



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 February 2015

“If we hope to create a non-violent world where respect and kindness replace fear and hatred, we must begin with how we treat each other at the beginning of life. For that is where our deepest patterns are set. From these roots grow fear and alienation - or love and trust.” Suzanne Arms

Hi Folks,

Welcome to the February edition of the Surviving Spirit Newsletter. Once again, I hope you find the information and resources that are shared to be helpful, challenging and insightful. As the saying goes, *“Take what you like and leave the rest.”*

For some additional thoughts and concerns that relate to some of the themes in the newsletter, please take a few minutes to read my latest post -

[Human connection and lack there-of – The Importance of Trauma Awareness](#)

“All human failures are the result of a lack of love.” Alfred Adler

All the best & thank you, Michael Skinner

“If we could somehow end child abuse and neglect, the eight hundred pages of DSM [and the need for the easier explanations such as DSM-IV Made Easy: The Clinician's Guide to Diagnosis] would be shrunk to a pamphlet in two generations.” John Briere

1] [John Briere](#) - Ph.D. is Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, Director of the Psychological Trauma Program at LAC-USC Medical Center, and Co-Director of the MCAVIC-USC Child and Adolescent Trauma Program, National Child Traumatic Stress Network.

He is a past president of the International Society for Traumatic Stress Studies [ISTSS], and recipient of the Robert S. Laufer Memorial Award for Scientific Achievement from ISTSS and the Outstanding Professional Award from the American Professional Society on the Abuse of Children [APSAC].

2] [Psychiatry Must Stop Ignoring Trauma](#) with Dr. Bessel van der Kolk – YouTube 4:03 minutes

Acclaimed psychiatrist Bessel van der Kolk **explores his field's long, complex, and stubborn history**

with trauma. Dr. van der Kolk explains how psychiatry as a whole avoided progress, often misdiagnosing trauma as hysteria or, in the case of shell-shocked soldiers, malingering. The experiences of abused women and children were more or less ignored for a century. They're still being ignored in ways, he says. ***Psychiatry is still too focused on abstract diagnoses and not cognizant enough of the traumatic experiences that lead to them.*** His latest book "The Body Keeps the Score" was written to draw attention to how traumatic disorders can be avoided.

"You are not here merely to make a living. You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement. You are here to enrich the world. You impoverish yourself if you forget this errand." Woodrow Wilson

3] ***"Think of a world without war, a world of social justice, a world of ecological sustainability."***

[Peace code in the human brain](#) - Robin Grille - TEDxPittwater – YouTube 18:53 minutes [*VIP for taking the time to watch. MS*]

Robin Grille is a psychologist, author, educator and advocate for children who is not alone in his dream for a better world. For those interested, you will find that what he has to share is one of the most crucial keys to creating the future we aspire towards.

Ground-breaking discoveries about early childhood and the human brain have offered vital clues about the roots of human violence and social disharmony. Our brains' empathy centers grow - or fail to grow - according to how we are nurtured. Avalon's Robin Grille will cite several examples of startling advances in democracy, peace and social harmony that have resulted from child-rearing reforms around the world. What are the specific implications for parents, teachers and social policy makers? Discover your personal role in this unfolding global movement!

[Parenting For A Peaceful World](#) – Robin Grille

"Robin Grille's book is filled with gems for anyone passionate about our future. This book should be required reading for all parents, politicians, social change activists, teachers, leaders and visionaries."
Kali Wendorf, editor, Byronchild magazine, Australia

[Violence is a Preventable Brain Disorder](#) – Uplift – We Are One

I had the pleasure of collaborating with Robin Grille many years ago in promoting [The Children's Well-Being Manifesto](#), and his work continues to inspire great hope.

We literally have the ability to change the world we live in by addressing our core belief systems. This logic can be applied to our deeply held beliefs that human-beings are wired for violence, which the science of epigenetics refutes completely. Human behavior is much more a product of our environment and conditioning than it is dictated by genes. This points directly to child-rearing practices, and the ways that it affects the developing brain.

Harsh, punitive, and cold environments along with chronic stress cause the brain to release a neurotoxin known as cortisol. Cortisol literally destroys brain cells in the area of the brain connected to emotional regulation and impulse control causing the prefrontal lobes to atrophy. Whereas, loving

supportive connection in a safe environment causes the brain to secrete oxytocin which developed these centers and cultivates the capacity for empathy, which is the neurological foundation for peace. The conclusion is that Violence is a Preventable Brain Disorder.

