



Change Is Possible

INTERNATIONAL HEALING FOUNDATION / NEWSLETTER WINTER 2009-2010

CHANGING THE WORLD ONE LIFE AT A TIME!

Revolution of Love – blog
Change Is Possible – film
Loving Gays the Right Way – book
Why 5 Celebrities Are "Gay!"
Deborah's Story – "Change Is Possible"
Christopher's Story – "Growth into Manhood"
A Mother Speaks Out – "Tragedy to Triumph!"

sometimes a door back into paradise, the paradise at least in which we are who we hope to be, do the work we desire, and are each our sister's and brother's keeper" (p.3). Bottom line: In the wake of major disasters, waves of altruistic and brave souls have risen up to help others in need. *We are often at our best when things are at their worst.*

Prediction: Active homosexual persons allowed to marry, adopt children, and serve as clergy will become miserable! This is already the case in European countries that granted these rights to homosexual persons years ago. Research shows these men and women have higher rates of

depression, substance abuse, and mental disorders. Why? Because people are *not* meant to live with SSA. Those who experiences same-sex attractions are merely stuck in early stages of child development; therefore to affirm emotional, mental, psychological, and sexual brokenness is cheap religion, false science, and ultimately failed politics. These sensitive SSA men and women will be very surprised to discover that after having achieved all their "rights," they will *not* have attained the prize of inner peace and real love.

GREETINGS,

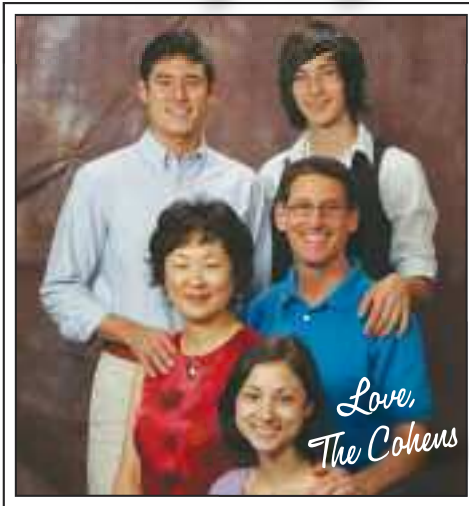
Holiday Greetings!

My name is Richard Cohen, and I'm here to inspire you! There is much hope that perhaps eludes you at the moment. Let's take a look at the political and cultural landscape today, and then allow me to paint a brighter picture of things to come.

Are you discouraged because strictly pro-homosexual ideology pervades our culture more each day? Are you disappointed because homosexual legislation advances through Congress, the media and entertainment industries promote homosexuality, and health curricula in public schools teach our children the lie that people are born with same-sex attractions (SSA) and cannot change?

Recently at a highly respected divinity school in our nation's capital, I spoke with a well-known lesbian activist, a homosexual male political lobbyist, and a professor of theology. The messages from the two homosexual speakers were as one would expect. However, my jaw dropped as the theology professor proclaimed a new initiative: "moral pluralism." You heard it, a new religious dictum—anything goes, everything is OK, if it feels right do it! Talk about throwing the baby out with the bath water. For over four decades homosexual activists have worked tirelessly to imbue this big lie—born with SSA and cannot change—into every facet of our culture.

Comforting news for you: *History demonstrates time after time that change ensues when crisis occurs.* The quicker homosexual activists get what they want, the quicker change will ensue. I am currently reading *A Paradise Built in Hell: The Extraordinary Communities That Arise in Disaster*, by Rebecca Solnit. She states, "Horrible in itself, disaster is



PREPARE TO CARE

My name is Richard Cohen, and I am here to inspire you! Who will be there to help SSA men and women when they hit rock bottom? Who will help them put their lives back together? **We**

need to prepare to care. Now is the time to prepare, readying ourselves to help those in need, ready to love them back to life by educating ourselves, our family members and friends, neighbors, anyone and everyone who will listen to the call. It is imperative that we lay the groundwork, for that day is soon approaching. Join with us as we prepare to care in a variety of ways:

