

A banner for Rachel's Vineyard International Leadership Conference 2009. The background is a photograph of a vineyard with rows of grapevines stretching into the distance under a bright sky. The text is overlaid on the image in a white, serif font. The main title is "Rachel's Vineyard" in a larger font, followed by "International Leadership Conference 2009" in a slightly smaller font. Below that is the subtitle "Reaping the Father's Bountiful Harvest" in a smaller, italicized font.

Rachel's Vineyard

International Leadership Conference 2009

"Reaping the Father's Bountiful Harvest"

Speakers and Presentation Descriptions

Tuesday

11:00- 12:00 Keynote

Who We Are is How We Heal

Presenter: Msgr. Mike Mannion

This workshop consists of an exploration and discussion of our various personality types and how those types predispose us to a comfort level with a given spiritual path of healing. This session will put the attendees in touch with what they already know, but in a way that can lead to greater creativity and participation in one's own healing process and their wider role in the faith community.

1:30- 2:45

Track: Introduction

Issues and Challenges for Site Leaders

Presenter: Fr. Ben Cameron

We will discuss some of the issues that can arise with relatively new RV sites including lack of diocesan (bureaucratic) support, lack of funding, personnel issues especially relating to team members who are still going through their own healing. This will be more of a discussion rather than a lecture -- questions and insights of other site leaders will be welcome!

Track: Clinical

Sharing the Heart of Christ

Presenter: Kevin Burke

We begin with a brief history of the role of Clergy and Counselors in post abortion healing. Up to one-third of post abortive women report a previous history of sexual and/or physical abuse. Using case example we look at the role of previous sexual abuse and other trauma prior to abortion and the challenges this can present in ministry/counseling relationships. An overview of Borderline

personality disorder, unique intimacy issues with post abortive/sexually abused clients, and the latest research on trauma treatment will help us understand the challenges presented in our post abortion ministry and point the way to a safe and effective response.

Track: Outreach and Publicity

The Power of Secrets - Breaking free from trauma with Truth

Presenter: Theresa Burke, Ph.D.

Truth Heals. This workshop will explore how secrets can make you sick and how what you hide can hurt you. Lies that keep us from acknowledging the truth can result in physical or emotional pain, debilitating shame, and deep layers of denial and anger. The lies we tell ourselves can cause emotional blockages and prevent joy and peace. Telling the truth is about freedom. It is about health and living a life that is meaningful, powerful, connected, and loving. Ultimately, telling the truth is about feeling good in your own skin, unencumbered and free to be loved. We will also explore the value of public testimony as a gift to the giver as well as the receiver.

To Tell or Not to Tell

Presenter: Janet Morana

This workshop explores the criteria by which we can help a person decide whether to share publicly the testimony of his/her abortion and healing. As co-founder of the Silent No More Awareness Campaign, the world's largest mobilization of women and men who share such testimonies, Janet Morana will draw on her experience that she and her team have had with those individuals throughout the United States and in other countries.

Track: Personal/ Spiritual Growth

Understanding Individual and Team Work Styles

Presenters: Guido and Susan Fetta

A seminar focusing on determining your own behavioral tendencies and developing an understanding of how your work style behavior affects others. It offers strategies for team leaders to help increase productivity and effective teamwork. It is most helpful for RV team leaders; however, anyone can attend this seminar to gain insight into understanding work style differences. It includes the "DiSC Personal Profile System", an instrument that identifies individual work style preferences. A workbook is provided. The profile instrument is an additional cost of \$20.00.

3:00-4:15

Track: Introduction

Workshops for New Sites

Presenter: Michelle Krystofik

Informational workshop for those already begun the process of becoming new site leaders, or those contemplating become a new site leader.

Track: Clinical

Crash Course in Trauma

Presenter: Theresa Burke, Ph.D.

This seminar will present a trauma-sensitive perspective on how women cope with pregnancy loss after induced abortion. Symptoms of PTSD as they relate to abortion will be described. An examination of how trauma may impact memory will be explored including. Since repetition is one of the greatest indicators of trauma, knowledge of traumatic reenactment will be a valuable tool for helping to understand behaviors which re-create aspects of the original trauma such as powerlessness, destruction, fear, and shame. Examples of post-traumatic reenactment will be given within the framework of eating disorders, multiple abortions, as well as anxiety over fertility, maternal identity, and sexuality. Until the trauma is fully acknowledged and worked through in an intensive way, individuals will continue to re-create the conflict again and again. This can be particularly painful for those who have accepted Christ, but continue in compulsive self-destructive and shaming behaviors, which are rooted in trauma

Track: Outreach and Publicity

Silent No More!