In his talk Robin Grille also explores the fascinating historical and cultural roots of our story of violence along with a 7- step plan to re-write the code and create a peaceful planet where we are less violent to each other and towards our environment. [Learn more](#).

“Recovery is more than a lack of symptoms. It's the return of meaning, sense of self, and quality of life.” Victoria Maxwell - Bi-Polar Princess

4] [Crazy for Life Co - Victoria Maxwell](#) – Bi-Polar Princess

Victoria Maxwell [Crazy for Life Co.] is one of North America's most sought-after educators and speakers on the 'lived' experience of mental illness and recovery, reducing stigma, improving therapeutic alliance and adherence and addressing workplace mental illness.

Creative Director of Crazy for Life Co. and an award-winning actress and playwright with over 20 years experience, Victoria has worked alongside David Duchovny, John Travolta and Johnny Depp, among others.

After her diagnosis of bipolar disorder, anxiety & psychosis, she became extremely proactive in her recovery. She combines her theater background, personal experience of psychiatric illness & professional knowledge as a group facilitator & mental health worker, to give a unique & powerful ‘insider’s’ perspective on dealing with depression & other mental illnesses.

Her critically acclaimed one-woman show Crazy for Life, her true-life story about accepting and living with a psychiatric disorder, tours internationally to sold-out audiences and rave reviews. Recent runs include Toronto, England, and New Zealand. Crazy for Life recently captured the Moondance International Film Festival award for best stage play in Colorado and the Gordon Armstrong Theater Award. As well her efforts have won honours as a finalist at the Canadian National Playwriting Competition and the Courage to Comeback Award. She is also featured in the Knowledge Network documentary ‘Living with Depression’ and numerous national magazines.

“Victoria is a charismatic keynoter and performer whose honest, often hilariously irreverent approach to her own experiences disarms the prejudices often associated with mental illness, even as she provides crucial information on how to deal with it openly and effectively – in the workplace and elsewhere. A frequent guest on radio [CBC, CKNW; 600AM] and television, she also writes columns for various health magazines, and websites [Visions Magazine, the Mood Disorders Association Journal, the Organization for Bipolar Affective Disorders website].” Dr. Harry Karlinsky, MD, FRCPC Director, Department of Psychiatry University of British Columbia, Vancouver

“Victoria is magic - the response was unprecedented. All sold-out shows. We are still receiving calls about the power of those performances, a leader in mental health education.” - Katie Hughes, Executive Director, Canadian Mental Health Association, Vancouver [Learn more](#)

“Knowledge is learning something everyday. Wisdom is letting go of something everyday.” Zen

Proverb

5] [SurvivorJim](#) - **Welcome!** This is my new page about being a Male Survivor of Sexual Abuse & Assault. **Thanks for visiting!** Jim

First, I have to say that none of this would be possible without the love, and support of my wife from whom I kept my secret for 27 years. She, and my kids, are my rock. Without them behind me, in front of me, and beside me on this journey, I can only imagine what might have been. I owe them my life, and my ability to face head on what was done to me. Thank you! I love you!

Second. I would like to thank all the men, other male survivors I have met, since I started this journey called recovery back in 2008. You know who you are. You showed me that recovery is possible, and that, indeed, having a happy life was possible. You led by example. And therefore, if this page leads just another man to believe that he is worth more than the guilt, and shame he has carried, this will have been a good idea.

As mid-life crises go, coming to the realization that I was a Survivor of Sexual Abuse and Assault was life changing. I'd rather have been like every other middle aged man and got a convertible, like a MG, or maybe even a Miata. But, as we don't get to choose the cards we are dealt, so be it.

I decided to get a web domain, and create this page to show others that it is possible to live a happy life, while at the same time climb mountains of guilt, shame, denial that it was ever your fault. It was never your fault. But as men, we have a hard time believing that. Believe me. It was never our fault. **Never!**

[My Name Is Jim](#) on Vimeo 6:41 minutes - My contribution to the The My Name Is Project. Putting up real people's stories about healing from Child Sexual Abuse. For more info about this exciting project, please visit www.mynameisproject.com

“There is no greater agony than bearing an untold story inside you.” Maya Angelou

So please, tell your story....whenever & wherever you feel safe to do so. MS

6] [Share Your Story](#) – Good Therapy - Helping People Find Therapists & Advocating for Ethical Therapy

Do you have a mental health story or experience that you wish to share? Writing and sharing a personal story can be a profound experience for the storyteller as well as for those reading. Stories about our personal experiences can awaken our awareness, stretch our hearts, and help us to heal. "Share Your Story" aims to do all of these things and to connect with your emotions and the common threads and journeys of the human experience. Indeed, by summoning the strength to reveal ourselves and our struggles, we provide comfort to others facing similar challenges while simultaneously reducing our own sense of isolation.

