



Rachel's Vineyard

808 N. Henderson Rd.
King of Prussia, PA 19406
www.RachelsVineyard.org

Join the pioneers and experts in the **Post Abortion Counseling** movement for a dynamic and life-changing day of training that will build and strengthen a solid foundation for Healing After Abortion.



Approved Continuing Education Credits for Clergy, Psychologists, Counselors, Therapists, Social Workers, Nurses, Pastoral Care Ministers, Medical Professionals, and the General Public

The Rachel's Vineyard healing models are used by Catholic Charities, mental health professionals, Project Rachel, crisis pregnancy centers, pastoral care, and ecumenical outreach programs.

Continuing Education

Unique, Practical,
Dynamic and
Interactive
Workshops to equip
you for post abortion
counseling

Host a one or two day
seminar for educating
professionals in your city.

Contents will be arranged in communication with speakers, and drawing from the offerings in this manual.

To arrange a training
opportunity near you, contact...

Dr. Theresa Burke and Kevin Burke, MSS/LSW at: (610)354-0555

Clinical Training

Rachel's Vineyard Ministries has revolutionized the field of post abortion counseling throughout the United States and internationally – providing an outstanding empirically validated treatment model for evangelization and healing.



www.rachelsvineyard.org
610-354-0555

RACHEL'S VINEYARD
MINISTRIES



What Attendees Are Saying...



“The seminar was rich and insightful. It is very valuable for the Chaplain work I do in Women’s Health. Thank you for a refreshing, educational experience.” -**Rev. Gloria Jean**

“Thank you. Helpful info that expands my understanding on levels beyond abortion, crosses the line to all pain within the history of a person’s life. Practical, positive—a blessing. Sincerely appreciate your work of healing.” - **Rita Denney, Volunteer**

“Excellent ministry! God bless you always for your labor of love. I was blessed, enlightened, moved, and empowered.” - **Lisa L. Harris, Volunteer**

“I found the day’s events a valuable support to assist my patients who struggle with the grief and guilt of having experienced an abortion.” - **Carl T. Schlichtinger, L.C.S.W.**

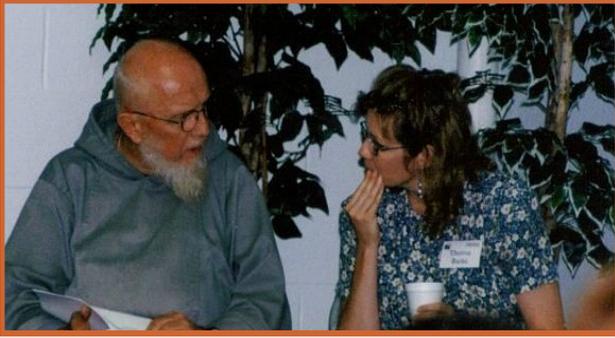
“I’ve learned to understand and sympathize with anyone who has been involved in an abortion. Through “hidden grief” I’ve matured (at age 86!) to be less judgmental and more appreciative and understanding of victims of our present culture! You are doing great work.” - **Betty McManus, Volunteer**

“Excellent seminar! I was pleasantly surprised to hear how Christ-centered the R.V. ministry is. I was very blessed and feel better equipped as a helping professional.”
- **Grace Lloyd, LSW**

“Thank you for a great presentation on your carefully studied, important issue. Great work! Excellent presentation. Beautifully organized. Thank you for an excellent program! Can’t wait to read *Forbidden Grief!*” - **Christine Hannofin, Ph.D.**

“The conference was powerful. The information received will be helpful not only on a professional level, but also in a ministerial capacity.”
- **Lisa L. Harris, OB/GYN Medical Social Worker**





“Excellent job! The day flowed very nicely. Theresa and Kevin balance each other very well. The overheads were very well done. The testimonies were extremely poignant. I really appreciated their vulnerability, courage, and honesty.” - **Jane K. Winn, MSS/LSW**

“I have been to multiple seminars/conferences. This is the first that kept my interest from beginning to end. The speakers were warm and informative, and brought current events and those in the public eye into the presentation, which reinforced its relevance.”

- **Mary Berry, Social Worker**

“This was an extremely moving seminar. I appreciate so very much your integration of hard-core psychology with the truth and grace of God, thereby allowing true, deep healing to take place. What you are doing is totally awesome!”

- **Christine A. Bruce, MCAT, MDIV, LMFT**

“Very informative and insightful. Thank you for putting together an excellent seminar. The testimonials were very effective in applying concept to reality and the human experience that courageous women faced. It is important that people delivering MH Services are aware of these issues and their impact.” - **Joyce Block**

“Conference was excellent! This conference is the first I have attended of its kind. All the speakers were excellent. The passion for this ministry is powerful. All were very approachable. The weekend retreat certainly captures the healing process.”

- **Jackie Exum, RN**

“ The seminar was thought provoking and helped me to gain a deeper understanding of the effects and impacts of abortion. As someone who is pro-choice, I believe it helped me to open my mind so as a professional I can be more sensitized to the loss associated with abortion.” - **Marian Spector, MSW, LSW**





“Rachel’s Vineyard has completely revitalized our outreach! The floodgates are beginning to burst for the Project Rachel Program. The number of clients served has increased dramatically since we started offering the Rachel’s Vineyard Retreats. Comments from the Clinical Retreat we hosted included: “*This was one of the best conferences I have attended since being ordained a priest 10 years ago.*” And, “*It was a great privilege to be here with this committed group of people. I learned so much.*” Another wrote, “*This conferences was superior to any I can remember attending...profoundly moving and helpful; inspiringly real.*” - **Paula Lang, LCSW, Catholic Charities, Portland OR**

“At the end of Dr. Burke’s day with us in Portland, Maine, I could see a clear path for creating a wide and equipped network for post-abortion healing, whereas before I had no idea how to realistically accomplish that. I also learned that there is a tremendous need for this work and that people will respond—both to those who seek healing and those who want to minister but have not known how.” - **Jeanne Bull, Catholic Charities Maine, Birth Line, Project Rachel**

“Rachel’s Vineyard clinical training benefited our post-abortion ministry because it is that it blended the clinical and spiritual elements of this problem, and of our resources, to focus on the healing of wounds, reconciliation and the power of God’s unconditional love. The seminar was grounded, realistic, and illuminating.” - **Denis Rowenski, MSSW, LCSW, Clinical Supervisor of the Adult and Family Services Office, Catholic Social Services, Wilkes Barre, PA**

“I am so thankful for your hearing the Holy Spirit’s call to design this retreat. I am thrilled that such a program is available for the Project Rachel office to use in the Diocese of St. Petersburg. It is definitely a way to share God’s unconditional love and mercy for the post-abortive individual. I would encourage other dioceses to include this retreat as part of their Project Rachel Ministry.” - **Emma Boe, Project Rachel Director, Catholic Charities, St. Petersburg, FL**

