

Volume 19, Issue 3

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JOURNAL

For survivors of ritual abuse, mind control and torture, and pro-survivors



AUTUMN

Self-care as you read: Managing Triggers

Because of the nature of extreme abuse, any or all of the material in the Journal may be upsetting or triggering for survivors. It helps to know this in advance and to prepare your self.

Here are some suggestions:

- Make yourself comfortable. Have things close by that you might need—tissues, pen and paper, art materials, food and drink, favourite toys, an object that is symbolic of healing—anything that helps you to feel secure, phone numbers of support people
- If you get upset, write about or draw your feelings
- Acknowledge your courage. Know you are choosing to read in order to further your healing
- Keep in mind that you can read at your own pace and stop at any time
- If something you read activates a specific memory or a flashback of emotions, write it down. Making sense of it can happen in your own time
- As yourself: “If I knew a child who experienced what I am remembering or feeling, what would she or he need to feel comforted?” Provide yourself with as much comfort and gentleness as you can

Statement of Mission and Tolerance

The Survivorship Journal is a medium for open discussion and voicing of ideas. We encourage a variety of perspectives, viewpoints, and expressive forms in approaching the topic of extreme abuse, including ritual abuse, which we define as the abuse of children and non-consenting adults in the name of an ideology or belief system. Any system of belief can be used to justify abuse. We are committed to fighting abuse, not ideologies. We welcome and embrace men and women who are committed to ending abuse, regardless of race, religion, political party, or sexual orientation. For survivors, no matter what religion, political party, or social movement was used to rationalize the crimes committed against you, you have a place on the ship. No matter what psychological, social, or spiritual path you are following to reclaim your life, Survivorship celebrates your healing.

Please Note

Listing of resources does not necessarily constitute our endorsement of them. They are for educational value only and some may be heavy for survivors to read. Some of the writings enclosed may not necessarily be safe for all survivors. See the info above on Managing Triggers. Survivorship recommends you take breaks as needed and have a support person nearby or on call.



From the Desk of the Editor

Autumn has arrived with its vivid colours and lush undergrowth. The falling leaves provide warmth for the ground that will soon enter a winter cold.

We also need protection and a place in which we can feel safe. In finding that place we learn that home is where the body is and gradually, as we learn we can again trust our bodies, we can call that the abode of our soul.

Autumn brings with it memories of rituals and deeper calls of healing. Please keep yourselves safe and use discretion when dealing with friends.

Let's work on taking one step after the other, taking tiny steps back to trust, back to support, onward to healing.

Autumn is a time to prepare for the short days and long nights ahead. Remember that Survivorship has a message board and chat room where you can meet with like minded people. You are not alone!



Shamai Currim

Letters to the Editor are not only welcomed, they are encouraged!! -and yes, we're still looking for an editor!

Email: editor@survivorship.org

IN MEMORIUM

Lynne Moss Sharman 1947-2014



An incredibly brave woman who was hardly recognized for her tireless efforts on behalf of human experimentation and organized abuse survivors, and Native rights in Canada.

Lynne Moss Sharman was a trauma survivor of organized child abuse and of domestic violence, who spent the last twenty-five years of her life educating and assisting other survivors. The daughter of a Cape Breton Highlander from Newfoundland and a Scottish war bride, she grew up and lived in Hamilton before moving to Halifax at age 24 to study at the Nova Scotia School of Art and Design. Nine months pregnant, Lynne escaped an abusive relationship in Halifax just before giving birth to her only child, Zena. She then relocated back to the Hamilton area where she started an artist-run photographic gallery at Wesley Community Centre. While running the gallery with funding from the Canada Council and Ontario Arts Council, Lynne assisted in the creation of the Native Indian/Inuit Photographers Association and the first conference for Native and Inuit photographers to be held anywhere in the world.

