



Change Is Possible

INTERNATIONAL HEALING FOUNDATION / NEWSLETTER SPRING 2010

CHANGING THE WORLD ONE LIFE AT A TIME!

Momentum for Change!

Change Is Possible – Film

Loving Gays the Right Way – Book

APA Task Force – Got It Wrong

Rachel Maddow of MSNBC – Heats Up Over Uganda

South Africa – IHF Chapter Opens

Robert's Courageous Transformation

A Mother's Heartfelt Journey

Counselor Training Program

MOMENTUM FOR CHANGE!

Like a locomotive steaming down the track at full speed, pro-homosexual legislation is changing the nature of family and relationships throughout the world. Wedding photos of homosexual couples garner front page attention of *The Washington Post*, *The New York Times*, and other media outlets. "We're here, we're queer, get used to it," was their mantra in the 1980s. They achieved their goal!

With acceptance of homosexual behavior comes increased threat to those who challenge their paradigm. "We're here, we're *not* queer, get used to it!" Men and women worldwide with unwanted same-sex attraction (SSA) are coming out of homosexuality and fulfilling their heterosexual dreams. I came out straight and have been married to my wife for 28 years. As a psychotherapist, I have assisted thousands of men and women who experience unwanted SSA fulfill their heterosexual potential. Change *Is Possible!*

The International Healing Foundation is enormously successful worldwide in helping people come out of homosexuality. Read "Stories of Transformation" on our website for beautiful and remarkable testimonies of hope, healing, and redemption. In the following pages, you will be profoundly moved and inspired to read Robert's story of transformation and a mother's journey of healing. Both narratives take you on a very private passage into the heart of genuine change. I thank them both for revealing themselves with such honesty and courage.

Because we at IHF are changing lives, active homosexuals are threatened by our success. They hurl accusations at us on a daily basis in hopes of discrediting our work. But the facts cannot be denied, we are gaining momentum through changed lives!

Rachel Maddow of MSNBC Heats Up Over Uganda

In December 2009, I appeared on MSNBC's Rachel Maddow show. She was defensive and threatened by every

aspect of my practice as a psychotherapist helping people come out of homosexuality. I responded to her continued and spurious attacks with truth and love. You may watch the interview on our website by clicking on the Media page at www.ChangelsPossible.com. We received countless messages and calls of affirmation following the show. Please read some of these fantastic responses in the article about the Rachel Maddow Interview on page 3. Of particular interest is the apology letter from a "gay" man. It will break your heart. The interview was challenging and it provided us a platform to influence people around the world with a new perspective on homosexuality—*no one is born this way and change is possible!*

Loving Gays the Right Way – Book

I am pleased to announce that *Loving Gays the Right Way: The Other Side of Tolerance* is written and is now in the editing stages. We will inform you as soon as the book is available. This is a primer for the general public, a virtual *Homosexuality for Dummies!* Included in the book are the following chapters: (1) Brief History of the Gay Rights Movement, (2) Hidden Meaning Behind Same-Sex Attraction, (3) Why Five Celebrities Have SSA, (4) Words that Kill/Words that Heal: Language to Restore Wounded Souls, and (5) Loving Those with SSA the Right Way. Additionally, there are four stories of transformation. This simple and concise text will be a perfect gift for your friends, family members, co-workers, spiritual leaders, and just about anyone.

Change Is Possible – Film

We are now in the final stages of editing *Change Is Possible*, a film for use in public and private schools nation and worldwide. Three powerful stories of two men and one woman, in this landmark and breakthrough film, will allow children, students, and future generations to clearly see that some people do not want to live a homosexual life, and indeed the possibility of changing from homosexual to heterosexual is both viable and realistic. This *Change Is Possible* film has the potential to save and change millions of lives. If only I had been offered the opportunity to view such a film in middle or high school, I would have been spared years of heartache and pain. Help us help millions discover the truth about SSA. Our plan is to send a complimentary copy of the film to every school district in the country (15,000), and to over 10,000 private schools in the USA. Eventually we will have it translated into many languages for worldwide distribution! We need your assistance now to complete and distribute this breakthrough film. No donation is too small or

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too great—from .25cents to \$25, \$250, \$25,000, \$250,000, or more. Please join us in changing and saving lives.

Budget Still Needed to Complete School Film Project: \$380,000

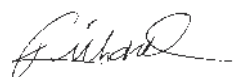
IHF Expansion

We recently opened a new chapter of the International Healing Foundation (IHF) in South Africa. Please read the article about our new director, Andre Bekker, on page 6. We offer many possibilities for healing and education for those who experience unwanted same-sex attraction, for their family members and friends, and for professional therapists and ministry leaders. Hilde Wiemann continues to offer family healing sessions and teleclasses for parents with SSA children. Christopher Doyle, our in-house counselor, assists men who experience unwanted SSA and leads our strugglers teleclasses. Desiree Carlson directs our IHF Mexico chapter, creating more and more momentum for healing and change throughout Mexico and Latin America.

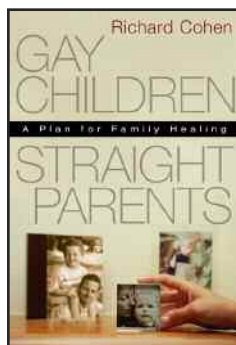
On May 15-16, we will hold our TLC Healing Seminar at a hotel near Baltimore, MD. Hilde Wiemann and I will co-facilitate this experiential weekend, open to anyone dealing with SSA and any other issues of the heart. We have changed the format of our Healing Seminars. They are now appropriate for individuals, couples, and families, regardless of your personal issues. Throughout the weekend, we provide a safe place for radical healing and transformation to occur. On September 20-24, we will hold our five-day Counselor Training Program here in the Washington, D.C., Metro Area. See the ad for this event on page 11.

The train of change *is* gaining momentum! Stand up with pride and declare the truth: *No one is born with same-sex attraction, no one chooses to have SSA, and change is possible.* Join us on this magnificent journey of healing and transformation. Help us to set the record straight and set the captives free! Support us as your vehicle for change in the world. Help us transform your community and country, making them safer and more welcoming environments for you, your loved ones, and friends. We appreciate and need your continued support. All contributions are tax-deductible. Since most will receive now this newsletter online, you may donate: (1) on our home page by clicking on the donate button at www.ChangelsPossible.com, (2) send a contribution to International Healing Foundation, P.O. Box 901, Bowie, MD 20718, or (3) call our office to give us your payment information. Thank you from the bottom of my heart. May God continue to richly bless you, your family, and your friends.

