



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 March 2014

Greetings folks,

Thank you for receiving this newsletter...it is truly appreciated. We at the *Surviving Spirit* are grateful for the opportunity we have each month to share with you some helpful and hopeful resources. Our respective healing journeys are different and unique. No one size fits all. The emphasis has always been on trying to be diverse in what is offered in the newsletter. And the creative arts in all of their forms are a vital key for our endeavors.

If you have resources or information to share that can help others impacted by trauma, abuse and mental health challenges, *please let us know*. And if you have and it was not shared, don't be afraid to send an e-mail to *gently remind* me of what was missed.

Sincerely, Michael Skinner

"The weeds of our past cultivate the blossoms of our future." Karen Boliver

The Surviving Spirit has established [*The Freedom To Soar Award*](#), a prestigious certificate of achievement, that recognizes individuals for their "*outstanding achievement of maintaining dignity, self-respect, poise and growth in the aftermath of what... has been endured.*" Award Certificate size - 8 1/2" x 11"

Our logo, a colorful bird soaring in-flight, represents the heart of *The Surviving Spirit* whose mission is to promote *Hope, Healing and Help* for those impacted by trauma, abuse or mental health concerns. This coveted award has been designed using the colors and symbolism of *Surviving Spirit's* soaring bird logo. Hanging on your wall, this certificate will serve as a constant reminder of how far you have come and how high you can soar.

Give ***The Freedom To Soar Award*** to someone who deserves to be acknowledged, encouraged and supported as a soaring free spirit... including yourself!

During checkout, check off ground shipping at \$2.99. As a courtesy to you, we will send out your Award using Priority Mail.

Quantity discounts may be available, please inquire

Please note that the *Surviving Spirit* is a nonprofit and we rely upon donations, gifts and sales from our web store – this award also helps us in our Mission to share Hope, Healing & Help for those impacted by trauma, abuse & mental, health challenges. *Thank you!*

“Music is a moral law. It gives a soul to the universe, wings to the mind, flight to the imagination, a charm to sadness, and life to everything. It is the essence of order, and leads to all that is good, just and beautiful, of which it is the invisible, but nevertheless dazzling, passionate, and eternal form.” Plato

1] [The Awakenings Project](#) has just released a [CD of Music and Poetry](#) by Awakenings artists. If you would like to order a copy, please let us know via our Contact Us page. They are \$10 each, plus \$5 Shipping & Handling. We accept checks via snail-mail or online payments via PayPal. Thanks! And special thanks to Mandy Rakow for all her hard work in turning this dream into a reality!

The Awakenings Project is a grass-roots initiative whose mission is to assist artists with psychiatric illnesses in developing their craft and finding an outlet for their creative abilities through art in all forms. *The Awakenings Project* also works to raise public awareness and acceptance of the creative talents of people living with psychiatric disorders who work in the fields of fine art, music, literature, and drama.

We are 501(c)3, not for profit organization, and we survive mainly on the kindness of others, and the occasional sale of our journals, artwork, and our newest venture, our CD.

Irene Lamb O'Neill, President, Board of Directors

Mailing Address: The Awakenings Project P.O. Box 177 Wheaton, IL 60187

Open Studio Gallery - 164 Division Street, #415 Elgin, IL 60120

“I don't let my mouth say nothin' my head can' stand.” Louis Armstrong

2] [Schema Therapy for personality disorders proven more effective than other major treatments](#) - Medical News Today

A large scale randomized control trial, just released in the *American Journal of Psychiatry* (the official journal of the American Psychiatric Association) shows Schema Therapy to be significantly more effective than two major alternative approaches to the treatment of a broad range of personality disorders (avoidant, obsessive compulsive, dependent, paranoid, histrionic, and narcissistic). Schema Therapy resulted in a higher rate of recovery, greater declines in depression, greater increases in general and social functioning and had a lower drop out rate.

While rapidly gaining popularity in Europe, Schema Therapy is virtually unknown in the

United States.

What sets Schema Therapy apart from all the other major treatments for personality disorders, including treatments like Dialectical Behavioral Therapy, is its use of limited reparenting. This involves the therapist doing more to directly meet the early core emotional needs of the patient. Limited reparenting is organized around modes, or parts of the self. The therapist works to get past modes like the Detached Protector and Punitive Parent Mode to reach the Vulnerable Child Mode. Read the entire article

“As long as space endures, As long as sentient beings remain, Until then, may I too remain, And dispel the miseries of the world.” Shantideva

3] [Schema Therapy](#) - Schema therapy is an innovative psychotherapy developed by Dr. Jeffrey Young for personality disorders, chronic depression, and other difficult individual and couples problems.

Schema therapy integrates elements of cognitive therapy, behavior therapy, object relations, and gestalt therapy into one unified, systematic approach to treatment.