“I have been very impressed by the work you have done with explaining Rachel’s Vineyard and even more impressed by the weekend experience I have taken part in. I know many priests who want to be a part of this ministry because of the desperate need and its great effectiveness.” - **Msr. Richard McGinness, Ph.D., Director of Respect Life, Archdiocese of Newark**

“Our Archdiocesan Project Rachel program has completely transformed since the clinical training and Rachel’s Vineyard retreats began. Our program previously consisted of a one-on-one session with a counselor, and referral to a priest. But the retreat model shed new light on how to help these men and women accept the healing that Jesus Christ, through the sacraments, has for each of us. The format of the Living Scriptures exercises and rituals for grief work brings to fruition the healing that these women and men have been seeking. The support of the team is clearly what Jesus had in mind when he told the others to untie Lazarus after He called him forth from the tomb. Rachel’s Vineyard Ministry is truly a gift from the Holy Spirit to the Church.” - **Susan Lepak, Family Life Office, Archdiocese of Oklahoma City.**

“On just the first night of the Rachel’s Vineyard retreat, we had accomplished more healing than I had been able to do seeing a client in individual therapy for six months! Rachel’s Vineyard is the most comprehensive and effective model for post-abortion evangelization and healing I have ever witnessed.” - **Former National Director for Project Rachel**

What Attendees Are Saying...

Theresa Karminski Burke, MA, Ph.D., LPC, NCP, DAPA Executive Director



Dr. Theresa Burke is the Founder of Rachel's Vineyard – the largest post abortion ministry in the world. Her healing programs offer a unique sensory based treatment which integrates emotional, psychological and spiritual dimensions. The healing journey uses creative “Living Scripture Exercises,” and rituals which engage the mind, body, and soul. The Living Scriptures coupled with group activities, prayer, therapeutic facilitation, cognitive restructuring and discussions offer an effective process for grief work grounded in Jesus Christ and the Word of God. This distinct program provides an exceptional and effective recovery process for victims of trauma and those who have spent years in talk therapy, but still struggle to move beyond their traumatic experience. Since 1987, the Rachel's Vineyard model has spread to 48 states and to 57 countries. The Rachel's Vineyard retreat is currently offered in 22 languages,

with other translations in progress. Rachel's Vineyard is a ministry of Priests for Life/Gospel of Life Ministries.

Theresa has facilitated the Rachel's Vineyard weekend for women and men throughout the country, training retreat teams in the method and process. She has lectured and trained professionals internationally on the subject of post-abortion trauma and healing. Her books include Forbidden Grief - The Unspoken Pain of Abortion with David C. Reardon (Acorn Books), The Contraception of Grief – The Genesis of Anguish Conceived by Abortifacients and Sterilization and Sharing the Heart of Christ, with Kevin Burke. Forbidden Grief is also available in Spanish, Duelo Prohibido: El Dolor No Expresado del Aborto and Russian, Запрещенные слезы. О чем не рассказывают женщины после аборта.

Theresa also developed a five day program for healing sexual abuse entitled – Grief to Grace – Reclaiming the Gift of Human Dignity. This program has been used to address all forms of abuse, including sexual abuse from clergy and religious. Professionally crafted and doctrinally sound, Grief to Grace provides professional therapeutic staff and all treatment is based on a firm Christian foundation as well as sound medical and psychological principles and a perceptive understanding of trauma. Her treatment programs are considered an intensive and uninterrupted “therapy for the soul.” Theresa's latest treatment model addresses the spiritual and psychological trauma suffered by combat veterans. The program is entitled Duty To Heal – Finding Peace for a Soldiers Heart. Future plans are also on way for two additional healing programs: Genesis After Genocide, a program for psychological and spiritual reconciliation and healing due to the trauma of genocide, terrorism, and civil war; and Soul Care to Restore the Foundation of Your Spirit: An Integrated Psychological and Spiritual Sensory Based Treatment for Medical Trauma for those who have suffered with trauma from cancer treatments, surgical procedures, and other traumatic illnesses.

Theresa serves as a Pastoral Associate of *Priests for Life* and for the newly formed Apostolic Society, *Missionaries of the Gospel of Life*. She recently presented as an expert for the 2011 Pontifical Academy of Life's General Assembly. Her topic was The Aftermath of Abortion: Data from Scientific Literature.

Theresa's counseling work has focused on women's issues, bereavement, pregnancy loss, sexual abuse, eating disorders and anxiety management. She is the co-administrator and founder of *Covenant Family Resources*, a licensed Children and Youth Agency which supports couples as they build families through adoption. Theresa and her husband ran *Mother's Home*, a crisis pregnancy residence, which provided housing and computer job training for women in crisis pregnancy and their children.

Theresa holds an undergraduate degree in English Communications with a concentration in social work. Theresa went on to Immaculata University to earn an M.A. and Ph.D. in Counseling Psychology. She is a Nationally Certified Psychologist, a Certified Diplomat of the American Psychotherapy Association, a Licensed Professional Counselor, a Board Certified Clinical Psychotherapist, and a Diplomat of the American Board of Forensic Counselors. She holds membership in the Society for Catholic Social Scientists and the American Association of Christian Counselors. Theresa is the proud mother of five children.

Kevin Burke, M.S.S./LSW, MEV, DFC

Kevin is a licensed social worker, Co-Founder of Rachel's Vineyard Ministries and a Pastoral Associate of Priests For Life. He is a graduate of The Bryn Mawr Graduate School of Social Work. Kevin's presentations address the effects of abortion on men, couples and families and effective post abortion ministry for Clergy and Counselors.



Kevin is the co-author of *Redeeming A Father's Heart-Men Share Powerful Stories of Abortion Loss and Recovery* and *Sharing The Heart of Christ: Safe and Effective Post Abortion Ministry for Clergy and Counselors* co-authored with his wife Theresa Burke and Fr Frank Pavone.

Kevin and Theresa are authors of *Grief to Grace-A Retreat for Healing the Wounds of Sexual Abuse* and *Contemplating the Shroud: Meditations on the Passion and Resurrection of Jesus* (Pauline Books and Media). He has contributed to and authored articles on post-abortion healing. Kevin participates regularly in radio interviews, has been a guest on EWTN and Fr. Frank Pavone's program "Gospel of Life" on the Sky Angel Network. In 2011, Kevin gained national recognition through his article on Aerosmith front man, Steven Tyler's participation in an abortion. The story became the #2 pro-life story of the year when Julia Holcomb, the mother of Tyler's aborted child, contacted Kevin about coming forth with her abortion testimony and story of conversion.

Kevin formerly served as the administrator of Mother's Home, a crisis pregnancy residence that provides housing, computer job training and programs for women and their children. Kevin also worked as a clinical social work supervisor for Catholic Social Services in Philadelphia.

Kevin and his wife Theresa have worked together in marriage and family counseling and established Covenant Family Resources, a licensed children and youth agency that supports couples as they build families through adoption. They also spent 15 years working in youth ministry. Their development of high school retreats and youth programs earned them the "Apostle to Youth Award," which recognized their contribution to the spiritual growth of the teenagers in Philadelphia.