In His Love and Grace,



Richard Cohen, M.A.
Director



A MESSAGE OF LOVE AND HOPE FOR PARENTS OF SSA CHILDREN

5 out of 5 stars, Dec 19, 2009 / Amazon.com Review

Several months ago while I searched Amazon to see if I could find any books that talked about Gay Children and Straight Parents. I found a book that will forever change my life and outlook on gay people—*Gay Children, Straight Parents: A Plan for Family Healing*, by Richard Cohen. As I started to read the book, the mystery of Same-Sex Attraction (SSA) started to unfold. Prior to reading this book I had been searching for my own belief on SSA. I listened to sermons, studied scriptures in the Bible, and read books on SSA in an attempt to reconcile my belief system with the myriad of information available on this topic.

Gay Children/Straight Parents is an amazing book and message about love and caring for SSA men and women. Richard Cohen, who once had SSA, shares a 12-Step Plan to help parents of gay children build an atmosphere of unconditional love and acceptance in their families and homes. This book simplifies a very complex subject: SSA is the result of unmet needs for love and wounds that have never been healed. SSA is a message from the soul that tells the gay person that there are real needs in their lives—emotional, mental, physical and spiritual that need to be healed in a loving environment by relationships with healthy, caring heterosexual men and women.

As a parent of a gay child, I can honestly say that this is the first book that I have read that has given me hope for healing and restoration of the relationship with my son. It has helped me to understand what my son has gone through for many years of his life. It has helped to put our family on a path of healing. It has answered so many of the questions that for many years ate away at my spirit in my attempt to reconcile how to treat my SSA child. My SSA son has turned his back on God. He has told me that he can't feel God. It was through listening to the CD series that is available on *Gay Children, Straight Parents*, I learned that when a child can't feel God, it points out that there is wounding in their spirit.

If you are a parent or your loved one has SSA, I highly recommend this book for you to read. It will help you to understand your loved one and start you on a journey of family healing. It will give you hope and explain all of the confusing thoughts and feelings that you and your child have had over the years. In closing I want to say after listening to the *Gay Children, Straight Parents* CD series and reading the book, that I highly respect Richard Cohen for his life of ministry to helping the SSA children of this world. I believe he is sincere and dedicated. I give him a lot of credit for not giving up in the face of so much criticism and adversity to spread his message of love and hope for gay people. DL

APA TASK FORCE GOT IT WRONG

The American Psychological Association (APA) released a public statement in 2009 stating that people do not change from gay to straight. They obviously did not hear from the thousands of men and women around the world who came out of homosexuality and are living their heterosexual dreams!

The APA believes they are helping "gay and lesbian" men and women by promoting strictly pro-gay ideology. In fact, they are harming them because no one is essentially born with same-sex attraction (SSA) and therefore change *is* possible. This has been scientifically documented. In 2008 the APA declared that people are *not* born with same-sex attraction. Now they say people do not change. These statements cannot logically co-exist. We know that homosexual feelings are the result of unhealed wounds and unmet needs for love.

The APA is confusing our culture with false information. Here are their politically-motivated statements from the "Appropriate Therapeutic Responses to Sexual Orientation" report, together with the FACTS:

APA: Six member task force (made up of exclusively gay/lesbian or pro-gay therapists) reviewed 83 studies on sexual reorientation conducted between 1960-2007, and determined these studies showed serious methodological problems, therefore changing one's sexual orientation does not work.

FACT: These strictly pro-gay therapists chose to ignore over 600 peer-reviewed scientific studies, written about in the NARTH *Journal of Human Sexuality*, 2009 (<http://www.narth.com/docs/journalsummary.html>), which documented that changing from a homosexual to heterosexual orientation is possible. They ignored the compelling stories of men and women who came out of homosexuality and now live heterosexual lives.

APA: These types of therapies may cause harm to the client, such as depression or suicidal ideation.

FACT: Again, the NARTH Journal cited 600 peer-reviewed scientific studies showing overwhelmingly that reorientation therapies helped clients experience a sense of self-worth and well-being. Those like Richard Cohen and so many others are fulfilling their heterosexual dreams.

APA: Homosexuality is not an emotional or mental disorder.

FACT: Same-sex attraction (SSA) is the result of many unresolved emotional wounds (temperamental, environmental, and familial) and unmet needs for love (lack of sufficient bonding with same-gender parent/peers). Furthermore, there is NO medical or DNA test that shows an infant or child has homosexual tendencies. People are not born with SSA, therefore, change is possible! Studies in the Netherlands and other European countries, where homosexuality was legalized for many years, show a higher incidence of mental and emotional disorders among homosexuals than heterosexuals.

APA: Gays and lesbians can live happy and productive lives.

FACT: Homosexual behavior is associated with a significantly higher risk for mental, emotional, and behavioral disorders than heterosexuality, documented in numerous scientific studies, which were largely ignored by the APA.

APA: Therapists helping religiously motivated clients with unwanted SSA should: 1) tell them therapy to change one's sexual orientation does not work, 2) suggest they change churches that are gay-affirming, 3) help the client deflect the desires, or 4) help them live celibate lives.

FACT: It is irresponsible to tell a client that changing from a homosexual to heterosexual orientation is not possible. This is not scientifically accurate. It is irresponsible to tell a client to seek a "gay-affirming" church or synagogue. We need to help all clergy become more informed about the real facts about SSA. It is irresponsible and punishing to say that someone has to live a life of suffering without hope for change.

We at the International Healing Foundation (IHF) promote the truth about SSA with love. We defend the client's right of self-determination and autonomy. We stand for all parents, family members, and friends of SSA loved ones to know the FACTS without prejudice.

The APA has succumbed to a one-sided gay-affirming ideology to keep homosexual activists happy. We at IHF, along with our colleagues (www.pathinfo.org), stand straight and tall to defend the rights of those who do not have a voice and need to be heard and protected!

RACHEL MADDOW HEATS UP OVER UGANDA!

On December 8, 2009, Richard Cohen appeared on MSNBC's Rachel Maddow show. You may view the interview at www.ChangelsPossible.com, by clicking on the Media page.

The focus of the interview was about a proposed "Anti-Homosexuality Bill" before the Uganda Parliament. We at IHF stand opposed to this bill. Rachel was trying to insinuate that we had a part in the crafting of this horrific proposed legislation, which has no basis in reality. You may remember that in March 2008 we sent a representative from our foundation, Caleb Brundidge, to speak at a conference in Uganda. There, he shared his wonderful story of transformation from homosexuality to heterosexuality, and offered a message of love and compassion for all who experience SSA.

