RACHEL'S VINEYARD

Healing the trauma wounds of abortion

Professional Training Series

Live via Zoom

Sponsored by:

Diocese of Rapid City
Catholic Social Services
Family Life Ministries

PRESENTER BIO:

Theresa Karminski Burke,

MA, Ph.D., LPC, NCP, DAPA

Dr. Theresa Burke is the Founder and Executive Director of Rachel's Vineyard – the largest post abortion ministry in the world. Her healing programs offer a unique sensory based treatment which integrates emotional, psychological, and spiritual dimensions. The healing journey uses creative "Living Scripture Exercises," and rituals which engage the mind, body, and soul. The Living Scriptures coupled with group activities, prayer, therapeutic facilitation, cognitive restructuring, and discussions offer an effective process for grief work grounded in Jesus Christ and the Word of God.

This distinct program provides an exceptional and effective recovery process for victims of trauma and those who have spent years in talk therapy, but still struggle to move beyond their traumatic experience. Since 1987, the Rachel's Vineyard model has spread to 48 states and to 57 countries. The Rachel's Vineyard retreat is currently offered in 22 languages, with other translations in progress. Rachel's Vineyard is a ministry of Priests for Life/Gospel of Life Ministries.

Theresa has lectured and trained professionals internationally on the subject of post-abortion trauma and healing. Her books include Forbidden Grief - The Unspoken Pain of Abortion with David C. Reardon (Acorn Books), The Contraception of Grief – The Genesis of Anguish Conceived by Abortifacients and Sterilization, and Sharing the Heart of Christ, with Kevin Burke. She recently presented as an expert for the 2011 Pontifical Academy of Life's General Assembly. Her topic was The Aftermath of Abortion: Data from Scientific Literature.

Theresa also developed a five day program for healing sexual abuse entitled – Grief to Grace – Reclaiming the Gift of Human Dignity. This program has been used to address all forms of abuse, including sexual abuse from clergy and religious leaders. Professionally crafted and doctrinally sound, Grief to Grace provides professional therapeutic staff. All treatment is based on a firm Christian foundation as well as sound medical and psychological principles, and a perceptive understanding of trauma. Her treatment programs are considered an intensive and uninterrupted "therapy for the soul."

Theresa's latest treatment model addresses the spiritual and psychological trauma suffered by combat veterans. The program is entitled Duty To Heal – Finding Peace for a Soldiers Heart. Future plans are also on the way for two additional healing programs: Genesis After Genocide, a program for psychological and spiritual reconciliation and healing due to the trauma of genocide, terrorism, and civil war; and Soul Care to Restore the Foundation of Your Spirit: An Integrated Psychological and Spiritual Sensory Based Treatment for Medical Trauma for those who have suffered with trauma from cancer treatments, surgical procedures, and other traumatic illnesses.

Theresa's counseling work has focused on women's issues, bereavement, pregnancy loss, sexual abuse, eating disorders and anxiety management. She is the co-administrator and founder of Covenant Family Resources, a licensed Children and Youth Agency which supports couples as they build families through adoption. Theresa and her husband ran Mother's Home, a crisis pregnancy residence, which provided housing and computer job training for women in crisis pregnancy and their children.

Theresa holds an undergraduate degree in English Communications with a concentration in social work. Theresa went on to Immaculata University to earn an M.A. and Ph.D. in Counseling Psychology. She is a Nationally Certified Psychologist, a Certified Diplomat of the American Psychotherapy Association, a Licensed Professional Counselor, a Board Certified Clinical Psychotherapist, and a Diplomat of the American Board of Forensic Counselors. She holds membership in the Society for Catholic Social Scientists and the American Association of Christian Counselors. Theresa is the proud mother of five children.

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	2/22/2021	6/14/2021	10/18/2021	2/28/2022	6/13/2022	10/17/2022
8:00 - 8:15	Crash Course in Trauma: PTSD, Part I *(p4)*	Understanding Shame Based Identities: Care for the Cure *(p36)*	Understanding Dissociative Experiences *(p5)*	Trauma Trilogy: (1) How to Spot Trauma *(p11)* (2) Opening the Prison of Caged Trauma and Depression *(p12)* (3) Which PTSD Treatments can Make Things Worse? *(p13)*	Sleep Deprivation and Insomnia *(p7)*	Buckle Your Safety Belt-- Crash Course on Personality Disorders *(p8)*
8:15 - 8:30						
8:30 - 8:45						
8:45 - 9:00						
9:00 - 9:15						
9:15 - 9:30	Crash Course in Trauma: PTSD, Part II: *(p4)* Traumatic Reinactment					Abortion and Depression *(p9)*
9:30 - 9:45						
9:45 - 10:00						
10:00 - 10:15		Understanding Shame Based Identities: Care for the Cure, Part II *(p6)*	Brain Science-- How Emotional Trauma Impacts the Brain *(p14)*	Panic Attacks and Other Limbic System Disturbances *(p5)*		
10:15 - 10:30						
10:30 - 10:45	"Medical" Abortions: The Deadly Assault on Mother and Child *(p10)*				Adverse Drug Reactions *(p8)*	Abortion Survivors *(p9)*
10:45 - 11:00						
11:00 - 11:15						
11:15 - 11:30						
11:30 - 11:45						
11:45 - 12:00						
12:00 - 12:15	First Things First: Nurturing your Primary Vocation, Prayer and Your Life in the Vine *(p19)* **	The Art of Retreat Facilitation *(p18)* **	Sex(ism), Identity and Intimacy in a Pornographic Culture *(p15)* **	Care-Fronting Conflict *(p19)*	Processing Living Scriptures in Rachel's Vineyard *(p19)* **	the Healing Power of Tears *(p20)* **
12:15 - 12:30						
12:30 - 12:45						
12:45 - 1:00						
1:00 - 2:00						
2:00 - 2:15	Tracing the Roots, Tasting the Fruits: An Overview of the Rachel's Vineyard Retreat *(p19)***	The Role of a Priest or Pastor in Post Abortion Ministry *(p18)* **	Choice Evangelism: the conspiracy of the Feminist Matriarchy *(p7)* **	The Power of Secrets: Breaking Free from Trauma with Truth *(p18)*	What's the Connection Between Trauma & Addictions? *(p16)*	Understanding Trauma Bonds *(p17)*
2:15 - 2:30						
2:30 - 2:45						
2:45 - 3:00						
3:00 - 3:15						
3:15 - 3:30						
3:30 - 3:45						
3:45 - 4:00						