In 1987, she felt impelled to move with her seven-year-old daughter to Thunder Bay to continue her cultural work with the Ojibwe people. Guidance came to her in the form of a complex dream of seven native grandfathers each of whom told her a different part of a generational story. Subsequently she became involved with the Native community through the creation of Definitely Superior, an artist-run gallery for which she acquired operational and curatorial grants. After a chance ride with cab driver Willy John, who described his dream of hosting a conference of WWII Native Veterans from Northwestern Ontario, Lynne drafted grant applications and organized the first reunion of these veterans, followed by another gathering attended by Elijah Harper.

In Thunder Bay, Lynne began going to native healing circles where she met different elders and started unraveling her own memories of severe childhood trauma. Later, with the help of a therapist who had worked with survivors of severe abuse including residential school survivors, Lynne began uncovering memories of Cold War medical experimentation dating from her early childhood. With therapist Kerry Bourret's support, Lynne made over 150 drawings including portraits of doctors and sketches of procedures and implements used. Other victims of similar abuse, including some who testified in 1994 at the Clinton Commission on Human Radiation Experiments (ACHRE), later validated these drawings. Together with other survivors, Lynne approached the Ontario government and secured funding to put on three conferences in the mid 1990s, which were well attended by both native and non-native survivors. Workers from various social agencies came from Toronto, Sault Ste. Marie, and Winnipeg, along with residential school survivors from fly-in reserves.

Lynne's contributions in breaking the silence on violent crimes against humanity, the library of archives and her fight for social injustices has been invaluable for countless individuals.

E. Jane Mundy <http://www.rigorousintuition.ca/board2/viewtopic.php?f=8&t=37894>

A list of other links: <http://eassurvey.wordpress.com/2014/03/15/lynne-moss-sharman-tomorrow-a-million-coffins-and-one-mourner-the-boys-from-thunder-bay/>

RAPID AND EFFECTIVE WAYS TO CALM FROM TRAUMA

By Gil Shepard MFT

The following are ways that use the physical body to center. They usually work very quickly, even when in a flashback. These methods use the body to help you focus in a way that feels natural, using the principle of focusing your mind on your body. This neutralizes your emotions and body, mind and emotions naturally balance.

Please try all these methods as different people find some are more effective for them than others. Because you may not be able to think of any of these when you are overwhelmed you may find it helpful to write a very brief list of these on a small piece of paper and put this list in your wallet or purse.

FOR ALMOST ANY AWFUL FEELING INCLUDING PANIC, ANXIETY, AND FEAR

Rub your feet back and forth (bare or with socks) on a carpeted floor. The friction on the soles of your feet will help you focus your mind on your feet instead of whatever thoughts or feelings you may be overwhelmed by. That balances mind, body and emotions, usually within 20 to 30 seconds. No equipment needed – you carry your feet with you! You can do this anywhere, in your car or a seat in a shopping mall, even at work. This is very effective for calming and centering.

CURLING INTO A BALL FOR FEAR, LOSS OR OVERWHELM

Loss tends to hit you in the gut and/or in the heart. When suddenly frightened you may find you automatically curl up in a protective position. Curling up is your body's automatic way to protect the most vulnerable parts of your body. The following exercise simply goes with the way you naturally feel at those times.

Sit on the floor and pull your knees up to your chest. Let yourself experience how protective this feels. Continue to curl even more tightly into a ball by putting your arms around your knees to pull your knees tightly together and against your chest. Bend your head toward your knees. You will feel protected and safe with the bony parts of your body on the outside.

Holding tightly releases tension held in your muscles and you want to release all the tension you can, so hold as long as you can. When you can't hold any more, gradually relax and just sit quietly for a few minutes. This can leave you calm and centered. In this state whatever is ready to be released will release. You may have relaxing tears, inner knowing, or a delightful calmness. If you can't curl up in this position because of a bad back or weight you can cross your legs and curl up the best you can, again squeezing yourself as tightly as you can to get somewhat the same experience.