Be it trying or triumphant, insightful or inspiring, we would love to read your nonfictional story and consider it for publication. Sharing your story is as simple as filling out the information fields at the [bottom of this page](#). ***Thank you for sharing! It Changes Lives***

“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.” Plato

7] [Website Builder](#) - Create Your Own Website in Minutes – GoDaddy

Easily create your own professional website - As low as \$1.00/mo

- EASY to use - no technical skills required
- HUNDREDS of customizable designs
- FREE DOMAIN and FREE HOSTING

Create a site you can be proud of - We understand that you don't always have time to work on your website during “business hours.” That's why our award-winning support staff is here 24/7/365. If inspiration strikes at 2am on a Tuesday, one of our friendly, knowledgeable web pros will be here to help you make the most of it.

“Be kinder than necessary; For everyone you meet is Fighting some kind of battle.” Author Unknown

8] [WordPress](#) - Create a website on WordPress.com today

The easiest way to create your website or blog. Custom domain, custom design, dozens of videos, more space - and no ads.

Give your readers something short and easy to remember with a .com, .net, .org, .me, or .co domain name.

“When you love someone, you love the person as they are, and not as you'd like them to be.” Leo Tolstoy

9] [Company Creates Drums For Those With Sensory Issues](#) - Disability Scoop

At the 2015 National Association of Music Merchants show in Anaheim, Calif. it sounded like heresy to hear a marketing honcho for one of the world's leading drum manufacturers say, “We're not trying to turn everyone into a professional drummer.”

After all NAMM is where more than 5,000 brands of all kinds of instruments, equipment or music accessories are on display, and reps for all the companies that make them are pounding out the deals for selling them in the year ahead.

But the thrust of Alyssa Janny's comment at the Remo drum booth on Thursday, opening day of the four-day convention, referred to a new line of drums designed to be more user-friendly — and potentially healing — for people with autism, Alzheimer's and other disabilities.

Remo hosted a demonstration of its new Comfort Sound Technology percussion instruments as played by three members of the house band at Teri Campus of Life, which serves about 600 people of various disabilities from 6 to 75 years old in Oceanside, Calif.

“A lot of people in this community are very sensitive to sound,” said George Thompson, Teri’s performing arts director. “These drums are much more accessible to a lot of them.”

Remo developed a drum head and frame for various size drums that eliminate overtones common to conventional drums — sounds that can severely affect those susceptible to sensory overload. Teri has been part of a pilot program incorporating the drums in music therapy sessions that bolster communication and social interaction, and can also help with speech disabilities and other issues through rhythm training.

Thompson said the new drums are usable by nearly all of Teri’s clients, whereas conventional drums “were good for only a small percentage of them.”

As two of Teri’s students — one with Down syndrome, the other with unspecified developmental disabilities — pounded happily on a 40-inch table drum, a third student sat beneath the drum head joyously soaking up its extreme low vibrations — down to 31 cycles per second.

Which leads back to Janny’s point. The goal isn’t finding the next Chad Smith or Buddy Rich. “*We just want to help people to use rhythm to make their lives better*,” she said. [Learn more](#)

“Forget past mistakes. Forget failures. Forget everything except what you are going to do now and do it.” William Durant

10] Join the Dialogues of Discovery- a process of connecting and sharing our collective wisdom with [Lauren Spiro](#), Organizer and Dialogue Moderator - visionary thinker, schizophrenia survivor, educator, artist, co-founder of Emotional CPR, former director of National Coalition for Mental Health Recovery and author of *Living for Two: A Daughter’s Journey From Grief and Madness to Forgiveness and Peace*. [Book trailer You Tube](#) 3:22 minutes -

Recovery and liberation are processes of deep transformation that are possible for everyone.

