



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,

Spring seems to finally be coming to my part of the world....I'm starting to see most of my yard again...but there are still some stubborn pockets of snow who aren't ready to give up just yet.....sort of like us who have survived many things...*we don't give up.*

A few weeks ago, a friend called and asked if she could bring by a fifteen year old male friend of hers who I could speak to in regards to my life and how I have coped with trauma and abuse and how music has helped me in healing and life. Unfortunately, this young man has also known the horrors of emotional, physical and sexual abuse. I was excited to be able to help and then the fears set in...what am I, a middle-aged man going to say to a fifteen year old to help inspire hope and healing? Long story short, he is a remarkable young man and a very gifted musician – we spoke at length and he asked some really deep thought provoking questions on the issues that surround sexual abuse. His honesty and grasp of his situation [still living in an abusive environment] was profound...and then I remembered how most of us, sadly, became ‘adults’ at early ages in our lives due to the abuse we had known.

The good news to all of this – this young man has the good fortune to have several adult friends who are actively engaged in his life; we cannot undo what he has experienced, but having people in his life who care, support and love him is huge in helping him to cope and heal. Sadly, I don't see child abuse ending in our lifetime, but we can be instrumental in being there for these young folks so they don't grow up to be broken as so many of us became in our adult lives.

Corin Linch is one of us, he also knew the horrors of child abuse – but please take the time to listen to this video poem of his – powerful, poignant and full of hope from this “grizzled old cowboy” – his words of wisdom brought tears to my eyes...

“At the temple there is a poem called "Loss" carved into the stone. It has three words, but the poet has scratched them out. You cannot read loss, only feel it.” Arthur Golden

1] [Innocence Stolen a Survivors Story](#) Corin Linch You Tube 5:52 minutes

“The wound is the place where the Light enters you.” Rumi

April is Child Abuse & Sexual Assault Awareness Month and April 25th is recognized as [Parental Alienation Awareness Day](#) – The Surviving Spirit has resources posted at the website relevant to all of this and I'll also share the link to last year's newsletter which contained more helpful resources and insight.

http://www.survivingspirit.com/resources_trauma_sexabuse_incest.php

<http://newsletters.survivingspirit.com/index.php>

[2012-04-The_Surviving_Spirit_Newsletter_April_2012.pdf](#)

Liz Elliot and David Bates are prolific writers and their writing opens up all kinds of thought for discussion around dissociation from their unique perspective.

Aahhh...dissociation my “*old friend*”...I don't deal with Dissociative Identity Disorder, but I have long struggled with the issues of dissociation. For most of my life I was scared of it, I thought I was ‘*crazy*’ and ‘*out of my mind*’...for how else could I explain the “*out of body*” experiences I had so often as a young boy in looking down and witnessing horrific abuse being inflicted upon me. I know now it was part of what kept me alive - but it took many years for me to finally open up and talk about this. Mindfulness has been key in helping me when the ‘*feelings*’ of the past - the deep sadness, horror and pain creep into my life. I can remind myself in those moments of sadness that it is just a feeling from the past and it will pass and I am not weak, crazy or mentally ill.

“Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come.” Anne Lamott

2] [Five Farewells](#) by Liz Elliot [book excerpt shared at her site]

I hope this helps with an understanding of what I've tried to do in writing it. My goal was not to discuss DID so much, as it was to show my life and the way my mind works with DID. Everyone explains DID. My feeling is to show DID as an experience, as another way of living, because it is. It's not acceptable to me that I should spend my life explaining something that people should by now start being more educated and accepting of. I hope the writing shows the truth of my mind's dream like qualities in my experience with DID. As humans we are all disassociated to some degree, even without DID. We are especially disassociated from our essence, our soul, our selves, the meaning in our journeys, and our personal connections to God, the universe, etc. This list of disconnections could go on forever; our word use in trying to explain what we're disconnected from could go on forever. Our human experience, even in the worst times, doesn't have to be such a scary thing, if we could just learn to accept that our time here is a time of evolution. I believe we can all do great things in our journeys, and because of experience, we can do so much to help each other in our lives. I hope you enjoy the writing! I hope it makes meaning for you. Sorry this is partly a sad work to share, but it does show my young mind, and that's the point.

"The emotion that can break your heart is sometimes the very one that heals it..."
Nicholas Sparks

Liz Elliot's Blog - A Positive Life With Dissociative Identity Disorder (D.I.D.)