FOR FEELING SHAKY

When you feel shaky it is often because when you were traumatized you could not move for whatever reason. Your body then held in your desire to run or fight and your muscles now are stuck holding in that urge to move so they shake. A long time ago freezing helped you survive. That time is no longer here so you can release your muscles safely.

Simply stand and begin by shaking your hands, arms and gradually include the rest of your body and your head. Let your body shake the way it likes to and as long as it wants to. Continue until you come naturally to a stop. Experience the anxiety shaking off your body. Let yourself shake as vigorously as you want to.

RIP PAPER – FOR ANGER

Here is a technique I learned from a teenager. He came to my office on a first visit and asked for a piece of paper, which I gave him. Concentrating intently he slowly and deliberately ripped it in

half, put those two pieces together and ripped them in half. He continued until the paper was in tiny pieces. Then he said, "Now I feel better."

As I didn't have a clue as to what he had done, I asked and he told me he had been very angry and taken it out on the piece of paper! He followed the principle I noted above by focusing his attention on the physical act of ripping that piece of paper. His angry emotions were harmlessly expressed and dissipated. When he was finished his body, mind, and emotions were balanced and he was calm.

SING A SCREAM – FOR ANGER

When angry or distraught with anxiety you may find you want to scream. The scream you want to release will be at the pitch your body feels. Screaming may give you a temporary release but it will not make you calm.

Instead, try singing the pitch you feel in your body. This way you have conscious control over this "scream." Sense how your very high singing resonates with the pitch you sing. Gradually bring that screaming pitch down a note and then go back up to the higher pitch to see which feels right for you at that moment. As you feel like it go down two notes then back up one and gradually proceed downward as you want to. Don't hurry; take your time.

Continue to follow the notes you feel until you find yourself humming your own tune in a free, calm, perhaps even playful way. By now the anxiety you felt will be gone and you will be singing in a resonant, peaceful and calming tone.

POUNDING ON A BED FOR ANGER

Expressing anger by pounding on a bed can be helpful at times, but the exercise – KARATE CHOP – is much more effective. Pounding on a bed or a couch will use your physical body to release anger and it will probably make you tired. Under guidance of a therapist it may help you release and may change the way you feel about someone. For example, one client was suicidal because of fears of her mother, who had often molested her as a child. Her mother was now long dead.

I had her imaginatively pound and stab her mother to death on the couch. This released the stuck fear she had that had made her feel suicidal and expressed that as appropriate anger, which gave her strength. When she was done she sat exhausted on a chair and said, "I finally killed my mother and I don't have to go to jail for it."

It is important to stress that this was in her imagination; she did not really kill her mother. Her suicidal urge ended and this was successful.

However, this was an unusual circumstance. Since she was suicidal I had to do something. Usually pounding on a bed or couch will not bring you to a centered place. In the case above this client would have hurt herself on the couch if I had not held a cushion at the edge of it while she pounded. That is not a good outcome. To simply yell and scream and express anger does not resolve what is stored in the body.

KARATE CHOP FOR ANGER

This may be rather difficult to understand by a written description, but if you get right it is extremely effective. Stand with feet at shoulder width and parallel to each other. Feel yourself in a very solid stance, well balanced on the whole of each foot, as if you were a martial artist. Then squat down so your butt is low but your upper body is upright so you still feel solidly grounded. If someone were to push your shoulders they could not make you lose your footing or unbalance you, though your shoulders might move to transfer the energy of the push.

You do this move when angry so let yourself feel anger. Clasp your hands strongly and angrily together. Place your hands below your knees, keeping your butt low so you remain feeling solid on the earth with your hands clasping each other strongly as you proceed.

Then, while raising your arms, still pressing hands hard against each other, breathe in noisily raising the anger internally from your abdomen. As you raise your hands over your head feel the anger rise up in your body, as if gathering itself to strike angry blow. As you do this, rise up a little on the balls of your feet so you can use all of your strength on this chop, but remain solid. Then, with a strong growling noise visceral sound that comes from your gut, rapidly bring your arms with clasped hands down between your knees in a chopping motion, as if you were breaking a board there with a karate chop. Follow through with this chop forcefully, going right through that imaginary board, while maintaining your solid footing.