My recovery journey has been one of discovering and more deeply embodying inner peace and finding that I am drawn to create peace in relationships and in community and in turn to create global peace.

My intention is to support others on their journey so they may more deeply experience inner peace, harmony, joy and be a creative steward of humanity.

Free* Dialogues of Discovery [register to reserve your place]:

[REGISTER FOR DIALOGUE #1](#) Discover Who You Were Born to Be
Tuesday, January 27, 2015 from 3:00 PM to 4:30 PM [EST]

[REGISTER FOR DIALOGUE #2](#)
What is the Relationship Between Our Emotions and Our Soul?
Tuesday, February 24, 2015 from 3:00 PM to 4:30 PM [EST]

[REGISTER FOR DIALOGUE #3](#)
Envisioning and Creating the World You Want

Tuesday, March 24, 2015 from 3:00 PM to 4:30 PM [EDT]

* To join the Dialogues, click the links above, which will register you for the session and provide a conference number and access code in the confirmation email. This is not a toll-free number. If you do not have free long-distance service, a nominal charge may apply. Check with your phone service provider for applicable rates to the 605 area code.

“Those of us with psychiatric disabilities are not the problem, we are part of the solution.” Pat Deegan

11] [He wrote it down.](#) -In Others' Words *“Our intention was to dance on his grave.”* Laura Parrott-Perry

My beautiful cousin, who I'd not seen in 35 years, and I set out to dance on our grandfather's grave. Our first dilemma was, of course, song choice. You have to have the right song. We bandied a few song titles about, Alanis Morissette was a front runner. Obviously.

We drove to the town where he lived, and where he is buried. We drove to the town where we were abused. Driving down the picturesque New England roads, I felt a little faint. Mary felt a little barfy. We pulled into a store parking lot, and Mary spent some quality time behind a dumpster, hurling. It happens.

We weren't entirely sure where the cemetery was, so we pulled into a police station to ask for directions. I said, jokingly, We should go in and file a police report. Mary said, What would happen if we went inside and filed a police report? I said, Let's do it.

We walked in, after Mary barfed again, and there was a darling older police officer behind the glass window. Mary told him we were looking for the cemetery- and I had a moment of, We're probably not REALLY going to do this. Then my beautiful cousin, who is the bravest person I know, said - And we would like to report a crime. That got his attention.

She said, Our grandfather sexually molested us 35 years ago, and we want to report him.

We were ushered into a conference room, where a young officer came in to talk to us. He handles all of their sexual assault and rape cases. He introduced himself, sat down and proceeded to ask us questions about what happened. Names, addresses, dates. I called my sister, Aimee, and put her on speakerphone. We were all crying. Aimee, I said, He's writing it down. He wrote it down.

We said, This happened to us, and he listened. He WROTE IT DOWN. I cannot begin to tell you how powerful that was.

He said several times, I don't want to open any wounds, so if you don't want to answer this, that's okay. Finally I said, The wounds are all still open. Obviously. What do you want to know? I found myself saying, to a police officer, I was raped. I never thought that would happen.

Then Mary asked a question I would not have thought to ask, but the answer to which I really needed. She said, What would have happened to him, if someone had reported it? The officer told us the procedural things, he said he would have interviewed us, he would have interviewed our grandfather,

he would have corroborated what he could. And then, he said- I would have driven down the street and arrested him.

That is what should have happened.

We know there is nothing to be done. We know there will be no consequences, and no justice. Life is staggeringly unfair, sometimes.

But there is a record. We walked into that police station holding the jagged shards of our story, of our childhood, and said, LOOK. THIS HAPPENED. And Officer Paul Smith bore witness. ***He wrote it down.*** [Learn more](#)

“Life’s most persistent and urgent question is, ‘What are you doing for others?’” Martin Luther King, Jr.

12] [How understanding the neurobiology of trauma helps Portland police work with domestic violence survivors](#) - Street Roots

“Becky” was in a state of disbelief. One week ago she told her boyfriend she was pregnant. Now he was handing her a hat, insisting, Becky says, that she cover up the bleeding wound he had allegedly inflicted to the back of her head only moments earlier. She needed to get herself together. A neighbor had called 9-1-1 during the commotion, and now two Portland police officers were waiting for someone to answer the couple’s front door.

“It happened so fast. I was in complete shock,” says Becky, who asked that we not use her real name. “I just did what he said. I didn’t realize how bad it was,” she says. In that state of shock she told the officers at the door that nothing had happened and that she was OK.

