

NETWORKING BRIEF



FREA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE



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FREA is an online community, information and training resource sharing relief, recovery and empowerment to survivors of sexual abuse. FREA was conceived and is staffed by licensed therapists, holistic health practitioners and trained volunteers who provide caring support to women, men and families, on their **JOURNEY TO HEALING AND RECOVERY**.

FREA operates under the umbrella of **THE EMPOWERMENT TRAINING CENTER**, a 501c-3 non-profit organization.

OUR MISSION is to support, educate and empower women and men in freeing themselves from the after effects of sexual abuse. We share holistic tools and resources to alleviate suffering, recover full human potential, and to flourish in all areas of their lives.

OUR VISION is a world where men and women honour, respect, and support each other in sharing their gifts, fulfilling their potentials, and creating a caring human community.



Our **TARGET AUDIENCE** includes survivors of sexual abuse; their families and friends; and healing professionals and caregiving organizations.

We will be offering a **MENU OF SERVICES** including:

- *Self-help videos, case studies and testimonials*
- *Online video coaching*
- *Online articles*
- *Discussion groups*
- *Live trainings for survivors, family members and caregivers*
- *Directory of therapists and caregivers*
- *Links to resources and sister organizations*

OVERVIEW ON THE ISSUE OF SEXUAL ABUSE

- Approximately one in five (19.3%) of women experience rape in their lifetimes
- One in four girls and one in six boys will be sexually abused before the age of 18
- 43.9% of women will experience sexual violence (other than rape) during their lifetimes
- 23.4% of men will experience sexual violence (other than rape) during their lifetimes

HEALTH COSTS

- 81% of women and 35% of men report significant impacts such as Post Traumatic Stress Disorder (PTSD)
- Annually, rape costs the U.S. more than any other crime (\$127 billion), followed by assault (\$93 billion), murder (\$71 billion), and drunk driving (\$61 billion)
- Health care is 16% higher for women who were sexually abused as children
- Sexual assault is associated with an increased lifetime rate of attempted suicide. In women, a history of sexual trauma before age 16 years is a particularly strong correlate of attempted suicide.
- Women who experience sexual assault report more somatic complaints, poorer perceptions of physical health, greater psychological distress, and increased use of medical services.
- Men who reported experiencing early childhood sexual abuse had a two-fold increase in prevalence of HIV infection relative to men who reported no abuse.

Link: http://www.svfreenyc.org/media/factsheets/fsht_144.pdf

Furthermore, according to a 2010 Internet survey by the National Alliance to End Sexual Violence:

- 56% of rape crisis centers had been forced to reduce staff in the past year
- 25% of rape crisis centers had a waiting list for crisis services
- 66% of rape crisis centers had to reduce prevention education/public awareness efforts because of funding losses
- 61% of rape crisis centers had three (3) or less staff
- 60% of rape crisis centers indicated they need at least four (4) full-time staff to meet the current demand for sexual assault services in their community

Report link: <http://www.nsvrc.org/sites/default/files/CostsConsequencesSV.pdf>

By any measure, **THIS IS AN EPIDEMIC** that has long been ignored and denied. Recent documentaries like *The Hunting Ground* have pointed out the lack of adequate support services and society's overall denial of this crime against so many among us. FREA's intention is to network with like-minded organizations in supporting women and men in their recovery from sexual abuse.

FREA RESOURCES

FREA's mission to support survivors will include many free resources:

WEBSITE: *currently under development*

VIDEO MODULES: We will be featuring a series of interviews, testimonials and self-help videos on our website.

DOCUMENTARY: We are creating a full-length documentary *telling the story* of how women and men and their families are healing and recovering from sexual abuse using new energy methods.

COACHING PROGRAM: We are seeking survivors of sexual abuse who are willing to share their story by participating in a series of group workshops and training programs.

RESEARCH PROGRAM: We are collecting data and initiating a research program to validate the efficacy of these methods. This research will be published and made available to all.

PARTNERING WITH FREA

Reaching out to the widest community of survivors and their caregivers requires networking and collaboration. We are seeking like-minded strategic partners who are aligned with our Mission in supporting women and men recovering from sexual abuse.

Partnering with organizations that support survivors and offer advice on treatment and other support services is an important aspect of our mission.

