

Healing From the Trauma and Shame of Childhood Abuse

Atlanta, GA - June 17 – 19, 2011

This course is for anyone who has suffered from a less than perfect childhood due to emotional, physical, mental or sexual abuse or neglect. It's also for the healers who work with this population, which sometimes can be one and the same, since many people who go into this profession have some first-hand knowledge of it.

Why mix healers and abuse survivors in the same workshop? Because we learn from each other. Therapists may be teachers for their clients, but our clients are also our best teachers. To deny this is to miss the point of being a truly therapeutic healer. More importantly, we can only take our clients as far as we've gone in our healing process.

How can an environment be created to both teach professionals and heal survivors of abuse? It begins with creating a completely safe space for sharing and witnessing each other's stories. For example, think of the ground-breaking two-part series Oprah produced with the help of Tyler Perry this season when they gathered two hundred men who had been sexually abused as children. Was that show only meant to be watched by therapists in the field? Or was it only meant to be seen by men or women who had undergone similar experiences? No. That show constituted an opening of a door that generally remains cloaked in silence, secrecy and shame. It created a quantum leap in consciousness by opening this topic up to the light of day for all to see.

If you're not a therapist, do you need to identify yourself as a survivor of abuse to benefit from this workshop? Not at all. As much as people tend to believe the grass is always greener in the other fellow's yard, the converse is true, too. So many of us are in the habit of believing that what happened to us wasn't so bad, especially when we compare our childhoods to stories in the news or other people we know. The majority of us are willing to let the past stay in the past or simply forgive and forget. As logical and heroic as that sounds, in reality this kind of thinking helps make the pharmaceutical companies rich. By glossing over the slights and injustices we suffered, we send those memories deep into the subconscious mind which sends them back to us in the form of physical, mental, emotional or spiritual crises. We are then forced to find any way possible to make the pain stop.

The truth is if we can learn to pay attention to the messages our body and mind send us, our suffering can end. Just as a mother kisses her child's "boo-boo" when he falls so he can stop crying and go back to playing, you can learn to listen and respond to the cries of your body/mind and that wounded child within. The subconscious mind holds the key.

During the workshop we will explore subjects such as coping mechanisms, shame, guilt and personal boundaries. We will also delve into the subjects of co-dependency, Post Traumatic Stress Disorder (PTSD) and dissociation, also known as leaving the body or spacing out. The symptoms that accompany early childhood physical, mental, emotional and sexual abuse will be covered fully. And if you think women are the only ones who may have been victimized as children, think again. Oprah proved that myth false. We'll discuss the different ways men cope with their traumas, including their overwhelming tendency to gloss it over through denial and minimization, as well as do more myth-busting concerning sexual and other forms of abuse.

The curriculum will also include the opportunity to participate in several exercises to help access memories from the subconscious mind. We'll be providing a safe and supportive environment to expand and elevate your consciousness. Writing, drawing, music, movement, creative visualizations and playing will help cajole memories gently into conscious awareness. Like dust that accumulates under furniture, once it's swept away, it can be disposed of properly.

Healing is a process that continues until we take our last breath. Meanwhile, living a healthy and functional life is a choice you can make when given the knowledge and support to heal the past and accept yourself as you are. Take this chance to begin your road to healing so you can be released from any shackles of pain or shame and step up to living your life's purpose.

If you are a therapist, your eyes and your heart will be opened from this experience. These three days will inspire you to re-dedicate your life to helping those whose innocence was stolen from them. And you will leave with more tools and knowledge than you arrived with for yourself and those entrusted to your care.

Will these three days heal you of all your issues? Although spontaneous healing is always a possibility, this workshop is meant to be a major catalyst on your road to healing. There will be a chance during class for a number of participants to receive healing sessions in front of the group. For all attendees this experience will certainly expand your awareness and open a door to a life of greater possibilities, peace and empowerment.

The Instructors have a combined sixty years of experience in the Healing Arts:

Debbie Unterman is a Master Alchemist and Alchemical Hypnotherapy Trainer in practice for nearly twenty-eight years. With a degree in Interpersonal Communications, she is the author of the book, *Talking to My Selves: Learning to Love the Voices in Your Head* and the creator of two therapy-based board games – *Clarity* and *Satori: The Game of Radical Forgiveness*. Debbie developed this course with the help of a sexual abuse survivor, Susan Stowe, in 1990 and has taught it for the last twenty years in Georgia, Florida, California and New Zealand. She has studied with such experts in the field as the GA Council on Child Abuse, John Bradshaw, Ellen Bass, Michael Lew and Rick Boyes.

Wendy Lipson is an Energy Healer for over thirty years living in Brooklyn, NY who has been featured on television programs and in *New Age Journal*. Her organization, Reiki Reaching Out, provided free Reiki healings to survivors of 9/11, their families and members of the NYC Police and Fire Departments. Known as a "healer's healer" Wendy is an exceptionally gifted practitioner, teacher and lecturer with a profound ability to touch the hearts and minds of those she serves. Her wisdom, wit and grace combined with seasoned empathic skills create a safe space filled with light and love.

This class gives 25 advanced credit hours for Alchemical Hypnotherapists for the 416 Course: Advanced Techniques for Working with Sexual Abuse Survivors.
Sponsored by the Alchemical Hypnotherapy Association of Atlanta (AHAA!)

CALL Debbie Unterman at 770-434-7488 to Register

\$450 or \$395 if paid by June 1. PayPal, Visa & M/C accepted.