“They left without even taking my name,” she says. “I thought for sure he was going to get arrested, but he didn’t.”

Domestic violence cases are often a challenge. From victims who don’t want to testify to a lack of witnesses and physical evidence, they are uniquely difficult to prosecute.

Behind the shock and confusion Becky was feeling, as she talked to officers at her front door, is the neurobiology of trauma. **In the event of a traumatic experience, chemicals released in the brain impair a victim’s cognitive functioning, making it difficult to think logically, says Dr. Christopher Wilson,** a psychologist who has trained law enforcement across the country how to interact with people who are experiencing this phenomenon. He says traditionally, most officers are trained in the Reid technique of interviewing - the systematic who, what, when, where and why line of questioning - which can be very effective when trying to extract information from a perpetrator. But when officers take a similar, controlled and direct approach to interviewing someone who has just experienced a violent attack, it can cause anxiety and fear, causing the survivor to shut down and feel unsafe answering questions truthfully.

The traditional practice of interviewing has been known to perpetuate self-blame in domestic violence survivors. [Why did you stay with him if you knew he was violent?] It can also result in police reports

containing insufficient and contradictory information. To the un-trauma-informed investigator, many behaviors exhibited by someone who's just experienced a traumatic event double as signs of lying. Behaviors such as an inability to remember the chronological order of events, nervousness, avoiding eye contact or of recalling sounds and smells with more ease than physical details about his or her attacker, are all the result of effects trauma has on the brain.

In the days that follow, the survivor can often remember details of the violent episode with more clarity. Discrepancies between the initial report taken at the scene of the crime and follow-up interviews can strengthen the abuser's defense and lead police, attorneys and, in high-profile cases, the public, to **blame the victim**.

Experts agree it would be ideal to wait a couple days before interviewing the victim at all because it's difficult for someone who has just experienced trauma to give a coherent account of events. The Portland Police Bureau is aware of this phenomenon, citing it as the reason for delaying interviews with its own officers for 48 hours after they've been involved in a shooting.

Mason says that while his officers already had a basic understanding of the dynamics of domestic violence, his squad got a better understanding of the physiology of trauma and has incorporated things they learned from attending this unique brand of training, created by Russell Strand, in August.

Strand is a former military police investigator and current chief of Behavioral Sciences Education and Training Division at the Military Police School at Fort Leonard Wood, Mo. He has turned an approach psychiatrists have been using since the dawn of modern psychology into a program that teaches criminal investigators how to interview trauma victims. It's called the Forensic Experiential Trauma Interview, or FETI. The technique can be broken down into three basic steps designed to enable the officer to collect as much forensic psycho-physiological evidence as possible.

The first step is genuine empathy, as Strand explains that victims should never be treated as witnesses to their own crime. The second step is this question: Help me understand what you are able to remember about your experience.

And finally, shut up and listen.

As Mason explains it, a trauma victim's memory is "like a jigsaw puzzle that's been thrown into the air. The puzzle pieces land all over the place." He says it's up to the detective to collect the pieces from the victim as they are disseminated, sorting out the important pieces that help reveal the story. "It's taking a disjointed story and translating it into a report that makes sense," he says.

Investigators in the U.S. Army have fully adopted the FETI approach, and it's quickly taking hold in other branches of the military as well. According to David Markel, one of the nation's foremost FETI experts, it's made a big difference in the military.

'Options' program a new approach to sexual assault

The police department in Ashland has implemented an innovative new approach to handling sexual assault cases. [The You Have Options](#) program puts decisions about how to move forward with an investigation into the hands of the victim. The program's creator, Detective Carrie Hull, says that since

its adoption in 2013, the number of sexual assaults reported each year has more than doubled. The department has also seen a drastic increase in positive interactions with law enforcement, Hull says.

“The techniques that we use are not complicated and they are not new to law enforcement. We just have formalized them so survivors understand that these actually are options at the police departments that offer them,” Hull says.