Below is our official letter sent to President Museveni and members of the Ugandan Parliament. Following the letter are just a few of the positive messages we received from people who viewed the show and never knew that Change Is Possible! These men and women were impressed, enlightened, and encouraged. Of particular interest is a letter of apology from a "gay" man sent to Rachel Maddow, who is herself a self-proclaimed lesbian.

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Letter to Uganda President and Parliament Members:

January 5, 2010

Dear President Museveni,

My name is Richard Cohen. I am a psychotherapist, **former** homosexual, and director of the International Healing Foundation in the Washington, D.C., metropolitan area. In March 2009, we sent a representative, Caleb Brundidge, to Kampala to share his wonderful story of transformation from homosexual to heterosexual at the Family Life Network conference. The purpose of the conference, as we understood it, was to inform people about the causes and potential healing of unwanted same-sex attraction. We had absolutely no idea that the teachings at the conference would be misused to contribute in any way to the persecution and criminalization of homosexuals as proposed in the Anti-Homosexuality Bill No. 18. If we had had any inkling of such an outcome, we never would have considered participating.

Over the past twenty years, as a psychotherapist, I was privileged to help thousands of men and women worldwide find freedom from homosexuality and fulfill their heterosexual dreams. Mr. Brundidge has likewise helped many find freedom from homosexuality. However, I shudder to think that if we had lived in Uganda under this proposed Anti-Homosexuality Bill, at a time before we found a way out of homosexuality, your legislation may have resulted in our being executed or incarcerated, as we both lived openly homosexual lives previous to our transformation. That thought is horrifying, and makes this bill very personal to me. I struggled for years with my unwanted same-sex attractions (SSA), but no one knew how to help me. Finally, after many years and tears, I discovered the causes for my same-sex attractions and then deep, lasting, and profound healing occurred in my life. Today I am living my dream, married to my wonderful wife Jae Sook (who hails from Korea) and we have three beautiful children.

I strongly believe that Bill No. 18 is extreme, cruel, and counter-productive. No one will benefit if you criminalize people who experience homosexual feelings that they never chose and cannot simply wish away through willpower or prayer alone. We have found that sexual reorientation therapies have been extremely beneficial and effective for those seeking change. However, this bill would frighten all people from seeking the very help they need, and that many want. In such a punitive environment, people like me would be terrified to reach out and ask for the help, love, and support that *can* bring real change.

I understand that a motivating factor behind this proposed legislation is the report of young children and those with disabilities being raped by HIV-infected persons. There is no doubt that this terrible behavior must be stopped. However, I believe that the bill, as written, is too broad in incriminating *all* persons who experience homosexual feelings and does not take into account heterosexual sexual abuse and the spread of HIV through heterosexual activity. I recommend amending the language in the bill to be more specific regarding consequences for those who abuse and rape minors

and disabled people, regardless of their sexual preference. Furthermore, if you truly wish to be pro-active in the issue of homosexuality we recommend: 1) make available in your therapeutic agencies, places of worship, and public institutions opportunities for men and women who experience same-sex attractions to voluntarily receive confidential counseling, and 2) insure the legal protection of former homosexuals. Such an enlightened program would become a beacon of light in the world for true healing and transformation, far better than condemnation and punishment, by providing care, concern, and solution.

We at the International Healing Foundation believe in promoting understanding, love, and support for those struggling with unwanted same-sex attraction, and also providing help for their family members and friends. This bill, as written, would punish the very people who are hurting and in need and discourage them from seeking the assistance that could otherwise result in transformation. In fact, it would send them underground, suffering in silence, only generating more pain and sadness.

I implore you to rewrite this proposed legislation and remove any criminalization for people who experience homosexual attractions. Rather, please provide counseling and opportunities for change which would be far more beneficial for those in need.

Thank you for your kind consideration in this matter.

Sincerely,
Richard Cohen, M.A.
Director

Comments from Viewers:

"I am a fan of Rachel Maddow and her show, and not surprisingly am very progressive. I had a bias against you, your organization, and its mission because of what Rachel had said and because of other things I have read and heard. That said, what you said on her show this evening came across as genuine and heartfelt, while her questions seemed hostile and driven by her own personal agenda. For me, the jury is still out about whether or not sexual orientation can be changed, but I am more open to the possibility that it can." TR

"I am watching the Rachel Maddow Show and how she is putting a "spin" on your statements. I am fan of the Rachel Maddow Show, however, her reports about you being responsible for the "Kill Gays" bill in Uganda, I do not support. I can tell that she is defensive mainly because I've been told by others that she is a lesbian. I believe she is taking your ministry as a personal attack against her. However, she has no reason to interpret it as a personal attack. I believe you have planted seeds into her and into the lives of her show's audience. Be encouraged; your interview this evening was not in vain." EA

"I would like to congratulate Richard on an incredible performance. As someone who is not sure what to think about homosexuality and its causes, I felt Richard did an outstanding

job remaining not only professional but also intriguing. I can only hope to handle myself so well if I'm ever forced to represent a controversial idea. Now I'll look into your work and give it the chance Rachael Maddow doesn't want me to. What an obviously biased reporter she's become. Cheers." N

"I just wanted to let you know that I thought you did a great job on Rachel Maddow's show last night. I thought you stayed calm and on point, communicated a loving message, and were prepared for almost everything she threw at you. Despite her attacks on you and on the idea of change, I thought the show was a win for our side, for the simple reason that a lot of the audience was probably familiar with their side's sarcastic dismissals of change, while far fewer had probably ever heard your side. So the net effect was improved understanding of what change efforts are really about, and a debunking of the whole "pray-away-the-gay" myth. Kudos." PS

"I just watched you on with Rachel Maddow and I thought you were great!!! You answered her questions, were very articulate, prepared, respectful, honest and humble. She was not. She came across as an attack dog. I didn't find her honest or respectful, only offended. I am a straight married 50 year old with 5 children that was flipping thru the channels and you caught my interest. I'm glad to know there's someone that is trying to help those that want help. Good for you!!" VL

"I saw the interview w/ Rachel Maddow. You were great. Thanks for giving hope and allowing yourself to be treated so badly in order to give hope for others. Bless you." RH

Letter from a "Gay" Man:

Ms. Maddow,

I am writing to express my disappointment after watching your coverage of the Ugandan political movement to put forth to legislation to criminally exterminate people who identify themselves as gay. As a gay man, I saw your interview and found you to be wholly dishonest in your presentation.