- **Revolution of Love** – blog to offer simple solutions
- **Change Is Possible** – film for public and private schools
- **Loving Gays the Right Way** – book to solve the homosexual dilemma
- **IHF Staff** – reaching out in the USA and around the world

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Revolution of Love: We are actively preparing to care when the disaster strikes. It may occur sooner than you think. Please read the articles posted on our **Revolution of Love (ROL)** blog. Knowledge is power. Education is everything. Weekly, we teach about the homosexual phenomenon and provide simple action steps for change. Please read Lesson VIII, *Why 5 Celebrities are "Gay!"* on page 9. It reveals why Rosie O'Donnell, Melissa Etheridge, Greg Logannis, John Amaechi, and Kevin Jennings have SSA. Soon we will add videos of our ROL weekly blog. Join us at: <http://revolutionoflove.wordpress.com>.

Change Is Possible: We are editing and developing a film for public and private schools to educate the youth of today and tomorrow. This film describes the lives of those who came out of homosexuality. **Change Is Possible** will first be seen in selected schools around the USA. *If you are interested in having your classes view the film, please contact our office.* After receiving feedback from students and faculty, we will re-edit and finalize the film, releasing it for general use in public and private schools nationwide and worldwide (and sending a complimentary copy to every school district in the USA). Stories of how men and women came out straight will change public discourse and open up new possibilities to our youth. We will save lives!

Loving Gays the Right Way: The Other Side of Tolerance is our forthcoming book. It will educate the lay person about homosexuality and will provide real solutions to effect change in their families, churches, and communities. The book is divided into five sections: (1) Brief history of the homosexual movement, (2) Causes of same-sex attractions, (3) Why five famous people have SSA, (4) Terminology: presenting alternatives, and (5) Loving those with SSA the right way. Homosexual strategists created a plan to homosexualize America and the world. Now it is our time to provide real solutions!

IHF staff increases: We have a new sexual reorientation coach/counselor-in-training in our office conducting in-person sessions, telephone and Skype sessions, and teleconferencing classes for SSA Strugglers. Call our office today to set up an appointment with Christopher Doyle. I am training and mentoring Christopher myself. He is a bright young man who came out of homosexuality and is married (read his story, "Growth Into Manhood"). Hilde Wiemann, our family and relationship coach, continues to assist parents who have SSA children. She offers teleconferencing classes, family healing sessions, and individual coaching (read her article, "Grateful Parents"). We now have a wonderful volunteer, Debora Barr, who came out of homosexuality and is inspiring many by sharing her story in churches and conferences (read her story, "Change Is Possible"). We are training parents to stand up in their communities and share the truth about SSA. Please read the article "A Mother Speaks Out," about an inspirational woman in Michigan who decided to turn tragedy to triumph! Our IHF Mexico director, Desiree Carlson, continues to advance her work through counseling, healing seminars, and speaking engagements. Our work is also expanding in Europe and Africa. We mentor therapists and clergy around the world, and care for wounded souls in need.

RESTORATION FOR PEOPLE WITH SSA

If your loved one experiences SSA, it means that somewhere deep in his or her soul are hurts lodged from the past that have not healed, and needs for love that have never been satiated. It is not a comment on parenting; it is a reality that exists for many reasons (read our article "Constellation of Potential Variables Creating SSA in Men and Women"). If you discover the causes of your loved one's SSA, then you may begin to help bring healing to each of those areas in his or her life. Additionally, if you struggle with unwanted SSA, I have good news for you: SSA is a message from your soul trying to get your attention. As you learn to listen to the hidden secrets of your soul, and tend to each area in need, those desires will naturally dissipate after having fulfilled their intention. SSA is not about sex per se, but about wounds of the heart that need healing, and unmet needs for love that must be fulfilled in healthy, nonsexual, same-gender relationships. Change is always available and possible (read Debora's and Christopher's stories).