Presenter: Janet Morana

Christianity has spread through the world by means of personal testimony, starting with that of Jesus himself. This workshop will explore how those who have experienced healing may also experience the call to give witness to that healing by sharing their testimony. The workshop introduces the Silent No More Awareness Campaign. The workshop discusses why a woman or may want to share a testimony, the variety of ways that can be done publicly, and what five points should be included in that testimony.

Track: Personal/ Spiritual Growth

Mother Teresa & Rachel's Vineyard

Presenter: Donna Augustine

This workshop will take a look at Mother Teresa as a model of perseverance, strength and humility for those in the Vineyard.

4:30-5:30

Networking Sessions

Networking with Independent Ministries

This roundtable is an opportunity for those working with other independent ministries to network, share ideas and collaborate in helping spread the Vineyard.

Networking with Project Rachel

Presenter: Denise Rowinski Mengak

This roundtable is an opportunity for those working with Project Rachel to network, share ideas and collaborate in helping spread the Vineyard.

Networking with Interdenominational Groups

Presenter: Cheryl Ryan

This roundtable is an opportunity for those working in Interdenominational sites to network, share ideas and collaborate in helping spread the Vineyard.

Networking with Spanish Sites

Presenters: Eugenia Hadley and Fr. Victor Salomon

7:00-8:00

“iHeal”-Reaching Generation Y in the Age of Technology

Presenters: Kelly Smith & Kathryn Boyle

This workshop introduces attendees to the high tech communication of GenY and offers practical ways to reach a generation seeps in technology.

8:00-9:00

Marketplace of Ideas

Wednesday

8:30-12:00

Mass with Cardinal Rigali followed by Reception

1:30-2:45

Track: Introduction

Keeping on the Healing Track

Presenters: Kevin Burke LSW, Michelle Krystofik

We will explore the following areas while inviting ongoing group discussion/questions/contribution from participants:

1. Not taking the bait: Borderline Personality Disorder
2. Fetal Abnormality abortions: unique challenges-
3. Keeping Stories focused
4. Religious and Sacramental quicksand
5. The Importance of Intake: How to encourage couples to attend the intake process

Keeping Synergy in the Vineyard

Presenter: Michelle Krystofik

Are there a number of retreat sites in your region? Would you like to find a workable format to have productive regional gatherings for retreat leaders? We will discuss the importance of Regional meetings and ways to accomplish these goals as well as keeping communication open. Details about who should run a meeting and how should it look.

Track: Clinical

Brain Science – Understanding Why Rachel's Vineyard Works!

Presenter: Theresa Burke, Ph.D.

This seminar will explore new brain science and what we now understand about how a brain malfunctions when there has been emotional trauma. The right and left side of the brain are disconnected and normal cognitive processes are disrupted. We will explore the role of different brain functions and the neurological causes of posttraumatic stress disorder as a persistent deregulation of brain chemistry. With these changes, arousing events can trigger flashbacks, physical symptoms, an inability to integrate cognitive and emotional experiences, and difficulty putting words to feelings and memories. Based on our understanding of the brain, we will explore recent research that indicates why trauma victims respond best to a sensory-based treatment model. This brain science explains why the process of Rachel's Vineyard is an exceptionally powerful and effective treatment model because it helps to integrate the cognitive and emotional elements of trauma, calms and soothes the nervous system,

stimulates the frontal cortex through prayer and meditation, and allows for a completion of the trauma as well as a reconnection to self, spirit and child. This workshop will include a brief overview of the retreat and show how and where these neural connections are achieved.

Track: Outreach and Publicity

The Place of Rachel's Vineyard in the Context of the Pro-life Community and the Church

Presenter: Fr. Frank Pavone

This workshop will explore the critical role of Rachel's Vineyard as an aspect of the Church's fundamental mission of proclaiming salvation and reconciliation to all people. It will also explore how this ministry of healing the wounds of abortion is integral to building a culture of life, and therefore integral to the mission of other pro-life organizations.

Track: Personal/ Spiritual Growth

Suffering and Human Redemption

Presenter: Denise Rowinski Mengak

Based on the book *Suffering and the Courage of God* by Robert Corin Morris, this workshop looks at human suffering, and where and how God intervenes to sustain and transform our experience.

