

WHAT

This 4 part, 20 week webinar series will guide participants through stages of personal transformation, following the outline of 'Healing the Sexually Abused Heart: A Workbook for Survivors, Thrivers, and Supporters.' Access a secure, on-line community sharing modules and resources designed for survivors' healing journey.

WHY

The most conservative numbers give us a base of 39,000,000 people in the United States who have experienced sexual abuse in some way. One out of four girls, one out of six boys will be sexually abused by their 18th birthday (Finkelhor, 1990). Given that the rate of child abuse is 10 times the rate of cancer (Sadler, 1999), it is time to heal and end abuse.

WHO

Who should participate? This material is for anyone who has thought that life has been unsatisfying or unfair. Anyone who wants to be more intentional in her life, worry less and find more positive results or synchronicities in her day to day living. This series is for anyone who identifies as a survivor, thriver, or supporter. It is for people who want to enrich their own self care and healing practices to be more loving to themselves and others. It will be particularly helpful for adults who have experiences childhood sexual abuse.

MODULE TOPICS

'VICTIMHOOD' CORE TOPICS

- Vision: We are more and better than we may think
- Reprogramming negative core beliefs
- Process of taking responsibility for your life now (recognizing triggers)
- Developing healthier boundaries
Trust issues/ shame/ self doubt

'SURVIVORHOOD' CORE TOPICS

- What do I want? Self directed action
- Self sabotage (self victimization)
- Triggers and planning against relapses
- Giving and receiving
- ABCs of health

'SURVIVOR-THRIVERHOOD' WHAT IS MY NEW PURPOSE?

- Forgiveness of self
- Detaching in a positive way
- Self correction (claiming our authority + 4 agreements)
- Practical meditation
- Community of Practice

THRIVING

- Self knowledge
- Self care in face of so much need
- Integrating spiritual teachings
- Living connection to divine
- Advocacy

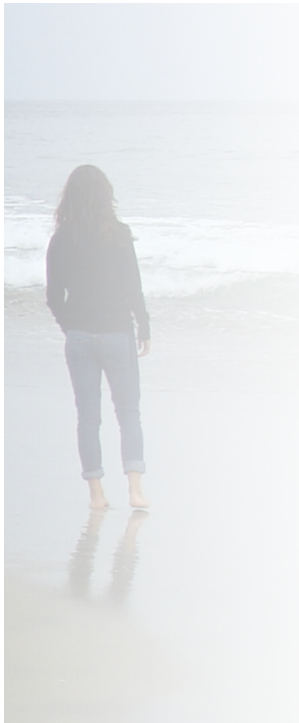
Investment: \$25.00 per module; \$100.00 per section (5 modules); \$350.00 for entire series.

ABOUT THE PRESENTER

Dr. Romo is a Commissioned Minister in the United Church of Christ for Healing and Healthy Environments. He is an associate of the Center for Progressive Renewal and consultant with the Faith Trust Institute. He earned a Doctorate in Educational Leadership from the University of San Diego in 1998 and has served as K-12 teacher and administrator and teacher educator. He has taken an active role in developing and implementing Safe Church Policies and Healing Community practices in churches since 2009, leading trainings for parents, volunteers and employees.

He is a certified Primordial Sound Meditation Instructor with the Chopra Center for Wellbeing, and is a certified consultant with the A.K. Rice Institute for the Study of Social Systems. His most recent books are: "Healing the Sexually Abused Heart: A Workbook for Survivors, Thrivers, and Supporters;" "Parents Preventing Abuse;" and "Teachers Preventing Abuse." Dr. Romo coaches survivors and supporters in person and via on-line healing programs at www.htsah.com

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“Dr. Romo brings vast practical knowledge and experience to the aid of those hurt by abuse. He has devised a tool to transmit that wisdom and make it easily accessible. A brilliant contribution toward prevention of abuse as well as cure.”

- **A. W. Richard Sipe**, Psychologist, nationally recognized expert in church history and psychology related to sexual abuse

“Clergy abuse survivors often feel isolated, deal with feelings of self-blame and depression. This workbook will help them to understand there is hope and healing. It offers practical suggestions and simple exercises to help the survivor deal with these painful issues.”

- **Barbara Dorris**, National Outreach Director for Survivors' Network of those Abused by Priests

“In eloquent, understandable prose, Dr. Romo offers a helping hand to the millions impacted by the sin of child sexual abuse.”

- **Victor Veith**, Executive Director of the National Association to Prevent Sexual Abuse of Children

THIS PROGRAM GUIDES PARTICIPANTS THROUGH A SELF-QUESTIONING PROCESS THAT GENTLY LEADS THEM THROUGH THE STAGES OF RECOVERY.

Practical exercises that teach participants to take responsibility for the present.