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## Morning Breakout Sessions

### Saturday, July 31st - 11:15am to 12:15pm

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#### **Acupuncture, Reiki and Yoga (MERCHANTS HOTEL NORTH)**

**Facilitated by Kathleen Jordan, Sheila Murphy, and Dr. Michael Smith**

This session will explore three different methods for healing: acupuncture, Reiki and yoga. Participants will have the chance to experience acupuncture and Dr. Smith will discuss how recovery is enhanced through meditation and acupuncture. Kathy Jordan will briefly explain what Reiki is, discuss how Reiki has helped her deal personally with the aftereffects of clergy abuse, and demonstrate a simple Reiki self-healing technique. Sheila Murphy will discuss the benefits of Yoga in recovery and explain the healing qualities yoga produces for survivors of sexual and physical abuse.

#### **Family Support (MERCHANTS HOTEL SOUTH)**

**Facilitated by Mary Ellen Kruger, Judy Lorenz, Pat Serrano**

Sexual abuse of one family member affects the whole family. You can share your story and feelings about how the abuse of a loved one has affected you and those around you. Or you can remain silent and listen to others. How can we heal from secondary abuse? How can we help our loved one heal?

#### **Legal Issues (SHAKESPEARE HOTEL)**

**Facilitated by Plaintiffs' and Bankruptcy Attorneys**

Many survivors struggle with the decision whether suing the church is helpful or harmful. This workshop explores the pros and cons. The legal system is often frightening and confusing for survivors, this is a chance to ask questions of the experts. The presenters will discuss how to assess the facts to determine if filing is appropriate and explore strategies for overcoming statutes of limitations blockades and will discuss every stage of the legal case. Church officials are using the tactic of filing for bankruptcy as a means to fight survivors and keep the truth hidden. We'll explore this trend and explain the latest maneuvers and how victims are weathering the battle.

#### **Working With Media to Reach Survivors & Expose Wrongdoers (LAKE HOUSE)**

**Facilitated by David Clohessy**

This workshop will focus on how talking to the media can not only help victims heal, but also protect others. Practical "how-to's" will be provided as well as role-playing. David will teach skills that will help get journalists' attention, motivate volunteers, stay on message and reach/help other survivors (even if the victim chooses to remain anonymous.) This session is helpful to survivors, supporters, and attorneys who represent survivors. When the stories of abuse are reported by the media the positive impact is far-reaching. Details will be explained. Participants will receive handouts including samples of "Media Advisories," "Press Releases" and "Statements by Survivors."

#### **Hope for Healing (STEAMBOAT HOTEL NORTH)**

**Facilitated by Julie Lemley Hokanson, Marji Karjalahti, Jean Leih**

We invite you to join us as we share glimpses of *hope for healing*. You will hear our story, and learn, through journaling, how to listen to and care for your own soul. You will leave with tools and opportunity for continued connection with others on the path of healing.

Restoration Ministries facilitates freedom, healing, and wholeness and provides paths for spiritual growth and deeper communion with God through spiritual direction, prayer, and retreat ministry. Julie Lemley Hokanson, a survivor and member of SNAP, along with her colleagues, Jean Leih, and Marji Karjalahti, will facilitate the time.

## **Data Driven: Tools to Answer the Ten Big Questions (AMERICAN HOUSE)**

**Facilitated by the staff of BishopAccountability.org: Terrence McKiernan, Anne Barrett Doyle, Trish McLelland, and Kathy Shaw**

This workshop will feature information-sharing and an open mic. First, the researchers from BishopAccountability.org will present a new resource that will provide one-stop-shopping for a lot of the data we need in our work. Then the researchers will unveil the latest version of BishopAccountability.org's summary data on the crisis, called The Human Toll. These two resources will provide up-to-date answers to the biggest data questions of the crisis. How many victims? How many accused priests? What are the important representative cases? Which bishops have enabled abuse? In which dioceses is the crisis still sealed shut? Then we open the mic so that you can ask questions, offer insights, and swap information.

## **Moral Guilt: the Plight of Those Raised in the Roman Catholic Church (STEAMBOAT HOTEL SOUTH)**

**Facilitated by Patrick Wall**

What are some of the fundamental causes for Survivors Guilt and Shame? The seminar will review the story of Roman Catholic Moral Theology, the role of Clerics/Religious and the Theology of Sex as handed down through Scripture, Patristic Fathers, and various catechisms. These teachings were built into our early psychological framework and form the basis of how and why many feel guilt for sexual crimes perpetrated upon them as children.