Kevin greatest blessing is his wife Theresa and their 5 wonderful children.



Rachel's Vineyard

Table of Contents

Courses Presented by Theresa Burke

New Classes Offered in 2014	9
Clinical Training	10
Trauma.....	14
Facilitation for Healing.....	16
Pregnancy Loss.....	21
Adoption Loss.....	21
Clergy Training.....	21
Leadership in Rachel's Vineyard	22

Courses Presented by Kevin Burke

Men, Couples Families and Abortion	25
Clergy and Counselors.....	26



Rachel's Vineyard

Table of Contents

Rachel's Vineyard

Courses Offered.....27

Spiritual Growth and Development

Forming a Servant's Heart.....29

Living Scriptures for Leadership.....29

Grief to Grace: Healing the Wounds of Abuse

Courses Offered.....35

Rachel's Vineyard Endorsements

Endorsements.....36

Presented by Theresa Burke

New Classes offered in 2014

Clinical Training.....11-13

- Panic Attacks and Other Limbic System Disturbances
- Adverse Drug Reactions
- Choice Evangelism: the conspiracy of the Feminist Matriarchy
- Sleep Deprivation and Insomnia

Facilitation Skills for Healing.....20

- The Healing Power of Tears

Leadership in Rachel's Vineyard.....22-23

- Ethics of Compassion
- Effective Collaboration
- Staying Healthy in High Stress Ministry with Wounded Souls

Presented by Theresa Burke

Clinical Training

Post-Traumatic Stress Disorder Part I

Part I—This two-part 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 amnesia, hypermnesia, and dissociation. Examples of avoidance, preoccupation, sleep disturbances, panic and anxiety, obsessive compulsive rituals, and numbing behaviors will be included.

Learning Objectives:

- Identify women at risk for psycho-social stress following induced abortion
- Outline the symptoms of post traumatic stress disorder as they relate to pregnancy loss
- Define PTSD
- Identification of symptoms in three major categories:
 - Hyper arousal
 - Intrusion
 - Constriction
- Define dissociation
- Test your recognition of symptom assessment
- Review preliminary findings of the most recent record-based studies (i.e. Increased psychiatric admissions following induced abortion, increased risk of suicide, etc.)

Traumatic Re-enactment Part II

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.

Learning Objectives

- Understand the concept of traumatic reenactment
- Identify therapeutic challenges
- Understand how the trauma can be grounded in safety so that an individual can reconnect, integrate, and mourn the traumatic event so that it can be released and healed.

Understanding Dissociative Experiences

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 that 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.



Panic Attacks and Other Limbic System Disturbances

This seminar will focus on the emotional aspects that come along with autoimmune illnesses, pain syndromes, and stress. We will explore the limbic system, what it controls, and how it is affected by stressful environments. Having a disruption in your limbic system can create problems with sleep, depression, poor memory, irritability, poor judgment, concentration problems, agitation, and panic attacks. We will discuss and define the five instinctual responses to stress: Fight, Flight, Fear, Freeze, and Fawn and practice techniques to calm and soothe these high states of anxiety.

Course Objectives:

- Identify survival instincts of stress
- Define Fight, Flight and Fear modes
- Describe the Freeze and Fawning modes as biological survival states

Adverse Drug Reactions

This seminar will focus on array of drugs including the Selective Serotonin Reuptake Inhibitors (SSRIs), of which Prozac (fluoxetine) was the first. Antidepressants have been recognized as potential inducers of mania and psychosis since their introduction in the 1950s. With the widespread prescribing of antidepressants, the percentage of the population in the United States that is diagnosed with bipolar disorder (swing from depression to mania or vice versa) has skyrocketed, especially among teens. This class aims to teach you how to recognize the potentially serious side effects of these drugs, as well as allergic reactions and other complications related to the over prescribing of medications. This seminar will reaffirm your conviction that healing lies in treating the trauma and grief that underlies many mental health problems which bring people into the psychiatric world of diagnoses and a lifetime on an array of potentially disabling drugs.

Class objectives:

- Learn the many names of Selective Serotonin Reuptake Inhibitors (SSRIs) and potential adverse reactions
- To be aware of when these side effects are most likely to occur
- Explore the various ways that toxicity from long term use of psychotropic medications can affect a person

Choice Evangelism: the conspiracy of the Feminist Matriarchy

This class focuses on the how many feminists seek to devalue and discount pregnancy and the mothering experience. Their idea that abortion is a fundamental right, or the only way that women can care for themselves does not reflect the way that women actually experience abortion. It is more inherently felt as a violation of oneself rather than a caring and nurturing of oneself. Yet women who were traumatized by this loss turn a blind eye to inner feelings of grief and oppression. Instead they vent their fervent emotions onto safer targets... like politics, religion, and legal battles. This class will attempt to give you a better understanding of why some feminists have worked so hard to keep abortion legal and how you can stand up and fight back for the rights of women. Case studies include Phyllis Chesler, Gloria Steinem, Kate Michelman, Ninia Baehr and many more.

Class Objectives:

- To identify the psychological motivation behind the early feminist need to keep abortion legal
- To understand the principle repetitions of trauma in the framework of feminist theology, politics and psychology.

Sleep Deprivation and Insomnia

This seminar will share groundbreaking results from a \$15 million research grant awarded to University of Pennsylvania to study the impact of sleep deprivation on brain neuro-chemistry. This is relevant to our work with new mothers who may be suffering from post partum depression or babies who keep them up all night. In addition, it has ramifications for anyone impacted by trauma which interferes with their sleep. We will discuss how the sleep cycle is controlled by the hypothalamus and is related to light and darkness (day and night) circadian rhythms. We have all heard that we should be getting 8 hours of sleep each night, but did you know that 72 diseases such as Cancer, Type 2 Diabetes, Anxiety, Depression, and even symptoms of schizophrenia have been linked to sleep deprivation? During this seminar, we will examine how trauma, abortion, abuse and combat or other threats to health and safety can impact sleep. We will explore how maintaining a healthy sleep life is paramount to maintaining a healthy waking life.

Course objectives:

- Learn what Circadian rhythms are and how easily they can be impacted by shift work, trauma, jet lag, and other common factors we face in everyday life
- Define insomnia severity and chronicity
- Illustrate what constitutes the “ideal” approach to the treatment of insomnia
- Summarize the medical and psychological consequences of insomnia



Presented By Theresa Burke

Trauma

“Medical” Abortions: The Deadly Assault on Mother and Child

Both chemical and surgical abortions have their risks. However, chemical abortions seem to be setting new trends as the abortion of choice, touting fewer complications, convenience and privacy. But what is the reality? Not only are there serious physical consequences from the chemical assault, but there are also obvious psychological, moral and social consequences to this procedure. Billed as an "emergency contraceptive," Ella is recommended for use up to five days after intercourse, while other chemical cocktails are recommended to abort babies up to nine weeks gestation. This workshop will examine the trauma associated with chemical abortions and some of the grief reactions that commonly occur. The goal of this workshop is to assist those who suffer from this type of abortion in the context of Rachel's Vineyard Retreats. The material presented will be followed by a discussion and group sharing of cases we have witnessed on retreats, the unique and complicated form of grief and associated symptoms.