If you are furious and you do this exercise as noted you may become instantaneously centered and calm. I remember someone who was furious with his wife about something. He did this move and instantaneously realized how foolish that anger actually was – it was about nothing important at all. He reported that he immediately smiled at how silly he now felt that anger was. The move released anger that was in his body in a way that went with his feelings, resulting in calmness. Being centered he found truth.

EPSOM SALTS BATH – DEEP RELAXATION

A hot Epsom Salts Bath is wonderful if you are anxious, not sleeping or cannot eat. This bath does several things at once. It draws toxins from your body (you may find the water even gets dark from this) and it provides you with Magnesium, which is often depleted from stress and trauma and not easily absorbed in pill form. Lastly you will become deeply relaxed.

This is how you do it. Fill a tub full with hot water and 4 or 5 pounds of Epsom Salts, available in drug or grocery stores. Keep the water as hot as you can stand for twenty minutes to a half hour, adding hot water as the water cools. Submerge as much of your torso and upper body as you can in the water.

Bring a pitcher of water with you as this bath can dehydrate you and you may get quite thirsty. Take this bath just before bedtime because you will feel deeply relaxed and will want to sleep. This is an Edgar Cayce remedy and he suggested one take not more than one such bath a week.

AROMATHERAPY

Aromatherapy is also an excellent way to calm. Many health food stores have a variety of concentrated aromas. Some are individual like Lavender, Frankincense and Myrrh; and some are mixes with names like “Anxiety Relief,” “Stress Relief,” “Calm,” or “Sleepy Time.” Lavender is a general stand by for most people, but sniff from the sampler bottles that are often available and see what you like best. That is the one for you at that time. At other times you may prefer another.

Shake some on your wrist and rub your wrists together or onto your neck so you can smell the aroma longer. This works so gently that you may not even notice it working, you will just feel more like yourself. Because you use only a few drops each time, a very small bottle lasts a long time and is therefore an inexpensive way of helping yourself. Relief is usually within minutes.

You can find these at Health Food Stores, or do a Goggle search under “aromatherapy.”

Wyndmere.com has mixes such as I mentioned above. There is a mix called “B Wise” that I have found very helpful for anger or agitation that is available at Aromatherapeutix.com. I suspect many other companies have mixtures that may work as well; these are the ones I have most experience with.

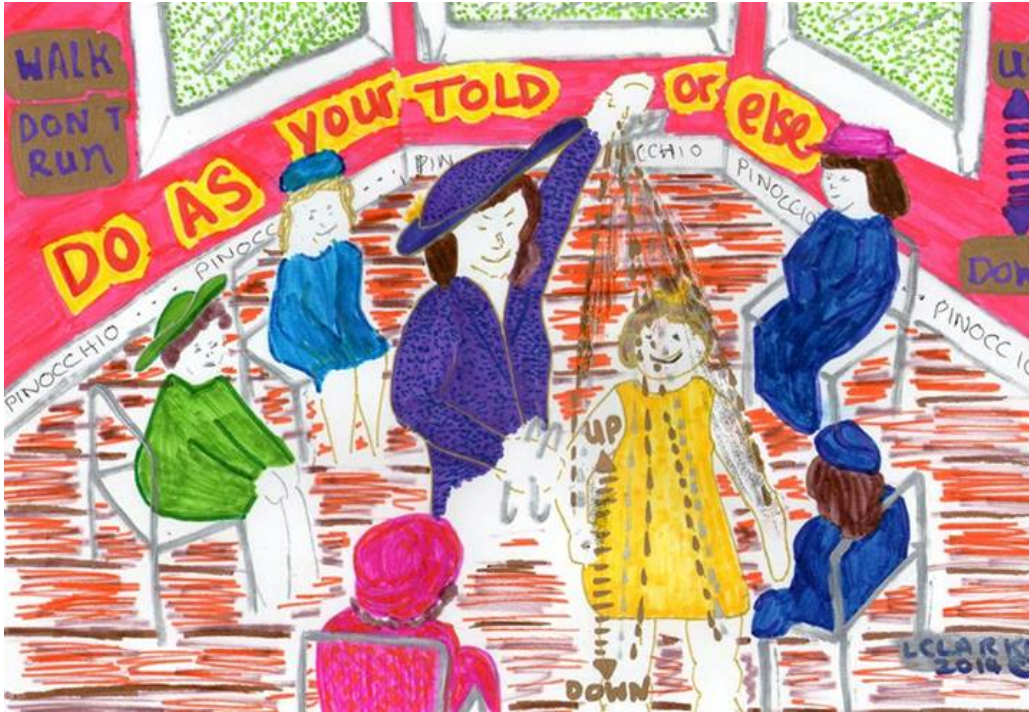
You can also find atomizers that let the aroma permeate the air in a whole room. With these you put six or seven drops in a mix and the atomizer sprays it into the room. Or you can put some on a candle and burn the candle so the aroma permeates the room. You can even put a few drops in your bath.