A NEW DAY IS DAWNING

My name is Richard Cohen, and I'm here to inspire you! Now is the critical time to prepare to care. We need to ready ourselves by learning how to love those with SSA the right way. We need to prepare the tools to educate all people about the truth of same-sex attractions. Blind acceptance of homosexuality is neither loving nor tolerant. We need to demonstrate higher love. Our *Revolution of Love* blog, *Change Is Possible* film, *Loving Gays the Right Way* book, and *IHF Staff* are weapons in this battle of love. Please join us to prepare to care and create lasting change. We need your help ...

BUDGET FOR 2010

Education Budget for Public School Film:	\$250,000
Marketing Budget to Educate the Public:	\$150,000
Training Budget for Clergy and Therapists:	\$150,000

TOTAL: \$550,000

During the past year, our donations have dropped significantly. **Please contribute today—from \$5 to \$5,000 to \$50,000—no amount is too small or too great!** *Keep hope alive.* The more you contribute, the bigger the impact we can make. We need your support to continue our outreach activities. Now is the time to increase our efforts—not to withdraw, but to advance. We are needed to save lives. Please help us to help others. Thank you in advance. May God continue to bless you and your loved ones.

In His Love and Grace,



Richard Cohen, M.A.
Director

WE BELIEVE...

1 – No one is born with same-sex attraction (SSA).

There is no compelling scientific evidence that anyone is determined from birth to have SSA. There is no conclusive scientific data that proves there is a simple biological, genetic, or hormonal cause for homosexuality.

2 – No one chooses to have SSA.

Same-sex attractions are the result of unresolved childhood wounds and unmet needs for love. Homosexual desires arise from a combination of temperamental, environmental, and psychological issues.

3 – People can choose to change and come out straight.

Research demonstrates that change is possible. Men and women all over the world have made the change from homosexual to heterosexual. Since no one is born with SSA, change is always possible.

For more information: www.ChangelsPossible.com and <http://RevolutionOfLove.wordpress.com>

CONSTELLATION OF POTENTIAL VARIABLES CREATING SAME-SEX ATTRACTION (SSA) IN MEN AND WOMEN

Richard Cohen, M.A. © *Coming Out Straight*, 2006

The following is a list of ten potential factors that may lead an individual to experience SSA. A combination of experiences and characteristics cause SSA. It is never a single factor alone, and the sum is greater than the parts. Parents do not create SSA in their children. It is the child's perception of the parenting and the child's innate temperament, e.g. hypersensitive, that makes the difference. To see how these factors interact and create SSA in children, please read **Stories of Healing / Transformation** on our Revolution Of Love blog (<http://revolutionoflove.wordpress.com>) and Change Is Possible website (www.ChangelsPossible.com).

1. Heredity

- Unresolved family issues
- Misperceptions
- Tendency to feel rejected—not belonging

2. Temperament

- Hypersensitive
- Artistic nature
- Gender nonconforming behaviors:
Male more feminine; female more masculine

3. Opposite-Gender Parental Wounds

- Over attachment to opposite-gender parent
- Imitation of opposite-sex behaviors
- Abuse: emotional, mental, verbal, physical, sexual

4. Same-Gender Parental Wounds

- Detachment from same-gender parent
- Neglect: Lack of intimacy
- Abuse: emotional, mental, verbal, physical, sexual

5. Sibling Wounds / Family Dynamics

- Name calling
- Same-gender sibling/relative rejection
- Abuse: emotional, mental, verbal, sexual, physical

6. Body Image Wounds

- Late bloomer
- Shorter / taller – skinner / larger
- Physical disability

7. Sexual Abuse

- Homosexual imprinting
- Learned and reinforced behaviors
- Substitute for affection and love

8. Homo-Social Peer Wounds

- Name calling / put-down
- Teacher's pet
- Non-athletic boy: no rough and tumble