Understanding Repeat Abortions

This seminar will explain how and why patterns of repeat pregnancy and abortion are indicators of unresolved trauma. The individual may continue to re-create aspects of the original loss through grief, powerlessness, destruction, and cycles of shame. These repetitions can be rooted in a traumatic abortion as well as previous sexual abuse and other wounds. Until the grief of the past is fully acknowledged and worked through, individuals will continue to re-create the original conflict again and again. Learn how to assist others in identifying and grieving their losses in order to free their soul to move beyond the pain and despair of repetition.

Brain Science — How Emotional Trauma Impacts the Brain

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 sides 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.

Presented By Theresa Burke

Understanding Trauma Bonds

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 is 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.

What's the Connection Between Trauma and Addictions?

First, this presentation will provide a brief overview of what we know about the brain and what we know about the release of hormones during stress or trauma. Second, we will examine some of the ritual behaviors that are set up by individuals which produce neuro chemical brain changes. We will examine how the traumatic experience impacts brain functioning as an underlying cause of process addictions. We will also learn how addictions serve a purpose to provide an immediate reward or feeling. In counseling, we need to help our clients find something to REPLACE the addiction with, something that you want more than the immediate pleasure of addictive behavior. Certainly grief work to deal with the losses that fuel the compulsion is ESSENTIAL, and then methods to change entrenched behavior patterns used to relieve stress, self-medicate, and alter brain chemistry for self-soothing or adrenaline high will be covered. Finally, a look at the role of spirituality in healing addiction—a higher power, a redeemer, discovery of a new self and transformation in Christ.

Learning Objectives

- Examine addictions as a development process
- Looking at the common denominator: addictive, compulsive behaviors
- Identify common addictions that post-abortive women and men frequently battle, such as:

<i>Sexual Addictions</i>	<i>Compulsive Working</i>	<i>Alcoholism</i>	<i>Multiple Abortions</i>
<i>Compulsive Spending</i>	<i>Eating Disorders</i>	<i>Shoplifting</i>	<i>Drug Abuse</i>
<i>Compulsive Gambling</i>	<i>Internet Addiction</i>	<i>Trauma Drama Junkies</i>	

Sex(ism), Identity, and Intimacy in a Pornographic Culture

From Internet pornography to MTV, popular culture bombards us with sexualized images of idealized women and men, and conveys powerful messages that help shape our sexuality. These pictures jump off the screen and into our culture and are now so common place that they seep into our gender identity, our body image and especially our intimate relationships. The result is not a more liberated, edgy sexuality, but a mass produced vision of sex that is profoundly sexist – a vision that limits our ability to create authentic, equal relationships that are free of violence and degradation.

In this thought provoking presentation, examples from pornography, magazines, television shows, and movies explore how masculinity and femininity are shaped by a consumer- driven image-based culture, and the ways public images spill over into our most private worlds. Based on the lifetime research of Dr. Gail Dines observing the growth of the pornography industry into mainstream culture, we will discuss how porn influences what boys expect our girls to do on dates, and how the porn culture shapes the behavior and fashion of young women. This class is taught from a feminist perspective, with recognition that trauma in women's lives can lead them directly into the industry or acting out in relationships.

Facilitation Skills for Healing

Facilitation Skills I: The Power of the Present

Learn a new facilitation technique that will help create a shift from powerful emotions by directing the focus of attention into the here and now. By giving a feeling the fullest attention, it loses its power and helps to bring the person into a peaceful relaxed state. This technique 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.

Presented By Theresa Burke

Facilitation Skills II: Cooling the Flames of Anger

In this session, we will review the fundamentals of creating a cognitive shift through anger work. An emotion usually represents an amplified thought pattern, and because of its often overpowering energetic charge, it is not easy initially to stay present enough to be able to watch it. It wants to take you over, and it usually succeeds - If you are pulled into unconscious identification with the emotion through lack of presence, which is normal, the emotion temporarily becomes "you." Often a vicious circle builds up between your thinking and the emotion: they feed each other. This technique helps to immediately ground the person. The value of focusing on emotions in the here and now, pulling out the core truth, and helping the individual expand beyond the limits of anger into the possibilities for transformation which can be discovered in grief, repentance and reconciliation.

Facilitating Skills for Groups

This is a workshop designed for group facilitators. Expand your 'bag of tricks' for dealing with groups! Learn some essential techniques for group management. Handling conflicts and the various personality types which will be part of your retreat groups. Learn the simple and gentle techniques of "care-fronting", a creative way of working through conflicts and problems with may arise. Learn troubleshooting tips for the overly talkative, the person who always wants to give answers or preach, and how to gently bring out the quiet and reserved. Learn how to take what is being said by someone to the group for a means of generating discussion and sharing.



The Power of Secrets - Breaking free from trauma with Truth

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.

Presented By Theresa Burke

Helping Clients Face Their Feelings

Resistance, denial, avoidance, projection, and other defenses are used to protect us from feeling guilt, pain, anger, and excruciating losses. This workshop will explore the essential elements of establishing safety, invitation, and trust; a constancy that will provide security to support individuals through the rough waters of facing and releasing deep emotions. Part of that process involves counselors and ministers being comfortable with their own grief and recognizing their own vulnerabilities. In addition, we will look at sensory-based psychological and spiritual models of treatment that are particularly effective to assist trauma victims in finding closure and spiritual healing. We will also explore how post abortion counseling rooted in faith provides a dialogue for the soul and opens traumatic wounds to the mercy and grace of God.

Pastoral vs. Clinical Models of Healing

This workshop explores the limits of Clinical Models of Healing and encourages the practitioner to see the benefits and value of facilitating a deeper level of recovery by acknowledging one's faith and religious practices in the healing process. This class will explore various ways to give the client permission to incorporate their own faith and spirituality, traditions and rituals, history and heritage where it is appropriate in both the clinical setting and the Rachel's Vineyard Retreat. We will examine particular rituals, customs and beliefs about death that are practiced by various religions, including Judaism, Buddhism, Islam and Native American Spirituality and how those beliefs can be creatively incorporated into the healing process. We will discuss how enriching it is for retreat groups to see how God heals in the context of faith rituals. We will also examine research which demonstrates that religious practice is associated with Improving blood pressure & heart rate, relieving anxiety and depression, improving the immune system, and assists in our capacity to tolerate suffering. This workshop will help us understand the role of religion and spirituality in healing as the ultimate manifestation of transcendence which allows us to connect beyond our community and family to the world and ultimately to God. Because therapists are typically not trained to use 'faith-based resources', therapists may feel they are stepping out of their professional role when they participate in or refer to retreats or programs which utilize a pastoral model, such as Rachel's Vineyard. This workshop demonstrates pastoral models as highly beneficial and legitimate models which are particularly appropriate for men and women who have been affected by abortion.