I read the reference you quoted on page 75 of *Gay Children, Straight Parents*. Like you I was against reading this book; it felt offensive to even open its cover. But as I read further, I found him to be genuinely sincere. I did not hear him go against what he shared in this book during his interview.

More than that though, I was always taught that regardless of what I thought about another person, I should not let them drag me down to their level. Your facial expressions throughout absolutely showed your unprofessionalism. They clearly showed how rude you were and how you handled yourself in the severest of poor taste. Unfortunately, I reiterate, your behavior not only reflected on MSNBC, but on the Gay Community and culture as a whole.

I have a close friend who has tried to convince me for years to follow in his footsteps of the ex-gay movement. He has shared with me that the "Gay Agenda" has persecuted him for following his heart. I have now seen first hand the bigotry that lies within my own community and culture, through your actions. I have heard my friends put others down for being homophobic. I have always tried to keep an open mind so that I could honestly stand on a moral high ground with those who would attack me for who I am.

To draw an analogy, I see myself as one who promotes peace and hope, not fear and hate. Nelson Mandela, Maya Angelou vs. The Black Panthers. To reference *Jeffrey*, the movie, you remind me more of the Pink Panther. **It is sad really that our people have spent years crying for acceptance and love and yet we do not offer that to others.** Unfortunately, I have seen my community, the gay community, become increasingly vicious. Where is our Nelson Mandela, where is our Maya Angelou?

To be honest, I do not see the connection you were trying to draw with Cohen and Uganda. People who want to twist another person's words for their own political gain will do so. You proved it by how you twisted Cohen's words. In my many leadership positions that I have held in the community here in Arizona, I have had many occasions to have local media twist my words. Unfortunately, I had written their bigotry off to a lack of education. I guess I see that people in the media would rather wrap the story around their opinion as opposed to report the story clearly and objectively. It just goes to show that I cannot control how people will feel about me or use my words for or against me. Obviously, Mr. Cohen cannot trust our community to treat him with the same respect we so vocally have demanded.

To be completely open, I intend to forward this email to Mr. Cohen in an attempt to apologize for your behavior and ask him to please not hold it against us. I think you need to reconsider your tactics. Quit playing the angry victim.

Wow, I just realized that I heard the word LOVE, and ACCEPTANCE come from Mr. Cohen multiple times. He seemed honest and genuine in what he believes, much like Nelson Mandella, Gandhi, and Maya Angelou. Maybe he is our Nelson Mandella, our Maya Angelou? I shudder to think what people now think of us. Like I said, you and I cannot control what others think any more than Cohen can control what the Ugandan Government thinks of his book.

Well, thank you again for your time and getting me to read Richard Cohen's books. I know that wasn't your intention, but I might just pursue some of his ideas. If it brings me closer to my biological truth, I am all for it. If it makes me Straight, I guess using your line of thinking, I have you to blame.

Sincerely,
Forever Strong
(I use a pseudonym, because you have proven you cannot be trusted.)

SOUTH AFRICA CHAPTER OF IHF OPENS: MEET OUR DIRECTOR, ANDRE BEKKER

Allow me to introduce you to psychotherapist, Andre Bekker, our new IHF director of South Africa. He and I have been sharing for many years. Andre is deeply sincere in both personal and professional healing activities. I have the utmost respect for him as a man and as a therapist. The IHF staff international meets bi-weekly for consultation and supervision. We are working to maintain the integrity of our three successful protocols: (1) helping those with unwanted SSA, (2) assisting parents and family members with SSA loved ones, and (3) training therapists and ministry leaders. Enjoy reading Andre's words:



Andre Bekker (and wife Lina), South Africa IHF Director

For many years I felt God calling me to help those who experience unwanted same-sex attraction (SSA) and their loved ones, and to educate the religious and secular communities about the facts of homosexuality.

I started my own healing journey from SSA in 2002, after being a missionary for several years, followed with a position with a financial institution. In June 2004, I married my wife Lina, and became a step-dad to her two sons. For seven years, I worked diligently on my own healing process. From 2009, I felt led by God to initiate a chapter of IHF in South Africa. Not only did I accomplish much healing in my personal life, I also was spiritually and academically ready to take up this new ministry. I officially became the Director of the International Healing Foundation, South Africa, on the 1st of February 2010.

My family and I reside in Kempton Park, Gauteng Province, South Africa, from where I also run the South African office of the International Healing Foundation. I have a clear vision to make known to the whole of South Africa that changing from gay to straight is possible. In these two months I introduced International Healing Foundation South Africa to approximately 800 pastors and Christian missions. We are also fortunate to have a website, helping us spreading this good news: www.ChangelsPossible.co.za. In the coming weeks, I will make several recordings for a Christian TV Station.

In keeping with the vision and mission that God has given to Richard of IHF North America, we concentrate on educating people about the truth of SSA, counsel parents with SSA loved ones, and assist men and women with unwanted SSA. We also strive to bring awareness that prevention is possible. God has opened a door in South Africa that no one will shut!

ROBERT'S COURAGEOUS TRANSFORMATION FROM SSA TO STRAIGHT!

I received this email from Robert about his transformation, so I asked if he would further share about his life for all to benefit from his remarkable journey of healing. Below you will first read his initial email and then story of change. Here are his moving words:

The last time I wrote to you, one year ago, I mentioned that I had succeeded with Stages I, II and III of healing (as you wrote about in *Coming Out Straight*). A few weeks ago I recognized that Stage IV has been completed too! After all these four years of healing work, I experience now a complete recovery.

I remember when I was 18, how I prayed down the road of Corfu, a Greek island, imploring for a "conversion" of feelings. I remember that because now I sense that it has happened. It took decades to have the change granted, but I am no one to judge why. I am so grateful to God. I can scarcely express it in words. The change goes down to my most inner being.

I understand also that the healing is just completed and although it is solid and, I believe irreversible, I must be vigilant in safeguarding and developing it. The support network I developed in Phase I will always be a part of healthy self-care. Phase II is a very interesting experience because my inner child is becoming one with my adult self, that is, the child has matured and grown up. I still must work on that but the bridge has been crossed.

I am so happy to say that you have contributed to a miracle in my life and for my family and for my Heaven, which I trust to obtain, and so much more. God bless you, your family and your endeavors for countless many people. RB

Robert's Journey

I was 8 years old when my mother passed away. My mother's mother nurtured us with utmost affection, but this too was going to soon end. My Father, after the passing of my maternal grandfather when I was nine, engaged in a legal battle against my mother's family. I was 9 when I was moved to another city and prohibited cruelly to communicate with my maternal grandmother and all her family—our only family! At that time there was no Internet. In moving, I also lost my soul mate, a cousin, who stayed behind. In three years I lost my whole world.