9. Cultural Wounds

- Promotion of the homosexual lie—born that way and cannot change
- Cultural Abuse: media, internet, educational system, and politics affirm and promote homosexuality
- Pornography

10. Other Factors

- Divorce
- Death
- Adoption
- Religion

The severity of wounding in each category will have a direct impact upon the amount of time and effort it will take to heal. In **Coming Out Straight**, there is a successful four-stage protocol about the process of change. In **Gay Children, Straight Parents**, there is a twelve-step model for parents, family members, and friends to help their SSA loved ones heal and reclaim their innate heterosexual potential.

For more information:

Coming Out Straight or *Gay Children, Straight Parents* books or CD series: www.ChangelsPossible.com

PROCESS OF HEALING UNWANTED SAME-SEX ATTRACTIONS (SSA)

Richard Cohen, M.A. © *Coming Out Straight*, 2006

Keys to Healing

- Identify the root causes of SSA.
- Marriage is never the solution for SSA.
- Discover the hidden meaning behind the desires.
- You must feel in order to heal.
- Path of healing:
 - 1) Personal motivation
 - 2) Effective treatment
 - 3) Support of others
 - 4) Love of God

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Four Stages of Healing Unwanted SSA*

This four-stage model of healing works if you work the program. Men and women worldwide have changed and come out straight by following this protocol. *Never give up!* Remember, SSA is a message from the soul trying to teach us about life and love.

Stage One: Transitioning (Behavioral Therapy)

- a. Cutting off from sexual behavior
(Rom 8:12-13; Eph 4:17-24; James 4:7-10)
- b. Developing a support network
(Heb 10:24-25; Heb 3:13; James 5:16)
- c. Building self-worth and experiencing value in relationship to God (I John 3:1)

Stage Two: Grounding (Cognitive Therapy)

- a. Continuing with the support network
- b. Continuing to build self-worth and experience value in relationship to God
- c. Building skills: assertiveness training, comm. skills, problem-solving tech.
(Rom 12:2; II Cor 10:4-5; Eph 4:25-32; Matt 18:15-20; Matt 5:23-24)
- d. Beginning inner-child healing: identifying thoughts, feelings, and needs
(Matt 18:1-4; Matt 7:7-8; John 8:32)

Stage Three: Healing Homo-Emotional and Homo-Social Wounds (Psychodynamic Therapy)

- a. Continuing all tasks of Stage Two
- b. Discovering the root causes of homo-emotional/social wounds (John 8:32)
- c. Beginning the process of grieving, forgiving, and taking responsibility
(Matt 5:3-10; Matt 6:14-15; Psalm 147:3)
- d. Developing healthy, healing same-sex relationships
(John 15:12-13; Psalm 68:5-6; Joel 2:25-26)

Stage Four: Healing Hetero-Emotional and Hetero-Social Wounds (Psychodynamic Therapy)

- a. Continuing all tasks of Stage Two
- b. Discovering the root causes of hetero-emotional/social wounds
- c. Continuing the process of grieving, forgiving, and taking responsibility
- d. Developing healthy, healing opposite-sex relationships and learning about the opposite sex through the eyes of one's own gender (Gen 2:24; Eph 5:22-28)
Ongoing: Gal 5:1; Gal 6:1; Rev 21:7

*This protocol works for both men and women.

For more information *Coming Out Straight* is available in book and CD series, offering unparalleled in-depth information for healing and change:
www.ChangelsPossible.com

GROWTH INTO MANHOOD

Christopher Doyle, IHF Sexual Reorientation Coach/Counselor-in-Training



It was a late spring morning in 2006 when I entered the parking lot of a suburban church in Maryland, just outside of Washington, D.C. It was a Saturday, but I managed to convince my boss that attending Focus on the Family's *Love Won Out* conference would be helpful for professional development in our work in adolescent sexual health; so I was technically attending this event for my company. Little did I know this conference would ignite a passion in my heart to "come out straight" to my family, and to eventually lead me to where I am today.