[The life my LOVER lives because I have mental issues....](#)

Today I will take responsibility for my mental health. I understand that when I don't take responsibility for my mental health that it wrecks my personal quality of life. When I'm not proactive in being healthy it ruins any chance that I might have to live as a whole person for myself. It ruins the chances I have of accomplishing goals I'd like to reach in my time on the planet, which are numerous and require my full concentration. When I'm not proactive in being healthy it ruins my relationships and keeps me isolated in my own head.

"It's so much darker when a light goes out than it would have been if it had never shone." *John Steinbeck*

3] [How do YOU do Dissociation?](#) David Bates

Its been almost ten months since a particularly brutal experience of rejection with my oldest son. I remember walking around for hours draining the energies of anger and rage the encounter stimulated. I did my best to avoid amplifying those negative emotions by not replaying the episode in my mind. A few months later though when I tried to recall details and write about the family dynamics involved, a foggy sensation filled my mind as numbness overcame my senses. Only in the last week have I been able to face the memories with any clarity of mind and emotional recollection of that day.

[Bipolar Disorder Batesy](#) – Sharing 33 yrs of Bipolar disorder experience, depression, mania, mood swings, mostly medication free: info, tips, links, resources, insights & inspiration on living with bipolar disorder without medication. Education has taught me that bipolar involves the autonomic nervous system, not just the brain alone? My blog also explores the relationship between bipolar mania & spirituality? Altered states, of Oneness?

"Don't worry when you are not recognized, but strive to be worthy of recognition."
Abraham Lincoln

4] [The International Society for the Study of Trauma and Dissociation](#) (ISSTD)

Vision Statement - Social policy and health care will address the prevalence and consequences of chronic trauma and dissociation, making effective treatment available for all who suffer from the effects of chronic or complex trauma.

5] *Not just another abuse radio program!!!* [Butterfly Dreams Talk Radio & Abuse Recovery](#), opens the door to all levels of discussion on this topic. We also widen our

format to include the issues of how physical, emotional, neglectful and sexual abuse effects children today. Don't the wounds of our past carry into their future? Isn't it time we start talking about all the compounding factors of these crimes? Our shows include discussion from political, lawmaking, to healing and empowerment, filled with knowledge you can pass on to others. On our shows we talk about Human Trafficking, Parental Child Abduction, Reform for our Court System and the many services intend to help all victims affected by Abuse and/or Family Violence, Relationship Violence, Teen Issues, Bullying and more.

Monday evening - 'Generation No More', a different look at how these crimes have been passed into our children's lives by the very wounds we carry. Wednesday is 'Survivors World' with [Trish McKnight](#) & [Michal Madison](#), and on Friday, 'Can You Hear Me Now' with [Annie O'Sullivan](#) and [Kelly Behr](#). **Let us know if you have a special topic or a special service you want to share with our ever growing, amazing and supportive, listener base.**

When the world says, "Give up", Hope whispers, "Try it one more time." author unknown

6] Office for Victims of Crime - [Through Our Eyes: Children, Violence, and Trauma](#) - public awareness videos, *Introduction, Treatments That Work, The Child Advocacy Center Model, and Community-Based Approaches* coupled with resource guides with topic-specific links and materials.

7] [Keeping Kids Safe from Inappropriate Touch](#) - Top 10 Books to Empower Kids About Their Bodies @ Pragmatic Mom Blog

We teach our children water safety and road safety - it is equally important to teach our children 'body safety' from a very young age. As both a teacher and a mother, I strongly recommend to all parents that 'body safety' become a normal part of your parenting conversation. The sexual abuse of children has no social boundaries, and providing children with body safety skills empowers them with knowledge of what is good and bad touch.

"It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone." Rose Kennedy

8] [Pursuit of Truth - Adult Survivors Of Child Sex Abuse Seeking Justice](#) - film trailer

Child sexual abuse (CSA) is a crime that is committed behind closed doors without witnesses and remains in the dark because children typically are unable to speak about their abuse. This inability to come forward frequently continues into adulthood. Regrettably, close to 90% of cases go unreported. Thus, despite its epidemic proportions in this country – at least 1 in 4 girls and 1 in 5 boys likely to be abused before age 18 – CSA remains in the shadows, hidden from the wheels of our justice system.