The FREA web site, Facebook page and video content will feature case studies and testimonials taken from the life experiences of those touched by sexual abuse and those experienced in successfully treating it.

IN EXCHANGE FOR WORKING WITH US, WE CAN OFFER YOUR ORGANIZATION access to and a profile in one or more of the following:

Online resources:

- Articles
- Case studies
- Testimonials

Research:

- Documenting innovative healing methods

Videos:

- Informational and self-help videos
- PSA's
- A feature-length, broadcast documentary film

Training and education programs:

- For therapists
- Self-help techniques for survivors, families and caregivers

Treatment programs:

- Coaching for survivors of sexual abuse

Profiles of your organization:

- Your organization's presence and work in this field, delivered to our communities of interest

Our current **PARTNERING ORGANIZATIONS** include:

- **ACEP:** Association for Comprehensive Energy Psychology - energypsych.org
- **AAMET:** Association for the Advancement of Meridian Energy Techniques - aamet.org
- **AMT:** Association for Meridian Therapy - theamt.com
- **EFT UNIVERSE:** - eftuniverse.com
- **PHOENIX PLACE:** - phoenixplace.saultsports.com

The FREA committee



ROBIN TRAINOR, FREA's founder, received a BA degree from Baldwin Wallace University, and a Masters degree in Counseling and Family Relations at Ohio State University, followed by post graduate training at the University of Pennsylvania School of Psychiatry Marriage Council. Having a family history of addiction, after graduation she developed programs for children of alcoholics and therapeutic interventions for adult children and sexual trauma survivors.

For the past 38 years she has specialized in treating trauma and sexual abuse, and has presented her work at numerous trainings and conferences. She believes that many trauma survivors are spiritually evolved, and she assists them in discovering and recovering the Gifts of their trauma.

Robin is the mother of four grown children, and grandmother of eight. She, her partner Gary and her family continue to practice energetic techniques for self-healing. Knowing their value first-hand, she has a passion to share these techniques with others. FREA is the result of her Vision to assist and support others in their Journey to Healing.



STEPHEN W. CARTER, MA, has been helping people master stress and create healthier, happier lives for more than four decades. As a former police trainer and chief of police, he was in the forefront of creating innovative stress reduction programs for crime victims to include victims of sexual assault, law enforcement officers, and other public safety officials.

As the Corporate Security Director for a major financial services corporation, he developed and taught stress mastery methods to help ensure employees and executives successfully handled bank robbery, kidnap / hostage situations, and other high-stress traumatic experiences.

In recent years, Steve has worked directly with clients through his company, Stress Solutions, LLC, to help them create empowering and successful lives. He is a licensed trainer for the Association for Meridian and Energy Therapies where he teaches Emotional Freedom Techniques (EFT) and other stress mastery methods. He is a Master Neuro-Linguistic Programming (NLP) practitioner, hypnotist with an emphasis in Ericksonian methods, and a certified Thought Field Therapy (TFT) practitioner.



JOHN FREEDOM is a counselor, educator and trainer in private practice in Santa Rosa, California.

The author of *Heal Yourself with Emotional Freedom Technique*, he serves as research coordinator for ACEP, the Association for Comprehensive Energy Psychology; and executive director for FREA, Finding Recovery and Empowerment from Abuse.

He holds certifications in EFT, NLP, EMDR and auricular acupuncture, and specializes in helping people experience greater success, happiness and high-level wellness in all areas of their lives.

A former radio talk-show host and magazine editor, he leads seminars and trainings throughout the US and in Europe. As a survivor himself, he brings an awareness and understanding of these issues to the challenges that survivors of sexual abuse face.



I am **DAVID HIGNETT** (technically John David), and I hold degrees in Literature and History from the University of East Anglia, a Diploma in Drama and Movement from the Sesame Institute, a Certificate of Qualification in Social Work from the University of North London, and a Post-Qualifying Diploma in Mental Health Social Work from the Institute of Psychiatry. Thus I have spent considerable time with those who have experienced troubles and so are troubled now.

I live in South Yorkshire, England, amidst beautiful countryside, supervised by two Cats.

