

Survivorship Notes



Vol. 187 No. 9 and 10

September and October 2014

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Dear Survivorship Community,

With the cooler weather coming in it's back to school and work for many people. For those of us on our healing journey it means getting ready for holidays and keeping ourselves safe.

In this edition we begin an article by Gil Shepard on 'Why Does Relaxation Sometimes Yield Anxiety or Flashbacks and How to Calm Without That Risk', which will run for the next 4 issues. I know you will find some ideas that will help you in your continuing healing journey.

Survivorship Board of Directors

Micci, Neil, Spence, and Shamaï

Survivorship's blog is at <https://survivorshipwp.wordpress.com>
Survivorship on *Twitter*: <https://twitter.com/Survivorshiporg>

RITUAL CALENDAR 2014- DIFFICULT DAYS

September

9/1 Start of WW11
9/1 Labour day
9/5-9/7 Marriage to the Beast (Satan)
9/7 Feast of the Beast, marriage of virgins to Satan
9/9 Full Moon
9/9 Ganesh Charurthi; Hindu: Birth of Lord Ganesha, god of wisdom, prosperity, and good fortune
9/11 Grandparents Day
9/13 Yom Kippur
9/16 Mexican Independence Day
9/18-25 Sukkot
9/20-9/21 Midnight Host, vows, blood sacrifice from tip of finger
9/20 Pitr Paksha: Hindu 16 day period when spirits visit their descendant's home
9/21 Fall Equinox
9/21 Rituals of the Elements and Feast of the times
9/23-10/2 Mysteries of Eleusis
9/23-9/30 Birthday celebration of Shri Krishna
9/24 New Moon
9/24 Rosh Hashanah
9/25-10/3 Navaratri: Hindu: Fall Festival, Worship of Durga. Lakshmi and Saraswati
9/29 Michaelmas
9/30-10/4 Durga, Kali Puja

October

10/3 Yom Kippur
10/4 Dashara (Kali's victory over Mahishasura)
10/5 Opening of Mundus Ceresis
10/8 Full Moon
10/8 Sukkot
10/13 Thanksgiving: Canada
10/13 Columbus Day: US
10/13 Dia de la Raza: Mexico
10/12 Hitler's half birthday
10/13 Backwards Halloween
10/14 Thanksgiving Day in Canada
10/15 Simchat Torah
10/16 Death of Rosenberg
10/19 Death of Goering
10/22-10/29 Preparation for all Hallows Eve
10/23 New Moon
10/23 -10/27 Diwali: Hindu: Festival of Lights: The end of Lord Rama's exile, killing of a demon by Krishna's wife
10/24 United Nations' Day
10/31 Halloween/Samhain/All Hallows Eve/ Hallomas/ All Souls Day
10/31 Preparation for the Isia (ring of six: Isis, Hathor, Nephthys, Horus, Thoth, Anubis) Resurrection of Osiris
10/31 Start of the Celtic new year. Dark half of the year

WHY DOES RELAXATION SOMETIMES YIELD ANXIETY OR FLASHBACKS AND HOW TO CALM WITHOUT THAT RISK

Gil Shepard MFT

It is counter-intuitive for relaxation exercises to cause anxiety or flashbacks. After all to relax means to be calm. How can relaxation exercises ever make anyone anxious, or even worse re-experience a past trauma? In this article I will explain how relaxation might possibly result in anxiety, and may even possibly result in remembering traumas you may have forgotten from the distant past. And I don't mean just mentally remembered. These may even include physical and emotional feelings that make you literally feel you are in that past trauma.

Abreactions or flashbacks of past traumas are usually cued, or triggered by the senses. Some sense "remembers" or brings you back to the past trauma. This could be a sound, a smell, a touch, even a way your body moves in space. For example, if a perpetrator used a certain antideoderant, then smelling that antideoderant many years later may bring back the whole original experience of being molested. Or hearing a piece of music that was played in the background when you were abused may bring you back (an abreaction) to the full original experience. The flashback may be triggered by something that someone says, the timbre of someone's voice, the way someone touches you or a physical location. This is a PTSD reaction.

During a trauma the body is in survival mode. That means fight or flight hormones including adrenaline and norepinephrine are released so the body is ready to fight or run. The body then instantly increases heart rate, narrows arteries so blood can get to muscles faster, increases blood flow to parts of the brain designed to handle emergencies, and stops non-essential body functions, like digestion, among other things.