The legal system itself must share responsibility for such tragic underreporting. As presently constituted, the legal process constructs unfair barriers for survivors to overcome to achieve justice against their abusers. Unjust laws— including arbitrary statutes of limitations (SOL's) that effectively bar 60%-70% of survivors' cases from even being filed, erratic police/prosecution practices, and a court system weighted in favor of perpetrators combine to make it extremely difficult for survivors to successfully assert their legal rights and far too easy for perpetrators to walk free and continue to abuse other children.

But winds of change are stirring. There is a growing movement to change the justice's system fundamental approach to survivors' cases. Reformers in a number of states have either eliminated SOL's or expanded the filing deadlines substantially. Activists are shining the light on the need to transform the handling of survivors' cases by police, prosecutors, and courts so that justice can become a reality for survivors.

"I am absolutely breathless. The movie is splendid – from raw emotions, to individual story elements; from deep despair to redemption, all is there." Andre'

"Hope is that thing with feathers that perches in the soul and sings the tune without the words and never stops... at all." Emily Dickinson

9] [*Psych Patient No More*](#) Peter Hawes, glass artist – *Never mind searching for you are. Search for the person you aspire to be.*

We are now pleased to offer my book available for free download on *Psych Patient No More*.

Who Said That? Come Closer! - a workbook written by Peter Hawes and designed to be used in a group setting to promote group discussion. Its topics are primarily Voices, Visions and Emotions.

Please feel free to pass on the link and hope you are able to gleam something from it you find useful in your own recovery journey.

https://hotfile.com/dl/176591427/9b33ed3/Who_Said_that_P_Hawes.rar.html

"Do what you can, with what you have, where you are." Theodore Roosevelt

10] [Male Survivor Artistic Passion Recovery Documentary Call for Video Submissions](#)

For male survivors interested in sharing their artistic passion - Please film yourself or have someone else film you

1. Actively participating in creative passion for one minute and then
2. Speak about the why for a minute (personal meaning for recovery, emotional

expression, finding a voice, communication assistance, connecting with the inner child etc., education, public awareness, coming out as a survivor, etc)

Please upload video to dropbox and send original video to me by contacting jordanross.eb@gmail.com Clarity and Brevity would be greatly appreciated.

Please feel free to forward to any other survivors and allies. Thanks.

Sincerely, Jordan Ross 617 981 2451

"We heal the past by living in the present." Marianne Williamson

11] [The Power of Your Amazing Brain](#) – Thoughts are Real [simple photo with lots to say in a small space] – You have 70,000 thoughts per day

Your thoughts cause biological and physiological effect – Your body responds to mental input as if it were physically real.

Listen to Music – Studies have proven that listening to music strengthens the brain and literally changes the structure.

Boost your brain power with Meditation, it's proven to increase IQ, relieve stress, and promote higher learning levels.

"Determine that the thing can and shall be done, and then we shall find the way." Abraham Lincoln

12] [ARE WE THERE YET? The time it takes to change](#) Dr. Velleda C. Ceccoli Ph.D

Why does psychotherapy take time? Why is it difficult to predetermine how long a treatment will last? Are we there yet? My patients want to know. How long till we get there? How long do I have to come to therapy for? Good questions.

It reminds me of the questions we used to ask as children, when our experience of time was nebulous and one hour or sixty miles or kilometers had very little meaning. We just knew we were going somewhere, and minutes and hours stretched long ahead of us, without any sense of when we would get there. The time depended on who was doing the driving, and how they explained it. So we asked, often to no avail, and somewhere along our travels we began to have a sense of the time that it would take. Psychotherapy is not quite like that, for one thing there are two people doing the driving, and yet, it takes time, sometimes long stretches of time that appear just as indeterminate. This post is about the time that psychotherapy and change require, and some possibilities about why.

[Velleda C. Ceccoli Ph.D.](#) His website with lots more info, resources & articles

13] [Why We Can't Just Get Rid of Anxiety & Distress](#) - Negative emotions are hard-wired into our brains to be managed, not eliminated - [Melanie A. Greenberg, Ph.D.](#) in [The Mindful Self-Express](#)

We are continually bombarded with messages from the media and [self-help](#) gurus that we are in charge of our own [happiness](#). All we need to do is buy this product or follow that secret formula and we can get rid of [anxiety](#) and negative emotion for good. If getting rid of negative emotions is so easy, why is it that more than 21 million children and adults get diagnosed with [depression](#) each year and that depression is the leading cause of disability for adults age 15-44? Why is it that 40 million adults in the United States suffer from an anxiety disorder? The truth is that we can't just get rid of negative emotions when we feel like it. They are something we will have to cope with for the rest of our lives.

