



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

The Surviving Spirit newsletter January 2014

*“Although the world is full of suffering, it is full also of the overcoming of it.”
Helen Keller*

“Hope in a Hopeless World”

Hi Folks,

Wishing all a Happy and Grateful New Year and hoping that this new chapter in life helps to bring joy, peace and comfort into your life and those you love.

“Hope in a Hopeless World” is a powerful and poignant song written by [Bob Thiele Jr.](#) & [Philip Roy](#). As songwriters they have written for a list of who's who in the music world. A visit to their website links will provide some neat background information about them. I became aware of this song back in the mid-nineties and quickly set about to learn and perform it back in the days when I was busy working in pubs and coffeehouses. I covered the version that was recorded by **Widespread Panic**, a great band.

I love songs that tell a story and when they share something with meaning combined with great music, well, for me, it don't get any better. And this song fits the bill – responses to the song from those in attendance confirmed my thoughts and feelings about it and the power of its message. I will share a link for this song and some of the lyrics – it is well worth the visit to listen and hear what it has to say. It touches upon what we try to do in helping to make the world a better place by creating awareness and offering *Hope, Healing and Help*.

The world is fraught with all kinds of dangers, traumas and set backs in our respective lives. And sadly, there are those who are unaware or stay stuck in denial to the pain and suffering of others. Creating awareness is important to changing this paradigm, it is a daunting task, but it can be done.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” Margaret Mead

I would like you to think about someone you know who might benefit from learning about the long lasting impact of trauma, abuse and mental health concerns on people's lives and ask that you consider forwarding this newsletter to them, perhaps send it off to three people, we have nothing to lose and so much to gain. **Thank you.**

"What you leave behind is not what is engraved on stone monuments, but what is woven into the lives of others." Pericles

1] [Hope In A Hopeless World](#) - Widespread Panic – You Tube song 5:14 minutes

Partial lyrics:

D'you got a quarter for the homeless man
Spare some change for the soldiers who fought the war
Put a little money in those hats and those tins
Give them hope in a hopeless world

Looking for hope in a hopeless world
Searchin' for love in these hateful times
Try to stay strong but my mind is weak
Ease my mind, ease my mind

And on the corner there stands a young girl
The home she left was in the better part of town
Daddy did things she never talked about
It takes hope in a hopeless world

Somebody out there gotta listen
Somebody out there got to know what Pops been talkin' about
Raise your hand, raise your hands if you're with me
Give us hope in a hopeless world

You've got to listen to the voice inside
Peace and love don't compromise - realize
Time is passing by
Can't be standing still!

"The mind has exactly the same power as the hands; not merely to grasp the world, but to change it." Colin Wilson

2] [Learning to Accept Love After Experiencing Trauma](#) - Susanne M. Dillmann, PsyD
Love is one of the most elemental of emotions. It is a building block of some of our deepest relationships and a component in many of our happiest days. Yet the ability to freely give and receive love is a fragile skill, which traumatic experiences can all too easily dent or damage.

Learning how to be loved is a vital part of your healing. Here are a few things to think about as you regain your ability to accept someone's care, concern, and nurturing.

Part of learning how to be loved again is learning how to interact with people who express kindness, care, concern, nurture, and attention. Because you have experienced a traumatic experience, you have learned that people are capable of great cruelty. To avoid experiencing cruelty again, a part of your mind may have decided to ensure that you will never be hurt again. One of the ways that your mind tries to protect you from future cruelty is to assume that people are dangerous. This assumption in turn results in you leaning towards mistrust, avoiding vulnerability, and shying away from emotional intimacy. [Read the entire article.](#)

“Love builds bridges where there are none.” Thomas Carlyle

3] [Pain of Ostracism Can Be Deep, Long-Lasting](#) – Professor Kipling D. Williams – Science News

Being ignored causes the same chemical reaction in the brain as experiencing a physical injury

Ostracism or exclusion may not leave external scars, but it can cause pain that often is deeper and lasts longer than a physical injury, according to a Purdue University expert.