Trauma and Recovery Training

This workshop will present an overview of the essential components of recovery for victims of trauma. Topics covered include: helping clients who are prone to dissociation stay grounded in the present moment, Attachment Ambivalence—why victims of trauma attempt to avoid feelings, how to help clients feel while maintaining safety, understanding cognitive distortions, how to help clients integrate feelings, and calming the body's stress response.

Presented By Theresa Burke

The Art of Retreat Facilitation

The root of the word facilitation is ‘facil’, or ‘easy’, so facilitation means ‘to make it easy’. The role of the facilitator in Rachel’s Vineyard is to facilitate the work of the Holy Spirit. How does one ‘make easy’ the work of the Holy Spirit? How does one co-facilitate with the Holy Spirit? This two-part workshop will explore the unique role of the retreat facilitator, as well as the skills, tools, and considerations essential to facilitating the retreat process. The second part of the workshop will be a practicum where participants will apply these skills and tools through role-playing various retreat scenarios. Some of the topics covered will include self-facilitation, nurturing the environment, managing group process and group dynamics, discussion techniques, reading a group, intervention tips and strategies, and team facilitation.

Care-Fronting Conflict

Team unity does not mean that disagreements never arise and contrary opinions are not expressed. With a healthy mixture of personality styles and opinions we can expect conflicts to arise. So instead of *unity*, we seek to build *community*. The mark of a healthy healing community in Rachel’s Vineyard is a team that exhibits true Biblical unity. It is not the absence of conflict, it is the presence of a reconciling spirit. This workshop will help us learn ways to communicate directly through conflicts in a spirit of charity and humility. We will explore some of the ways that one’s own family dysfunctions can be re-created on retreat teams and how to avoid the pitfalls of not resolving conflict.

“Processing” Living Scriptures in Rachel’s Vineyard

The core of the Rachel’s Vineyard is a series of meditations called “Living Scriptures,” in which retreatants are invited to listen to a reading from Scripture, and put themselves into that scene, hearing Jesus speak, and having an opportunity to respond in prayer or action. Following this, we can process the exercise, sharing individual responses, thoughts, and feelings. Just listening to the Scriptures is not complete; being able to share our experience with others allows the group to minister to each other as the suffering Body of Christ, and opens us more deeply to healing. This workshop will explore how we do this, and why it is important.





The Healing Power of Tears

This seminar will focus on the amazing health benefits found in tears! We will begin the seminar with a personal experiential reflection followed by brainstorming the many reasons that people are afraid to cry. We will explore the critical importance of letting go of outdated, untrue misconceptions and negative beliefs about expressing tears and grief. Our bodies produce three kinds of tears: reflexive, continuous, and emotional. Each kind has very specific and unique healing role for the body and the immune system. During this seminar you will learn about each of these types of tears, ultimately demonstrating why it is healthy to cry. Understanding the benefit of tears can help our clients surrender into the grieving process to overcome resistance that can us stuck in the stages of grief including anger, denial, and avoidance.

Course Objectives:

- Explore the reasons people are afraid to cry
- List the physiological, emotional and physical benefits of crying
- Understand how holding back tears and stuffing powerful emotions related to grief and trauma can aggravate depression and other health problems



Presented By Theresa Burke

Pregnancy Loss

Pregnancy Termination and Suicide

The objective of this course is to develop an awareness of the link between pregnancy termination and suicide. Participants will learn how to foster an environment for supportive healing rather than secrecy. Understand why the mental health community fails to recognize post-abortion emotional distress and provide appropriate treatment. Participants will also hear a personal testimony to better understand the complexities that some post-abortive women and men may suffer involving loss and isolation that may place them at risk for despair and suicide.

Adoption Loss

Forever in my Heart - Grieving an Adoption Loss

Similar to those who suffer the loss of a child through abortion, society does not always recognize the right and the need of birthparents to grieve. Until recently, they were told that they should simply get on with their lives, or have other children later on. This seminar will explore the grief process that occurs following the relinquishment of an infant and how counselors can facilitate grief work within the context of an open healing community, which encourages the participation of friends and family to dismantle the “secret” and provide an alliance of support and affirmation for her courage, love, and the gift of life.

Clergy Training

Role of a Priest or Pastor in Post Abortion Ministry

Learning Objectives

- Develop an awareness of transference and counter-transference issues that a priest or pastor may experience
- Highlight the importance of other supports needed, such as helping post-abortive persons work through traumatic grief and loss.
- The Sacrament of Reconciliation is a vital component in the healing process. However, for many confession alone is not enough to detoxify the wound.
- See the importance of clergy connecting the post-abortive person to a larger support system after the initial one-on-one session.
- Why some women fall in love with the priest who listens—and may easily confuse the affection and gratitude she feels with sexualization of those feelings.
- Understand why it is important for the priest for a pastor to have proper boundaries, and also ensure that his emotional needs for intimacy are being met.
- Why it is helpful to connect marital partners, when possible, in the healing process.
- Understand how post-abortion ministry touches clergy; as men, as spiritual fathers, and as priest.

Leadership in Rachel's Vineyard

Dynamic & Healthy Leadership Principles

This workshop will outline effective principles for setting a healthy foundation for your group. Topics covered will include developing Apprentice Leaders, casting a vision for your group, fostering disciples and shepherding members, and eventually giving birth to new groups. We will also include useful pointers to make sure your leadership is spirit-led and fosters unity and open communication among your team and with other ministries.

First Things First

Nurturing Your Primary Vocation, Prayer, and Your Life in the Vine

We are called to intimacy with God. We seek to draw close to God through growing in love for our family, our neighbors, and the world. Our vocation is the path that God has given us, which leads us to grow in love, and fulfill our primary vocation. Every vocation is a call to serve in love. To talk about vocation and call first requires an understanding of our primary vocation to love and to grow in Christ. This fact gives every work and state of life the dignity of a vocation, a call. Each activity we undertake is a response to God's love and presence. The meaning of all other vocations can only be understood in the context of their fulfilling our primary vocation as children of God. God's love and presence.

Staying Healthy in High Stress Ministry with Wounded Souls

This seminar will explore how to protect yourself from Psychic or Emotional "Vampires." We will illustrate how wounded people can project their issues onto the caregiver or leader and end up draining your energy. You will learn how to set appropriate boundaries and how to establish self-care routines to protect yourself from burnout, compassion fatigue, stress related illnesses, and disease. People experience pressure in different ways. This seminar will assist the caregiver to identify possible triggers and ultimately diffuse potentially draining situation.