DANCING WITH DEMONS

By Mikhayla Gracey

Children heedless of life's pain,
Smiling wide to taste the rain.
Cheating darkness wears a mask,
What's behind the dancing man,
Beckoning disguised as Pan?
Piping gently pulling,
Senses soundly dulling,
Til the music turns to mud.
Marching falling pressing blood.
Taught a new demonic dance.
Children captive, demons pet,
Screaming master of the trance.
Growing wise, inside secret,
Stay a little longer
Learning how the demons play.
Silently grow stronger,
Vow you'll never slip away.
Slip away, slip away.





Picture by Jasmine



Garden tea party

CHILD SEXUAL ABUSE'S SECOND SHAME

by Nick Bryant

The relatively recent scandals at Penn State and Syracuse universities, Brooklyn's Poly Prep Country Day School, Fenway Park, and now the Amateur Athletic Union, along with the intimations of possible cover-ups of child sexual abuse, have citizens shocked and outraged. However, these recent allegations only are the latest variations on a theme of abuse by churches and respected organizations like the Boy Scouts.

Pedophilia seems to exist in a distant parallel universe that is antithetical to the universe of Little League, Disneyland, and the other hallmarks of wholesome, youthful Americana, but the current allegations of pedophilia and the possibility of its cover-up just may be waking up Americans to the reality that this universe may not be as distant as they once thought.

I have shared the outrage at the reports of sexual abuse but, unlike most people, I have not been shocked, because of my research over the last decade. Prior to 2002, I had written extensively on children's issues, and then I stumbled across a 1987 U.S. Customs report on a "child abuse investigation" that the agency was conducting, and it described child abuse of the most horrific nature.

Two men connected to the investigation had been arrested and charged with multiple counts of child abuse, and six children, whose ages ranged from two to six years old, had been placed in Florida's child protective services. The investigation ultimately was quashed by Federal authorities (who should not have had jurisdiction in this situation), and the two men were released from jail and the charges dropped. I was stunned by the report, and it triggered my prolonged odyssey into the depths of child trafficking in America

Although witch-hunt hysteria is to be avoided when these accusations come to light, it is important to consider that the cover-up of child abuse may be rife in our society. Sexual-abuse victims often are very reluctant to come forward because they frequently are branded as liars, opportunists, and gold diggers. Such denunciations already have been leveled against the alleged victims of Penn State's Jerry Sandusky and Syracuse University's Bernie Fine.

Many specialists in the field of child sexual abuse have concluded that it is more for individuals to fabricate accusations of these crimes. In 2002, The New York Times interviewed Patrick Schiltz, former associate dean of the University of St Thomas law school in Minnesota and now a Federal judge, who had defended Catholic dioceses against sexual-abuse lawsuits in more than 500 cases. Judge Schiltz expressed the belief that "fewer than 10% of those cases were based on false accusations.