What happens if you cannot fight or flee? An infant cannot fight or run away. Survivors of childhood sexual abuse usually cannot fight or flee. If you cannot fight or flee then the energy released by hormones into your body is not released. This energy is stored in the body.

Peter Levine, in "Waking the Tiger," describes how he was deeply relaxing a very anxious woman in a hospital setting when she suddenly began screaming wildly. He had recently been reading about tigers so as a last resort he told her to climb the wall that was in front of her to get away from the tiger chasing her. She began to make motions as if climbing the wall. This was ultimately curative for her.

From this experience Levine developed ways to release traumatic memories through body movements, a form of therapy called Somatic Experiencing. He discovered he could release traumatic memories that were stored in the body so that they no longer affected people through methods he developed. And he thought out ways to gradually release such memories so as not to retraumatize people as he had unintentionally done with this woman.

...to be continued

CONFERENCES, WEBINARS, WORKSHOPS, AND TRAINING

Child Protection Summit

September 3-5, 2014
Orlando, Florida

<http://www.cvent.com/events/child-protection-summit-2014/fees-2813f0d91ab7443bb99b80b268bf7c93.aspx?i=c545d0b5-7587-4c6f-bcc5-9b856aa24a2d>

Safeguarding Conference 2014

September 3-5, 2014
Cape Town, South Africa

<http://www.savethechildren.net/article/safeguarding-conference-2014>

Child Abuse & Neglect

September 4-5, 2014
Norman, OK

<http://www.oumedicine.com/pediatrics/department-sections/developmental-behavioral-pediatrics/center-on-child-abuse-and-neglect/OKCANconference>

Violence, Abuse & Trauma

Sept 7-10, 2014
San Diego, CA
Phone: (858)527-1860

ivatconf@alliant.edu

<http://www.IVATCenters.org>

The Bowlby Centre:

London, UK

Attachment as a Second Language

September 10, 2014

February 28, 2014

Emotionally Focused Couples Therapy

An Experiential Introduction to EFT

October 18, 2014

<http://thebowlbycentre.org.uk/events/>

Shame and Self-Loathing

September 11, 2014
San Francisco, CA
1-800-844-8260

<http://www.pesi.com/search/detail/index.aspx?eventid=28128>

Prevent Child Abuse

September 11, 2014
Atlanta, GA

<http://abuse.publichealth.gsu.edu/upcoming-events/annual-conference/>

Child Maltreatment Symposium

September 11-12, 2014

Chicago, IL

<https://www.luriechildrens.org/en-us/care-services/specialties-services/child-abuse-pediatrics/training-education/Pages/annual-child-maltreatment-symposium.aspx>

ISPCAN European Regional Conference on Child Abuse and Neglect

September 14, 2014

Nagoya, Japan

http://www.celcis.org/training_and_events/event/ispcan_conference_on_child_abuse_and_neglect

Complex dissociative disorders and the three stages of therapy

September 19 2014 , September 20, 2014, October 6, 2014, October 11 2014

York, United Kingdom

<https://www.eventbrite.co.uk/e/complex-dissociative-disorders-and-the-three-stages-of-therapy-registration-12166348877?aff=eorg>

Restoring the Shattered Seminar

September 25-27, 2014

Grand Rapids, Michigan

616-940-8100

<http://www.rcm-usa.org/frmSeminar-Michigan.asp>

Task Force on Child Abuse and Neglect

New Jersey

Sept. 29, 2014 – Neurodevelopment, Trauma and its Effects on the Brain

September 30, 2014-Annual Skill Building

January 2015 – Trauma Impact and Reversibility

June 2015 – Mindfulness and Vicarious Trauma

<http://www.cpe.rutgers.edu/trauma/>

PODS***Living and Working with Dissociation***

- 4 October 2014 in Darlington
- 29 November 2014 in Huntingdon, Cambridgeshire
- 6 December 2014 in London

Trauma and the Body: Somatisation and Dissociation

1 November 2014 in Ipswich

8 November 2014 in Rotherham

March 21, 2015 Bristol

April 18, 2015 Darlington

April 25, 2015 Brighton

October 3, 2015 Belfast

October 17, 2015 Birmingham

info@pods-online.org.uk

<http://www.pods-online.org.uk/events.html>

Mini Child Abuse and Neglect

Oct 9-10, 2014

Atlanta, GA

<http://www.choa.org/childrens-hospital-services/child-protection-center/prevention-and-training/mini-conference>

