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## Spirituality and Healing

### Spirituality

How I live what I believe

#### How does Abuse impact Spirituality

Normally the person's development is aborted at the time of the abuse and unless the person 'goes back' and 'starts' from there, the person remains 'stuck' in an age-inappropriate stage

'God' can be the Protector; or the 'Abuser'

Self-acceptance, self-love, self-worth 'feel' the person's responsibility

Developing 'personal spirituality' remains a call and a challenge

### Orientation

What are your hopes for this seminar?

Identify one question you would like addressed.

How will you use this material?

What is your most helpful learning model?

What else do we need to know to be helpful to you?

## **Goals**

Principles of spirituality helpful to adult survivors of physical, emotional and/or sexual abuse.

Tips on building a support system identifying a network and resolving abusive relationships are provided.

Distribution of therapist 'checklists' and resource materials.

## **Objectives**

At the conclusion of this seminar participants will be able to

Define spirituality helpful for adult survivors of abuse

Identify 3 ways of building a support system for survivors

Name 4 checklists to insure adult survivors have a plan for integration

List colleagues for networking

Give 3 theorists for ongoing study

## **Develop a plan FIRST**

Awareness

Assessment

Action

## **First, some definitions**

**Physical abuse** is defined as any physical act committed against a child, which results in a non-accidental injury. Examples of physical abuse include severe hitting, slapping, biting, cutting, pushing, poking, burning, twisting, shaking, choking, punching, pinching, squeezing, whipping, kicking, pulling of the hair, legs or arms and dunking in water.

### **Physical abuse**

Being hit, threatened

Slapped, struck, kicked, spanked

Pinching, punching

Tickling

In appropriate sexual contact

Contact without 'permission'

### **Assess abuse 'hot spots'**

Relationships

Finances

Parenting

Job  
Housing

### **Abuse ‘hot spots’ continued**

Family  
Addictions  
Legal Problems  
Financial Problems  
Psychological or Emotional State

### **Sexual Abuse**

Sexual abuse is defined as any sexual act directed at a child involving sexual contact, assault or exploitation. Sexual abuse is divided into two categories: contact and non-contact. Acts of contact child sexual abuse include fondling, rape, incest, sodomy, lewd or lascivious acts, oral copulation, intercourse and penetration of a genital or anal opening by a foreign object. Examples of non- contact sexual abuse include exhibitionism, presentation of pornographic pictures, telling of sexual stories, allowing the child to witness adult sexual relations, treating the

Orloff: Emotional Freedom(2009)  
Means: Journey to Healing and Joy (2014)  
Mason: Stop walking on egg shells( 2010)  
Matsakis: Trust After Trauma (1998)

### **Bibliography**

Rohlheiser: The Holy Longing (1999)  
Rohr: Naked Now (2009)  
Whitfield: Healing the Child Within (1987)  
Williams: The PTSD Workbook (2013)

### **Facilitator**

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Kathy Sherman/Shaina Noll/Relaxation music

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Ackerman: Perfect Daughters (1989)

Allender: Wounded Heart (1990)

Black: Changing Course: (1999)

Bradshaw: Healing the Shame that Binds you (1988)

Capacchione, Recovery of Your Inner Child (1991)

### **Bibliography**

Collins: Emotional unavailability (1997)

Copeland: Healing the Trauma of Abuse (2000)

Davis: Courage to Heal (1990)

Fox: Elements of the Helping Process (1993)

Gil, Outgrowing the Pain (1983)

Jensen: Entering Christ's Prayer (2007)

### **Bibliography**

Kreisman: I Hate you – Don't leave me(1989)  
Levine: Healing into Life and Death (1987)

child in a sexually provocative way or promoting prostitution in minors.

### **Emotional Abuse**

Emotional abuse is defined as a pattern of psychologically destructive interactions with a child that is characterized by five types of behaviors: rejecting, isolating, terrorizing, ignoring and corrupting. Emotional abuse involves the use of “words as weapons.”

### **Emotional Abuse Signs**

Behavioral signs that may suggest emotional abuse include constant approval-seeking; self-criticism; letting oneself be taken advantage of; excessive timidity or quiet aggression; indecisiveness; fear of rejection from others; and verbally hostile, provocative or abusive behavior

### **Emotional Abuse**

Silent treatment; superficial/no communication  
Ignored

Shamed  
Ridiculed  
Humiliated  
'Putdowns'  
Manipulated  
Exploited

### **Abuse: behavioral indicators**

Vague memories  
Self-report of inappropriate contact  
Verbal attacks  
Unexplainable feelings of anger, rage, fear  
Avoidance of emotional closeness  
Promiscuity or sexualization of relationships  
Over 'caring', 'co-dependency', 'I'm sorry'