***CEU's are not available for this course*

Classes are color coded to help indicate areas of interest. While the Pink classes are open to RV Team only, the remainder are available to anyone. Page numbers following class titles refer to the descriptions found in this catalog.

Clinicians | RV Team Only | Clergy | Appropriate for Anyone

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	Date	Time	Length	Description	Learning Objectives
Clinical Training					
Crash Course in Trauma: PTSD, Part I	2/22/2021	8:00	60	Part I—This two-part seminar will present a trauma-sensitive perspective on how women cope with pregnancy loss after induced abortion. Symptoms of PTSD as they relate to abortion will be described. An examination of how trauma may impact memory will be explored, including amnesia, hyperamnesia, and dissociation. Examples of avoidance, preoccupation, sleep disturbances, panic and anxiety, obsessive compulsive rituals, and numbing behaviors will be included.	1. Identify women at risk for psycho-social stress following induced abortion 2. Outline the symptoms of post traumatic stress disorder as they relate to pregnancy loss 3. Define PTSD 4. Identification of symptoms in three major categories: Hyper-arousal; Intrusion; Constriction 5. Define dissociation 6. Test your recognition of symptom assessment 7. Review preliminary findings of the most recent record-based studies (i.e. Increased psychiatric admissions following induced abortion, increased risk of suicide, etc.)
Crash Course in Trauma: PTSD, Part II, Traumatic Re-enactment	2/22/2021	9:15	60	Since repetition is one of the greatest indicators of trauma, knowledge of traumatic reenactment will be a valuable tool for helping to understand behaviors which re-create aspects of the original trauma, such as powerlessness, destruction, fear, and shame. Examples of post-traumatic reenactment will be given within the framework of eating disorders, multiple abortions, as well as anxiety over fertility, maternal identity, and sexuality. Until the trauma is fully acknowledged and worked through in an intensive way, individuals will continue to re-create the conflict again and again. This can be particularly painful for those who have accepted Christ, but continue in compulsive self-destructive and shaming behaviors, which are rooted in Christ.	1. Understand the concept of traumatic reenactment 2. Identify therapeutic challenges 3. Understand how the trauma can be grounded in safety so that an individual can reconnect, integrate, and mourn the traumatic event so that it can be released and healed

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Understanding Dissociative Experiences	10/18/2021	8:00	90	Most of us have experienced mild dissociation, which is like daydreaming or getting lost in the moment while working on a project. However, Dissociative Identity Disorder is a severe form of dissociation, a mental process, which produces a lack of connection in a person's thoughts, memories, feelings, actions, or sense of identity. Dissociative Experiences stem from trauma. The dissociative aspect is thought to be a coping mechanism - - the person literally dissociates him/herself from a situation or experience that's too violent, traumatic, or painful to assimilate with his/her conscious self. This workshop will introduce clinicians to the Dissociative Experiences Scale, a test that performs quite well as a screening instrument to identify clients with Dissociative Identity Disorder. We will also define Depersonalization; Derealization; Amnesia; Absorption Fantasy; Identity Confusion or Identity Alteration. We will also explore therapeutic interventions that will help these individuals stay grounded in the present as they enter their traumatic experience and travel the journey towards healing. These techniques can be used during retreats as well as in individual or group counseling.	1. Introduce clinicians to the Dissociative Experiences and how to ground clients 2. Define depersonalization, derealization, amnesia, absorption fantasy, identity confusion, and identity alteration 3. Explore therapeutic interventions to be used in both groups and individual counseling 4. Define Abreaction and how to manage in group or individual setting
Panic Attacks and Other Limbic System Disturbances	2/28/2022	10:00	60	This seminar will focus on the emotional aspects that come along with autoimmune illnesses, pain syndromes, and stress. "We will explore the limbic system, what it controls, and how it is affected by stressful environments. Having a disruption in your limbic system can create problems with sleep, depression, poor memory, irritability, poor judgment, concentration problems, agitation, and panic attacks. We will discuss and define the five instinctual responses to stress: Fight, Flight, Fear, Freeze, and Fawn, and practice techniques to calm and soothe these high states of anxiety.	1. Identify survival instincts of stress 2. Define Fight, Flight and Fear modes 3.Describe the Freeze and Fawning modes as biological survival states