"Being excluded or ostracized is an invisible form of bullying that doesn't leave bruises, and therefore we often underestimate its impact," said Kipling D. Williams, a professor of psychological sciences. "Being excluded by high school friends, office colleagues, or even spouses or family members can be excruciating. And because ostracism is experienced in three stages, the life of those painful feelings can be extended for the long term. People and clinicians need to be aware of this so they can avoid depression or other negative experiences."

When a person is ostracized, the brain's dorsal anterior cingulate cortex, which registers physical pain, also feels this social injury, Williams said. The process of ostracism includes three stages: the initial acts of being ignored or excluded, coping and resignation.

"Being excluded is painful because it threatens fundamental human needs, such as belonging and self-esteem," Williams said. [Read the entire article](#)

“What we are teaches the child far more than what we say...” Joseph Chilton Pearce

4] [A Journey...: The "Disorder" in PTSD... and Some Empowering Solutions](#) - Susan

An amazing journey of hope, healing and self discovery!

We may be afraid and that's ok. Our fear becomes a problem only when we allow it to dictate our actions and interfere with our future. And asking or expecting others to

change or accommodate us so that we don't have to face our fear? Serves to enable us in our avoidance and lets the fear control our future.

Here's the thing I discovered... Is that "avoidance" is the "disorder" in "PTSD".

The truth that set me free? Knowing and learning that we can learn to calm our parasympathetic nervous system; that we don't have to "go there". That we can take our life back from trauma.

Tip: start noticing when you are feeling "amped" or as though you need to run away, fight back or shut down. Then start removing yourself from the "trigger" before you actually bolt, fight back or shut down. Develop the skills to use tools to bring these feelings of anger/fight, fear/flight and freezing/shutting down to a manageable place like:

[Read the entire article.](#)

"Don't worry about those who talk behind your back, they're behind you for a reason."
Unknown

5] [How can we support the PTSD sufferer?](#) 2:53 minutes - In this web cast, Dr. Frank Ochberg explains how caregivers can best support their loved one with PTSD.

"Stop trying to fit in when you were born to stand out."

6] [You Carry the Cure In Your Own Heart](#) by Andrew Vachss

Emotional abuse of children can lead, in adulthood, to addiction, rage, a severely damaged sense of self and an inability to truly bond with others. But—if it happened to you - there is a way out.

"Emotional abuse is the systematic diminishment of another. It may be intentional or subconscious (or both), but it is always a course of conduct, not a single event. It is designed to reduce a child's self-concept to the point where the victim considers himself unworthy - unworthy of respect, unworthy of friendship, unworthy of the natural birthright of all children: love and protection." Andrew Vachss

The attorney and author Andrew Vachss has devoted his life to protecting children. We asked Vachss, an expert on the subject of child abuse, to examine perhaps one of its most complex and widespread forms—emotional abuse: What it is, what it does to children, what can be done about it. Vachss' latest novel, "Down in the Zero," just published by Knopf, depicts emotional abuse at its most monstrous.

Emotional abuse is both the most pervasive and the least understood form of child maltreatment. Its victims are often dismissed simply because their wounds are not visible. In an era in which fresh disclosures of unspeakable child abuse are everyday fare, the pain and torment of those who experience "only" emotional abuse is often trivialized. We understand and accept that victims of physical or sexual abuse need both time and

specialized treatment to heal. But when it comes to emotional abuse, we are more likely to believe the victims will "just get over it" when they become adults. [Read the entire article.](#)

Andrew Vachss has been writing for Parade since 1985. In response to endless requests, we have collected all his past Parade articles [here](#).

"Alone we can do so little, together we can do so much." Helen Keller.