I was introduced to Energy Psychology in the shape of Tapping in 2005. There are other techniques I use but this continues to be my tool of first choice. I have myself been in spaces of feeling that Healing for me is not possible. I know now that this is not so; and if you are in such a space I urge you to re-visit the idea in your head and your body and to explore the resources on this site.

It is a great privilege for me to be involved in this program. I wish you most well on your journey to wholeness.



KATEY GULA lives in Canton, Ohio with her son, daughter and two dogs. Between my son's passion of digging for worms and my daughter's desire to turn me into a taxi cab driver, we live an eventful life. I am a woman of many abilities and never could decide what I wanted to be when I grew up. In 2007, I graduated with an Associates degree in Interactive Media focusing in video production. After graduation I began a series of freelance projects ranging from creative dance pieces to local music shows.

In 2010 a series of events changed the trajectory of my life, and I began a soul-searching era. During that time, I went back to undergraduate college, and graduated from Malone University with a bachelor of arts in marketing management. Ultimately, through prayer, meditation, and some guided hands, I entered into the psychology field as a Mental Health Case Manager. I have been professionally serving my surrounding communities for two years. I have experienced great joy in helping others, and have experienced great fatigue. My passion for aiding others around me keeps me fuelled to continue my academic aspirations in order to proficiently help others at a prolific level. I was introduced to FREA In 2015, and found these techniques are capable of doing just that. Once trained and certified in TTT Trauma tapping, I began to share this gift of healing with those around me. I am grateful to be a part of a community of people with such compassion, understanding, and desire to aid others to freedom.



JULI STEINOCHE, MA, LMHC, lives in St Petersburg FL with her husband (best friend), two boys, and a free roaming neighborhood cat. She grew up in Indiana and graduated with a marketing degree from Indiana University. She attended graduate school at the University of South Florida and became a licensed mental health counselor.

In 2005 she was introduced to Energy Medicine and extensively studied the energy systems in the body. She then became a licensed massage therapist and learned ways to incorporate the body to release emotional upsets and traumas. In 2009 she launched a practice called mindbodylab.com with focus on treating the whole person and guiding clients wanting to be the hero in their life's story rather than a victim of trauma or abuse. Her passion is providing simple and effective tools for dissolving upsets so clients can feel peace.

She has assisted war veterans, and survivors of domestic violence, molestation, rape, assault among other traumas. Her passion is providing simple and effective tools for resolving upsets so people can become all they were meant to be.



ERIC HUURRE brings four decades of producing, directing and marketing expertise to his work as a multidisciplinary filmmaker and more recently to energy therapy training and public awareness media creation. Additionally, he is an AAMET-certified EFT life coach.

Working from a core belief that the human story is a critical aspect of effective communications and learning, Eric forms strategic alliances to produce and deliver social-issue programming specializing in health and wellness seen from the subject's own perspective, needs and advantage.

His feature-length documentary *OPERATION: Emotional Freedom — The Answer* has brought awareness of EFT for the treatment of PTSD to combat veterans and caregivers around the world. Eric's commitment to producing positive-impact, public information programming, extends through his film, video and internet work for: *National Geographic Explorer; Discovery Channel; Outdoor Life Network; CBC; Channel 4; YTV; Disney Channel* and many other broadcasters and webcasters internationally. His work in support of energy therapies for young people includes: *tapping4kids.international; The Oaxaca Project; and Project Light Rwanda*.

Eric lives and bases his work from Toronto, Canada.



HOLLY TIMBERLAKE, PHD is a licensed psychologist with a Diplomate in Energy Psychology. A survivor of early childhood trauma, she has extensive experience as a trauma therapist, using Energy Psychology, guided imagery, Gestalt & cognitive-behavioral methods. More recently she has incorporated attachment and developmental trauma therapies into her work with adults with PTSD and abuse/neglect histories.

Dr. Timberlake was the founder in 2003 of Nakaia Healing Arts, one of the first holistic wellness centers in Northeast Ohio. The creator of Tapping into the Field™, guided, emotional healing meditations, she also trains people in the use of EFT/tapping for self-healing and has presented internationally on topics of Energy Psychology, holistic living and unified field psychology. She is beginning a certification program for body/energy practitioners to incorporate tapping methods into sessions when clients access powerful emotions. She has taught courses & created workshops at undergraduate and graduate levels and a director for an organization charged with reducing racism within communities. She lives in the vibrantly creative community of Akron, Ohio with her grown family close by. She's a nature, art, music and dance enthusiast, grateful for radical aliveness & loving connections.