She says the real difference between this program’s approach and the traditional way of conducting an investigation is time. When a person’s home is burglarized, the residents may be traumatized, but they want the burglar caught and want police to move forward with an investigation right away, she says. They may feel bad about leaving their front door unlocked, but the police are not likely to chastise them for that mistake. But with a sexual assault case, says Hull, the victim is more likely to internalize mistakes he or she made, and is going to need a lot more time to process that decision. [Learn more](#)

“You must love in such a way that the person you love feels free.” Thích Nhất Hạnh

13] [The Anti-Depression Diet](#): If there really is a natural anti-depressant, why aren't doctors prescribing it before drugs?

Before I say anything I just want to say that anti-depressants DO WORK. Anyone who has never been on them cannot truly form an opinion. They don't make you ridiculously happy or block out sadness and emotion, they just enable you to cope with everyday life... as if you were never ill.

I know they work, as they helped me unbelievably when I finally succumbed to taking them [after way too long. I also decided I wanted to come off them early as felt I could cope on my own... and when all my old anxieties began to return and I struggled to even get out of bed again, I realized just how much they helped.

But, the whole point of this blog is to find natural ways to help with anxiety and depression, right?

Anti-depressants were the foundation. Diet and exercise followed, then my social life, sleep pattern, interest in work and passion for life returned.

Now that that's cleared up, I want to talk about a certain claim from the film 'Food Matters', which states that "*2 handfuls of cashew nuts can have the same physiological effect as a prescription dose of Prozac.*" [Prozac is the type of Anti-depressant I was prescribed, and the most common type].

There was a lot of uproar and controversy over this claim. Many people said "don't be so ridiculous". However, I know that they were merely referring to cashews as an example, and that if you included these types of food in your diet regularly, then yes, they could actually produce the same effects as an SSRI.

How?! [Well, this is the science behind it:](#)

[My Story](#)

The Anti-Depression Diet is the project of Louise Doe, who was diagnosed with depression after

fighting it back through adolescence, but now manages the illness to the point of feeling 'herself' again, through a combination of a healthy lifestyle and whole new perspective on life.

“I was exhausted, scared of everything and my life was ruled by fear and anxiety. My life became regular panic attacks before work, terrible binge-purge eating habits, no motivation to do anything, and even suicidal thoughts.”

“I still struggle at times, but I smile every day now, because I really appreciate how precious life is.”

“At the heart of liberty is the right to define one's own concept of existence, of meaning, of the universe, and of the mystery of human life. Beliefs about these matters could not define the attributes of person-hood were they formed under compulsion of the State.” Justice Anthony Kennedy

14] [Tzedek](#) [‘Justice’ in Hebrew] is an Australian-based support and advocacy group for Jewish victims/survivors of child sexual abuse-promoting their needs and interests and offering them and other relevant stakeholders a range of services.

The principal objective and activity of Tzedek is to promote the prevention or control of harmful or abusive behavior, specifically, the prevention of harm arising from the sexual abuse of children within the Jewish community.

Vision - A Jewish community free of child sexual abuse and the associated harmful behavior.

In July 2011, Tzedek Foudier and CEO Manny Waks went public with his [personal story of child sexual abuse](#). This led to dozens of other victims coming forward.

Due to rapid development within Australia [including the ongoing Royal Commission into Institutional Responses to Child Sexual Abuse], it was considered most appropriate to establish an independent organization to respond to this issue.

Mission

- To support and advocate for Jewish victims/ survivors of child sexual abuse and their families.
- To prevent child sexual abuse by:
 - raising awareness and creating a cultural change in relation to child sexual abuse;
 - educating the community including children, parents and organizations; and
 - empowering members of the Jewish community to be able to prevent, recognize and address child sexual abuse for themselves and others.
- To prevent and control the harm arising from the sexual abuse of children within the Jewish community by assisting and supporting the victims/survivors of child sexual abuse within the Jewish community and their families by:
 - providing resources and referrals to support services such as counseling and legal services; and
 - organizing meetings/conferences, support groups and other activities for victims/survivors of child sexual abuse and their families.

“We won't always know whose lives we touched and made better for our having cared, because actions

can sometimes have unforeseen ramifications. What's important is that you do care and you act.”
Charlotte Lunsford

15] [How to tell if the guy in the next cubicle is an everyday sadist](#) – Quartz

Savoring the suffering of others isn't merely the stuff of Fifty Shades of Grey or Hannibal Lecter. Recent psychology research reveals that most people are more likely to encounter sadism in their offices, at the hands of a colleague, than from someone with a flogger or a glass of chianti.