After we listened to the opening plenary session, the staff warned us of their "friends" outside the church (friends were their code word for the gay activists who were protesting the event). Curious as to why someone would protest this event, I ventured out to the front lawn of the church and began talking to some of the men and women. Most of them were standing around, watching a young man who was being interviewed by a local news crew. He was noticeably angry and spoke some very harsh words against the conference. He said phrases like "I was born this way...how dare these people try to change us... no one can change their sexual orientation...they're preaching hate and lies." At that point, I felt compelled to say something.

"Excuse me, may I be interviewed next?" I asked the camera man. "I used to have homosexual attractions, but now I don't. I HAVE changed, and I'd like to give my perspective." My heart was racing. Aside from the previous guys I had had sex with, almost no one knew of my struggle with same-sex attraction (SSA). But now I was about to stand up and announce to all of Washington, D.C., that I once was gay and now I'm straight. I must have been out of my mind! As I finished the interview, some of the protestors came up to me and actually thanked me for my courage and for coming out to speak to them. Two very kind gentlemen, who were gay, said they had tried for years to rid themselves of their homosexual desires but had been unsuccessful and became disillusioned with the whole process. My heart went out to them. I knew that change was possible, but I understood very little about how my own change had occurred. All that I knew for sure was that if I could change, anyone could.

That same day I called my parents and told them about my past. They were floored. The next day I called my older brother and told him about the sexual abuse. He wept on the phone with me, regretting that he couldn't protect me and that he knew I was struggling with homosexuality but didn't know what to do. I was 9 years old. My uncle was called to Iraq to serve in the first Gulf War, and his two daughters came to live with us. My oldest cousin, then 13, was going through puberty. We grew very close and became good friends. Then one night during a sleepover, she began to touch me. Before I knew it, we were having sleepovers every weekend, and after my younger cousin had fallen

asleep, the touching would ensue. A part of me liked it. I wasn't getting a whole lot of attention from my parents, so it felt good to be close to someone, even if I didn't understand what it was that we were doing. She molested me the entire year.

The next year, my uncle came back from the war and my cousins moved away. But I was terribly confused. I turned 10 years old the summer they left and began acting out sexually with other children. Eventually, one of the girls that I tried to have sex with told my parents. Boy was I in trouble. To say I was shamed would be a huge understatement. I remember my father asking me if I had ejaculated. I was 10 and didn't even know what ejaculation was. Then he said, "Well, I guess I don't need to talk to you about sex now."

It was at that point that I closed my heart to the most significant masculine figure in my life, my dad. My growth as a man stopped before I hit puberty. I was stuck! In Alan Medinger's book *Growth into Manhood*, he describes the seven stages of growth that a boy undergoes from childhood, to puberty, to adolescence, to manhood. When I was sexually abused, my growth stopped in between childhood and puberty. I struggled through adolescence. Any way I could receive love, with girls or boys, I would take it. While I had a few girlfriends, I took every opportunity to have sex with other confused boys. I sexualized in them what I didn't get from my father. Unconsciously, having sex with them made me feel more like a man. This pattern continued through high school and into college. I was miserable. I desperately wanted to change my feelings, but all of the praying to God didn't work.

After graduating college, I moved to Washington D.C., and began my career. That fall, I participated in a weekly Bible study with other young men in my church. Being in D.C. was a new start for my life. These men didn't judge me, they didn't know my struggles; they treated me like I was just "one of the guys"... something that I never really felt in high school or college. I finally managed to have healthy, same-gender relationships. The more I viewed these guys in a nonsexual way and received their acceptance, the more I healed. Some time that fall, it occurred to me that I no longer had sexual feelings for other guys. That was only the beginning. I was now able to continue my growth into

manhood, which had stopped at the age of 10 and resumed at 23!