Schema therapy has recently been blended with mindfulness meditation for clients who want to add a spiritual dimension to their lives. [Learn more](#)

“My religion is kindness.” Dalai Lama

4] [Child Services books](#) by Julie Federico

Julie Federico, M.A. is a former a middle school counselor. Violence in schools is a topic Ms. Federico understands. She was employed with Jefferson County Public School District during the 1999 Columbine High School shootings and was a first responder.

Julie has dedicated her latest books to the Sandy Hook community in Newton, CT. Ms. Federico, an expert in school violence has spent over a decade confronting this epidemic problem in our society. Parents and educators will appreciate the simple, non-threatening language Federico uses to create a school safety message that every child must hear.

Ms. Federico awarding winning children’s author of [Some Parts are NOT for Sharing](#) and [Anger is OKAY Violence is NOT](#) are children’ first books on personal safety and anger control. Julie is not afraid to tackle difficult social problems, she has written about domestic violence prevention, child abuse prevention, and now school violence prevention.

Julie holds a bachelor’s degree in social work and a master’s degree in counseling from Indiana University.

“There are so many ways in which I can improve the quality of my life. Instead of fretting about what I can’t have or can’t do, I’ll take action to create something positive in my life today.” *Courage to Change* Al-anon

5] [Hunger Through My Lens](#) - Hunger Free Colorado

A traveling exhibit displays the photographs and stories at locations around Denver. Policy makers and stakeholders - including you - are encouraged to view the photographs, meet with participants and engage in critical dialogue. Find out [where you can experience](#) Hunger Through My Lens. The project will release a how-to toolkit in March and expand statewide this year.

For more information on Hunger Through My Lens, contact [Lauren Engle](#), project lead, at (303) 228-7973.

6] [PBS News Hour: Picturing hunger in America](#) – Art Beat

What does hunger really look like in America? Fifteen Colorado women - real-life experts - document how hunger impacts their lives and communities for Hunger Through My Lens to create positive change. Watch the PBS News Hour report about the advocacy project and participants who are taking aim at hunger with cameras to put real faces and stories to the overwhelming statistics, and the join the conversation with us on social media.

“To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.” *Samuel Johnson*

7] [PhotoVoice](#) – Participatory Photography for Social Change

[Vision and Mission](#) - PhotoVoice’s vision is for a world in which no one is denied the opportunity to speak out and be heard.

PhotoVoice’s mission is to build skills within disadvantaged and marginalized communities using innovative participatory photography and digital storytelling methods so that they have the opportunity to represent themselves and create tools for advocacy and communications to achieve positive social change.

[PhotoVoice Galleries](#) - PhotoVoice works in the UK and around the world in partnership, and on a consultancy basis, with non-profit organizations, NGOs, community-based organizations and UN bodies around the world. Whilst we are happy to work with any marginalized or excluded group, we recognize four key client groups based on our history of having worked with these groups in the past:

- Young people aged 15 - 24
- People affected by migration, including refugees and asylum seekers

- People with disabilities and/or health issues
- Groups suffering from extreme marginalization and stigmatization

If you are an NGO or other organization who would like to work with us on a consultancy basis, please contact our Projects Manager [Matt Daw](#) Please note that we do not currently have capacity to respond to individuals wishing to develop projects with us.

“Just one person. It really honestly just takes one positive person. One positive person can help you. And that can go a long, long way.” Alexis – To the Survivors

8] [To the Survivors: One Man's Journey as a Rape Crisis Counselor with True Stories of Sexual Violence](#) by Robert Uttaro @ Amazon.com

"To the Survivors weaves together many candid accounts to form a brave and alarming exposé of assault. It is a worthwhile, eye-opening project" (Foreword Clarion Reviews). "An engaging examination of a painful subject, with a focus on healing and forgiveness" (Kirkus Reviews). *To the Survivors* is a deeply-moving, empowering, and brutally honest book about one man's journey as a rape crisis counselor combined with true stories of sexual violence shared by real survivors in their own words. Gently and beautifully constructed, *To the Survivors* is moving, tender, sharp, and piercingly true all at once. The reader will encounter uncensored written stories, poems, and interviews shared by women, men, and one trans-gendered person who have been raped and sexually assaulted. The impact of this work is far reaching – it is multi-cultural, multi-generational, and fully expansive in its ability to reach people's hearts and minds around this critical human issue. Robert Uttaro believes anyone can benefit from the words in these pages; rape survivor or not.

[To the Survivors - Robert Uttaro -You Tube](#) - 6:11 minutes

[To the Survivors Facebook page](#)

[Goodreads quotes by Robert Uttaro](#)

“But no matter how much evil I see, I think it's important for everyone to understand that there is much more light than darkness.” Robert Uttaro

9] A petition by Samuel P. Holloway III [@ Change.org to take the "Statute Of Limitations" away for people who were molested, abused, and or raped.](#)

The purpose of this petition is to call you to action. Please sign this petition in hopes that we can make a change. No one should have a limitation to press charges against someone who has violated their body.