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Understanding Shame Based Identities: Care for the Cure	6/14/2021	8:00	90	This seminar will explore the topic of Shame. Any behavior that is motivated by an inner sense of "not measuring up" is in fact a barrier to healthy relationships. Shame impacts self-image and creates feelings of defectiveness and worthlessness. Research shows that certain styles common in dysfunctional families can create an environment where secrets thrive and fosters incest and abuse. This is because of the shame base which their environment promotes and reinforces. Understanding shame is fundamental to understanding abuse. These dynamics can be found in many institutional settings: schools, nursing homes, mental hospitals and church structures. This seminar will help you identify Trauma Bonds that exist in relationships as pervasive patterns that include trauma repetition, avoidance, trauma pleasure, shame, reactivity, trauma splitting and abstinence. We will highlight the basic indicators of shame based relational styles, fears, acting out, perfectionism and addictions. Learning how to identify unresolved feelings can free us from anxiety, frustration and a sense of helplessness to restore hope and the ability to dream.	1. Understand how attachments can occur in the presence of danger, shame and exploitation and the role of seduction, deception or betrayal being intertwined with danger, risk and fear 2. Define the "Stockholm Syndrome" as a form of traumatic bonding 3. Explain how traumatic shame can lead to exploitation 4. Describe the difference between guilt and shame 5. Outline the communication problems inherent in a dysfunctional family or organizational system 6. Learn to recognize feelings, dreams and childhood longings as important and deserving of attention and respect
Understanding Shame Based Identities: Care for the Cure, Part II	6/14/2021	10:00	90	This workshop will give you the opportunity to score your own Traumatic Stress Index which may indicate past traumatic experiences resulting in trauma bonds. Building upon the information learned in Shame Based Identities Part I – this seminar will teach clinicians how to administer The Trauma Bond Questionnaire and outline therapeutic strategies that you can employ for each area of concern. Clinical examples will be given for each category of how recognition of pervasive lifetime patterns can help expedite recovery and addiction by awareness and conscious choices that can be made regarding your response when triggers arise.	

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Choice Evangelism: The Conspiracy of the Feminist Matriarchy	10/18/2021	2:00	60	This class focuses on the how many feminists seek to devalue and discount pregnancy and the mothering experience. Their idea that abortion is a fundamental right, or the only way that women can care for themselves does not reflect the way that women actually experience abortion. It is more inherently felt as a violation of oneself rather than a caring and nurturing of oneself. Yet women who were traumatized by this loss turn a blind eye to inner feelings of grief and oppression. Instead they vent their fervent emotions onto safer targets... like politics, religion, and legal battles. This class will attempt to give you a better understanding of why some feminists have worked so hard to keep abortion legal, and how you can stand up and fight back for the rights of women. Case studies include Phyllis Chesler, Gloria Steinem, Kate Michelman, Ninia Baehr, and many more.	1. To identify the psychological motivation behind early feminist need to keep abortion legal 2. To understand the principle repetitions of trauma in the framework of feminist theology, politics, and psychology
Sleep Deprivation and Insomnia	6/13/2022	8:00	150	This seminar will share groundbreaking results from a $15 million research grant awarded to the University of Pennsylvania to study the impact of sleep deprivation on brain neurochemistry. This is relevant to our work with new mothers who may be suffering from post partum depression or babies who keep them up all night. In addition, it has ramifications for anyone impacted by trauma which interferes with their sleep. We will discuss how the sleep cycle is controlled by the hypothalamus and is related to light and darkness (day and night) circadian rhythms. We have all heard that we should be getting 8 hours of sleep each night, but did you know that 72 diseases such as Cancer, Type 2 Diabetes, Anxiety, Depression, and even symptoms of schizophrenia have been linked to sleep deprivation? During this seminar, we will examine how trauma, abortion, abuse and combat, or other threats to health and safety can impact sleep. We will explore how maintaining a healthy sleep life is paramount to maintaining a healthy waking life.	1. Learn what Circadian rhythms are and how easily they can be impacted by shift work, trauma, jet lag, and other common factors we face in everyday life 2. Define insomnia severity and chronicity 3. Illustrate what constitutes the “ideal” approach to the treatment of insomnia 4. Summarize the medical and psychological consequences of insomnia

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Adverse Drug Reactions	6/13/2022	10:30	60	This seminar will focus on an array of drugs including the Selective Serotonin Reuptake Inhibitors (SSRIs), of which Prozac (fluoxetine) was the first. Antidepressants have been recognized as potential inducers of mania and psychosis since their introduction in the 1950s. With the widespread prescribing of antidepressants, the percentage of the population in the United States that is diagnosed with bipolar disorder (swing from depression to mania or vice versa) has skyrocketed, especially among teens. This class aims to teach you how to recognize the potentially serious side effects of these drugs, as well as allergic reactions and other complications related to the over prescribing of medications. This seminar will reaffirm your conviction that healing lies in treating the trauma and grief that underlies many mental health problems which bring people into the psychiatric world of diagnoses, and a lifetime on an array of potentially disabling drugs.	1. Learn the many names of Selective Serotonin Reuptake Inhibitors (SSRIs) and potential adverse reactions 2. To be aware of when these side effects are most likely to occur 3. Explore the various ways that toxicity from long term use of psychotropic medications can affect a person
Buckle Your Safety Belt-- Crash Course on Personality Disorders	10/17/2022	8:00	90	Safety tips for helping companions on the Bipolar Roller Coaster to manage projections and being cast as a perpetrator in the trauma drama repetitions "We begin with a brief overview of how trauma can distort natural gifts into the neurotic world and begin the genesis of a personality disorders. Using a case example, we look at the role of previous sexual abuse and other trauma in relation to the challenges this can present in a ministry with post abortive/ sexually abused clients, and the latest research on trauma treatment will help us understand the challenges presented in helping ministries and point the way to a safe and effective response.	1. Understand the relationship between sexual/physical abuse and abortion in creating unique challenges for those who serve them 2. Borderline Personality Disorder as a framework to understand the individual and relational symptoms that can significantly impact helping relationships. 3. Use a case study to understand the unique intimacy issues with women or men who have experienced sexual abuse and the effect on relationships with clergy. 4. Outline safety tips for clergy and counselors vulnerable to boundary difficulties. 5. Define transference and counter transference in their ministry relationships. 6. Provide a safe and effective therapeutic and ministry response to those suffering sexual abuse, abortion loss, and other traumatic experiences.