3:00-4:15

Track: Introduction

Nuts & Bolts: Part I

Presenter: Michelle Krystofik

This workshop will cover all preparations needed to begin an RV weekend including team formation, nitty gritty information on how to get a retreat up and running before, during and after the actual retreat. Make a list of questions!

Track: Clinical

Understanding Dissociative Experiences

Presenter: Theresa Burke, Ph.D.

Most of us have experienced mild dissociation, which is like daydreaming or getting lost in the moment while working on a project. However, dissociative identity disorder is a severe form of dissociation, a mental process, which produces a lack of connection in a person's thoughts, memories, feelings, actions, or sense of identity. Dissociative Experiences stem from trauma. The dissociative aspect is thought to be a coping mechanism -- the person literally dissociates himself from a situation or experience that's too violent, traumatic, or painful to

assimilate with his/her conscious self. This workshop will introduce clinicians to the Dissociative Experiences Scale, a test which performs quite well as a screening instrument to identify clients with Dissociative Identity Disorder. We will also define Depersonalization; Derealization; Amnesia; Absorption Fantasy; Identity confusion or identity alteration. We will also explore therapeutic interventions that will help these individuals stay grounded in the present as they enter their traumatic experience and travel the journey towards healing. These techniques can be used during retreats as well as in individual or group counseling.

Track: Outreach and Publicity

Ambassadors of the Vineyard

Presenters: Fr. Frank Pavone & Janet Morana

This workshop presents a variety of practical ways to spread awareness of Rachel's Vineyard within the Church, the pro-life movement, and the wider community, and explores the types of relationships that need to be developed as well as some of the obstacles that can arise. This will be helpful not only for the purpose of publicizing the existence of retreat sites in the community, but also for the purpose of raising awareness of Rachel's Vineyard as a key ministry that everyone in the community should help promote.

Track: Personal/ Spiritual Growth

Mary, Mother of Compassion

Presenter: Fr. Peter Gelfer

The life and role of Mary in the infant Church reveals how she is an agent of healing by first facing her own unique pregnancy and crisis and living out the prophecy of Simeon that her heart would be pierced that they hearts of many would be opened.

4:30-5:30

Track: Introduction

Nuts & Bolts: Part II

Presenter: Michelle Krystofik

This workshop will cover all preparations needed to begin an RV weekend including team formation, nitty gritty information on how to get a retreat up and running before, during and after the actual retreat. Make a list of questions!

Track: Clinical

Understanding Trauma Bonds

Presenter: Denise Rowinski Mengak

Exploitive Relationships create betrayal bonds. These occur when a victim bonds with someone who is destructive to him or her. We typically think of bonding as something good. However, adult survivors of abusive or dysfunctional families, abortion, and other traumatic events struggle with bonds that are rooted in their own betrayal experiences. There are a wide range of symptoms: Reactivity, arousal, blocking, splitting, abstinence, shame and repetition compulsion can all work in the service of traumatic bonding. As a result, these supercharged, traumatic relationships can have tremendous power. This workshop integrates information from the science of trauma with the field of addictions to explore Betrayal bonds in relationships. We will provide a helpful diagnostic tool: The Trauma Stress Index that can be scored to help shed light on the particular ways that trauma might be manifesting itself in your clients life or maybe even your own.

Track: Outreach and Publicity

Collaborating Effectively with Clergy to Promote Healing

Presenter: Fr. Frank Pavone

Pastors have been entrusted with a ministry of reconciliation. Therefore every priest and pastor is, by definition and by ordination, a healer. How, then, can those who work in Rachel's Vineyard collaborate even more effectively with the clergy? This workshop will explore that fundamental question, and will address specific circumstances where clergy are not cooperative or sympathetic with the mission of Rachel's Vineyard.

Track: Personal/ Spiritual Growth

Holy Spirit's Calling on your Life (roundtable)

Presenter: Donetta Robben

Roundtable discussion on the power of the Holy Spirit in our lives and work with Rachel's Vineyard ministries.

7:00-8:00

Person to Person: A Mother Teresa Project

Performed by: Christin Jezak

Created and performed by Christin Jezak with original music by Nate Jezak and lyrics by Mother Teresa, this project is the fruit of much research and contemplation of Mother's beliefs on human dignity.

