



# FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## About FREIA

FREIA - Finding Recovery and Empowerment from Abuse --- began with a Vision. Robin Trainor is a psychotherapist in Ohio who has been treating survivors of sexual abuse for over 30 years.

This issue became very personal for her when two of her family members were sexually abused. While searching for more effective tools for helping folks heal, she was introduced to EMDR (Eye Movement Desensitization & Reprocessing), EFT (Emotional Freedom Techniques), and then to the other energy techniques. She began using these in her practice, and began training other therapists as well.

While she found these techniques faster and more effective than talk therapy, there is only so much one person can do. She shared her ideas with other counselors and therapists. And so a Vision came to her: *to create an organization of volunteers dedicated to supporting and healing survivors of abuse, using these new energy techniques.*

**Our Mission** is to support, educate and empower people to free themselves from the effects of sexual abuse. We educate survivors and caregivers in holistic methods to alleviate suffering, recover full human potential, and to flourish in all areas of their lives.

**Our Vision:** We envision a world where people ----- men and women ----- honor, respect, and support each other in expressing their full potentials and becoming all they can be. While abuse, violence and trauma occur, they need not wound or limit us forever. There are many resources and caring people available on the Healing Journey for those in need.

FREIA operates as a program under the umbrella of The Empowerment Training Center, a 501-c3 non-profit organization.