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Abortion and Depression	10/17/2022	9:45	60	The psychological bond between mother and unborn child is triggered by both physical/ hormonal changes, as well as the mother's support system and culture. The nine months of pregnancy are a journey of dramatic and rapid developmental transformation for both mother and child.	
Abortion Survivors	10/17/2022	11:00	45	Children born because they are wanted, try to stay wantable. Eventually, they resent being dangled by the tenuous thread of wantedness and violently rebel. Children who live in countries where many or most children are aborted, have siblings who were aborted, who are part of a minority who would have been aborted had they been detected, or who have survived an abortion attempt, are Abortion Survivors.	

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Trauma					
Medical Abortions: The Deadly Assault on Mother and Child	2/22/2021	10:30	60	Both chemical and surgical abortions have their risks. However, chemical abortions seem to be setting new trends as the abortion of choice, touting fewer complications, and privacy. But what is the reality? Not only are there serious physical consequences from the chemical assault, but there are also obvious psychological, moral, and social consequences to this procedure. Billed as an "emergency contraceptive", Ella is recommended for use up to five days after intercourse, while other chemical cocktails are recommended to abort babies up to nine weeks gestation. This workshop will examine the trauma associated with chemical abortions and some of the grief reactions that commonly occur. The goal of this workshop is to assist those who suffer from this type of abortion in the context of therapeutic interventions. The material presented will also include cases we have witnessed on retreats, the unique and complicated form of grief, and the associated symptoms. In addition, we will explore the many legal cases resulting in convictions where women were given these chemical cocktails without their knowledge to force unwanted abortions.	1. Examine the emotional and physical trauma associated with chemical abortion 2. Explore the common grief reactions following medical abortions 3. Describe the link between eating disorders and chemical abortions 4. Understand the implications of the "home" as being a connector to traumatic sensations 5. Outline potential risk factors associated with chemical assault on endocrine reproductive system

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Trauma Trilogy: (1) How to Spot Trauma	2/28/2022	8:00	90	This workshop will use case studies to help the clinician distinguish how we can know who needs help de-conditioning a traumatic memory and who doesn't. Many therapists assume that someone must be "holding onto trauma" if they have been through something awful. Contrary to popular belief, not everyone who has been through a horrendous experience gets traumatized by it. Around 75% of survivors of trauma naturally de-traumatize without any kind of intervention. Most people process a traumatic experience by dreaming it out, or talking it out, or otherwise contextualizing it. Twenty five percent of trauma survivors who have persistent Post Traumatic Stress symptoms – such as flashbacks, nightmares and generalized anxiety disorder – are vulnerable for various reasons. However, you can learn to spot trauma in your first interview by three distinct factors. The Amygdala deep within the brain of someone who has PTSD has been 'imprinted' with the pattern of the trauma they've experienced. This pattern contains all the information surrounding the initial event – including aspects not available to conscious memory. Once this traumatic template is in place, all new incoming information is compared to the traumatic pattern to check if there is a complete or even just a partial match that requires the Amygdala to fire into action.	1. Name three ways to identify who needs help deconditioning a traumatic memory and who does not 2. Explain why it is critical not to push it if someone can't talk about their trauma. 3. Discuss why people who have persistent post traumatic stress symptoms, such as flashbacks and nightmares, and are easily triggered into panic.

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	Date	Time	Length	Description	Learning Objectives
Trauma Trilogy: *(cont.)* (2) Opening the Prison of Caged Trauma and Depression	2/28/2022	8:00	90	Using case studies and facilitator examples, this seminar will explore the long term effects of unresolved trauma. For around 75% of people who experience a trauma, the effects will naturally fade in time. But for the remaining 25% there will be enduring debilitating effects unless effectively treated. And that's where PTSD and depression become linked. People can become depressed for all kinds of reasons, and we should never assume that unresolved trauma must be a cause. Going off looking for 'traumas' that just aren't there can make 'therapy' quite toxic for depressed people whose depression has a different cause. However, trauma is sometimes a major factor in depression, which is why knowing how to correctly identify trauma and knowing how to relieve it fast are vital skills for any therapist.	1. List three reasons why unresolved trauma may tip someone into clinical depression. 2. Define Learned Helplessness 3. Discuss how being powerless and avoidant can maintain depression

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	Date	Time	Length	Description	Learning Objectives
Trauma Trilogy: *(cont.)* (3) Which PTSD Treatments can Make Things Worse?	2/28/2022	8:00	90	It has long been recognized that people who have been through very traumatic experiences often need help if they are to fully recover. A long-established approach is to get victims to 'relive' their trauma, either by 'talking it through' or even, most cruelly, by hypnotically reliving it as it happened. This workshop will explore why talking about the trauma, even just trying to put what happened into words, can actually worsen a victim's trauma by re-activating it in the brain, and embedding it deeper. If a trauma victim is debriefed in a state of high emotion, the process can increase the arousal to the point of overload, trapping the sensory impressions in the Amygdala. This is why so called 'critical incident debriefing', where disaster survivors are encouraged to 'talk it out' can itself be a disaster for the 25% of people who remain severely traumatized after an event. For these victims, it is an irresponsible and dangerous approach. This workshop will help facilitators know if your client's worst memories are still "live." Feeling as if they are happening now – even if they are about events that happened decades ago. We will discuss the therapeutic techniques that run the risk of creating severe client distress and may not be comfortable or effective for everyone. By not relying on a "formula" clinicians can be more adaptive and responsive to the unique needs of their clients.	1. Explain why getting people to 'relive' their trauma is not therapy for those with PTSD. 2. Understand how memories are laid down as immediate impressions in the brain, and the process to store those memories in the neocortex 3. List the techniques and trauma treatments that are effective in helping those who have developed long lasting PTSD to recover.