Samuel P. Holloway III author of [Eyes Without a Face](#) - *My only goal is to provide understanding and healing to all who have been abused. Enough is Enough!*

“Good thoughts bear good fruit, bad thoughts bear bad fruit – and man is his own gardener.” John Leonard

10] Some recent blog postings of mine – short reads –

[Thoughts to share - “You don’t look mentally ill”](#) – Michael Skinner

Some thoughts and reflections on this comment that was said to me one too many times.

[Letting go – of how you thought your life should be](#) – Michael Skinner

Letting go, two simple words and yet they say so much....there is power in the simplicity of the statement itself.

“One does not discover new lands without consenting to lose sight of the shore for a very long time.” André Gide

11] [Feeling powerless 'makes tasks more physically challenging'](#) – Medical News Today

Do you ever have days when the simplest task can feel physically challenging? It could be down to your social and personal sense of power. New research suggests that people who feel personally and socially powerless see the world in a different light and perceive tasks to be more physically demanding, compared with individuals who have a strong sense of power.

This is according to a study published in the *Journal of Experimental Psychology*.

[Read the entire article](#)

12] [INVISIBLE CHILDREN Book Accepted Into Public Library Today](#) - Mike Tikkanen

I was pleased and surprised to be notified that *INVISIBLE CHILDREN* will now be on the shelves of the public library. It has been some years in coming, and I like to think this is a sign that the conversation around abused and neglected children is finally getting the attention it deserves. Forward this to people that might want to know and consider posting it to Facebook and your other social media (more attention = more involvement = better outcomes).

13] [Invisible Children - Kids At Risk Action](#) – YouTube 3:57 minutes

“Not everyone will understand your journey. That’s fine. It’s not their journey to make sense of. It’s yours...” [Sobriety Girl](#)

14] [Friends 4 Recovery Whole Health Center](#) – Promoting Recovery One Person at a Time

Hello everyone. I'm Larry Almarode, Executive Director of Friends 4 Recovery Whole Health Center and a Peer Recovery Support Specialist. Recently our Center was featured on our local PBS station here in Richmond, Virginia on a show called "Virginia

Currents". We think they did a great job of capturing what Peer support is and it really sends home the message of Recovery and Hope. I'd like to share the video with you. The link takes us to our Homepage where we have a link to the video. If you need a physical copy, we can arrange that. Thanks!

"Shame, blame, disrespect, betrayal, and the withholding of affection damage the roots from which love grows. Love can only survive these injuries if they are acknowledged, healed and rare." Brené Brown

15] [Male Survivor Book Project 2014](#) - This Tangled Web – Kate Swift

CALLING ALL MALE SURVIVORS... OUR BOOK NEEDS YOUR VOICE...

Book Plan: To give a platform and a voice to male survivors of C.S.A ...a space for men to share stories, poetry, art work, blog extracts, etc, to express whatever aspects of the trauma and the healing journey they want to... and to list as many 'tried and tested' resources for male survivors such as websites, possibly other books.

Why do I want to make this book happen? Because I know how empowering it is being given a platform and a voice in which to speak and to be heard firstly, secondly I don't think there are many books like this one which will be an anthology of male survivors speaking out. I am inspired to do this book by all the male survivors in [r.s.o.s.a](#) [Reaching survivors of sexual abuse] and others I have met along the way. Male survivors are speaking out and at 'This Tangled Web' we believe that male and female survivors should have equal help and support.

"Worry never robs tomorrow of its sorrow; it only saps today of its strength." A.J Cronin

16] Barbara Taylor: ['Waking up in a mental hospital isn't something you plan for'](#) - The Observer

Barbara Taylor is an academic known for her brilliant books on history and feminism. She is also a former psychiatric patient. In this extract from her powerful memoir, she describes daily life inside one of Britain's last mental asylums.

Waking up in a mental hospital isn't something you plan for. My first morning in Friern, I surfaced on a tide of queasy amazement. There had been moments in recent months when I had hardly recognized the desolate woman inhabiting my body and brain, but sooner or later the familiar self would always reappear, sporting her labels – historian, feminist, writer. Now I was in a place that redefined me. Now I was a loony, a nutter, one of those forlorn beings who lurk in the dark recesses of our society. My me had drained out of me; I was on the far side of the moon. [Read the entire article.](#)

“I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all to matter, to count, to stand for something, to have made some difference that you lived at all.” Leo C. Rosten

17] [Merseyside Model Campaign](#) - Ruth Jacobs – Writer, Broadcaster & Campaigner

Policing Prostitution – The Merseyside Hate Crime Model That Prioritizes Protection of Sex Workers - The Huffington Post

Bonnie Barratt was only 24 years old when she was murdered in 2007 in East London. The serial killer who took her life might have been stopped and Bonnie might still be alive today if her friends had been able to turn to the police. The murderer had been a regular client to the women who were in prostitution and he’d started to get rough with some of them.