Course Objectives:

- To explore the different ways that people deal with stress and conflict

- To determine your relational style

- Look at the ways we can protect ourselves and others we work with from being drained by unhealthy dynamics, triangulation, and other dysfunctional styles that can suck the life out of your ministry and your team

Presented By Theresa Burke

Leadership in Rachel's Vineyard

Ethics of Compassion

This seminar will outline the new code of Ethics for our ministries and those who are serving on teams as leaders, facilitators, and retreat team helpers. You will learn the importance of developing trust, honesty, caring, genuine engagement, and mutual respect. Creating an environment of safety and freedom is our highest goal. These ethics will provide a model of effective and respectful ministry. We treasure those who seek out help and we view ministry as a sacred and viable trust. With humility and gratitude we honor the privilege of serving those who suffer and grieve and allow hope, faith, love, and the light of Christ to bring them into the deepest freedom. Using a standard of Ethics and clinical examples from real life retreat and counseling experiences, this seminar should change the way you view anyone coming for help. This is a “must attend” core course for anyone involved in leadership of our ministries and sets the bar for professional and relational conduct.

Effective Collaboration

During this seminar you will learn how to effectively collaborate with retreat team members and other local and international teams. You will learn the four most common collaboration killers and how to handle someone who may be helping for the wrong reasons. You will also explore the six key ingredients needed to make collaborative efforts a win win situation. That you can be proud of. It is important for any team to commit to a collaborative relationship from the beginning in order to achieve the best results for those we seek to serve.

Course Objective:

- To recognize the four most common collaboration killers
- To learn the necessary ingredients for Effective Collaboration
- To define collaboration and how to teach it to others as we share our ministry.

Am I Ready To Lead?

(And Other Key Leadership Questions)

Are you feeling called to leadership? Are you wondering if your leadership style is working? This seminar will explore the model Jesus gave us for Servant Leadership. We will evaluate our own strengths and weakness based on what Christ has taught us about being a leader who shepherded others with tenderness, care, and love. We will also focus on becoming leaders with a generous spirit. Our willingness to partner with others, and our ability to forgive, is essential for leadership in Rachel's Vineyard. This workshop is for those just launching out into the Deep Waters of leadership, as well as for those who have been sailing for many years!

Presented By Theresa Burke

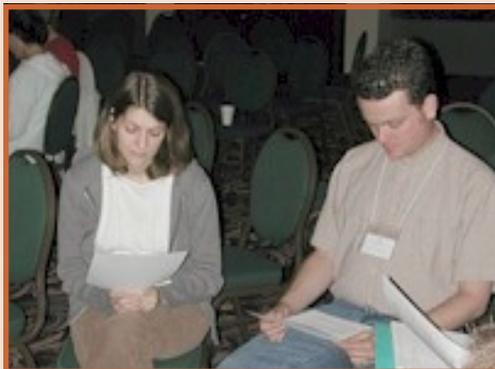
Leadership in Rachel's Vineyard

Is Your Ministry Life-Giving or Life-Sucking?

Does public speaking or ministry zap you of life, leaving you feeling drained, worn out and burdened – or does it give you a high, a feeling of excitement and pleasure? Ministry can serve as a traumatic re-enactment or as an escape from challenging problems at home. You can be driven by the need for atonement and compensation or you can be reliving an old drama again and again. In the best case scenario, your ministry can be a life-giving ministry which brings joy, friendship and love. The magic word here is “Balance.” How do you discern if your ministry is in balance? Are you overdoing it because you can't say no or does your ministry work like a drug to hide other important areas which may need attention? This workshop will provide a thought provoking assessment so you can use your gifts for the long haul and avoid depression, burnout or a lack of balance.

Effective Resources for Aftercare and Best Practices

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 woman 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.



Presented By Theresa Burke

Presented by Kevin Burke

Men, Couples, Families and Abortion

Part I. Redeeming a Father's Heart—Men and Abortion

Too often abortion is presented as a women's issue without taking into account the unique role of men in the abortion decision/experience and the impact of abortion on men. Fathers of aborted children are widely misrepresented as having no negative reactions to their involvement with abortion.

In this workshop we will meet the following objectives:

1. Examine the role of men in the abortion decision. We will look at the verbal and physical responses of men to pregnancy, their role in the abortion decision, and how this impacts a women's decision to abort, and her experience after the abortion.
2. Research will be presented to indicate that men also experience emotional and spiritual pain and conflict after abortion; the role of addictions/sexual dysfunction/employment issues after abortion. Men with neglect and abuse in their background may experience abortion as a re-creation of traumatic childhood themes-the connection to aggression and depression in men.
3. The negative impact of abortion on communication and emotional and sexual intimacy. How men's post abortion pain is uniquely related to facing failure in the role of protector and defender of child and family.
4. We will present the benefits in Rachel's Vineyard of men/couples participating in the healing process with women. We will examine the benefits to a man or woman who was not involved in the abortion, but will greatly benefit from participation in the healing process of their spouse. Abortion healing lays a new foundation for restoration of positive male self image, a healthier marital intimacy, and family life/communication rooted in loving sacrifice and service of men to those entrusted to them. This can serve to "immunize" the next generation from the ravages of the culture of death.



Presented By Kevin Burke

Part II. Cultivating the Seeds of Trust:

Post abortion healing traditionally has focused on the healing of the individual post abortive woman. However abortion creates a *relational* and *spiritual* wound. A healthy marital relationship is marked by a deep bonding between husband and wife with a foundational trust that leads to vibrant and satisfying emotional, spiritual, and physical intimacy. We will look at how the complicated grief and painful emotions from a previous abortion can impact intimacy, trust, and communication. Extra marital affairs are not uncommon for persons with abortion in their history-we will explore the reasons for this vulnerability.

Learning Objectives:

1. Connecting dysfunctional relationships patterns and issues around trust, intimacy, sexual dysfunction, and communication to a previous abortion loss.
2. Video and case examples will be used to illustrate the symptoms and challenges couples experience.
3. Healing the *relational wounds* of abortion. The role of the spouse and couples in post abortion ministry.
4. Engaging couples to journey together on the healing experience. The value of the non-post abortive spouse participating in the abortion healing experience with their wife/husband.
5. Marriage preparation and abortion.

Clergy and Counselors

Sharing the Heart of Christ:

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.

Learning Objectives:

1. Understand the relationship between sexual/physical abuse and abortion in creating unique challenges for those in post abortion ministry-Case Example.
2. Borderline Personality Disorder as a helpful framework to understand the individual and relational symptoms that can significantly impact helping relationships.
3. Unique intimacy issues with women who have experienced sexual abuse and the effect on relationships with clergy.
4. Clergy and counselors vulnerable to Boundary difficulties in their ministry relationships.
5. Provide a safe and effective therapeutic and ministry response to those suffering sexual abuse, abortion loss and other traumatic experiences.
6. Pastoral Issues in post abortion ministry; understanding repeat confessions.