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Brain Science-- How Emotional Trauma Impacts the Brain	10/18/2021	10:00	90	This seminar will explore new brain science and what we now understand about how a brain malfunctions when there has been emotional trauma. The right and left sides of the brain are disconnected and normal cognitive processes are disrupted. With these changes, arousing events can trigger flashbacks, physical symptoms, an inability to integrate cognitive and emotional experiences, and difficulty putting words to feelings and memories. Based on our understanding of the brain, we will explore recent research that indicates why trauma victims respond best to a sensory-based treatment model. This brain science explains why the process of Rachel's Vineyard is an exceptionally powerful and effective treatment model because it helps to integrate the cognitive and emotional elements of trauma, calms and soothes the nervous system, stimulates the frontal cortex through prayer and meditation, and allows for a completion of the trauma as well as a reconnection to self, spirit and child. This workshop will include a brief overview of the retreat and show how and where these neural connections are achieved.	1. We will explore the role of different brain functions and the neurological causes of posttraumatic stress disorder as a persistent deregulation of brain chemistry 2. Define sensory based treatment 3. Understand why "talk therapy" does not always heal traumatic memories 4. Describe why sensory based treatment can be more appropriate for victims of trauma 5. Explore the role of the frontal cortex, Amygdala, brain stem and corpus coliseum in processing sensory input 6. Provide examples from the Rachel's Vineyard Retreat to explain the benefits achieved through a sensory based treatment program

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Sex(ism), Identity and Intimacy in a Pornographic Culture	10/18/2021	12:00	60	From Internet pornography to MTV, popular culture bombards us with sexualized images of idealized women and men, and conveys powerful messages that help shape our sexuality. These pictures jump off the screen and into our culture, and are now so common place that they seep into our gender identity, our body image, and especially our intimate relationships. The result is not a more liberated, edgy sexuality, but a mass-produced vision of sex that is profoundly sexist – a vision that limits our ability to create authentic, equal relationships that are free of violence and degradation. In this thought provoking presentation, examples from pornography, magazines, television shows, and movies explore how masculinity and femininity are shaped by a consumer-driven, image-based culture, and the ways public images spill over into our most private worlds. Based on the lifetime research of Dr. Gail Dines observing the growth of the pornography industry into mainstream culture, we will discuss how porn influences what boys expect our girls to do on dates, and how the porn culture shapes the behavior and fashion of young women. This class is taught from a feminist perspective, with recognition that trauma in women's lives can lead them directly into the industry or to acting out in relationships.	1. Explore how masculinity and femininity are shaped by a consumer-driven, image-based culture 2. Discuss how porn influences the expectations of boys/men, and how porn shapes the behavior and fashion of young women 3. Recognize that trauma in women's lives can lead them into the industry or to act out in relationships

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What's the Connection Between Trauma & Addictions?	6/13/2022	2:00	60	First, this presentation will provide a brief overview of what we know about the brain and what we know about the release of hormones during stress or trauma. Second, we will examine some of the ritual behaviors that are set up by individuals which produce neuro-chemical brain changes. We will examine how the traumatic experience impacts brain functioning as an underlying cause of process addictions. We will also learn how addictions serve a purpose to provide an immediate reward or feeling. In counseling, we need to help our clients find something to REPLACE the addiction with, something that you want more than the immediate pleasure of addictive behavior. Certainly grief works to deal with the losses that fuel the compulsion is ESSENTIAL, and then methods to change entrenched behavior patterns used to relieve stress, self-medicate, and alter brain chemistry for self-soothing or adrenaline high will be covered. Finally, a look at the role of spirituality in healing addiction—a higher power, a redeemer, discovery of a new self and transformation in Christ.	1. Examine addictions as a development process 2. Looking at the common denominator: addictive, compulsive behaviors 3. Identify common addictions that post-abortive women and men frequently battle, such as: Sexual Addictions, Compulsive Spending, Compulsive Gambling, Compulsive Working, Eating Disorders, Internet Addiction, Alcoholism, Multiple Abortions, Shoplifting, Drug Abuse and Trauma Drama Junkies

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17	Understanding Trauma Bonds	10/17/2022	2:00	60	Exploitive Relationships create betrayal bonds. These occur when a victim bonds with someone who is destructive to him or her. We typically think of bonding as something good. However, adult survivors of abusive or dysfunctional families, abortion, and other traumatic events struggle with bonds that are rooted in their own betrayal experiences. There is a wide range of symptoms: Reactivity, arousal, blocking, splitting, abstinence, shame, and repetition compulsion can all work in the service of traumatic bonding. As a result, these supercharged, traumatic relationships can have tremendous power. This workshop integrates information from the science of trauma with the field of addictions to explore betrayal bonds in relationships. We will provide a helpful diagnostic tool: The Trauma Stress Index that can be scored to help shed light on the particular ways that trauma might be manifesting itself in your client's life, or maybe even your own.	1. Learn how exploitive relationships create betrayal bonds 2. Integrate information from the science of trauma with the field of addictions to explore betrayal bonds in relationships 3. Discuss the Trauma Stress Index to shed light on the particular ways trauma may be manifesting in your clients' lives, or even your own

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	Date	Time	Length	Description	Learning Objectives
Facilitation Skills for Healing					
The Art of Retreat Facilitation	6/14/2021	12:00	60	The root of the word facilitation is 'facil', or 'easy', so facilitation means 'to make it easy'. The role of the facilitator in Rachel's Vineyard is to facilitate the work of the Holy Spirit. How does one 'make easy' the work of the Holy Spirit? How does one co-facilitate with the Holy Spirit? This two-part workshop will explore the unique role of the retreat facilitator, as well as the skills, tools, and considerations essential to facilitating the retreat process. The second part of the workshop will be a practicum where participants will apply these skills and tools through role-playing various retreat scenarios. Some of the topics covered will include self facilitation, nurturing the environment, managing group process and group dynamics, discussion techniques, reading a group, intervention tips and strategies, and team facilitation.	
The Power of Secrets: Breaking Free from Trauma with Truth	2/28/2022	2:00	60	Truth Heals. This workshop will explore how secrets can make you sick and how what you hide can hurt you. Lies that keep us from acknowledging the truth can result in physical or emotional pain, debilitating shame, and deep layers of denial and anger. The lies we tell ourselves can cause emotional blockages and prevent joy and peace. Telling the truth is about freedom. It is about health and living a life that is meaningful, powerful, connected, and loving. Ultimately, telling the truth is about feeling good in your own skin, unencumbered and free to be loved. We will also explore the value of public testimony as a gift to the giver as well as the receiver.	1. Explore why people keep secrets and how the consequences can be destructive 2. Understand secrets as a symptom of shame-based relationships 3. How secrets can divide, triangulate and deter new relationships 4. When not to disclose secrets to avoid frozen development