African Conference on Child Abuse and Neglect

October 13-15 2014

Nairobi, Kenya

<http://www.anppcan.org/node/93>

Prevention of Child Abuse and Neglect

October 15-17, 2014

Wichita, KS

https://www.kcsl.org/training_conference.aspx

Turn on the Light Child Abuse and Neglect Conference

Oct 16, 2014

West Palm Beach, FL

Contact: Suzan Santosus

Phone: (561) 687-8115

ssantosus@childrenshealinginstitute.org

<http://www.turnonthelight.org>

Understanding & Working with Dissociation: A Foundation Course

Oct 16-17, 2014; Nov 20-21 2014

Manchester, UK

<http://www.dissociation.co.uk/page23/training.asp>

Trauma Training

October 20-21, 2014

Dartmouth, Nova Scotia, Canada

http://www.traumatrainingseminars.ca/conference_guest_speaker.asp?id=12

Working with Survivors of Clergy Sexual Abuse

October 24, 2014

Berkeley, CA

<https://www.tpi-berkeley.org/continuing-education/case-conference/oct-2014>

Child Abuse and Neglect Conference

October 27-28, 2014

Plymouth, MI

canconf@uofm@gmail.com

<http://www.canconferenceuofm.org/>

Child Abuse & Neglect

October 27-28, 2014

Plymouth, MI

<http://www.active.com/plymouth-mi/conferences/child-abuse-and-neglect-conference-2014>

Child Abuse and Neglect

October 27th – 29th 2014

Annapolis, MD

<http://marylandchildrensalliance.org/mid-atlantic-conference/>

Conference on Child Sexual Abuse

Oct 27-29, 2014

Middleton, WI

<http://continuingstudies.wisc.edu/conferences/child-sexual-abuse/>

SAFE 2014: Sex Trafficking Awareness, Freedom and Empowerment Conference

October 29-31, 2014

Chicago, IL

Information: Dr Kalyani Gopal

(219) 736-1000

safe1014@gmail.com

<http://www.safechr.com>

Overcoming Trauma-Related Shame and Self-Loathing

October 30-31, 2014 Brisbane

November 6-7, 2014 Melbourne

November 10-11, 2014 Sydney

<http://delphicentre.com.au/>

MaleSurvivor

Oct 31, 2014 - Nov 2, 2014

Newark, NJ

Howard Fradkin, Ph.D hfradkin@malesurvivor.org

Jim Struve, LCSW, at jimstruve@malesurvivor.org

<http://www.malesurvivor.org/conference.html>

Walk To Action

November 1, 2014

San Antonio, Texas

conferences@preventchildabusetexas.org

<http://www.preventchildabusetexas.org/>

ISTSS

Addressing the Effects of Childhood Trauma Across the Life Span

November 6 -8, 2014

Miami, Florida, USA

<http://www.istss.org/Home1.htm>

NEWS AND LINKS

Westminster 'chumocracy' has protected itself from paedophile revelations, claims Cameron's advisor on child abuse

<http://www.dailymail.co.uk/news/article-2688622/Westminster-chumocracy-protected-paedophile-revelations-claims-Cameron-s-advisor-child-abuse.html>

Jersey historical child abuse inquiry to begin <http://www.bbc.com/news/world-europe-jersey-28408981>

Cyril Smith: 'evidence of sex abuse' was overruled CPS report shows Detective told chief constable in 1970 there was prima facie evidence of guilt but DPP advised against prosecution

<http://www.theguardian.com/politics/2014/jul/16/cyril-smith-sex-abuse-cps-1970-report-lancashire-dpp>

Chilling day Special Branch swooped to seize ANOTHER dossier on VIP abusers: 16 MPs' names mentioned in 1984 report on paedophile lobby's influence in Westminster. Police raided newspaper offices of Don Hale, editor of Bury Messenger. He'd recently been given sensitive files by Labour politician Barbara Castle Documents included typewritten minutes of meetings that had been held at Westminster in support of paedophile agenda Included details of a host of Establishment figures who had apparently pledged support to their cause