8:00-9:00

Holy Hour in Chapel

Led by Father Ben Cameron

OR

Devotion with Motion

Presenter: Betty Young

This unique time of worship offers participants the opportunity to use their entire being, mind, soul and body to praise their Creator! Devotion with Motion incorporates yogic stretching with Scriptural meditations to offer a body and soul workout of praise to God!

Thursday

9:30-10:45 Key Note

Our Biblical Identity as Rachel's Vineyard

Presenter: Fr. Frank Pavone

In this keynote address, Fr. Frank Pavone, Pastoral Director of Rachel's Vineyard, will help us deepen our understanding of Rachel's Vineyard by exploring the Biblical teaching about the words "Rachel" and "vineyard." He will also explore more deeply some of the passages we use for Living Scriptures and how those passages relate to other parts of the Bible.

11:00-12:00

Track: Introduction

Lazarus: Practicum & Discussion

Presenter: Monika Rodman Montanaro

While Lazarus may officially be optional on the retreat, those who offer it attest to its great beauty and transformative power for participants. If you have unanswered questions about Lazarus and would like to experience it, join us!

Track: Clinical

Facilitating Connections: Emotional Truth in Retreat Community Part I

Presenter: Theresa Burke, Ph.D.

Learn a new facilitation technique that will help your retreat participants to connect and support each other from the first night of your retreat. This is a great technique that can be used throughout the retreat to help people stay in the present moment and connect to core feelings. It also promotes the expression of emotional truth that is frequently dissociated. It allows re-enforcement and practice of the small voice within, facilitating awareness, growth and response. This is an easy technique that can be utilized in different parts of the retreat, included the traditional role-playing and anger work, for those who are not skilled in that type of facilitation. Part I will include an explanation – Part II will include an practicum to practice.

Track: Outreach and Publicity

High-Impact Presentation Skills

Session 1: Preparing and Designing Presentations

Presenters: Guido and Susan Fetta

This series of seminars introduces participants to the art of powerful presentations and focuses on the skills and techniques required for effective, high-impact public speaking presentations given to small and large groups. It is offered in 4 sessions that include: organizing and preparing for presentations, effective platform skills, a practice session, and a critique session. Instructor feedback and coaching is provided for all participants. Detailed instructional materials are provided for participants' use in the sessions and for future reference.

Track: Special Interest

La Mujer Latina (The Latin Woman)

Presenter: Eugenia Hadley

The work that we all are doing in RV will eventually touch the growing latino population here in the United States.

The agenda for this presentation includes an overview of the history of the latin family, the culture and the values that make up their physical and emotional well being, social status, and marriage versus ownership. It will also review the challenges that the latin women face due to the emigration from their countries to this new world and environment of the United States.

This presentation is a great tool for you to better serve the latino women and men that will be coming to your ministries and retreats.

PS: Mexican candies will be served.

1:30-2:45

Track: Introduction

Gifts & Challenges of RV Int'l (roundtable)

Presenter: Monika Rodman Montanaro

Cultivating the Vineyard outside English speaking North American presents unique challenges and opportunities. These may include culture, language local spiritualities, and Church dynamics and much more. Come prepared to discuss with a goal of encouraging and learning from one another.

Track: Clinical

Facilitating Connections: Emotional Truth in Retreat Community Part II

Presenter: Theresa Burke, Ph.D.

Learn a new facilitation technique that will help your retreat participants to connect and support each other from the first night of your retreat. This is a great technique that can be used throughout the retreat to help people stay in the present moment and connect to core feelings. It also promotes the expression of emotional truth that is frequently dissociated. It allows re-enforcement and practice of the voice within, facilitating awareness, growth and response. This is an easy technique that can be utilized in different parts of the retreat, included the traditional role-playing and anger work. Part I will include an explanation – Part II will include a practicum to practice.

Track: Outreach and Publicity

High-Impact Presentation Skills

Session 2: Presentation Delivery Techniques (Platform Skills)

Presenters: Guido and Susan Fetta

This series of seminars introduces participants to the art of powerful presentations and focuses on the skills and techniques required for effective, high-impact public speaking presentations given to small and large groups. It is offered in 4 sessions that include: organizing and preparing for presentations, effective platform skills, a practice session, and a critique session. Instructor feedback and coaching is provided for all participants. Detailed instructional materials are provided for participants' use in the sessions and for future reference.