“Hope is the physician of each misery.” Irish Proverb

14] [How to Deal With and Overcome Low Self-Esteem](#) - [Emily Roberts MA, LPC](#) - Author of the Building Self-Esteem Blog

Let's consider why it's been difficult to overcome low self-esteem. The likelihood is that past events or a current trigger has left your self-esteem low, which contributes to your current state of mind, which for many of us can be negative.

The roots of your [low self-esteem](#) are not to be ignored, but for the purpose of moving into a happier mindset, let's focus on the feelings you want to obtain today; happiness and higher self-esteem. By proactively shifting some of your negative behaviors and thoughts in the moment, you can increase your self-esteem tremendously and start to overcome low self-esteem.

The first step in dealing with low self-esteem is to recognize the negative statements you are telling yourself. “I should have... If only I would have...”

These “-ould statements” are unproductive. They build up and make it difficult to overcome your low self-esteem (we all tend to go to this place on occasion, myself included). My suggestion: don't should on yourself! This is not the way to deal with low self-esteem. This gets you looped into the low self-esteem cycle of thinking. Instead, focus on what you can do and move forward into positive thoughts. When you catch yourself “shoulding,” rephrase it to: “I am going to” or “Next time I will.”

Give yourself a break and focus on what you can do next time, not what happened in the past.

“If you change the way you look at things, the things you look at change.” Max Planck

15] [Media Coverage of Gun Violence May Further Stigmatize Mental Illness](#) - Rick Nauert Phd Senior News Editor Psych Central

A new report finds that news stories about mass shootings involving a shooter with mental illness heighten readers' negative attitudes toward all persons with serious mental illness.

Researchers also found such news stories influence support for policies to reduce gun violence.

Investigators are concerned that negative media coverage may increase public bias against mental illness and discourage people with mental illness from seeking care. For the report, Johns Hopkins Bloomberg School of Public Health researchers compared public perception among people who did not read media accounts, to people who did read media reports of a mass shooting.

“Informed journalists can have a significant impact on public understanding of mental health issues, as they shape debate and trends with the words and pictures they convey, they influence their peers and stimulate discussion among the general public, and an informed public can reduce stigma and discrimination.” Rosalynn Carter

16] [News Coverage of Shootings May Boost Stigma of Mental Illness](#) Health Day News Survey found support for gun restrictions rose after reports that shooter was mentally ill

Media coverage of mass shootings by people with mental illnesses may heighten the stigma that already surrounds people struggling with mental disorders, a new study suggests.

The researchers also found that public support for policies to reduce gun violence rises after news coverage of mass shootings. Specifically, people who read a news story describing a mass shooting were more likely than those who did not read such an article to support gun restrictions for people with serious mental illness, and for a ban on large-capacity ammunition magazines.

“Coming together is a beginning; keeping together is progress; working together is success.” Henry Ford

17] [The Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities](#) is a National Rehabilitation Research and Training Center, funded by the National Institute on Disability and Rehabilitation Research (NIDRR). Our state-of-the-art research and cutting-edge knowledge translation activities seek both to broaden understanding about community integration and to improve opportunities for individuals with psychiatric disabilities to participate more fully in community life.

[1] [A Practical Guide for People With Mental Health Conditions Who Want to Work](#)

[2] [Facilitator's Manual: A Practical Guide for People With Mental Health Conditions Who Want to Work](#)

“We cannot accomplish all that we need to do without working together.” Bill Richardson

[3] [The Roles of Peer Specialists in Promoting Competitive Employment](#)

“Community integration is the opportunity to live in the community and be valued for one’s uniqueness and abilities, like everyone else.”

“The world is changing because we are changing it. And that makes me understand at least what kind of person I’d like to be...to seek ways, big or small to heal the world. That to me is spirituality and one’s soul.” Carl Safina

Take care, Mike, Mary, Zsuzsi, Rachel, Cynthia Lynn & Mary Ann

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

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