



*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*

Hello Folks,

Resiliency and perseverance are part of the themes for this month's newsletter, coupled with so much more that reflects and embodies the human spirit, the *Surviving Spirit* who has gone through great hurdles and obstacles and still shines at the end of the day.

I'd like to share a few words about a book I picked up a few months ago, "*The Sociopath Next Door*". I had gone into the book store only to browse and buy a magazine, but there it was on an end display and I felt an overwhelming urge to pick it up and read it – I haven't felt so strong of an urge to purchase a book as when I experienced the same feelings back in the fall of 1992 with the book, "Toxic Parents".

I have long struggled to try to understand human evil and how others can do so much harm to others with malicious intent. This is especially true for me in my asking of this question ever since I was a little boy. Why? Why did my parents hurt me so and why did they hate me? I always felt that they did embody evil in how they were so callous and cruel in their mistreatment of me – and no, I didn't see them running around with pitchforks and a horned tail. I always thought they would have been the guards who served at the concentration camps during the Holocaust. These are not the typical thoughts of youth, but they were mine.

I am only halfway through the book, but felt it was worth sharing because of what I have learned already. The author has twenty five years of helping those deeply impacted by trauma, abuse and mental health challenges. She has a wealth of experience and knowledge and I feel it can help so many of us to understand why we have been hurt so deeply in life by others – family, friends, ex-spouses, treatment providers, etc. Those of us who have been mistreated by some in the 'mental health system', may find the vignette she talks about in regards to a colleague who went out of her way to hurt those already deeply troubled, of particular interest.

The good news, the author lets us know how to identify and protect ourselves from "*The Sociopath Next Door*". The author's link is shared below along with the Amazon link that has more info about the book.

*"It is easy, terribly easy, to shake a man's faith in himself. To take advantage of that to break a man's spirit is devil's work." George Bernard Shaw*

1] [Dr. Martha Stout, Psychologist and Author](#) - "*The Sociopath Next Door - The Ruthless Versus the Rest of Us*"

<http://www.amazon.com/The-Sociopath-Next-Door-ebook/dp/B000FCJXTC>

*"Conscience is the window of our spirit, evil is the curtain."* Doug Horton

*"Hope and fear cannot occupy the same space. Invite one to stay."* Maya Angelou

Resilience

1. the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity.
2. ability to recover readily from illness, depression, adversity, or the like; buoyancy.

*"By three methods we may learn wisdom:*

*First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest."* Confucius

2] [What is Resiliency and Why is it So Important?](#) by Nan Henderson, president, Resiliency in Action

Resiliency is the ability to overcome challenges of all kinds—trauma, tragedy, personal crises, plain ‘ole’ life problems—and bounce back stronger, wiser, and more personally powerful.

It’s important because this is what we need to do when faced with life’s inevitable difficulties. AND it’s important because there is a growing body of social science research that explains how: How can you bounce back, even from a lifetime of “risk factors” or very painful trauma or tragedy, and how can you help those you care about bounce back?

[Resiliency In Action, Inc.](#) is a pioneering publishing and training company founded in 1996 by Nan Henderson, Bonnie Benard, and Nancy Sharp-Light. The mission of the company— developed before the word “resiliency” was commonly used—is to share the growing body of social science research that documents how people of all ages bounce back from life challenges of all kinds. In addition, these founders wanted to make the strategies recommended by this research accessible to everyone. They stated their goal in the first book published by Resiliency In Action:

“Our goal is a simple one: Share the results of numerous scientific studies that have emerged in the past...decades showing specifically how people of all ages, families, and even organizations and communities overcome risk, trauma, and adversity to go on to life success, and to do this in a practical, reader-friendly format.” – from the Preface to *Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*

*“Maturity is the capacity to withstand ego-destroying experiences, and not lose one’s perspective in the ego-building experiences.” Robert K. Greenleaf*

I am honored to be a part of this book, “*Our Encounters with Suicide*”; my chapter is titled “*The Silence of Suicide*”. I share about the loss of my two brothers and two friends to suicide, along with my childhood recollections of my mother's serious attempt...and my own attempts/intents...and why we need to be talking about suicide and trauma and all of its ramifications.