7] [Trauma's Labyrinth](#) - *Finding Ways Out of Trauma*

Want to reduce mental illness? Address trauma. Want to save the world? Address trauma. - Laura K Kerr, PhD

Different explanations have been given for the increased number of people suffering from mental illness. Some have claimed the increase is the result of ever-expanding diagnostic criteria and syndromes that risk medicalizing normal emotional reactions. Others argue the increase is the result of the pharmaceutical industry financially courting the medical establishment as well as using advertisements to attract potential users of their medications. While both these arguments seem correct, they nevertheless fail to address that an increasing number of people regularly experience despair and anguish and are struggling to make a meaningful life, if not keep themselves psychologically, socially, and financially afloat.

I would like to suggest an additional explanation for the increase in mental illness: The upsurge is the result of the collective failure to alleviate conditions that contribute to trauma-related stress. I also believe the mental health field has stood in the way of people overcoming mental illness and returning to growth-centered lives. In particular, models of mental illness as chronic, genetic-based disorders gives us the sense that we are reaching the origins of our suffering — that is to say, the genes we inherited — when in actuality, we risk denying the traumatizing conditions in which many of us grew up or continue to live. Although a diagnosis and medications may provide temporary relief, they may also cause Americans to evade making the challenging changes that are necessary for moving into an emotionally sustainable future. [Read the entire article](#)

ABOUT LAURA K KERR, PHD: I am a mental health scholar, blogger and trauma-focused psychotherapist. My focus is on healing, with special attention to trauma, modernity, and mental health systems of care.

"There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds." Laurell K. Hamilton

8] [Trauma-Informed Psychotherapy Puts The Body and Love Back In Mental Healthcare](#) - [Laura K Kerr, Ph.D](#) - Social Justice Solutions

For the past 50 years, psychotherapy has taken a back seat to biomedical psychiatry, largely due to reliance on medications for the treatment of mental disorders. Yet clinical

evidence increasingly points to chronic, unresolved traumatic stress as the source of many - if not most - mental disorders. [Read the entire article.](#)

“Your vision will become clear only when you can look into your own heart.” Carl Jung

9] [Social Justice Solutions](#) – Social Justice Solutions wants to hear from you. Submit blogs, news and news summaries, or just suggest a story you think we should cover. Please remember to include a link to the original story if you summarize. Click “Choose File”, under the “Send a text document” box, to send a file as your submission. Our editing staff will edit your submission and contact you with the time and link for your post. SJS looks forward to hearing from you!

Feel free to contact us @ info@socialjusticesolutions.org for more information. We also accept submissions via our Facebook page: [Facebook.com/socialjusticesolutions](https://www.facebook.com/socialjusticesolutions)

10] [Social Justice Solutions](#) – About Us – 3:59 minute video clip & more info

Is a social worker conceived and operated organization born out of the Stony Brook School of Social Welfare’s commitment to active participation in creating a socially just world.

“The conflict between the will to deny horrible events and the will to proclaim them aloud is the central dialectic of psychological trauma.” Judith Lewis Herman

11] [Beyond the Brain](#) - Tanya Marie Luhrmann - Wilson Quarterly *Surveying the World of Ideas*

In the 1990s, scientists declared that schizophrenia and other psychiatric illnesses were pure brain disorders that would eventually yield to drugs. Now they are recognizing that social factors are among the causes, and must be part of the cure.

"Epidemiologists have now homed in on a series of factors that increase the risk of developing schizophrenia, including ... if you were beaten, taunted, bullied, sexually abused, or neglected when you were a child. In fact, how badly a child is treated may predict how severe the case of an adult person with schizophrenia becomes - and particularly, whether the adult hears harsh, hallucinatory voices that comment or command." [Read the entire article.](#)

*“I have learned that some of the nicest people you’ll ever meet are those who have suffered a traumatic event or loss. I admire them for their strength, but most especially for their life gratitude - a gift often taken for granted by the average person in society.”
Sasha Azevedo*

12] [“What Happened to You?”](#) Film Trailer – You Tube 3 minutes

Trauma is often overlooked in connection to our understanding of people who are experiencing mental health issues, or have been given mental health diagnoses. Studies

show that the impact of Trauma, especially childhood Trauma, is profound and life-altering. It's so profound it can lead to a myriad of issues, including struggles with substance abuse, relationships, mental health, and physiological issues. **“What Happened To You?”** is a forty-minute documentary focused on the cause and effect of Adverse Childhood Experiences relating it to five real life stories.

