.” - Bern Williams

6] [Emotional Freedom Technique \[EFT\]](#) - Emotional Health Mercola.com

The World's #1 Natural Health Website – Video Demonstration 11:30 minutes

EFT is a form of psychological acupressure, based on the same energy meridians used in traditional acupuncture to treat physical and emotional ailments for over five thousand years, but without the invasiveness of needles. Instead, simple tapping with the fingertips is used to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem - whether it is a traumatic event, an addiction, pain, etc. - and voice positive affirmations.

This combination of tapping the energy meridians and voicing positive affirmation works to clear the "short-circuit" - the emotional block - from your body's bioenergy system, thus restoring your mind and body's balance, which is essential for optimal health and the healing of physical disease.

“Loving and accepting ourselves is the way to creating a world of love.” Mary Murray

7] [Love Your Body - Tapping with Brad Yates](#) – You Tube 9:38 minutes

“I hope this video will benefit a lot of folks struggling with a number of body image issues. Please don't wait for your bathroom scale to tell you when it is okay to feel good about yourself - start doing so now. The more you love yourself, the more your body - and how you treat it - will be a healthy reflection of that love - and the numbers won't matter.”

"...you cannot find moving ahead and moving forward by hanging on to what you used to be." Dr. Wayne Dyer

8] [Tapping into Manifestation - Mind Movies - EFT with Brad Yates](#) - You Tube 8:46 minutes

"I love vision boards - and Mind Movies, which are like vision boards on steroids (in a good way...)! And I believe tapping while envisioning your success is one of the most powerful ways to really get in harmony with your desires. So I made this video to help this process.

"There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest." - Elie Wiesel

9] [O.A.B.I.: Organization for Abused and Battered Individuals](#) - The place where Global Voices unite against abuse and domestic violence

Sherna Alexander Benjamin Founder/Ceo

"I am a survivor of child sexual, emotional, and physical abuse from the age of 6 to 15 years old my voice was silenced by my abusers and those in the home and sad to say the public, my healing has been a long and hard road and with each passing day I maintain my healing since I broke my silence I have made a firm decision and pledged to be a voice to the voiceless, vowed to make a difference and to be a light in the darkness in this world.

I also believe that we cannot fight this battle alone we need to network and collaborate working together to make a great impact and dent to this plague which is damaging so many and have killed so many. I live in the Caribbean Trinidad and Tobago which is a part of Latin America."

10] The Caravan is set to Launch September 9th - bringing education and awareness to every community.

[O.A.B.I. Voices United Radio Network Online Radio](#) Blog Talk Radio

"Let people tell their story, tell of their pain. And let others listen. We discovered that in telling, that people begin to experience a healing." - Archbishop Desmond Tutu

11] [Michael Mack, poet, playwright, performer](#)

Michael has launched a new show called *"Conversations with My Molester - a Journey of Faith"* about grappling with his clergy sexual abuse experience.

Michael graduated from the Writing Program at MIT. His work has aired on NPR, and been published in the Journal of the American Medical Association, America, the Beloit

Poetry Journal, and Best Catholic Writing. Awards include an Artist's Grant for new theater works from the Massachusetts Cultural Council, and First Prize in the Writers Circle National Poetry Competition.

"Hearing Voices, Speaking in Tongues" - the award-winning show about love and schizophrenia

Michael was a little boy when his mother was first diagnosed with schizophrenia - becoming convinced that she was the Virgin Mary.

Over a decade in creation, Mack's multi-character one-man show is a lyric memoir of one family navigating a life-changing reality.

Mack charts his mother's odyssey through state hospitals, halfway houses, jails, and homelessness until she finds recovery through an unexpected grace.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." - Mark Twain

12] ["What the Body Knows" Living Smart](#) - Kimerer Lamothe PhD. You Tube 26:19 minutes

Dr. Kimerer Lamothe, a Harvard Professor and dancer explores the healing wisdom in the movements of our desires for food, sex and spirit. You will learn how much your body can teach you about life, your relationships to yourself and others and the wisdom of desire.

She talks of how important it is to move and to dance in our human experience.

Kimerer Lamothe is a philosopher, dancer, and scholar of religion who lives with her partner and their five children on a farm in upstate New York. After earning a masters degree in Christianity and Culture from Harvard Divinity School and a doctorate in Theology of the Modern West from Harvard University, LaMothe taught at Brown and then Harvard Universities. She received fellowships for her work in religion and dance from the Radcliffe Institute of Advanced Study and the Center for the Study of World Religions; and is an award-winning author of several books, including *What a Body Knows: Finding Wisdom in Desire*, *Nietzsche's Dancers: Isadora Duncan, Martha Graham, and the Revaluation of Christian Values*, *Between Dancing and Writing: The Practice of Religious Studies*, and her latest, *Family Planting: A farm-fed philosophy of family relations*.

"Don't settle for a spark...light a fire instead." Author unknown

13] [Reiki Healing and Mental Health: What the Research Shows](#) By Deborah Bier, PhD Psychcentral.com

Healing touch therapies, the best known being Reiki (pronounced RAY-key), are ancient practices in increasingly wide use today.