It is a very powerful and poignant book and well worth reading for what it is doing in creating awareness and helping others in the process.

*“All children are born artists. The problem is to remain artists as we grow up.”  
Pablo Picasso*

3] [\*“Our Encounters with Suicide”\*](#) - *“The collection brings together a range of voices on the theme of suicide - those who have been suicidal, alongside the friends, family and staff who have lived and worked with them. Too often the rhetoric of ‘suicidology’ is occupied only by those who have never had personal experience of suicidality. The first-person voice is strangely absent. These frank accounts go some way to correcting the balance.”*

The publishing company is in the United Kingdom - [www.pccs-books.co.uk](http://www.pccs-books.co.uk)

All royalties from the sale of the book will go to the [Maytree Sanctuary for the Suicidal](#)

Maytree aims to alleviate suffering and help people in suicidal crisis to re-engage with life and to restore hope.

*“The conscience of a people is their power.” John Dryden*

4] [JD Schramm "Break the Silence for Suicide Survivors"](#), a moving and inspirational TED talk on the cultural taboo of discussing suicide. You Tube 4:15 minutes

[Resources for suicide prevention, post-attempt survivors and their families](#) | TED Blog

*“As we are liberated from our own fear, our presence automatically liberates others.”  
Marianne Williamson*

5] A heartwarming story of courage in action

[Pennsylvania teens chase down kidnapper's car on their BIKES and save five-year-old girl](#)

Two Pennsylvania teens are being hailed as heroes after they chased down a man in a car who had snatched a five-year-old girl from her grandmother's front yard - on their bikes.

Jocelyn Rojas, five, was missing for two hours yesterday when Tamar Boggs and a friend saw the child in a car near Lancaster Township and gave chase. After Boggs, 15, and his friend had been tailing the vehicle for 15 minutes, the driver let the little girl out of the car and sped off.

*"The great blessings of mankind are within us and within our reach" Seneca*

6] [PsyCope](#) - A website designed for Psychosis Coping Strategies from those who suffer or have suffered from Psychosis or other similar Mental Health Conditions.

What Works For You? And share with others who could benefit...

Please post to our: Coping Strategies – Forum - A large amount of time of those suffering from Psychosis during unwellness will be spent doing 'coping strategies', to lessen or calm symptoms.

Psycope hopes to connect those thousands with the aim to share the different techniques and strategies that helped those struggling with Psychosis in the past.

Email: [psycope@live.co.uk](mailto:psycope@live.co.uk)

*"If you have knowledge, let others light their candles in it." Margaret Fuller*

7] We would like to introduce you to [Taking Back Ourselves](#), a project that is committed to empowering women survivors of sexual abuse, violence, and incest to be whole, healed, and connected to others.

Since September 2001, the nonprofit organization, [MaleSurvivor](#), has been providing a ground breaking experiential weekend for male survivors of sexual abuse. Fifty MaleSurvivor Weekends and hundreds of transformed lives later, we are heartened by the tremendous surge of support and attention that men have received. But though women were the first to come forward about the issues of sexual abuse over thirty years ago, it has become apparent that there is no program that offers a comparable opportunity for female survivors.

*Taking Back Ourselves* will be a powerful adjunct for women to their ongoing recovery work. Women will be able to utilize a unique therapeutic process, mindfulness, bodywork, music, art, movement—and empowerment—modalities in healing not often available to this degree in traditional talk therapy. This will create a powerful community of women that continues long after the weekend. Each woman will have the opportunity to safely tell her story and be heard, to challenge herself to take a risk, and with the power of community, embrace what she fears the most, and live a more vibrant life.