### **FACT**

I am able to grieve my childhood and mourn the loss of those who failed me

Song for a Raggy Boy  
The Unloved  
Flowers in the Attic

### **Music for inner healing**

Music and Health.net  
Inner healing music  
Baroque and Classical music  
Bach  
Vivaldi  
Mozart  
Haydn  
Handel

### **'Spiritual' healing music'**

Amazing Grace and How Great Thou Art  
Hymns that *you* like  
Autobiographical 'songs'  
The classics from your childhood  
Popular/contemporary songs: change the words  
GIA publications/Helen Bonny guided imagery

Being real  
Being over-responsible  
Low self-esteem  
Control  
All of nothing thinking  
Trust  
Feeling

### **Integrating recovery issues**

Fear of abandonment  
Difficulty handling conflict  
Difficulty resolving conflict  
Difficulty giving and receiving love

Whitfield, p. 90 Child Within

### **Movies for discussion**

Girl Interrupted  
Precious  
Antwon Fisher  
An American Crime  
Savages

Healing takes place in 21 steps

The steps:

CONVICTION 'I can'

The journaling process = COMMITMENT

The self-help monitoring = TIME

Therapy: process and person = TRUST

Spiritual Direction = and GOD

Group support = HEALTHY COMPANIONS

21 steps from Survivor to Thriver

I am in a breakthrough crisis, having gained some sense of my abuse

I have determined that I was abused

I have made a commitment to recovery

I shall re-experience my abuse memories

I accept that I was powerless

I respect my shame and anger

I sense my inner child

### **Stage Two Mourning**

I made an inventory of my adult problems

I identify my self-sabotage 'parts'

I find healthy outlets for aggression  
I identify faulty beliefs and distorted perceptions in myself and others  
I am facing shame and developing self-compassion  
I accept that I have the right to be who I want to be and live how I want to live

What supports help abuse survivors find a Higher Power

A trusting relationship

A support group

Reading

Music

Movies

Journaling

N.B. Abuse doesn't heal without professional assistance 'tailor' made for you

Distinguishing thriving from surviving

3 stages of Healing:

Remembering

Mourning

Healing

Assess your ability to grow with

Appropriate people

How do I know whom?

Inappropriate people

### **Three theorists + 1**

Benjamin: Interpersonal Diagnosis and Treatment

Goulding and Goulding: Changing Lives through *Redecision Therapy* (1979)

Morris Center: Survivor to Thriver (1995)

Whitfield: Healing the Child Within (1987)

### **Continuum of Control**

NO control

Child

Adult

(1)

SOME control

-(2-9)

Total control

(10)

Black ( 1999)

### **Integrating recovery issues**

What are the issues:

Grieving



### **Let's look at the last step:**

Resolution and moving on:

One moves through all of the stages many time while searching for a point of integration. Feelings and perspective will stabilize. One will come to terms with the abuser and other members. We remember our history, but will make deep and lasting changes in life. Having gained awareness, compassion and power through healing, one will know one's mission/vocation to work toward a better world.

### **Question and Answers**

Please write your question on the papers provided.

Because we are taped, the presenter needs to READ the question before answering

Thank you for your cooperation

### **Inner conflicts and releasing stored emotions**

Becoming aware of feelings (identifying)and experiencing our feelings are essential to healing

Name level of awareness

Communicate

Self-disclose

### **Stage Three: Healing**

I am entitled to take the initiative to share in life's riches

I am strengthening the healthy parts of myself, adding to my self-esteem

I can make necessary changes in my behavior and relationships at home and work

I have resolved the abuse with my offenders to the extent that is acceptable to me

### **Healing**

I will always have my memories

I can learn to make better decisions for myself without my memories influencing me

I am a strong and powerful person

Abuse is not my fault

I never owe sex to anyone

I can integrate the effects of abuse

I can be free

I AM an IMAGO DEI

## **Healing continued**

I hold my own meaning about the abuse that releases me from the legacy of the past

I see myself as a thriver in all aspects of life——love, work, parenting and play

I am resolved in the reunion of my new self and eternal soul

## **Describing a spiritual process for inner healing: some goals to start with**

Increasing capacity for intimacy

Understanding appropriate sexual/emotional contact

Understanding and controlling one's feelings

De-contaminating the 'higher power'

Trusting a 'safe' person

Owning 'my' memories and 'my story' his-story; her-story

## **The Body and Spiritual Presence**

Reading: the body remembers

Nurturing the spirit that suffered abuse

Awareness

Acceptance

Appreciation

Apology

Assertiveness

Awe

## **Inner healing process**

Decision to heal

Emergency stage

Remembering

Believing it happened

Breaking silence

Understanding the 'victim' is innocent

Contacting the 'child' within

Trusting oneself

Anger

Disclosure and confrontations

Resolution