According to the International Association of Reiki Professionals (IARP), “Reiki is [a] subtle and effective form of energy healing using spiritually guided life force energy... [p]racticed in every country of the world.” While often considered to be spiritual in nature, Reiki is not “[a]ffiliated with any particular religion or religious practice.” Reiki is increasingly offered in hospital, hospice, and private practice settings, applied to a variety of illnesses and conditions. Those who receive such treatments report relief of symptoms from numerous health challenges, including mental health issues. Research shows that reiki primarily helps in the reduction of stress, [anxiety](#) and [depression](#), as well as relief of chronic pain — the last of which can bring on anxiety and depression, or make episodes worse.

"To be inspired is great, to inspire is incredible." – Unknown

14] [Safe Trauma Recovery](#) – You Tube 8:18 minutes

Recovery from trauma and PTSD can be safe. Babette Rothschild, M.S.W., body-psychotherapist, author, lecturer, consultant, and trainer, shows how using the analogy of learning to drive and a bottle of Coca Cola. Her simple principles are compatible with all philosophies and methods of trauma healing

For more on her common sense approach, please visit her website:

<http://www.somatictraumatherapy.com/>

She is the author of (among others) the bestselling book, [The Body Remembers](#), and creator/editor of the 8 Keys Self-Help Series, all published by [W. W. Norton & Co.](#)

"The circumstances of your life have uniquely qualified you to make a contribution. And if you don't make that contribution, nobody else can make it." - Rabbi Harold S. Kushner

15] Alternative Mental Health Radio: MindFreedom International Blog Talk Radio

Paradigm Shift: ["How can we Spread the Good News about the Reality of Recovery in Mental Health?"](#)

Join special guests:

Paris Williams, psychiatric survivor and author of the new book Rethinking Madness: Towards a Paradigm Shift in our Understanding and Treatment of Psychosis and

Corinna West, blogger, peer service provider, mental health activist, and general fount of ideas about changing our mental health system

With guest host Sophie Faught, co-coordinator of MindFreedom's I Got Better Campaign to raise awareness of recovery in mental health

Tune in and join the conversation yourself! Want to ask our guests about the growing Paradigm Shift in mental health care? Have an idea about how to raise awareness of the Reality of Recovery? We'll be taking your calls at (646) 595-2125.

[MindFreedom](#) - United Peaceful Revolution to Rethink Psychiatry. Join today!

16] [Rethinking Madness](#), a webinar presented by Dr. Paris Williams

17] ["Rethinking Madness"](#) – the book by Dr. Paris Williams

*"Have patience with everything unresolved and try to love the questions themselves."
Rainer Maria Rilke*

18] [Corinna West](#) - Motivational speaker, spoken word poet, catalyst for change

Corinna West is also the founder of [Wellness Wordworks](#) is a LLC registered in both Kansas and Missouri. Peer support is the MOST effective mental health intervention, according to a 2002 National Association of State Mental Health program directors report, but very people have access to the help. Our business is building a website to link peer supporters who need jobs to people who want help.

Instant Mental Health Peer Support showing emotional distress as temporary and transformative

"I believe one writes because one has to create a world in which one can live." - Anaïs Nin

19] [Phoenix Rising - Who Am I](#) - Elizabeth "Phoenix" Brawley

“The lingering aftermath that incest has on the adult female survivor encompasses all facets of her existence. How is incest defined and what are the distortions impressed upon the survivor regarding the issues of intimacy and sexuality? How can these warped perceptions be conquered?”

20] [Innersight - Advocacy for the Disabled](#)

Located in Islip, New York, Innersight is a nonprofit organization committed to providing advocacy for the disabled locally and around the world. Our goal is to make everything and everywhere accessible to those who are disabled, no matter what the disability is.

We are owned and operated by a group of motivated disabled individuals, and we have been making changes in the community for more than 25 years. Innersight was founded

on the belief that the disabled are just as deserving as others to enjoy everything the world has to offer.

You can listen to INNERSIGHT Radio 7 nights a week on BlogTalkRadio.com from 9pm -10pm We welcome calls during the show 213-816-1650 [Archives of past shows](#)

“Without inspiration the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited with sparks.” Johann Gottfried Von Herder

21] [Host your own radio show](#) at Blog Talk Radio

No technical expertise - needed Share your message everywhere - Go Live on the air in minutes - Connect with friends in real-time

There is a 1:10 minute long video on *What is Blog Talk Radio* posted at the site. So all of you advocates, educators, musicians, artists, creative folks and someone with something to say, here's your chance to share your message of Hope, Healing & Help.

22] [How To Write A Newsletter Blog](#) – Great Tips, Help and Advice on Creating a Newsletter by Michael Green

“There is nothing so fulfilling as knowing you have touched another's life. It's palpable. You can feel the magic in it. What is required? Show up for life no matter what your frame of mind, share the truth about who and what you are in that moment. God, the Universe, Higher Power...whatever you call it, will have someone there who needs to hear, to experience exactly what it is that you have to offer, how insignificant it may seem, that may literally change their life. Show up for it!” - Bo Budinsky

Thanks & take care, Mike, Rachel, Lynn, Mary, Zsuzsi, Cynthia, & John

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

[The Surviving Spirit](#) - Healing the Heart Through the Creative Arts, Education & Advocacy - Hope, Healing & Help for Trauma, Abuse & Mental Health

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