Likewise, I have spoken with scores of men and women who claim to have been sexually abused. I also have concluded that the overwhelming majority are telling the truth and, of all the victims I have interviewed, I am not aware of a single abuser who has been indicted for his or her alleged abuse.

After determining the authenticity of that Customs report, I started to investigate a second pedophile network that reportedly had been sheltered by entities within Federal law enforcement. It was then that I truly entered a parallel universe that encompasses the refined destruction of children along with its cover-up by the very state and Federal authorities who have pledged to protect them from the depravity of evil men—a universe where lies masquerade as truth, shadows reflect light, and innocence is condemned.

I spent the next seven years researching and writing a book documenting a nationwide pedophile ring that pandered children to a cabal of men with power and prestige. The ring's pimps were a pair of political powerbrokers who used a distinguished orphanage as a pedophilic reservoir. With access to thousands of

documents that were sealed by two grand juries, as well as the sealed testimony of one, I demonstrated that state and Federal grand jury processes in Nebraska played an integral role in the cover-up.

Instead of indicting the alleged perpetrators, these grand juries indicted the victims who would not recant their accounts of abuse on charges of perjury. In one case, a 21-year-old who had been abused since adolescence was indicted on eight counts of perjury by both state and Federal grand juries. Facing more than 300 years in prison, she still refused to recant. Her travesty of a trial resulted in a prison sentence of nine to 15 years. She spent nearly two years in solitary confinement

This individual was released from prison in 2000, and she has become a model citizen: she is happily married and gainfully employed. Conversely, one of the ring's pedophilic pimps, who was not charged with a single count of child abuse, moved halfway across the country. By 2009, he had enmeshed himself among a new brood of economically disadvantaged children.

Before the book came into print, I attempted to publish an article on the subject matter. After I felt I had collected clear proof of the child abuse and its cover-up, I distilled the information into an article and submitted it to numerous mainstream magazines, but none would go with it. The magazine editors rejected it without even looking at the thousands of pages of corroborating law enforcement and social services documentation that had been collected. Although I was put off by the editors' apparent callousness or perhaps fear for their careers, I thought the main problem may have been that I shoehorned such a sprawling story into an article.

Undeterred, I wrote a rather lengthy book proposal and gave it to the major literary agency representing me. Within weeks, I was dumped as a client. Still determined, I found a second agent who tried to sell the book proposal, but he found no takers. I did meet with one publisher, however; his primary concern was any potential libel action, not the destruction of numerous children. Finally, I found a small publisher on the West Coast who had the fortitude to publish my book, which, in addition to more than 500 pages of narrative, provides 100 pages of documentation, but no one in the mainstream media would review or even mention it. I managed to get copies to the producers for television personalities who are child-welfare advocates, and they would not touch the story, either.

Possibly, most media were scared off by the fact that two grand juries declared that the perpetrators had not abused a single child and a jury had found the young woman guilty of fabricating after all, are the finders of fact in our system, but it also is true that her charges and those of the other victims implicated some very powerful figures. I also believe that many editors looking at the summary concluded that my tale could not possibly be true, and there was no reason to even look at the book.

These circumstances, though, are quite different from what we know of the situation at Penn State. If the Sandusky allegations are true, I would guess that his leverage there was the potential besmirching of the reputations of Penn State and his coaching associates. Penn State has prestige, and rightly so. It has done a lot of good. Institutions, however well-intentioned, are made up of individuals. Pedophilic predators are attracted to environments full of prey: schools, churches, youth groups, etc. The mandate of these institutions must be to protect the children in their charge, and to put that imperative ahead of the protection of their own reputations.