RACHEL'S VINEYARD
healing the trauma wounds of abortion

Presenter for all Sessions: Dr. Theresa Karminski Burke, MA, PhD, LPC, NCP, DAPA

	Date	Time	Length	Description	Learning Objectives
Care-Fronting Conflict	2/28/2022	12:00	60	Team unity does not mean that disagreements never arise and contrary opinions are not expressed. With a healthy mixture of personality, styles, and opinions we can expect conflicts to arise. So instead of unity, we seek to build community. The mark of a healthy healing community in Rachel's Vineyard is a team that exhibits true Biblical unity. It is not the absence of conflict, it is the presence of a reconciling spirit. This workshop will help us learn ways to communicate directly through conflicts in a spirit of charity and humility. We will explore some of the ways that one's own family dysfunctions can be re-created on retreat teams, and how to avoid the pitfalls of not resolving conflict.	1. Discuss the difference between unity and building a community 2. Learn ways to communicate directly through conflicts in a spirit of charity and humility 3. Explore the ways that one's own family dysfunctions can be re-created in working teams and how to avoid the pitfalls of unresolved conflict or repetition of unhealthy family dynamics
Processing Living Scriptures in Rachel's Vineyard	6/13/2022	12:00	60	The core of the Rachel's Vineyard is a series of meditations called "Living Scriptures," in which retreatants are invited to listen to a reading from Scripture, and put themselves into that scene, hearing Jesus speak, and having an opportunity to respond in prayer or action. Following this, we can process the exercise, sharing individual responses, thoughts, and feelings. Just listening to the Scriptures is not complete; being able to share our experience with others allows the group to minister to each other as the suffering Body of Christ, and opens us more deeply to healing. This workshop will explore how we do this, and why it is important.	

RACHEL'S VINEYARD
healing the trauma wounds of abortion

Presenter for all Sessions: Dr. Theresa Karminski Burke, MA, PhD, LPC, NCP, DAPA

	Date	Time	Length	Description	Learning Objectives
The Healing Power of Tears	10/17/2022	12:00	60	This seminar will focus on the amazing health benefits found in tears! We will begin the seminar with a personal experiential reflection followed by brainstorming the many reasons that people are afraid to cry." We will explore the critical importance of letting go of out-dated, untrue misconceptions and negative beliefs about expressing tears and grief. Our bodies produce three kinds of tears: reflexive, continuous, and emotional. Each kind has very specific and unique healing role for the body and the immune system. During this seminar you will learn about each of these types of tears, ultimately demonstrating why it is healthy to cry. Understanding the benefit of tears can help our clients surrender into the grieving process, allowing them to overcome resistance to the stages of grief. These stages include anger, denial, and avoidance.	1. Explore the reasons people are afraid to cry 2. List the physiological, emotional and physical benefits of crying 3. Understand how holding back tears and stuffing powerful emotions related to grief and trauma can aggravate depression and other health problems

RACHEL'S VINEYARD
healing the trauma wounds of abortion

Presenter for all Sessions: Dr. Theresa Karminski Burke, MA, PhD, LPC, NCP, DAPA

	Date	Time	Length	Description	Learning Objectives
Clergy Training					
The Role of a Priest or Pastor in Post Abortion Ministry	6/14/2021	2:00	120	The goal of any psycho-spiritual healing process is not just restoration of the former self to a state of peace and hope, but to realize spiritual integration and wholeness which results in a life of holiness. In effect, precisely because of their wounds, the individual may realize an intimacy and trust in God as they enter a process for healing and conversion. With proper boundaries and some foreknowledge, the clergy will serve as a vital front line person representing Christ that can safely guide the wounded soul to opportunities for spiritual, psychological and emotional healing. This class will examine the Sacrament of Reconciliation as a vital component in the healing process. However, we will also consider the dynamics of how confession itself can become a ritual for grieving and "revisiting the grave" in order to re-experience shame, grief and guilt as a connector to the aborted child. We will explore why individuals might use the sacrament in order to memorialize their aborted children. In many cases, confession alone may not be enough to detoxify the festering wound of traumatic grief. If this is the only intervention, it can frequently lead to a pattern of repeat confession, where an individual may confess their abortions hundreds of times. The importance of traumatic grief work is highlighted in order to embrace the fullness of the sacrament. In addition, we will explore the value of clergy connecting the post-abortive person to a larger support system after the initial one-on-one session. We will use case studies and examples to outline important safety measures to avoid transference and counter-transference reactions that could sabotage recovery. We will also explore how women with histories of sexual abuse are particularly vulnerable to dependency upon the priest. Another dynamic is the tendency of some traumatized women to confuse the affection and gratitude she feels in a helping relationship with sexual intimacy. This seminar will offer practical tips on how to set healthy boundaries at the start of any ministry relationship and the necessity of making sure the pastor's own needs for connection and intimacy are being met. And finally, we will explore how post-abortion ministry touches clergy; as men, as spiritual fathers, and as priests.	**Learning Objectives** 1. Develop an awareness of transference and counter-transference issues that a priest or pastor may experience with those who seek his assistance. 2. Highlight the importance of other supports needed, such as helping post-abortive persons work through traumatic grief and loss and recognize the necessity to connect post-abortive person to a larger support system after the initial meeting. 3. The Sacrament of Reconciliation is a vital component in the healing process. However, for many individuals who have suffered traumatic grief, confession alone is not enough to detoxify the wound. 4. Understand why some women fall in love with the priest who listens—and may easily confuse the affection and gratitude she feels with sexualization of those feelings. 5. Understand why it is important for the priest or a pastor to have proper boundaries, and also ensure that his emotional needs for intimacy are being met. 6. Why it is helpful to connect marital partners, when possible, in the healing process. 7. Understand how post-abortion ministry touches clergy; as men, as spiritual fathers, and as priest