KRISTIN MILLER, PHD. I am a traditionally trained California Licensed Psychologist with a Diplomat in Comprehensive Energy Psychology, a TFT Humanitarian Trainer, certified in Matrix Re-imprinting, a certified EMDR Therapist since 1990, and a Behavioral Pain Specialist, along with lengthy informal training and teaching experience in the use of meditation and spiritual techniques to heal trauma and soul issues.

I specialized in the treatment of comprehensive, intergenerational, developmental, and health trauma. Frustrated with the lack of depth of cognitive behavioral therapy and the retraumatizing effect of lengthy EMDR sessions, I retrained in Energy Psychology in 2006. My clients are delighted with the ability to reach the nonverbal core of trauma, empowered by self-administered skills that rapidly shift the energy field to support a compassionate healthy existence.

I actively serve on the Humanitarian Committee for The Association of Comprehensive Energy Psychology. and will assist in the TFT Humanitarian training and Panel Presentation at the upcoming Conference in June of 2016. I will also be a part of the study using TFT in a self-help format to treat Veterans experiencing PTSD.

DR. ADRIANA POPESCU is a licensed clinical psychologist and transformational life coach with over 20 years of experience in the mental health field. She received her M.A. and Ph.D. from the Institute of Transpersonal Psychology, a program that takes a holistic approach to the training of psychotherapists, teaching them how to help clients self-actualize and reach their highest human potential.



Adriana is also a certified hypnotherapist, Access Consciousness Facilitator, and Neuro Emotional Technique (NET) Practitioner, having discovered that Energy Psychology provides incredibly powerful tools to identify and eliminate the deep-rooted causes of suffering and distress. She developed her specialty in treating addictions and co-occurring disorders over fourteen years at Catholic Charities of Santa Clara County, where she managed the Adult Substance Abuse Program, as Director of Outpatient Services at Marin Services for Women, and Director of Outpatient Services at Alta Mira Recovery Programs.

She is currently in private practice in San Francisco and travels around the world coaching and facilitating transformational and empowering workshops.



LYNDA FREEMAN I started life as Secretary. That's what women tended to do in England back in the 1970's. Some years later, whilst working in the Training Department for a UK Bank, I discovered my love for coaching, so completed a Diploma in Life and Performance Coaching.

Wanting to see more of what life was really like, I trained to work as a relief support worker with people and children with Learning disabilities and severe autism. I was also assigned to work as a support worker for a women's refuge (shelter). I loved it so much I still work there.

During this time, I was coaching in a women's prison as part of a project that successfully reduced the re-offending rate. I then took the coaching into the refuge (shelter), which was well received. Women arrive at the shelter after fleeing their perpetrator, often with little or no personal belongings. Emotionally and physically traumatised, they have little hope and little self-identity.

I developed a programme of self-discovery, which the women report to be a valuable insight into regaining their sense of 'self' and hope that there is a brighter future for them. I have now taken this into other refuges in the area. During the coaching sessions, I draw on all my different skills, which include NLP Practitioner, Clean Language Coach, and AAMET Certified Practitioner.



LINDA IRVINE SAPIANO, I received my B.A. degree in 1975 from Queens University, my law degree in 1978 and was called to the Bar in 1980. I have been a lawyer for over 37 years, practicing predominantly in the area of family law. For most of my career, I have focused on avoiding court litigation and working on reaching settlements. I am a founding member of the Ontario Collaborative Law Association as one of the first lawyers to bring this new way of resolving conflicts to Canada.

For many years, I was on the Board of Directors for Chedoke-McMaster, a teaching hospital associated with McMaster University Hospital Medical School. I am interested in helping people recover from sexual abuse and trauma. I have seen first-hand the effects of sexual abuse and domestic violence on people and their families when this happens to them. I have a long term interest in working with survivors to help them achieve full, happy and productive lives. I have joined FREA as it is a positive force of healing for people who are survivors of abuse on their journey to recovery.