In addition to the character's stories, the film is highlighted by a feature interview with Dr. Robert Anda, co-researcher of the Adverse Childhood Experience study done at the Center for Disease Control in Atlanta, Georgia. Trauma and education around Trauma should be inherent to the understanding of how we support people experiencing mental health issues. The film examines this relationship in order to humanize the context of Trauma, and the impact of Trauma, in people's lives. Having been awarded an “honorable mention” out of over 200 submissions at the 2013 Voice Awards in Hollywood, CA, the film documentary is now available as a tool for families, professional and community groups, as well as the general public. **“What Happened To You?”** promotes wellness by asking this very question, instead of *“What's wrong with you?”*

We would love to bring **“What Happened To You”** to your organization - film time is approximately 40 minutes. Presentation includes a question and answer session with the film producers. Your audience will also have the opportunity to discuss the film with members of the cast. Dates for showing the film can be made by calling the Central MA RLC at 508-751-9600. We have multiple presentation packages with non-profit rates available to you.

Mike MacInnis, Chief Relations Officer Central MA RLC
91 Stafford Street Worcester, MA 01603 Mike.MacInnis@centralmassrlc.org

“Our lives are transformed as we actively take part in fully living our lives with all the fear and heartbreak which become the keys to our healing and transformation when we live our lives compassionately.” Thomas Moore

13] [No Stone Unturned](#) – Joel Goldstein

A father's journey bringing his son back from the depths of traumatic brain injury

Bart Goldstein was only sixteen when he suffered a traumatic brain injury (TBI) in a car accident in 2001. No Stone Unturned is the saga of Bart's struggle to regain his life. Told from his father's point of view, the book chronicles the family's ordeal, and flashbacks fill in Bart's life since he arrived from Korea at the age of five months. Considering every possibility in their search for remedies to Bart's catastrophic injuries, the Goldsteins explored several promising alternatives, including craniosacral, hyperbaric oxygen, sensory learning, and vision restoration therapies. Bart's remarkable recovery resulted from a combination of conventional medicine and alternative and emerging therapies.

TBI has now become the “signature injury” for thousands of wounded warriors returning from Iraq and Afghanistan; this timely book offers profound insights into what survivors and their families must face. Anyone struggling with this “invisible” disability will find the book insightful, inspiring and useful.

Joel Goldstein is a transportation and logistics executive at Cambridge Corporate Services in New York City. He is also an adoption advocate and activist, having served for many years on the international adoption board of Albany’s Parsons Child & Family Center and of Camp Mujigae, the largest Korean heritage camp in the United States. He was the founding president of the Southern Ulster YMCA, on whose board he continues to serve. Goldstein lives in New Paltz, New York, with his wife, Reiki Master Dayle Groudine. They have two adopted Korean children, Bart and Cassidy. [Read book excerpt](#)

“Sometimes a breakdown can be the beginning of a kind of breakthrough, a way of living in advance through a trauma that prepares you for a future of radical transformation. - Cherrie Moraga

14] [The Deepest Acceptance](#) – Jeff Foster

The word “depressed” is spoken phonetically as “deep rest”. We can view depression not as a mental illness, but on a deeper level, as a profound (and very misunderstood) state of deep rest, entered into when we are completely exhausted by the weight of our own identity. It is an unconscious loss of interest in our story. It is so very close to awakening – but unfortunately rarely understood as such. Or as one friend put it, “depression has awakening built-in...” [Read more.](#)

“There was never anything wrong with you. From the very beginning, you were not broken. You were always a unique and irreplaceable wave in the vast ocean of life, perfect even in your imperfection...”