Rachel's Vineyard

Courses Offered

Tracing the Roots, Tasting the Fruits

An Overview of the Rachel's Vineyard Retreat

Rachel's Vineyard is a unique combination of psychological and spiritual techniques, which provide a powerful model for assisting groups to find closure and spiritual healing after abortion. This workshop will present a descriptive overview of the Rachel's Vineyard Retreat, including content and process. An in-depth explanation will be offered for the Living Scripture technique, the specific purpose of each exercise, and psychological and spiritual constructs as catharsis for memory and emotion. We will also examine the retreat structure as a means to provide an opportunity for dialogue of the soul and opening traumatic wounds to the grace of God. We will explore how the retreat functions as a journey through the paschal mystery for the suffering body of Christ.

Learning Objectives:

- Understand the Rachel's Vineyard model for healing after abortion.
- Utilize the grieving process to assist clients who suffer from pregnancy loss through induced abortion.
- Learn the unique method of "Living Scripture" as a healing reenactment for psychological and spiritual trauma.
- Discover the power of ritual in helping clients express and release repressed grief and guilt.
- Learn how to adapt traditional 'psychodrama' into a new technique which encourages the expression of anger and grief, followed by an experience of reconciliation.



Caring for Special Wounds

Understanding those who struggle with a history of sexual abuse or ritual abuse

This workshop will present some of the special concerns that you may encounter in your post abortion ministry. What you need to know about ministering to those who have been abused in ritualistic cults and also ministering to those with a history of childhood sexual abuse in the context of retreats. We will also discuss other potential problems that a borderline, histrionic, suicidal or addicted personality may bring to the group dynamic. A familiarity with these issues will remove the fears of ministering to those who suffer these unique difficulties. We will also explore the value of the R.V. retreat process as a unique and effective response to the underlying symptoms and the core dysfunctions at the root of these disorders.

Open Wide the Vineyard Doors

The inclusion of couples, men, and grandparents in the retreat setting has been extremely helpful in healing family relationships, improving communication and opening the door to deeper intimacy. This will be an opportunity to explore the possibilities of healing and recognize how God can use the presence of men, support persons, couples, and grandparents to provide deeper healing to other participants of the retreat. We will also explore the dynamics of inclusion of those involved in the abortion industry into the healing community.



Forming A Servant's Heart

The Scandal of Service

Jesus spoke mainly to the poor, the rejected, those who suffered, and the powerless. He explicitly stated that He came to announce the Good News to the poor (Luke 4). He touches and awakens their hearts. He not only becomes friends with them, He identifies with them: *Whatever you do to the least of My brothers and sisters, you do to me* (Matthew 25). In Rachel's Vineyard, we let those who suffer awaken and nourish our hearts. As we enter into this mystery, we discover that little by little, they are transforming us and leading us into the world of tenderness, inner peace, and compassion. They bring us closer to Jesus. The Gospels show us that Jesus came to change our hearts. The washing of feet is not first and foremost an act we all have to imitate. It reveals how Jesus is calling all his disciples to an inner attitude of service, humility, and love in all things. During the retreats, we enter deeply into the mystery of Jesus' death and resurrection. This presentation will examine how we can become 'little' in our ministries so that God can reveal Himself more fully.

Living Scriptures for Leadership

Living Scripture: The Prodigal Son

This Living Scripture focuses on the GOOD son and his struggle with resentment against the younger son, as well as his relationship with his father. A Living Scripture exercise is followed by group discussion.

Living Scripture: A Grain of Wheat

Identifying the parts of ourselves that must die to bear greater abundance in our ministries, personal lives, and walk with God. After a teaching exercise, there is a Living Scripture Journey Meditation that all participants are invited to share.



Living Scripture: Put Out Into Deep Water

Based on Luke 5:1-11. Jesus instructs His disciples to put their boat ‘*out into deep water*’. Our ministries call us to a radical discipleship that involves trust on a very deep level. This Living Scripture and small group sharing will focus on the obstacles, which may prevent us from surrendering fully to the Lord’s invitation. We will also examine our own motivations and vulnerabilities that draw us into ministry. We will pray together for strength and grace as we are called to be *fishers of men* in the ministries of Rachel’s Vineyard.

Living Scripture: For the Love of Pete

Rooted in the scripture from Matthew 14, the disciples observe Jesus walking on water! We enter this Living Scripture through the eyes of Peter, who said to Christ, “*Lord, if it is you, command me to come to you on the water*”. The Lord invited him to “*take courage and do not be afraid!*”. This experiential meditation will help us focus on the issues of trust and stepping out in faith. The Living Scripture also includes identifying the personal obstacles that make it difficult to trust. We will explore Peter’s zeal to follow Christ, and then observe his human weaknesses that sent him sinking. It’s also important to give him credit for at least taking the risk to ‘get out of the boat’. Discussion will focus on our own willingness to take risks when we are trying to follow the path of Christ.

Living Scripture: Lazarus

Among the many powerful and transforming Living Scriptures is the “Raising of Lazarus” ritual. At many levels this ritual embodies the ‘dying’ each retreatant experienced in his or her past life of sin, and the ‘rising’ each is called to in opening up the door to God’s healing and new life in Christ. We will take part in this ritual and discuss our own experience of it.

Living Scripture: “The Washing of the Feet” & “You Should Do As I Have Done To You”

Jesus signified His love as He washed His disciples’ feet. He reveals one of the great keys to His message by being a model of humility and service. Although He takes a humble and submissive position, He maintains His authority. *“If I do not wash you, you have no part in Me”* After the washing of feet, Jesus tells His disciples, *“I do not call you servants any longer, but I call you friends”* (John 15:14). This is the gift Jesus wants to give each one of us. He is open to us in friendship. This course will be an experience of Living Scripture, and a breakdown into small groups for intimate discussion and sharing. How do we respond to Christ’s offer for our friendship and service?

Living Scripture: The Man with the Withered Hand

Hands: we touch one another tenderly—we build things—we shape things—we pray. In the scripture story, the Man with the Withered Hand, we are told that his hand was a ‘withered’ or ‘shriveled’ hand. It was literally dried up and stiff. In all of us there’s a part (or parts!) which have lost vitality. Perhaps due to injury, lack of use, or even through generational wounds, environments, or weakness due to lack of development. Who among us can boast that they are fully living up to the purposes for which God created them? We observe in Luke’s account how, like the scribes and Pharisees, we can reject the truth, clinging stubbornly to our security and blindness. This can bring chaos into our lives. This Living Scripture will explore how we may be rejecting the continued healing of the Lord in our own lives, or the lives of others.

Living Scripture: The Healing at the Pool of Bethesda

In this Living Scripture, the paralyzed man sat by the pool waiting for someone to help him into the waters of healing. Jesus approached him and asked, *“Do you want to get well?”* He then commanded, *“Get up! Pick up your mat and walk”*. This Living Scripture experience will help us focus on areas of our lives where we might feel paralyzed. Perhaps we struggle with a particular fear, anxiety, or addiction that keeps us from complete freedom and peace. Do you wait and pray that someone will rescue you from your pain, or take active steps to confront the issues? This workshop will address one’s personal choices in addressing and confronting personal difficulties.