RACHEL'S VINEYARD
healing the trauma wounds of abortion

Presenter for all Sessions: Dr. Theresa Karminski Burke, MA, PhD, LPC, NCP, DAPA

	Date	Time	Length	Description	Learning Objectives
Leadership in Rachel's Vineyard					
First Things First: Nurturing your Primary Vocation, Prayer and Your Life in the Vine	2/22/2021	12:00	60	We are called to intimacy with God. We seek to draw close to God through growing in love for our family, our neighbors, and the world. Our vocation is the path that God has given us, which leads us to grow in love, and fulfill our primary vocation. Every vocation is a call to serve in love. To talk about vocation and call first requires an understanding of our primary vocation to love and to grow in Christ. This fact gives every work and state of life the dignity of a vocation, a call. Each activity we undertake is a response to God's love and presence. The meaning of all other vocations can only be understood in the context of their fulfilling our primary vocation as children of God. God's love and presence.	
Rachel's Vineyard					
Tracing the Roots, Tasting the Fruits: An Overview of the Rachel's Vineyard Retreat	2/22/2021	2:00	60	Rachel's Vineyard is a unique combination of psychological and spiritual techniques, which provide a powerful model for assisting groups to find closure and spiritual healing after abortion. This workshop will present a descriptive overview of the Rachel's Vineyard Retreat, including content and process. An in-depth explanation will be offered for the Living Scripture technique, the specific purpose of each exercise, and psychological and spiritual constructs as catharsis for memory and emotion. We will also examine the retreat structure as a means to provide an opportunity for dialogue of the soul and opening traumatic wounds to the grace of God. We will explore how the retreat functions as a journey through the paschal mystery for the suffering body of Christ.	

Endorsements for the *Rachel's Vineyard* Retreat

"The heart of Jesus is so tender, so full of love and compassion, so thirsting to love us and be loved by us. He has made our hearts for himself, and, as St. Augustine says, our hearts are restless until they rest in Him. I pray that all who use this book with the longing to be free and to be healed by Jesus, may find Him, the source of true joy, peace and love. May Rachel's Vineyard be an instrument of the thirst of Jesus to heal and restore to life, the fullness of life which Jesus promised even now, to those seeking His peace. God bless you."

Mother Theresa of Calcutta

"The experience of healing leads one to an openness in faith and life that often draws those who are broken back to the church and the Christ who loves them. Rachel's Vineyard is more of an experience than a book, as it leads its followers to a wholeness and completeness that can only be God's gift."

Father Michael Mannion Author, Lecturer

"Rachel's Vineyard is a unique weaving of spirituality and psychology. Participants are invited to experience God's invitation to conversion by reverencing the mystery of their own lives, experiencing the gentle embrace of Jesus and the power of the transforming grace of the sacraments. Rachel's Vineyard calls each participant into the heart of the God who passionately desires their wholeness and holiness, loving each as if they were the only one."

Trish Shickert Associate Director, The National Office of Post-Abortion Reconciliation and Healing

"I cannot think of another work of this kind so well done. A most difficult and painful human problem is engaged with faith, psychological insight and trust. Rachel's Vineyard could be a model for those working with similar deeply wounding traumatic situations."

Father Benedict J. Groeschel, CFR Psychologist and Spiritual Writer

"Rachel's Vineyard is a program that fosters the healing of persons through Christian community. Groups of wounded post-aborted women are sensitively led to our Divine Physician for healing of psychological trauma. The darkness of their minds is dispelled by truth-bearing group facilitators who harness the eternal light of God's Word. Chilled hearts are warmed by merciful group leaders who transmit the living flame of God's love. A bountiful harvest awaits those post-abortive women who are willing to labor in Rachel's Vineyard."

Denise Mari, Ph.D., PFC:D President, Hope Family Resources

What Attendees Are Saying . . .

"Rachel's Vineyard clinical training benefited our post-abortion ministry because it blended the clinical and spiritual elements of this problem, and of our resources, to focus on the healing of wounds, reconciliation and the power of God's unconditional love. The seminar was grounded, realistic, and illuminating."

Denis Rowenski, MSSW, LCSW,
Clinical Supervisor of the Adult and Family Services Office, Catholic Social Services, Wilkes Barre, PA

"On just the first night of the Rachel's Vineyard retreat, we had accomplished more healing than I had been able to do seeing a client in individual therapy for six months! Rachel's Vineyard is the most comprehensive and effective model for post-abortion evangelization and healing I have ever witnessed."

Former National Director for Project Rachel

"At the end of Dr. Burke's day with us in Portland, Maine, I could see a clear path for creating a wide and equipped network for post-abortion healing, whereas before I had no idea how to realistically accomplish that. I also learned that there is a tremendous need for this work and that people will respond—both to those who seek healing and those who want to minister but have not known how."

-Jeanne Bull, Catholic Charities Maine, Birth Line, Project Rachel

"Rachel's Vineyard has completely revitalized our outreach! The floodgates are beginning to burst for the Project Rachel Program. The number of clients served has increased dramatically since we started offering the Rachel's Vineyard Retreats.