Jeff Foster studied Astrophysics at Cambridge University. In his mid-twenties, after a long period of depression and illness, he became addicted to the idea of ‘spiritual enlightenment’ and embarked on an intensive spiritual quest for the ultimate truth of existence.

The spiritual search came crashing down with the clear recognition of the non-dual nature of everything, and the discovery of the extraordinary in the ordinary. In the clarity of this seeing, life became what it always was: intimate, open, loving and spontaneous, and Jeff was left with a deep understanding of the root illusion behind all human suffering, and a love of the present moment.

His style is direct and uncompromising and yet full of humanity, humor and compassion. He believes that freedom is everybody’s birthright. He belongs to no tradition or lineage, and makes his teaching accessible to all. [Learn more.](#)

*“If you are neutral in situations of injustice, you have chosen the side of the oppressor.”
Desmond Tutu*

15] [United Kingdom Establishment Closes Ranks as Organized Child Sex Abuse Network Leads Back to No. 10](#) - Scriptonite Daily

For decades, vulnerable children from care homes and other institutions were booked to order by rich and powerful men, for sex. This is the allegation put forward in ‘**Nightmares at Elm Guest House**’, in an interview with Chris Fay of the National Association for Young People in Care. As another significant member of the Conservative party is about to be outed this weekend, we take a closer look at these allegations and ask: how much longer can the UK establishment keep this story suppressed?

Child Sex Abuse and the UK Establishment –

In 1974, a group of child sex abusers launched the Paedophile Information Exchange (PIE). This group was legal at the time, and sought to promote the rights of ‘paedophiles’. The group espoused the view that children had the right to indulge in their sexual feelings with adults, and argued the age of consent should be lowered to four years old, or abolished altogether.

This was not some fringe group, hidden away. They had thousands of members, many from senior positions in the media, the security services, politics and other establishment positions. [Read the entire article.](#)

“The shock of any trauma, I think changes your life. It's more acute in the beginning and after a little time you settle back to what you were. However it leaves an indelible mark on your psyche.” Alex Lifeson

16] [Nightmares at Elm Guest House](#). Bill Maloney interviews Chris Fay – You Tube 65 minutes long

Anti child abuse activist and filmmaker Bill Maloney interviews Chris Fay, former national adult advisor to NAYPIC (National Association of Young People In Care) about the notorious ELM GUEST HOUSE and the many questions that remain uninvestigated. Special thanks to Chris Fay for his tireless and selfless support of child abuse victims and survivors.

The Elm Guest House child abuse scandal arose from claims of sexual abuse and the grooming of children by British politicians, at parties for men at the former Elm Guest House near Barnes Common in South West London during the late 1970s and 1980s. An investigation, Operation Fairbank, which was led by the Metropolitan Police Service, started in late 2012. The investigation was a "scoping exercise" aimed at a "preliminary assessment of the evidence rather than a formal inquiry". Existence of the operation was confirmed on 12 December 2012, after operating in secret for several weeks. A full

criminal investigation, Operation Fernbridge, was launched in February 2013 as a result of allegations arising from Operation Fairbank.

“Care of the soul...appreciates the mystery of human suffering and does not offer the illusion of a problem-free life. It sees every fall into ignorance and confusion as an opportunity to discover that the beast residing at the center of the labyrinth is also an angel.” Thomas Moore

17] [Do You Have Healthy Boundaries in Your Relationship? Take the Quiz](#) - Dr. Linda Hatch

Boundaries are a necessary part of any intimate relationship and of relationships in general.