Living Scripture: “The Loaves and Fishes”

Presented by Theresa Burke

This mediation will give us an experience of Jesus doing what seems impossible using the little that we are able to offer. A situation or need that may seem unachievable with our human limitations and inadequate resources can become a great opportunity for God. This exercise will be followed by small group discussions where we will share what is in our own baskets and invite God to use the little we have to offer as he breaks us open, like the loaves, and multiplies and expands what is inside us to feed his people and build his kingdom.

Living Scripture: “The Pearl of Great Price”

Presented by Theresa Burke

In this Living Scripture we will explore the parable of the Pearl of Great Price by imagining ourselves as the pearl. Jesus is the merchant who paid a great price for his valuable treasure. He paid for us with his life. We will examine the life of a pearl and reflect on being found by the merchant and looked upon with such wonder and awe. The meditation will be followed by small group discussions focusing on our likeness to the pearl. How do you feel about your efforts in ministry know that it’s not about you but about God? How do you respond to those treasures you encounter on your team, in your ministry and in yourself?





Grief to Grace: Healing the Wounds of Abuse

Reclaiming the Gift of Human Dignity

Click [here](#) for a complete description and information packet on the
Grief to Grace program.

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Disclaimer: *Grief to Grace* is a healing program developed by Dr. Theresa Burke. *Grief to Grace* is not affiliated with Rachel's Vineyard Ministries or Priests for Life/Gospel of Life Ministries.

Grief to Grace

Sexual Abuse Seminars

Presented by Theresa Burke

Hope and Healing for Sexual Abuse

This workshop will present an in-depth exploration of the sexually abused person's struggle. Understanding the damage of abuse and its relationship to themes of powerlessness, betrayal, ambivalence, secondary symptoms and styles of relating to other people, self-contempt and defense styles that people develop when they have been sexually abused. We will also explore the route to freedom with some excellent resources for recovery that therapists can use with their clients.

Reclaiming the Gift of Sexual Dignity

For every bad and hurtful past sexual experience, there can be an opposite healing relationship full of love and truth. Wounds experienced in destructive relationships demand a positive, intimate healing relationship to re-generate wholeness or both the partner and the marriage can become victims. This seminar will provide an intake form to explore possible damage, a series of homework exercises and a living scripture exercise for couples whose sexuality has been impacted by abortion and/or a history of sexual abuse. The exercises are based on systematic desensitization and other practical guidelines for couples who wish to overcome aversive, negative, and damaging attitudes and physical sensations as well as traumatic triggers related to physical intimacy. There will be handouts you can use in follow-up sessions with couples you are counseling in a therapeutic relationship.

Childhood Sexual Abuse

This presentation is an overview of some of the dynamics and conflicts that abuse in childhood generates. Why victims don't tell, the types of guilt associated with abuse facts and figures regarding sexual abuse in the United States, what constitutes abuse (visual, verbal, psychological, sexual contact or interactions etc.), as well as indicators of abuse.

Facilitation Skills for Abuse Groups

This facilitation workshop will be a "hands-on" experience of facilitation. We will demonstrate techniques to keep a person grounded, how to intervene when you recognize dissociation, and interventions to help connect participants and help them release tension and face conflicts in the present moment." Discussion of "flooding" and "calming" will also be included.

Sexual Abuse Seminars

Presented by Theresa Burke

An Introduction to the “Grief to Grace” Program

This session will provide an introductory overview of *Grief to Grace – Reclaiming the Gift of Human Dignity* a new program for those who have suffered sexual abuse. This summary will outline the journey to healing using a sensory-based model for healing that follows the Sorrowful mysteries.

Christ Centered Clinical Work for Sexual Abuse Survivors

This workshop focuses on understanding the traumatic source of barriers to healthy relationships. The course will look at how the guilt and shame associated with childhood abuse overflows into adulthood, often leading the individual to seek out situations of further abuse. Relational trauma bonds, indicators of and reactions to the abuse, and communication difficulties in incestuous families will be discussed. We will explore the physical, mental and spiritual value of forgiveness and the discovery of the critical importance of discovering one’s true identity on Christ will be emphasized.

Path to Healing: Understanding Survivors of Sexual Abuse

This course offers a look at how abuse impacts an individual. The discussion will include the victims’ feelings of powerlessness, ambivalence, and betrayal and what role these feelings play in their personal development and relationships. Three personality types are described. A detailed description of methods and tools to assist in the healing process is also included.

Profiling Victims of Sexual Abuse

This seminar includes statistics on sexual abuse in male and female victims. Forced and non-forced abuse, the abuse continuum and sexual contact vs. sexual interaction will be explained in depth.

Endorsements for the *Rachel's Vineyard* Retreat

“The heart of Jesus is so tender, so full of love and compassion, so thirsting to love us and be loved by us. He has made our hearts for himself, and, as St. Augustine says, our hearts are restless until they rest in Him. I pray that all who use this book with the longing to be free and to be healed by Jesus, may find Him, the source of true joy, peace and love. May Rachel’s Vineyard be an instrument of the thirst of Jesus to heal and restore to life, the fullness of life which Jesus promised even now, to those seeking His peace. God bless you.”

Mother Theresa of Calcutta

The experience of healing leads one to an openness in faith and life that often draws those who are broken back to the church and the Christ who loves them. Rachel’s Vineyard is more of an experience than a book, as it leads its followers to a wholeness and completeness that can only be God’s Gift.”

Father Michael Mannion *Author, Lecturer*

“Rachel’s Vineyard is a unique weaving of spirituality and psychology. Participants are invited to experience God’s invitation to conversion by reverencing the mystery of their own lives, experiencing the gentle embrace of Jesus and the power of transforming grace of the sacraments. Rachel’s Vineyard calls each participant into the heart of the God who passionately desires their wholeness and holiness, loving each as if they were the only one.”

Trish Shickert *Associate Director, The National Office of Post-Abortion Reconciliation and Healing*

“I cannot think of another work of this kind so well done. A most difficult and painful human problem is engaged with faith, psychological insight and trust. Rachel’s Vineyard could be a model for those working with similar deeply wounding traumatic situations.”

Father Benedict J. Groeschel, CFR *Psychologist and Spiritual Writer*

“Rachel’s Vineyard is a program that fosters the healing of persons through Christian community. Groups of wounded post-aborted women are sensitively led to our Divine Physician for healing of psychological trauma. The darkness of their minds is dispelled by truth-bearing group facilitators who harness the eternal light of God’s Word. Chilled hearts are warmed by merciful group leaders who transmit the living flame of God’s love. A bountiful harvest awaits those post-abortive women who are willing to labor in Rachel’s Vineyard.”

Denise Mari, Ph.D., PFC:D *President, Hope Family Resources*