*"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." Lao Tzu*

8] [Stoning Demons](#) - A resource for recovery from Complex PTSD for survivors of childhood sexual abuse

*[Forgiving the victim-blamers](#)* by Kimberly Callis - Freelance writer and editor

There will always be people who blame the victim for the abuse and its effects. If we, as survivors, let our healing and ability to forgive be based on their understanding and empathy, we will never heal. We need to understand that they are victims themselves.... victims of a forced perspective, victims of the situation, survivors of their own hell excluded from a vital healing.

I wish I could change this, but acceptance is the best I can do.

**Free E-Book Excerpt:** *“Understanding Complex Post-Traumatic Stress Disorder Resulting from Childhood Sexual Abuse”*

I have published some early material for a first e-Book I will complete on the topic of CPTSD and CSA on Smashwords. This material is free, please go to the Smashwords site and download a copy. I would love to have feedback from anyone who has the time to provide it. Simply comment on this post with your impressions and suggestions.

<https://www.smashwords.com/books/view/208985>

*“And as we let our own light shine, we unconsciously give other people permission to do the same.” Nelson Mandela*

9] <http://www.psyweb.com/lifestyle/mental-health/how-traumas-and-affection-stick-to-your-family-tree> by Jaqueline Marshall

The science of epigenetics is relatively new, but what has been discovered so far is fascinating and relevant to all of us.

Epigenetics holds clues as to why some of us have so much difficulty letting go of the past or stopping behaviors that we know do not serve us well. It can help us understand why some people are more prone to mood disorders or stress-related disorders than others.

**This science also emphasizes the importance of good child care. It reaffirms that the way children are treated has lifelong health and behavior consequences.**

Epigenetics Made Easy - Epigenetics is, partly, the study of compounds that can attach themselves to our DNA and RNA, and change their expression. The compounds do not change our genetic makeup, but they alter the way our genes show up in our body or behavior.

*“The time you enjoy wasting is not wasted time.” Bertrand Russell*

10] [The Biology of Belief](#) is a groundbreaking work in the field of new biology, and it will forever change how you think about life. Using simple language, illustrations, humor, and everyday examples, Bruce Lipton demonstrates how the new science of Epigenetics is revolutionizing our understanding of the link between mind and matter and the profound effects it has on our personal lives and the collective life of our species.

[Bruce H. Lipton, PhD](#) is an internationally recognized leader in bridging science and spirit. Stem cell biologist, bestselling author of *The Biology of Belief* and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences.

*“One smile can start a friendship. One word can end a fight.  
One look can save a relationship. One person can change your life. Author unknown”*

11] [After the Asylum](#) - 3 People 3 Lives 3 Stories

This project by journalist Carl O'Brien and photographer Bryan O'Brien documents the lives of three former psychiatric patients living in the community.

Ireland's psychiatric services are now at a crossroads.

For hundreds of years people with mental health problems were conveniently locked away in asylums.

Today, most of these institutions have closed or ceased admissions. Only 300 patients remain, down from some 25,000 just over 20 years ago. The last remaining asylum is due to close within the next 18 months.

*“Those who are lifting the world upward and onward are those who encourage more than criticize.” Elizabeth Harrison*

12] [New Study Shows There's A Reason Why We "Hear" Our Inner Voice](#)

According to a new [study](#) from the Department of Linguistics at the University of British Columbia, internal speech makes use of a system that is mostly employed for processing external speech, which is why we can "hear" our inner voice.

The findings provide strong evidence that a system involved in processing external speech also works on internal speech, which may help with mental conditions.

"This work is important because this theory of internal speech is closely related to theories of the auditory hallucinations associated with [schizophrenia](#)." - Mark Scott

*“It's amazing what you can accomplish if you don't care who gets the credit.” Unknown*

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*

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

[The Surviving Spirit Speakers' Bureau](#)

[The Surviving Spirit Facebook Page](#)

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