Indeed, Penn State has refused to release records from its 1998 inquiry involving Sandusky, and the state's Office of Open Records recently upheld its decision. The school's refusal to release these records certainly suggests it still is putting its reputation ahead of the alleged victims when common decency demands transparency at this point

Another factor that dooms many investigations, and abets corrupt ones, is that victims frequently are from

disadvantaged backgrounds, and the adult luring the child frequently introduces the underage individual to drugs or alcohol, further eroding that victim's credibility. Moreover, the abuser often has powerful allies in law enforcement, government, and the media, who decide that the sordid details are too hot to handle. Add into the mix the public's understandable squeamishness toward the entire subject of pedophilia, and we arrive at the perfect recipe for cover-up.

The reality is that many perpetrators are not shady men in dirty, threadbare trench coats living in seedy hotels, but are, in fact, pillars of our community. Until our society addresses these facts and its institutions are willing to face embarrassment, instead of heaping more abuse upon victims, our national shame of rampant child abuse and its cover-up are unlikely to end.

Nick Bryant is coauthor of *Americas Children: Triumph of Tragedy* and *The Franklin Scandal: A Story of Powerbrokers, Child Abuse, and Betrayal*.



SOUL MATE

by Somaya Ahmed-Arab

It only happens once, not twice
A love so fast, how could it last?
Happy moments on the beach, on the
grass
Arizona, San Diego will I see you at
last?

My heart then still afraid to fall
For the greatest love of all
But soon all my stimulated fears
Suddenly turned to joyful tears
Our faces lighted by lover's gleam
Among hopeful happy to reach the
dream
Swearing to never leave one another
So many promises made to each other
Our beings so filled with love's illusion
Not knowing it would end in destruction
Considering how we started
We were bound to be parted

A love so innocent, so blind to see
That passion raptured from its dark sea
Falling in lust with darker shores
You chose those lonesome night hours
While mine were spent in sobering
Waiting for you and wondering
Why each night you departed
Leaving me home broken hearted
Standing a year of rejections
Cruel games became your addictions
While all I wanted was to give
But all you knew was to receive

My love for you was so tender
But you harmed it with such slender

Abandoning me in such a flood
My heart drowning in its own blood
Yet dare not trust what I could see
That true love had come and flee.

How could I have been such a fool?
To believe we could have been one Soul
The dream with you I had cherished
Was continually getting tarnished,
Your violent words made such a tear
Which I will keep as souvenirs

Today I wish upon a star
That time would help erasing the scar
Of such a painful love story
I wish I could forget quickly
Why did we live such a sad tale?
I wish I could have said farewell

So when love hits you once again
Do not inflict her with that pain
Nurture your love and do not fear
For it is worth the price, the cost, the
fear
For all we know that when it is lost
Painful memories do not worth the cost
For they are always here to stay
To torture and hunt your life one day...

There is so much you never knew
But all my life I had waited for you
A love so strong I knew
Forever after you could and would never
promise me so.

Resuming my lonesome existence
I'll think of you from a distance...

BOOK REPORT



Finding Grace: Regaining my Vision and Soul
By Anne R Davidson

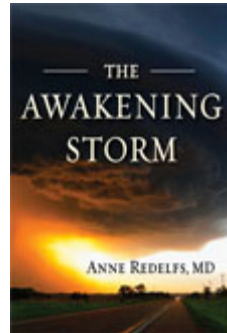
"This story is based on flashbacks received at the age of 40 while doing choreography in my dance studio in the Netherlands."

Anne spent the next 30 years coming to terms with her memories, "using all the tools of psychotherapy, psychosynthesis, dance therapy, contemplative dance, and writing to recognize that I had been in mourning most of my life from the loss of the woman, Grace, whom I had considered my mother." Anne's life had been threatened by her mother's constant abuse, and after returning to the U.S., sought out Grace and was gratified to learn that Grace also remembered the same events.

This book is recommended for victims of trauma, abuse, PTSD, psychologists, and those providing care to people suffering from visual misalignment. You may purchase ***Finding Grace*** at:

<http://www.amazon.com/Finding-Grace-Regaining-Vision-Soul/dp/1492767549>

BOOK REPORT



The Awakening Storm
By Anne Redelfs, M.D.