<http://www.dailymail.co.uk/news/article-2697947/Chilling-day-Special-Branch-swooped-seize-ANOTHER-dossier-VIP-abusers-16-MPs-names-mentioned-1984-report-paedophile-lobby-s-influence-Westminster.html>

Former Radio 1 DJ Chris Denning admits 29 child sex abuse charges

<http://www.theguardian.com/uk-news/2014/aug/05/former-radio-1-dj-chris-denning-admits-child-sex-abuse>

Jerry Sandusky Son Discusses Alleged Sexual Abuse <http://abcnews.go.com/Sports/wireStory/sandusky-son-talks-fathers-bedtime-ritual-24588858>

Christian Assemblies International: Former members detail abuse handed out by CAI leader Scott Williams

<https://au.news.yahoo.com/nsw/a/24564053/christian-assemblies-international-former-members-detail-abuse-handed-out-by-cai-leader-scott-williams/>

Teen accused in 'satanic' murder of girl to stand trial as adult

<http://abc13.com/news/teen-to-stand-trial-as-adult-for-satanic-murder/244762/>

Rape, hunger and nameless kids at squalid children's home in Mexico

<http://news.msn.com/in-depth/rape-hunger-and-nameless-kids-at-squalid-childrens-home-in-mexico>

Mythical Numbers and Satanic Ritual Abuse Ross Cheit Professor at Brown University

<http://www.huffingtonpost.com/ross-cheit/mythical-numbers-and-satanic-ritual-abuse-5578078.html>

Evidence in the Keller Case

<http://blogs.brown.edu/rcheit/2014/07/10/keller/>

How the 'Witch Hunt' Myth Undermined American Justice Jason Berry

<http://www.thedailybeast.com/articles/2014/07/12/how-the-witch-hunt-myth-undermined-american-justice.html>

ON-GOING MEETINGS AND TRAINING OPPORTUNITIES

More information is available at <https://survivorship.org/events/>

ASCA (Adult Survivors of Child Abuse)

On-going meetings in CA, FL, IL, NE, NJ, NY, NC, RI, and South Africa

info@ascasupport.org

www.ascasupport.org

Christina Arguello

http://therapists.psychologytoday.com/rms/prof_detail.php?profid=119345&sid=1336589023.0802_18054&city=San+Francisco&county=San+Francisco&state=CA&spec=19

Intensive Trauma Therapy, Morgantown, WV.

Free Thursday morning Trauma Seminars

info@traumatherapy.us

<http://www.traumatherapy.us>

Survivors of Incest Anonymous

SIA holds 12-step meetings for incest survivors. Those designated “Nothing Too Heavy to Share” meetings are designed for ritual abuse survivors.

410-282-3400

<http://www.siawso.org>

SIA Coming Home phone meeting

Daily at 8:30 am pst

Trauma Center at JRI

Free lecture each Thursday of the month, 12-1 p.m., Brookline, MA

moreinfo@traumacenter.org

617- 232-1303

www.traumacenter.org/training/workshops.php

Womencare Counseling Center

Weekly ongoing groups, Evanston, IL

info@womencarecounseling.com

847-475-7003

www.womencarecounseling.com

Women’s Center, 46 Pleasant Street, Cambridge, MA

Weekly and monthly groups for survivors of child sexual abuse, incest survivor’s interfaith quilt project, Survivors of Incest Anonymous, eating disorder support group, emotional healing group, more.

info@cambridgewomenscenter.org

Phone: 617-354-6394

Helpline. 617-354-8807

<http://www.cambridgewomenscenter.org>

Dissociation & Trauma Clinical Discussions

The Dissociation & Trauma Clinical Discussions (DissTCD) list has been created to allow for clinical discussions for all licensed mental health counselors and retired licensed mental health counselors around the world. If you have a related license or degree, please write for more information at DissTCD-owner@yahoogroups.com

<http://groups.yahoo.com/group/DissTCD>

Survivorship is presenting this as information and cannot guarantee your safety. If you choose to get involved, please know that you are choosing to do this at your own risk. We advise having a back up support system in place before. If you know of other groups that are active and have been helpful, please do let us know.

The Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (1-800-422-4453)

HOTLINES FAMILIAR WITH RA ISSUES

- * Bay Area Women Against Rape (BAWAR): 510-845-7273
- * San Francisco Women Against Rape (SFWAR): 415-647-7273
- * Women's Center, Cambridge, MA: 617-354-8807