When I was 11, I was living completely alone in a strange city that I sensed inhospitable. I had no friends, no mother, cruelly separated from my grandmother. Additionally, there was a suicide in our home by someone who worked for our family. I didn't see it directly, but was affected by this terrible and sad situation.

My Father decided to marry an attractive widow who was insensitive to even her own children. She had them put in a boarding school to free her from the daily responsibilities of motherhood. After my father remarried I was also sent to that boarding school. My stepmother's youngest son was 12 and I was eleven. We were assigned to share the same room. I

eagerly started to befriend him. We connected but soon the relationship started to turn strange. We started touching each other's feet inappropriately. It felt good as I was eager to experience healthy physical affection, which was denied because of all the separation during the previous years. Simultaneously, my stepbrother started to steal things from me and frequently beat me up. I felt controlled through his power and will. One of my own brothers also beat me almost daily the previous year. Beaten constantly from 9 to 13 years was painful. I did not retaliate or become aggressive, perhaps because of my intellectual and sensitive character.

My stepmother overlooked everything and my father ignored us because of preoccupation with his business. A little later, my stepbrother introduced me to masturbation and the practice developed into full sexual intercourse between us. Every weekend, during boarding school breaks, my stepbrother would slip into my bed during the night or at dawn. We would relate sexually at least once a week for a year. I was 13 and he was fourteen. My stepbrother had a cousin who, at 15, was already very experienced in such practices. Sometimes we three were together for his visits. His cousin's dad was an alcoholic. Despite being minors, I don't know of any practice now that we didn't do together. After some time, my father divorced and my stepbrother and I were separated; however, by the age of 15, I was an educated, nice looking guy who was thoroughly experienced in and passionately drawn to homosexual behavior.

After the divorce, I entered high school. I didn't know how to manage things better and I related with a classmate who had the same attractions as me. Later I entered college and met a friend of my brother. We progressively entered into a sexual relationship. However, all my relationships with guys were rather brief.

Prior to all of this, I had several girlfriends, four of them by the fourth grade. I still remember their names and had passionate feelings for them. I believe that I had these experiences at such a young age in order to give me a sign of who I really was and who I preferred to be. At 18, I anxiously sought girls to relate with in an effort to return to my true self. I remember walking down a hill praying eagerly for a conversion of my emotions. I prayed intensely that I could go back to experience attractions for girls that I naturally had when I was a child. But it didn't work.

The relationship with my father developed poorly during my teenage years and well into adulthood. He disapproved of me as a person, thinking that I was stupid, incompetent and over generous—meaning that I helped many people without receiving anything in return. I knew nothing about money and life. He didn't want me in business with him. All my siblings joined his company except for me. I was the black sheep of the family. However, he did have some feelings for me and clung to those throughout his life. Once, some years before he passed away, he told me that he tried his best to understand me. My father died years later without knowing about any of the trauma and the disorientation that I experienced as a child and adolescent.

When I was a sophomore in college, I resolved to change and decided that I would practice sports. All my life until then I had not participated in sports. I felt incompetent and did not, in fact, develop any athletic skills. I would have developed

such skills if the opportunity were given to me. I did have plenty of intense physical education in the military boarding school. That is how I developed a complex, being terrified of male peers ridiculing me. I did not want to play sports and expose myself to more ridicule. Despite my feelings, I resolved that I was going to discipline my life. And I did.

I got a job, performed well, and eventually married an outstanding woman. We created a wonderful family for 20 years. Then my disciplined life started to unravel. Perhaps the promotion of homosexuality in the media and environment contributed to it. I could not reasonably control certain impulses and started to fail to deter sexual fantasies. After some years of frustrated struggles, I was introduced to pornography for the first time and fantasies increased. They began as images, turned into plots, and eventually they became actions. I started to act out sexually.

I would hit the road to find adventure and release. Unknowingly, my deep sorrow and pain was just beneath the surface, driving me. On the verge of a fatal accident, I was called by a therapist to discuss one of my children's behavior at school. The psychotherapist discussed about my son's impulsivity. Later it was I who decided to start psychotherapy.

In therapy, I was presented with the book *Coming Out Straight* by Richard Cohen. I was assured that I would resolve the homosexual feelings and develop into a healthy heterosexual man. I truly had no expectation of healing my same-sex attractions. I had been carrying those desires with me for 30 years. I was trained in them as a young boy and since then struggled in every way to resolve or change them with no success. However, I decided to work the four-stage program outlined in *Coming Out Straight* with a very good therapist, not wanting to give up without one last try. I needed at least to protect my wife and children, to save my family and job. My recovery began.

Having read the book, I sailed into Stage II. I had already fulfilled the tasks of Stage I, creating a healthy network of support around me. While I was attending an International Healing Foundation TLC Healing Seminar, I had an insight. I saw myself as a 9 year old boy. This is critical to understand: it's not just about understanding in the head, it is also about experiencing and resolving feelings in the heart. I saw the child I used to be, cute as he could be, real and longing for legitimate affection and protection. All at once I was on my way through Stage II of the healing process. I discovered my inner child and began to provide care and understanding for him. I gave him what he never had, a father, a true loving father. Moreover I found a mentor to father the adult part of my character.

In the IHF weekend healing seminar, another dramatic revelation took place. As I was embraced by a healthy man, I pictured the arm of my real father around me, which I never remember experiencing in my life as a child. It was shocking. And shortly after that I discovered the resentment and hate that I harbored against my father. I never realized that. I loved and love him and could not believe that I felt such a thing, but it was there, hidden inside my heart. Being able to identify and express it, although painfully, led me to forgive him. Then, in this exercise, I asked him for forgiveness for all my misjudgments about him. I then imagined his past, which he never spoke of, and came to realize that my father was a

suffering man. He was also a victim. He probably suffered more than I, and I never knew it. My grandfather tormented my dad. With that understanding I knew the chain of guilt would never end unless I took responsibility. My father's grandfather could also be held responsible, and so on through many generations. The time had come to put an end to all of this. Forgiveness flowed spontaneously. Forgiveness is not about forgetting or ignoring what happened, but understanding it and going beyond.

Later, I had an experience similar to one Richard Cohen described in his book. I suddenly saw my body from outside myself. It was a sudden glimpse that unveiled the obvious, my masculine nature. Why hadn't I seen that before? I don't know, but now I saw it. In therapy I was now entering and engaged in the activities of Stage III. Greater healing occurred.