That boss who seems to love chewing out his underlings in front of the entire team? He could very well be an “everyday sadist,” the latest addition to what scientists call the “Dark Tetrad” - personalities that feature “socially offensive traits falling in the normal or ‘everyday’ range” of behavior, as Delroy Paulhus, a psychology professor at the University of British Columbia put it in a [recent paper](#).

Alongside everyday sadism, Dark Tetrad personalities include narcissism, Machiavellianism, and psychopathy. These individuals may be malevolent, but not so much that their day-to-day functioning is impeded or that they will land in prison or a psych ward.

Blessed with a surfeit of confidence and knack for lying, they dazzle in interviews, make great first impressions, and often shoot effortlessly up the org chart. Take, for instance, corporate psychopaths: Psychologists estimate a concentration of psychopathic people in corporate senior executive roles that's nearly four times the rate they exist overall.

“Many features of corporate psychopaths can be mistaken for leadership or positive traits,” explains Cynthia Mathieu, professor of organizational psychology at Universite du Quebec a Trois-Rivieres and an expert on white-collar psychopathy.

Narcissists too excel. Once at the top, narcissistic CEOs command higher salaries than nicer leaders. Among West Point cadets, the personality trait is the single biggest predictor of success.

But despite the confidence a narcissistic person can inspire, says Daniel Jones, professor of psychology at University of Texas-El Paso, there's usually “not much rubber meeting the road in terms of what they actually get done-they're exaggerating their skill set and their knowledge.” And thanks to a proclivity towards reckless decision-making and morally lax behavior, these people are “not good to have around other people's money,” he adds.

Like psychopaths and narcissists, people with Machiavellian and everyday sadistic personalities also have few qualms about lying and exploiting others to get ahead-which is a big reason why Dark Tetrad types also make life hell for their employees. The more psychologists learn about how these personality types thrive in the workplace, the more urgent they say it is to limit the Dark Tetrad's destructive potential-piquing tough ethical questions about how exactly to do that.

“We can do anything we want to do if we stick to it long enough.” Helen Keller

16] [Severe depression linked with inflammation in the brain](#) - Medical News Today

Clinical depression is associated with a 30% increase of inflammation in the brain, according to a new

study published in JAMA Psychiatry.

Inflammation is the immune system's natural response to infection or disease. The body often uses inflammation to protect itself, such as when an ankle is sprained and becomes inflamed, and the same principle also applies to the brain. However, too much inflammation is unhelpful and can be damaging.

Increasingly, evidence is suggesting that inflammation may drive some depressive symptoms, such as low mood, loss of appetite and reduced ability to sleep.

What the new study set out to investigate was whether inflammation is a driver of clinical depression independent of other physical illness.

Researchers from the Centre for Addiction and Mental Health's [CAMH] Campbell Family Mental Health Research Institute in Toronto, Canada, used positron emission tomography [PET] to scan the brains of 20 patients with depression and 20 healthy control participants.

The PET scans showed significant inflammation in the brains of the people with depression, and the inflammation was most severe among the participants with the most severe depression. The brains of people who were experiencing clinical depression exhibited an inflammatory increase of 30%.

Should future depression therapies target inflammation?

“This discovery has important implications for developing new treatments for a significant group of people who suffer from depression. It provides a potential new target to either reverse the brain inflammation or shift to a more positive repair role, with the idea that it would alleviate symptoms.”

Severe depression affects 4% of the general population. **However, more than half of people with major depression do not respond to antidepressants.** Dr. Meyer suggests that future studies should investigate the possible impact of anti-inflammatory drugs on depression symptoms. [Learn more](#)

“I have not the shadow of a doubt that any man or woman can achieve what I have, if he or she will make the same effort, and have the same hope and faith.” Mahatma Gandhi

17] [Ask, not why the addiction, but why the pain?](#) – Beyond Meds

I’ve not come across anyone else who more elegantly speaks to the pain and trauma of humanity than Gabor Maté. He clearly explains how that which gets labeled mental illness, addiction and most chronic physical illness is in large part the result of childhood loss and trauma.

I think Gabor Mate has one of the clearest and most important voices on addiction today. Another voice that touches on similar themes is Marion Woodman. She points out our addiction to stuff is killing us. We need to own our inner addicts. For me these two weave an important social commentary as well as raising awareness to a public health emergency that needs tending.

Here in this very brief video Gabor Mate again shines his light on humanity and what it means to be human in a way that is touching and accessible to almost everyone.