Track: Special Interest

Eating Disorders

Presenter: Denise Rowinski Mengak

An overview of the function of an eating disorder, with a view towards “rebooting the hard drive” of life through healing. Descriptions of anorexia, bulimia and compulsive overeating will be given as well as an explanation of the nature of eating disorders from a clinical perspective. Steps for healing will provided.

3:00-4:15

Track: Introduction

Regional Conference Roundtable

Presenter: Lori Eckstine

This roundtable discuss is specifically for those who have already held regional conferences to discuss our experiences. This is a great opportunity to share successes, failures, hindsight lessons, ideas for promotion and generally brainstorm for making progress in getting the message out.

Track: Clinical

Grief to Grace Update

Presenter: Theresa Burke, PhD.

This presentation will provide an update on the progress and growth of the Grief to Grace program.

Track: Outreach and Publicity

High-Impact Presentation Skills

Session 3: Skill Improvement Workshop: Videotaped Presentations

Presenters: Guido and Susan Fetta

This series of seminars introduces participants to the art of powerful presentations and focuses on the skills and techniques required for effective, high-impact public speaking presentations given to small and large groups. It is offered in 4 sessions that include: organizing and preparing for presentations, effective platform skills, a practice session, and a critique session. Instructor feedback and coaching is provided for all participants. Detailed instructional materials are provided for participants' use in the sessions and for future reference.

Track: Special Interest

The Wider Circle of Victims

Presenter: Fr. Frank Pavone

This workshop focuses on how the wounds a mother incurs from abortion are made worse by the behavior of the abortionist and his/her staff, and by the environment of abortion facilities, and how our awareness of that shapes the ministry of healing. The workshop also explores how the abortion wounds the abortionists themselves, and what Rachel's Vineyard can do for them.

4:30-5:30

Track: Introduction

The Human Experience of Grief

Presenter: Denise Rowinski Mengak

A general overview of the multi-faceted experience of grief, this presentation will review the stages of grief such as shock, denial, anger, depression, sadness and reinvestment in life. A discussion factors that make grieving unique will be discussed as well as how to help those grieving, including yourself.

Track: Clinical

Effective Resources for Aftercare & Best Practices in Rachel's Vineyard

Presenter: Theresa Burke, PhD.

This workshop will explore different concepts and ideas about aftercare. Aftercare is about continuing opportunities for care once the retreat is over. It is helping those who attend your retreats to move past the pain, grief and resentment into a full, productive and meaningful life. Aftercare should offer positive affirmations of hope, strength and inspiration. This workshop will provide a list of helpful aftercare resources that can be used by retreat teams or individuals as they move beyond their image of being “a post aborted women or man” into their true identities as beloved sons and daughters of God. We will also have an opportunity to share what you are using that has been helpful with other teams in the Vineyard. We will also brainstorm a list of “Best Practices” for work in the Vineyard,

Track: Outreach and Publicity

High-Impact Presentation Skills

Session 4: Skill Improvement Workshop: Presentation Critiques

Presenters: Guido and Susan Fetta

This series of seminars introduces participants to the art of powerful presentations and focuses on the skills and techniques required for effective, high-impact public speaking presentations given to small and large groups. It is offered in 4 sessions that include: organizing and preparing for presentations, effective platform skills, a practice session, and a critique session. Instructor feedback and coaching is provided for all participants. Detailed instructional materials are provided for participants' use in the sessions and for future reference.

Track: Special Interest

Addressing Alcoholism

Presenter: Susan Swander

As we well recognized symptom of Post Abortion Syndrome, alcoholism needs to be addressed in a more direct fashion within the post-abortion world. If retreatants or team members are battling alcoholism, that may cloud their retreat experience, their healing and/ or their effectiveness as a team member. I will discuss some general notions about the disease of alcoholism—how it effects many alcoholics. I will present some personal data on alcoholism. I will make some suggestions and recommendations for how Rachel's Vineyard can assist in this area.

7:00-8:00

TALENT SHOW!!! Don't be shy...you know you wanna!

Friday

9:30-10:45 Key Note

Intimate Encounters of An-Other Kind

Presenters: Jim & Joy Pinto

Reflections on the mysterious presence of God made manifest through an intimate encounter with God, others and matter made holy. Practical steps to practice this lifestyle of holy encounter will be presented with opportunity for participants to embrace and activate this mysterious gift of God.

11:00-12:00 Key Note

The Magnificat of Mary

Presenter: Kevin Burke

Description TBA