Finally in Stage IV, I came to an understanding about femininity. As a believer in Christ, I felt that his mother was my mother, and I experienced this wonderful feminine love. I had a mother now, living and loving. This revelation made available to me all the knowledge of femininity that I had only understood theoretically. Now it was real. Now I understood my wife so differently and much better than before. Subsequently, from the prior realization that I was physically a man, flowed spontaneously an attraction to femininity. Women are designed for men, and men to complement women.

With that, I crossed the bridge. The four stages of healing were complete. As you can see, this was not instant but took several years. And they did happen! By the end of my healing journey, my heart and mind were spontaneously oriented toward femininity. The homosexual feelings fell back into my past, like foreign events having no further bearing in my consciousness. My sexual attractions are now directed to their proper end, my wife! There is no struggle between a homosexual orientation and a heterosexual orientation. It's simply that the homosexual attractions ceased. There was no need to obtain masculinity, it was there all along, and it had always been there. It was in me.

There is no price for this prize. Now the time is one of re-affirmation, celebration, and validating what has been attained. Although the outcome is irreversible, it wouldn't be sensible to believe that all problems are gone, like magic. It is, however, foreseeable that the role of my healthy sexuality will be serene, experiencing balance and health. That 9 year-old boy has now grown up and is like a young man, having shared with his father and cleared things up. That inner adolescent will progressively mature and become one and the same with my adult self. I have crossed the bridge. I have finally achieved that conversion of emotions that I longed for. I finally recovered myself. I am a man.

A MOTHER'S HEARTFELT JOURNEY (PART I)

Wendy and her husband heard me speak at a church in their community many years ago. Their son had recently "come out" during his junior year of high school. We worked together through family healing sessions and IHF teleclasses. Today their son has come out of SSA and is dating women. Here is Part I of Wendy's story. Part II will appear in our next IHF newsletter.

It was a moment I had hoped against for a long time. It was almost as if I told myself that if I closed my eyes tight enough and hoped against it, it would not happen. But it did. It was two weeks before our son's Junior Prom; he came upstairs and told us that he wanted to talk to us about something. And it seems that even before those words were out of his mouth, the next ones came tumbling out: "I'm attracted to boys, not girls." We unhesitatingly assured him of our love and told him that we would always be there for him. The three of us cried together and he shared a little about how he had felt isolated and in the dark for such a long time. Wanting him to not feel alone, we told him we would help him in every way possible, and that we would always support him. Because we believed that no one would knowingly choose to live with such persecution, we had always taught our children that we believed people were born that way.

A few weeks later, my husband and I attended a talk on homosexuality. I had not looked carefully at the invitation letter and I thought we were attending a talk about gay marriage; I figured that we would need to be informed and well educated for it may be that our son would one day bring home someone he would want to marry. The seminar was sponsored by one of our colleagues in ministry, and we sat in the back so that we could avoid anyone we knew or leave if we wanted to. We were still quite sensitive since our son's recent disclosure and we had not told anyone at that point. When the speaker, Richard Cohen, was introduced, we learned that he was a psychotherapist, coach, educator, and author.

What we heard him speak about was not what we expected. He shared with us that he struggled with unwanted same-sex attraction for 30 years. Christian churches and counselors he had gone to told him to accept the fact that he was born that way. But he had a dream. Some day he wanted to be married to a woman and have children and raise a family. Richard was not willing to let go of his dream. He shared that he endured a long and painful journey of discovery, recovery and healing, but that it had been worth it for he was a happily married man and had been for the last 20 years to a woman with whom he had 3 beautiful children.

He then began to relate a list of causes that he believed led him to experience same-sex attraction. Richard asserted that it is never one thing alone, but always a combination of influences that create homosexual feelings in men or women. He listed and explained ten potential determinants: (1) inherited wounds/unresolved family issues, (2) gender non-conforming behaviors, (3) enmeshment with opposite sex parent, (4) lack of emotional bonding and/or secure attachment between father and son or mother and daughter, (5) sibling wounds/family dynamics, (6) body image wounds, (7) sexual abuse, (8) social or peer wounding, (9) cultural wounds and (10) other factors such as death of a parent, religion, adoption. As he taught and explained, I began to weep. I could recognize eight of the ten in our family.

To avoid people we hurried out of the talk and found ourselves standing alone in the lobby. I said to my husband, "What have you been praying for?" He said, "Understanding. What have you been praying for?" I told him that I had been praying for a book to read. We turned to leave and there on a table were several copies of Richard's book *Coming Out*

Straight. It was hard to miss—there was only one book. I bought it. We drove home from Richard’s talk in intermittent silence, stunned to consider that our son’s claim to be attracted to boys and not girls had potentially developed over time and because of a constellation of factors. As soon as we arrived home, we asked our son to come upstairs so that we could talk. We told him that we had met a man that night who had struggled with unwanted same-sex attraction for 30 years. “Carl, we heard this man speak. It was a powerful talk. He listed a set of factors that he believes contributes to the development of same-sex attraction. We could identify with 8 out of the 10 as we thought about our family.” We begged him to just take a look at the book. He grabbed it in frustration and anger and went downstairs.

The next day, I called Richard and told him how affected we had been by some of the things he said and I asked him what we could do next. He suggested that we take some teleconferencing classes that he had just begun to teach. There were other parents enrolled with sons and daughters of all ages, parents like us who were trying to gain understanding and knowledge to best help our children. The first thing we learned was that this was not about our son and the fact that he needed changing; it was about changing the way our family related to one another. Richard taught and led the class through a 12-Step Treatment Plan toward family healing (from *Gay Children, Straight Parents: A Plan for Family Healing*, InterVarsity Press). The goal of the Plan was to create intimacy and secure attachment with our children. The first step was to take care of our selves as parents and the second step was, “Do your own work.”

That meant that we would need to look at ourselves individually as well as our marital relationship. Marv and I loved one another fiercely and enjoyed the blessing and challenge of working together as ministry partners in the same church. When under stress, though, we fought and in our worst moments took shots at one another’s families of origin. We had established an unhealthy cycle. We knew that we had some blind spots, and therefore had work to do. One of the things that Richard had said the night of his talk is something I will never forget. It laid the groundwork for the work that we were willing to do as well as my future family constellation work. He said, “If you have a son or daughter that tells you that they can’t feel God, it is quite possible that it has nothing to do with God at all, but everything to do with the child’s relationship to the same-sex (or opposite-sex) parent.” It was critical for two reasons: our son was very close to me and to his sister, but he did not have a secure emotional attachment with his father. My husband and I both knew and grieved that. But, the second reason was haunting; our son had actually told us in a conversation just a few months before that he “couldn’t feel God.” One of the steps in the 12-Step Plan toward family healing was for the opposite-sex parents to take two steps back.