Gabor Maté telling us to ask “why the pain?” makes me think of Eleanor Longden who said the same about approaching those also traumatized souls who’ve been labeled with mental illness. She learned to listen to her voices and now asks anyone [who might end up in the mental health system] not “what is wrong with you” but WHAT HAPPENED TO YOU?

18] [What is Addiction? \[Gabor Maté, MD\]](#) – YouTube 3:24 minutes long

Dr. Gabor Maté talks about the root causes of addiction and how to deal with them. This is taken from the Q&A part of TJ Dawe's show - "Medicine".

“Experience is the child of thought, and thought is the child of action.” Benjamin Disraeli

19] [All About Narcolepsy - Understanding Narcolepsy Symptoms](#) - When Sleep is unHealthy

Narcolepsy is a rare lifelong neurological disorder, marked by chronic sleepiness, that affects men and women equally; about one in 2000 people overall. This condition of chronic sleepiness begins to develop during the teenage years between thirteen and twenty years of age. It can also develop in some people as old as forty to fifty years of age. The good news is that narcolepsy is a manageable condition which means that even if you are diagnosed with it, you can still go on to live a full and rewarding life.

*“Don't wait for extraordinary opportunities. Seize common occasions and make them great.”
Orison Swett Marden*

20] [Writing Your Way to Happiness](#) - Tara Parker-Pope NYTimes.com

The scientific research on the benefits of so-called expressive writing is surprisingly vast. Studies have shown that writing about oneself and personal experiences can improve mood disorders, help reduce symptoms among cancer patients, improve a person’s health after a heart attack, reduce doctor visits and even boost memory.

Now researchers are studying whether the power of writing - and then rewriting - your personal story can lead to behavioral changes and improve happiness.

The concept is based on the idea that we all have a personal narrative that shapes our view of the world and ourselves. But sometimes our inner voice doesn’t get it completely right. Some researchers believe that by writing and then editing our own stories, we can change our perceptions of ourselves and identify obstacles that stand in the way of better health.

It may sound like self-help nonsense, but research suggests the effects are real.

“These writing interventions can really nudge people from a self-defeating way of thinking into a more optimistic cycle that reinforces itself,” said Timothy D. Wilson, a University of Virginia psychology professor and lead author of the Duke study.

Dr. Wilson, whose book “Redirect: Changing the Stories We Live By,” was released in paperback this month, believes that while writing doesn’t solve every problem, it can definitely help people cope.

“Writing forces people to reconstrue whatever is troubling them and find new meaning in it,” he said.

Much of the work on expressive writing has been led by James Pennebaker, a psychology professor at the University of Texas. In one of his experiments, college students were asked to write for 15 minutes a day about an important personal issue or superficial topics. Afterward, the students who wrote about personal issues had fewer illnesses and visits to the student health center.

“The idea here is getting people to come to terms with who they are, where they want to go,” said Dr. Pennebaker. “I think of expressive writing as a life course correction.” [Learn more](#)

“We are all faced with a series of great opportunities - brilliantly disguised as insoluble problems.”
John Gardner

21] [Caring for vulnerable children](#) – Free multimedia & E-Learning resources

Develop an understanding of some of the approaches involved in caring for vulnerable children, with this free online course.

Caring for Vulnerable Children is a six week long course beginning on Feb. 23, 2015. It aims to inspire and challenge you to think differently about how we, as a society, care for vulnerable children and the future lives we help them to create.

The course is offered by The University of Strathclyde Glasgow on the attractive Future Learn platform, and is led by lecturer Graham McPheat. It requires 4 hours of study time per week, a total of 24 hours overall.

About this site

This site features free multimedia and e-learning resources that are useful to trainers, academics and the children and young people’s [CYP] workforce. I aim to add at least one new resource each month. If you know of a resource that should be included, do please send me an e-mail.

Alongside my involvement with childhood and youth courses, I am also a director and trustee of a small children’s charity, and on Twitter I’m [@CYPmedia](#).

[My recent academic publications include:](#)

“Here’s to the crazy ones. The misfits. The rebels. The trouble-makers. The round heads in the square holes. The ones who see things differently. They’re not fond of rules, and they have no respect for the status-quo. You can quote them, disagree with them, glorify, or vilify them. But the only thing you can’t do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.” Jack Kerouac

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

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