The lack of boundaries can wreak havoc on relationships. Boundaries are essential to the ability of the partners to meet their own needs and relate to each other in a calm, open and rational way. Without boundaries I may become overly combative or overly compliant with my partner. I may allow myself to feel controlled and victimized. Or I may try to control the other person or “fix” them.

[Read the entire article.](#) Scroll down to take the quiz

Her website - [Sex Addictions Resource for Sexual Addiction and Intimacy Disorders](#)

Dr. Linda Hatch was born and grew up in New York City and has worked as a licensed clinical psychologist in California since the 1970’s. She completed her BA, MA and PhD at Cornell University and University of California Riverside. She also taught at UCLA as an acting assistant professor and received a post-doctoral fellowship at UCLA in social psychology.

Currently Dr. Hatch is in private practice in Santa Barbara as a Certified Sex Addiction Therapist (CSAT). Prior to this she was affiliated with Sexual Recovery Institute in Los Angeles. Her practice is limited to the field of sexual addiction treatment including the treatment of sex addicts and sex offenders, as well as their partners and families. [Read more](#)

“Small minds have always lashed out at what they don't understand.” Dan Brown

18] [10 Way to Build and Preserve Better Boundaries](#) - Margarita Tartakovsky, M.S.- Psych Central

Boundaries are essential to healthy relationships and, really, a healthy life. Setting and sustaining boundaries is a skill. Unfortunately, it’s a skill that many of us don’t learn, according to psychologist and coach Dana Gionta, Ph.D. We might pick up pointers here and there from experience or through watching others. But for many of us, boundary-building is a relatively new concept and a challenging one. Having healthy boundaries means “knowing and understanding what your limits are,” Dr. Gionta said.

She offers insight into building better boundaries and maintaining them.
[Read the entire article.](#)

“Do not let what you cannot do interfere with what you can do.” John Wooden

19] [Removing Chains](#) - live chat support for survivors

Welcome to Removing Chains 8 room live chat survivor support site. Our mentors and Coaches are here to listen and help you find Hope.

“There can be no keener revelation of a society's soul than the way in which it treats its children.” Nelson Mandela

20] [Demystifying the Commercial Sexual Exploitation of Boys - Our Forgotten Victims -Alternet](#)

Boys make up 50% of children trading sex for money in the U.S, so why is nobody talking about them?

Ronald Weitzer, [Professor of Sociology at George Washington University](#) and author of ‘[Sex Trafficking and the Sex Industry: The Need for Evidence Based Theory and Legislation](#), explained to AlterNet how misallocating resources exacerbates the issue:

“NGOs have figured out that they can appeal to the public, donors and funders if they emphasize sex trafficking of girls. These organizations have a vested interest in defining the problem in one way over the other. Using the term women and girls frequently has a very clear purpose in attracting government funding, public and media attention but boys who are victimized are being ignored because most of the resources are devoted to girls,” Weitzer said. [Read the entire article.](#)

“They do not want to hear what their children suffer. They've made the telling of the suffering itself taboo.” From Possessing the Secret of Joy, by Alice Walker

21] [About AlterNet:](#)

AlterNet's Mission AlterNet is an award-winning news magazine and online community that creates original journalism and amplifies the best of hundreds of other independent media sources. AlterNet’s aim is to inspire action and advocacy on the environment, human rights and civil liberties, social justice, media, health care issues, and more. Since its inception in 1998, AlterNet.org has grown dramatically to keep pace with the public demand for independent news. We provide free online content to millions of readers, serving as a reliable filter, keeping our vast audience well-informed and engaged, helping them to navigate a culture of information overload and providing an alternative to the commercial media onslaught. Our aim is to stimulate, inform, and instigate. [Read more](#)

“The heart of addiction is always emotional loss.” Gabor Maté, MD

22] [What is Addiction?](#) Gabor Maté You Tube video 3:35 minutes long [*short but some poignant insights. MS*]

23] [Gabor Mate Empathy](#) – You Tube video – interview by Edwin Rutsch 46:46 minutes long