This was one of the most difficult things I have ever done. I come from a long line of strong women—women who have pioneered and led their families and husbands with assertive voices. Now I was to take two steps back so that my husband could lead our family. I would place dinner on the table, my husband would pray and then I would not initiate conversation in the hopes of encouraging my husband and

son to engage. When the three of us would go somewhere together in the car, I would climb in the back seat so that my husband and son could talk. I would hold back from participating. Eventually, they started talking. Whenever Carl would come to me with concerns, I would say, “Let’s go talk to Dad about that.” Each parent or set of parents in the class were coached to develop an action plan unique to their family situation. Part of our healing plan was that Marv would try to hold Carl each night. Carl hated it and resisted it greatly to the point of punching his father one night and giving him a black eye. That happened the night before one of our parent teleconferencing classes. Richard learned that Carl had punched Marv, he said, “Congratulations! Your son is beginning to respond to you.” That helped give Marv the encouragement to remain persistent in his holding time with Carl.

To be sure, Carl was livid when he first learned that we believed that he had developed same-sex attraction rather than being born with it. He was also furious to hear that, as parents, we believed we had contributed to his same-sex attraction and he most certainly was not in favor of going to any family counseling sessions with Richard. We asked him to go to one—just one, and if it was too weird, then he wouldn’t have to go again. We assured him that it wasn’t about him; it was about our family. At the eight hour family healing session in which each relationship—husband and wife, mom and son, dad and son—had their own time to share frustrations, angers, hurts, disappointments and love, there was a poignant moment in which Carl fell into the arms of his father and cried like a baby. After a while, Richard asked him about his tears. Carl replied, “I’ve never felt this love before!” In the days and months ahead we continued with our healing plan. Carl slowly began to open up to his Dad as they began to know and love each other in new ways. (Read Part II in our next newsletter.)

SUPPORT CHANGE!!!

The International Healing Foundation is your voice for change in the world. Please help us to help others, and to change public understanding about homosexuality. Through our counseling programs, healing seminars, school film project, media presentations, and public speaking, lives are being transformed daily.

We need your help to continue all these change efforts. Our viewpoint is not easily known and understood in the public forum, therefore, funding is more difficult to obtain. All your contributions are tax-deductible and bring more light, love, and truth into the world. ***We appreciate your loving and continued support.***

DONATE TODAY:

- 1) Click on the donate button of the home page at **www.ChangelsPossible.com**
- 2) Send a check to IHF, P.O. Box 901, Bowie, MD 20718
- 3) Call our office with your payment at Tel. 301-805-6111

HELP FOR PARENTS

Hilde Wiemann, IHF Parent Coach
and Teleconferencing Class Facilitator



*Hilde Wiemann
IHF Parent Coach*

Most parents who contact IHF would like an immediate “fix” to help their child come out of homosexuality. We understand their pain and how hard it is to see their child deal with same-sex attraction. It’s difficult for all parents to learn that it takes time to move through the various stages in the healing process, and that it’s not just about the child, but about making changes in the family.

When parents join our **Teleconferencing Classes (TCC) by phone**, it only takes one or two sessions to discover the tremendous benefits gained from participating, learning, and growing together. By the end of the first session there is usually a deep sigh or a few tears from parents who have finally found a source of knowledge, support, and hope. They realize they’re not alone and are able to reach out and receive help. Some of our parent’s groups create a chat room on the Internet, get to know each other quickly, and exchange an incredible amount of news, inspiration, and love for each other. See what several parents had to say about the TCC by going to our website.

In some cases a **Family Healing Session** will create remarkable breakthroughs and beautiful changes in the family. Parents generally introduce me as a communication coach to their children. The family healing session lasts one-to-two days and may take place in your home or at our healing retreat center in Maryland. Follow-up coaching helps to generate continued healing in all family relationships.

For more information please visit our website at
www.ChangelsPossible.com,
Email Hilde: coachhilde@aol.com, or Tel. 301-537-2848.

HELP FOR THOSE WITH UNWANTED SAME-SEX ATTRACTION

IHF offers counseling services and teleconferencing classes for those who experience unwanted same-sex attraction (SSA). Our resident therapist, Christopher Doyle, successfully helps SSA men fulfill their heterosexual potential. He himself made the change from SSA to straight and is married to his lovely wife Sherry.



*Christopher Doyle
IHF Sexual
Reorientation Coach*

Call today to schedule your appointment
or sign-up for our Teleclasses: Tel. (301) 805-6111
or check out our website:
www.ChangelsPossible.com.

AMERICAN COLLEGE OF PEDIATRICIANS ANNOUNCES NO ONE IS BORN WITH SSA AND CHANGE IS POSSIBLE!

On April 1, 2010, the American College of Pediatricians initiated a revolutionary document stating that no one is born with same-sex attraction and that change is possible! Here are a few statements from their “Facts About Youth.”

- Homosexuality is not a genetically-determined, unchangeable trait.
- Homosexual attraction is determined by a combination of familial, environmental, social and biological influences. Inheritance of predisposing personality traits may play a role for some. Consequently, homosexual attraction is changeable.
- Most students (over 85%) with same-sex attractions will ultimately adopt a heterosexual orientation if not otherwise encouraged. Most questioning students are experiencing temporary sexual confusion or are involved in experimentation.
- The homosexual lifestyle, especially for males, carries grave health risks.
- Declaring and validating a student’s same-sex attraction during the adolescent years is pre-mature and may be personally harmful.
- Sexual reorientation therapy has proven effective for those with unwanted same-sex attractions.
- For many youth, homosexual attraction develops due to negative or traumatic experiences, such as sexual abuse. These students need therapy for the trauma, not affirmation of a “gay identity.”
- There is no evidence that pro-homosexual programs, such as on-campus student clubs, ease the health risks or emotional disorders suffered by homosexuals.

For more information visit **www.FactsAboutYouth.com**, a website resource created by the American College of Pediatricians in coalition with other organizations.

THE MAN IN THE ARENA

Teddy Roosevelt speech excerpt, Paris, France,
April 23, 1910

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.