## **Afternoon Breakout Sessions**

**Saturday, July 31st - 5:00pm to 6:00pm**

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### **Women's Support Group (SHAKESPEARE HOTEL)**

**Facilitated by Beth McCabe**

Meet with others who have "walked a mile in your shoes." Share your feelings and experiences, and get some of the affirmation you deserve! This session deals with the unique needs of women as survivors. Society often "blames" the victim for the attack, resulting in additional suffering of guilt and shame. In this session we will explore ways to educate people about rape and sexual assault and the necessity to report these crimes, regardless of how old they are. The session will end with a self-help support meeting wherein all participants will be invited to share (no one has to share.) Listening is recognized and appreciated as a gift to the those who share.

### **Men's Support Group (MERCHANTS HOTEL NORTH)**

**Facilitated by David Lorenz**

SNAP group leader David Lorenz will lead a discussion of the special needs of male survivors. Then a confidential, participatory support group meeting for men will be held. This is a chance to meet with other survivors in a safe setting and learn from others' experiences. Men are often forced to keep sexual attacks a secret for fear of being labeled weak. This session will help men explore ways to dispel this myth. While every participant will have the opportunity to speak, no one is required to do so.

### **Abuse of Vulnerable Adults (AMERICAN HOUSE)**

**Facilitated by Karen Polesir**

Those abused as adults endure the same types of horrific consequences as child victims, yet their suffering and needs are frequently overlooked. This workshop focuses on the unique and special needs of vulnerable adults abused by clergy. This session will include a presentation discussing the unique experiences of the adult survivor including how it happens and successful strategies for healing. The session will also provide opportunities for survivors to discuss their situations, ask questions and receive support.

## **My Healing Path From Clergy and Nun Abuse: Victim to Survivor to Thriver (STEAMBOAT HOTEL SOUTH)**

**Facilitated by Jack Lavino**

The purpose of this breakout session is to give survivors and their family members hope that not only is healing from clergy abuse possible, it is inevitable when you follow a proactive healing path.

Jack will relate his 25 year healing path from his first memories at age 44, his dealings with the Archdiocese of Boston in 1995 and then in 2002, and the stages of recovery he traveled psychologically and spiritually from victim to survivor to thriver. Part of that path was as the Colorado Co-chair of the Colorado SNAP Group from 2003 to 2005. Jack professionally is an addiction and trauma recovery counselor with a private practice in Boulder, CO and is a national public speaker.

## **Artemisia's Journey: What the Great Artists Can Teach Us about Living Creatively After Abuse or Trauma (MERCHANTS HOTEL SOUTH)**

**Facilitated by Kathleen Jordan**

What do survivors of abuse or trauma have in common with artistic geniuses such as Artemisia Gentileschi, Berthe Morisot, and Frida Kahlo? The skills these great artists used to produce their masterpieces are the *same* skills required to recover successfully—to go *beyond* survival and move forward into a richer and more fulfilling life.

This one hour session includes stories of three great women artists who were themselves victims of abuse, physical trauma, or depression to demonstrate the core creative skills that anyone can develop to lead a creative and meaningful life.

During this interactive session, you will:

- Learn about the 7 core creative skills that can support healing after abuse or trauma
- Discover that you are each *already* more creative than you realize
- Practice two of the 7 core creative skills
- Engage in a short, simple art activity to enhance your ability to see the world in fresh ways
- Receive tips on how to cultivate creativity in your everyday life

## **Sexual Abuse by Nuns: Where Have We Been, What Are the Struggles, What Can Be Done? (LAKE HOUSE)**

**Facilitated by Steve Theisen**

Why has there not been an investigation into the many abuses perpetrated against innocent and vulnerable children, teens, and adults by women in the various 450 some religious orders in the United States?

Has nun sexual abuse completely slipped under the radar? They declined to participate in the 2002 Dallas Charter. Who holds them accountable?

These and other issues will be addressed in this session facilitated by Steve Theisen, a survivor of nun sexual abuse and Iowa SNAP Director.

## **Starting the Criminal Process (STEAMBOAT HOTEL NORTH)**

**Facilitated by Marigrace Labella, Mark McAllister, and Becky Ianni**

For many survivors, reporting their abuse to law enforcement is a difficult but important step in their healing. This session will help explain the process, offering simple, concrete suggestions for protecting yourself while you work to protect others. While we can't control outcome, it is empowering to begin the process.