“With one kind gesture you can change a life. One person at a time you can change the world. One day at a time we can change everything.” Dr. Steve Maraboli

[The Center for Building a Culture of Empathy](#) – Edwin Rutsch

The Center for Building a Culture of Empathy is the home of the global empathy movement. Our mission is to build a movement for creating a global worldwide culture of empathy and compassion. We do this through a variety of means. First is by community organizing. We bring people together and hold in-person and online meetings and Empathy Circles. Next is by collecting, curating and organizing all the material we find on the internet on the topics. Researching through the arts and sciences. We are putting together a series of documentaries to educate the public and much, much more.

We are also a portal for resources and information about the values of empathy and compassion. The site contains the largest collection of; articles, conferences, definitions, experts, history, interviews, organizations, videos, science and much more about empathy and compassion. To stay up to date on the latest, sign up for our Facebook: [Page](#), [Group](#) and [Cause](#) now.

“When we love and respect people, revealing to them their value, they can begin to come out from behind the walls that protect them.” Jean Vanier, Finding Peace

24] [Depression and anxiety](#) *“Help and support others in this community by sharing experiences.”*

If you want to have discussions, join health communities or chat with other users, you'll need to create an account or log in. It's easy and only takes a moment.

“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.” Martin Luther

25] [Gift From Within: PTSD Resources for Survivors & Caregivers](#) – submissions wanted – contact Joyce - JoyceB3955@aol.com

Please read some of the stories written by trauma survivors to help you understand the type of format and length I am looking for to post on our website and/or our GFW Facebook page. Please include your email as I may need to contact you for editing,

and/or shortening the submission. If you prefer your story to be anonymous please let me know. Your first name or initials are okay also. :-).

I believe these kinds of stories will go toward helping supporters and those not familiar with PTSD learn how to become a better informed, kinder, gentler and wiser friend, loved one and community member.

TOPICS:

[Healing Power of Pets: Stories by Trauma Survivors](#)

[PTSD Etiquette: finding the right words](#)

[Trauma Survivors Humor Grab Bag](#)

[Trauma Survivors Share Inspirational Stories](#)

[Trauma Survivors Share Favorite Healing Ideas](#)

[Trauma Survivors Talk about Finding A Therapist](#)

[Trauma Survivors Talk About Living With PTSD](#)

[Trauma Survivors Share Tips for Therapists Dealing with Trauma](#)

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new end.” As We Understood

26] [2014 Surviving Spirit Calendar](#) - This is a Limited Edition Wall Calendar featuring original, newly released digital artwork by Mary Ann Goughler that is both beautiful and whimsical. Each calendar is signed by the artist. Calendars are printed on glossy hard stock and measure 11x17 when opened. All proceeds benefit the Surviving Spirit to help us continue to do what we do. Thank you

27] Some additional thoughts to share - [Twenty years and counting](#) – my blog post

“I cannot teach anybody anything. I can only make them think” Socrates

Wishing everyone a Happy New Year and one that helps you to explore all of your creative passions, dreams and pursuits – whatever they may be. I’m looking forward to this year....so many plans and dreams still to pursue – writing, music and lots more.

I’m mindful that I have been advocating on the issues and concerns of trauma, abuse and mental health since 1993, twenty years and counting. I know I will be involved in these

areas of concerns till my final years. And yet, I will take the time needed to do things for my self to help keep the creative juices flowing and keep my spirit recharged and alive.

[Read the entire article](#)

28] [Music & Healing](#) – *Experience Strength Hope* radio show with host Elaine Crocker Bey - 30 minutes long - Michael Skinner advocate and musician was our guest on 1/5/15

“Half an hour’s meditation is essential except when you are very busy. Then a full hour is needed.” Francis de Sales

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

PS. Please share this with your friends & if you have received this in error, please let me know – mikeskinner@comcast.net

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](#)

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