Assisting Those with Same-Sex Attraction (SSA) & Their Loved Ones

Five-Day Training for Clergy, Therapists, and Ministry Leaders

The Five-Day Training Includes:

- Understanding the causes of same-sex attraction and sexual brokenness
- Four-stage model of healing unwanted same-sex attraction (SSA)
- National resources available for individuals and families
- Therapeutic modalities to assist in greater healing
- Uncovering the meaning behind sexual fantasies and masturbation
- Preparing former SSA men and women for dating
- Procedure for group therapy / support groups
- Strategies for parents with SSA children: twelve-step protocol
- Taking care of the caregiver, preventing burn out
- Socio-political aspects of the gay rights movement
- Media training: how to prepare for interviews

Who Should Attend

The Five-Day Seminar is for pastors, therapists, ministry leaders, and anyone interested in assisting those dealing with same-sex attraction and their loved ones. In this training, you will: 1) learn how to identify the causes of SSA, 2) develop a successful treatment plan for change, 3) gain knowledge of therapeutic modalities to escalate healing, 4) discover ways to help family members and friends who have SSA loved ones, 5) create a strategy to prevent caregiver burn out, and 6) receive media training. Everyone who attends the entire course will receive a Certificate of Attendance. Those who successfully complete additional requirements will receive Certification as a Sexual Reorientation Coach.

PRESENTER



Richard Cohen, M.A.
Sexual Reorientation
Psychotherapist, Educator
and Author

Psychotherapist, educator, and author Richard Cohen will facilitate the training. He is the director of the International Healing Foundation and author of *Coming Out Straight*, *Gay Children Straight Parents*, and *Loving Gays the Right Way*. For 20 years, Cohen has helped thousands of men and women come out of homosexuality, and assisted thousands of parents restore relationships with their SSA children.

Cohen will share the “how-tos” of change. There will be allotted times for discussion.

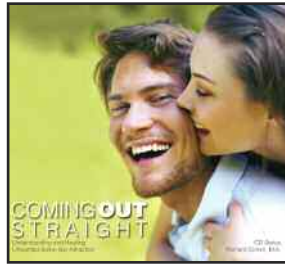
For more information, call 301-805-6111 or visit www.ChangelsPossible.com

GENERAL INFORMATION

Dates	September 20 – 24, 2010 Monday – Friday / 8:45am – 5pm
Location	First Baptist Church of Glenarden, Ministry Center 3600 Brightseat Road, Landover, MD 20785
Cost	\$620 per church/ministry/counseling team (up to 3 representatives), includes course materials and lunch
Registration	Register online at www.ChangelsPossible.com or call our office for a registration form. Deadline for registration is Friday, Sept. 3, 2010.
Further Information	For additional information and directions, call our office Tel. 301-805-6111

COMING OUT STRAIGHT: UNDERSTANDING AND HEALING HOMOSEXUALITY

If you struggle with unwanted same-sex attraction (SSA), if you have a loved one who experiences SSA, if you are a therapist/ministry leader/coach looking for answers about the causes of SSA and a successful plan for change, this book and CD series are for you!



GAY CHILDREN, STRAIGHT PARENTS: A PLAN FOR FAMILY HEALING

In this 9 disc CD series, Mr. Cohen teaches all the key principles contained in the book *Gay Children, Straight Parents* (InterVarsity Press, 2007), and much more. Additionally, there are wonderful stories of victory and change read by the parents themselves.



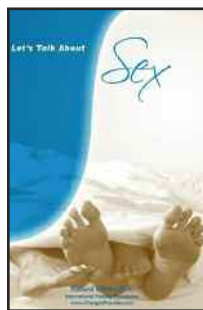
COUNSELOR TRAINING PROGRAM: ASSISTING THOSE WITH UNWANTED SAME-SEX ATTRACTION AND THEIR LOVED ONES CD SERIES

Our Counselor Training Program is for therapists, clergy, ministry leaders, and coaches who wish to assist those dealing with unwanted same-sex attraction (SSA) and their loved ones. CD series (16 discs and 180-page manual).



LET'S TALK ABOUT SEX

It used to be a taboo subject, but today it's everywhere. After all, "sex sells" and it seems as though "everybody's doing it" ... right? In a provocative series, Pastor John K. Jenkins, Sr. of First Baptist Church of Glenarden, and Richard Cohen, M.A., identify the causes and effects of sexual brokenness—heterosexual and homosexual. Available: Booklet, CDs, and DVDs.



Order online at www.ChangelsPossible.com and click on "Books, CDs and More" page, or call our office at (301) 805-6111.



INTERNATIONAL HEALING FOUNDATION

Richard Cohen, M.A., Director
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Tel. (301) 805-6111 / Fax (301) 805-5155
Email: IHFinfo@ChangelsPossible.com
Web: www.ChangelsPossible.com

TENDER LOVING CARE (TLC) HEALING SEMINARS

May 15-16, 2010

The Tender Loving Care (TLC) Healing Seminar is a place for individuals, couples, families and friends to experience breakthrough and personal transformation. IHF has sponsored healing seminars for over twenty years throughout the world, helping thousands of men and women find hope and freedom. Our TLC Healing Seminars provide a safe place for you to access feelings and thoughts that may be blocking your personal growth and achieving loving relationships. These remarkable weekends are worth more than six months of therapy!

We offer real and practical solutions for your personal and relational issues. It doesn't matter what issues you are dealing with, all are welcome! Exercises include: discovering your inner child / reconciling relationships / healing power of healthy touch / healing guilt, shame and fear / fulfilling love needs in healthy relationships.

Facilitators: Richard Cohen, MA
Hilde Wieman, CSRC

"This was the best seminar of my life. My eyes and heart were open to understand the pain that SSA men and women go through. I love every person in this room. I feel so sad for my SSA son. My husband and I will help him heal." H.M.

To register or find out more information:
www.ChangelsPossible.com or call our office
at (301) 805-6111.

TELECONFERENCING CLASSES

There is hope for healing homosexuality. *People can and do change their sexual orientation.* Our IHF facilitators will share with you the wisdom gained through years of experience helping men and women heal from unwanted SSA, and helping parents assist their SSA children fulfill their true heterosexual potential. Each class consists of 60 minutes of personal coaching and Q&A session, and 30 minutes of in-depth teaching. The 9 class course is held over a 3 month period. This is an excellent means of obtaining help, and a wonderful way to create a network of support. *You are not alone!*

- **Men & Women with Unwanted SSA:** Tues. evenings, 7 – 8:30pm EST
- **Parents Level I:** Wed. evenings, 7:00 – 8:30pm EST
- **Parents Level II:** Thurs. evenings, 7:00 – 8:30pm EST
- **Parents Monthly Support Group:** First Monday of each month, 7:00-8:30pm EST

For more information about these classes, or to register, www.ChangelsPossible.com, or call our office: Tel. (301) 805-6111.