Comments from the Clinical Retreat we hosted included: "This was one of the best conferences I have attended since being ordained a priest 10 years ago." And, "It was a great privilege to be here with this committed group of people. I learned so much." Another wrote, "This conference was superior to any I can remember attending...profoundly moving and helpful; inspiringly real."

- Paula Lang, LCSW, Catholic Charities, Portland OR

What Attendees Are Saying . . .

"The conference was powerful. The information received will be helpful not only on a professional level, but also in a ministerial capacity."

Lisa L. Harris, OB/GYN Medical Social Worker

"Thank you for a great presentation on your carefully studied, important issue. Great work! Excellent presentation. Beautifully organized. Thank you for an excellent program! Can't wait to read Forbidden Grief!"

Christine Hannofin, Ph.D.

"Excellent seminar! I was pleasantly surprised to hear how Christ-centered the R.V. ministry is. I was very blessed and feel better equipped as a helping professional."

Grace Lloyd, LSW

"I've learned to understand and sympathize with anyone who has been involved in an abortion. Through "hidden grief" I've matured (at age 86!) to be less judgmental and more appreciative and understanding of victims of our present culture! You are doing great work."

Betty McManus, Volunteer

"I found the day's events a valuable support to assist my patients who struggle with the grief and guilt of having experienced an abortion."

Carl T. Schlichtinger, L.C.S.W.

"Excellent ministry! God bless you always for your labor of love. I was blessed, enlightened, moved, and empowered."

Lisa L. Harris, Volunteer

"Thank you. Helpful info that expands my understanding on levels beyond abortion and crosses the line to all pain within the history of a person's life. Practical, positive—a blessing. Sincerely appreciate your work of healing."

- Rita Denney, Volunteer

What Attendees Are Saying . . .

"The seminar was rich and insightful. It is very valuable for the Chaplain work I do in Women's Health. Thank you for a refreshing, educational experience."

-Rev. Gloria Jean Moore

"The seminar was thought provoking and helped me to gain a deeper understanding of the effects and impacts of abortion. As someone who is pro-choice, I believe it helped me to open my mind so as a professional I can be more sensitized to the loss associated with abortion."

Marian Spector, MSW, LSW

"Conference was excellent! This conference is the first I have attended of its kind. All the speakers were excellent. The passion for this ministry is powerful. All were very approachable. The weekend retreat certainly captures the healing process."

Jackie Exum, RN

"Very informative and insightful. Thank you for putting together an excellent seminar. The testimonials were very effective in applying concept to reality and the human experience that courageous women faced. It is important that people delivering MH Services are aware of these issues and their impact."

Joyce Block

"This was an extremely moving seminar. I appreciate so very much your integration of hard-core psychology with the truth and grace of God, thereby allowing true, deep healing to take place. What you are doing is totally awesome!"

Christine A. Bruce, MCAT, MDIV, LMFT

"I have been to multiple seminars/conferences. This is the first that kept my interest from beginning to end. The speakers were warm and informative, and brought current events and those in the public eye into the presentation, which reinforced its relevance."

Mary Berry, Social Worker

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☐	**Register for Individual Classes** *(Indicate which classes on the reverse)*	_____# Classes	X $15.00	
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Registrations also accepted online at www.terrasancta.org/trauma		

Personal Information

Name

	Course	Date	Day	Class	CEU
1-1	Crash Course in Trauma: PTSD, Part I	2/22/2021	☐	☐	☐
1-2	Crash Course in Trauma: PTSD, Part II, Traumatic Re-enactment			☐	☐
1-3	Medical Abortions: The Deadly Assault on Mother and Child			☐	☐
1-4	First Things First: Nurturing your Primary Vocation, Prayer and Your Life in the Vine			☐	n/a
1-5	Tracing the Roots, Tasting the Fruits: An Overview of the Rachel's Vineyard Retreat			☐	n/a
2-1	Understanding Shame Based Identities: Care for the Cure, Part I	6/14/2021	☐	☐	☐
2-2	Understanding Shame Based Identities: Care for the Cure, Part II			☐	☐
2-3	The Art of Retreat Facilitation *(RV Team Only)*			☐	n/a
2-4	The Role of a Priest or Pastor in Post Abortion Ministry			☐	n/a
3-1	Understanding Dissociative Experiences	10/18/2021	☐	☐	☐
3-2	Brain Science--How Emotional Trauma Impacts the Brain			☐	☐
3-3	Sex(ism), Identity and Intimacy in a Pornographic Culture *(RV Team Only)*			☐	n/a
3-4	Choice Evangelism: The conspiracy of the Feminist Matriarchy			☐	n/a
4-1	Trauma Trilogy	2/28/2022	☐	☐	☐
4-2	Panic Attacks and Other Limbic Systems			☐	☐
4-3	Care-Fronting Conflict			☐	☐
4-4	The Power of Secrets: Breaking Free from Trauma with Truth			☐	☐
5-1	Sleep Deprivation and Insomnia	6/13/2022	☐	☐	☐
5-2	Adverse Drug Reactions			☐	☐
5-3	Processing Living Scriptures in Rachel's Vineyard *(RV Team Only)*			☐	n/a
5-4	What's the Connection Between Trauma & Addictions?			☐	☐
6-1	Buckle Your Safety Belt--Crash Course on Personality Disorders	10/17/2022	☐	☐	☐
6-2	Abortion and Depression			☐	☐
6-3	Abortion Survivors			☐	☐
6-4	The Healing Power of Tears *(RV Team Only)*			☐	n/a
6-5	Understanding Trauma Bonds			☐	☐

Classes are color coded to help indicate areas of interest.

While the Pink classes are open to RV Team only, the remainder are available to anyone.

Clinical ***RV Team*** ***Clergy*** ***Appropriate for anyone***