This is a book that guides us through an educational process of understanding our truest selves. By telling us the story of how she coped with Hurricane Katrina and the Levee Disaster, Anne helps us to understand, at many levels, what our lives have truly been about and how they have affected who we are today. With a movement back and forth, from storytelling to understanding, Anne clarifies for us the effects of trauma on human beings. As a retired psychiatrist who has been studying human beings for as long as she can remember, Anne has a unique view on life and is able to explain PTSD in layman's terms as she talks about the stunted psychological development that results from chronic, untreated traumatic experience. She gives us practice in helping to remedy these epidemic conditions - within ourselves, within our relationships, and throughout society.

To find out more about this book, and to read other reviews
http://www.mirabooksmart.com/The-Awakening-Storm_p_499.html

Become a Member

Membership in Our Organization Brings You . . .

Survivorship Journal – articles on healing – personal narratives – articles on therapeutic, social, and political issues – poetry – book, TV, and movie reviews - artwork

Survivorship Notes – short articles – organizational updates – opportunities for activism – announcements and resources – national and international conference dates

Web Page: <http://www.survivorship.org> – articles and links – calendar of events – difficult dates – reprints and back issues – items for sale by survivors – member's section with the Journal, newsletters, and members-only message boards and chat room

Webinars each month by survivors and therapists – recordings of past webinars

Conferences yearly with the possibility of meeting other survivors and learning from those willing to share their stories and expertise

Help keep Survivorship alive and strong. Your membership dues and donations allow us to offer gift memberships to those who cannot afford dues and to support our day-do-day activities.

Membership Categories

Every member with Internet access gets a username and password to enter the Members' only section

Regular Member (receives the Journal by regular mail and the Notes by e-mail)

Internet Member (reads the Journal and Notes on the website)

If you are a professional or a for-profit agency, we suggest that you donate an additional \$35.00 toward gift memberships. Special donations help with special events such as support groups, workshops, trainings, webinars, and conferences.

Gifts

\$35 to \$100 **Donor**

\$100 to \$500 **Sustaining Donor**

\$500 and over **Benefactor**

Every donation, no matter how small, makes a difference and is deeply appreciated.

Survivorship is a grassroots organization supported by membership fees and donations. We accept no federal or state grant monies. We are run for and by survivors.

Many ritual abuse survivors find they “fall apart”, especially right after they begin to remember and cannot work as they used to. We ask for donations for gift memberships so that we may offer vitally needed support at this critical time. We offer gift memberships to those on long-term disability or in prison. Gifts are also needed to reach out to survivors who may not know of our resources and to educate the public and professionals working with survivors. All donations are tax deductible.

To pay dues or donate online using PayPal, please go to Survivorship.org

Mail membership fees and donations to:

Survivorship, Family Justice Center, 470 27th St., Oakland, CA 94612

Name _____

Username I would like to use _____

Organization (if applicable) _____

City _____ State _____ Zip _____

E-Mail _____ Amount enclosed _____

Volunteer for Survivorship

By helping Survivorship, you challenge your programming, develop confidence and new skills, and support our community.

There are many different ways to volunteer:

- * Make a commitment to serve on the Board of Directors.
- * Publish your articles, poems, and artwork in the Journal. Copy-edit or proof read, or become a Guest Editor for one issue of the Journal. It's fun!
- * Research conferences and resources for the Notes. Write a short article.
- * Give a Webinar.
- * Help maintain and update our web site.
- * Give training on ritual abuse to a hotline, school of social work, nursing or psychology, rape crisis center, or battered women's shelter.
- * Organize a fund raising event.
- * Be creative and think of other ways you might help out!

Next step: write or email info@survivorship.org and tell us what you would like to do.

Please know how grateful we are to you for reaching out to isolated survivors and helping educate the public about ritual abuse. If our community doesn't do it, nobody will.

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