But women in the sex trade don’t have the protection of the police. Often when reporting crimes against them they fear being charged with something related to prostitution, not being believed, being blamed, losing their standing in the community, losing custody of their children. There are so many barriers to reporting crimes committed against them, most do not and that is what makes them ‘easy targets’ for criminals. Women in prostitution are at the highest risk of rape and other violence and in London, their mortality rate is 12 times the national average. [Read the entire article.](#)

[Jackie Summerford talking with Ruth Jacobs for the Merseyside hate crime model campaign](#) – YouTube 3:44 minutes

Jackie Summerford is the mother of Bonnie Barratt who was murdered at 24 years old in the sex trade. If the Merseyside hate crime model was in operation in London, Bonnie’s killer might have been reported to the police before and she would be alive today.

“The ability to simplify means to eliminate the unnecessary so that the necessary may speak.” Hans Hoffman

18] [Cognitive therapy better than drugs for schizophrenia](#) - by Sara Bazzano

It seems that cognitive therapy is more effective than drugs in reducing psychiatric symptoms. Schizophrenic patients often refuse antipsychotic drugs, so the aim of this study, published in The Lancet, is to understand if cognitive therapy can help them in lack of drugs. Participants were aged between 16 and 65 years and were randomly divided. Some of them received cognitive therapy plus treatment, the other ones just treatment. Researchers recorded eight serious adverse events: just two in patients in the cognitive therapy group and six in those in the treatment group. Moreover, measuring result on PANSS, the medical scale used to measure symptom severity of patients with schizophrenia, experts found that patients in the intervention group had lower scores. Then, they concluded that cognitive therapy significantly reduced psychiatric symptoms and also it seems to be a safe alternative for schizophrenic people who have chosen not to take antipsychotic drugs.

[Download The lancet - Cognitive therapy for people with schizophrenia spectrum disorders not taking antipsychotic drugs. A single-blind randomised controlled trial, 2014 \(PDF\)](#) 

[The Lancet](#) is the world's leading general medical journal and specialty journals in Oncology, Neurology and Infectious Diseases

“Your imagination should be used not to escape reality but to create it.” Colin Wilson

19] [Better Choices, Better Health®](#) or Healthier Living With Ongoing Health Problems

Internet Chronic Disease Self-Management Program

Better Choices, Better Health™, previously named Self-Management @ Stanford Healthier Living with Ongoing Health Problems, is an online workshop given on the Internet. Groups of about 25 people with a variety of ongoing health conditions participate together. Workshops are facilitated by two trained facilitators, one or both of whom are peers with a chronic health condition themselves. Topics covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) healthy eating, and, 6) making informed treatment decisions, 7) disease related problem solving, 8) advanced directives. [Read the entire article](#)

Is the program being offered?

The National Council on Aging (NCOA) has licensed the Better Choices, Better Health® program. See [the NCOA website](#) for more information. If you are a participant and would like to take part in a workshop, please email betterchoices@selfmanage.org.

“Love is not something we give or get it is something that we nurture and grow, a connection that can only be cultivated between two people when it exists within each one of them – we can only love others as much as we love ourselves.” Brené Brown

20] [Conscious Parenting](#): Shefali Tsabary at TEDxSF (7 Billion Well) – YouTube 11:34 minutes

Shefali Tsabary, Ph.D., is a clinical psychologist with a private practice in New York. She received her doctorate in Clinical Psychology from Columbia University, New York. She is the author of the multi-award-winning, *The Conscious Parent*. Heralded as a game-changer in the parenting genre, this book turns the traditional parenting paradigms on its head and revolutionizes how we raise our families. She has been exposed to Eastern mindfulness at an early age and integrates its teachings with Western psychology. This blend of East and West allows her to reach a global audience. Her ability to appeal to both a psychologically astute and consciousness-driven audience establishes her as one of

a kind in the parenting field. She lectures extensively on mindful living and conscious parenting around the world and is in private practice. She resides with her husband and daughter in New York.

21] [Do You Know What I Know? Examining the Therapist's Internal Experience when a Patient Dissociates in Session](#) - Jacqueline Russo Strait, MSW, LCSW –

A DISSERTATION in Social Work Presented to the Faculties of the University of Pennsylvania

"Our world is like a boomerang; If we throw anger, anger comes back; if we throw love, love comes back. If we throw negativity, negativity comes back; if we throw positivity, positivity comes back." Unknown

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