Fast-forward to 2006, three months before the *Love Won Out* conference. I met a beautiful woman at church, and we hit it off. But I knew that I had to tell her about my past. To my surprise, she told me that God had spoken to her and told her that someday her husband would struggle with this issue, and that she respected me, accepted me, and still wanted to see me. Nine months later, we were married! My dream of living a heterosexual life had come true. But my healing wasn't finished yet. The first year of marriage was difficult. I sought counseling to deal with the long-term effects of sexual abuse, and every week I attended a healing group for SSA strugglers called *Living Waters*.

That year I helped other men struggling with unwanted SSA, and through my testimony of change, they grew. We grew as men together, and it was incredibly healing.

The following year, God told me that my purpose was to counsel others who wanted to overcome unwanted SSA, and I began graduate school at Liberty University. Later that year, Sherry and I had our first son, Andrew. My wife was and continues to be unbelievably supportive in this journey. When Andrew was only weeks old, she encouraged me to fly out to Colorado for the National Association for Research and Therapy of Homosexuality (NARTH) annual conference. I came back inspired, and the Lord has continued to put people in my life to mentor, coach, encourage, and prepare me to begin working as a therapist; Richard Cohen, Dr. Joseph Nicolosi, and my colleagues at NARTH and PFOX are just a few who have helped me along the way. It is my honor and privilege to share my story with you. I leave you with one final thought: In my training to become a counselor and in my journey of healing, the most important thing I have learned is that you can only lead someone as far as you have gone yourself. Healing is not the destination, it is the journey.

Christopher Doyle is available for counseling at the IHF office in Bowie, MD, and by Tel or Skype. He is being trained and mentored by Richard Cohen. To make an appointment, please call our office at 301-805-6111, or email us at: IHFinfo@ChangelsPossible.com.



YOU ARE PRICELESS!

A well-known speaker started off his seminar by holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you, but first let me do this. He proceeded to crumple up the \$20 bill.

He then asked, "Who still wants it?" Still the hands were up in the air. Well, he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?" Still the hands went into the air.

"My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We may begin to doubt our worth. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who LOVE you. The worth of our lives comes by WHO WE ARE. You are special. Don't EVER forget it. And remember, amateurs built the ark, professionals built the Titanic!"

Anonymous

A MOTHER SPEAKS OUT: TRAGEDY TO TRIUMPH!

Cathie



Who could believe that in October I spoke at a Michigan Christian educators conference about homosexuality! If you had told me that I would be doing this five years ago, I would not have believed you. This has been quite a journey for me. Just four years ago our son told us of his SSA struggle. I knew, after taking the IHF Parents Teleconferencing Classes and learning the many factors contributing to his SSA, that I had to do something. I felt burdened with all this great information and wanted to share with others these truths in the hopes of helping other families. I couldn't stand by and do nothing.

In April of this year I arranged several speaking engagements for Richard here in Michigan. It was extremely successful. People were inspired with new information and education about SSA. When I was informed about the annual International Christian Education Association (ICEA) conference in the area, I thought I might be able to sell some of IHF's resource materials there.

The conference was being held at a local church. This Evangelical Presbyterian church is a sister church to the one Richard spoke at in the spring. I told them about his presentation and the materials I wanted to sell. I asked to share a vendor table, not wanting to bear the cost myself. The ICEA organizer was kind enough to reduce the fee. He asked me if I had presented on this topic and if I was interested in speaking. I hadn't spoken on the subject before, but something inside of me said, "Yes." I felt God was giving me an opportunity, and I was excited about the prospect of helping others learn the truth about SSA. With God's help, I knew that I could do this. I informed Richard of the opportunity, and he offered to mentor me.

In preparation, I decided to immerse myself in this issue by listening to the *Gay Children, Straight Parents* CD series. I disciplined myself by going to a coffee shop or library, spending about 1½ hours at a time listening and taking notes. It was a worthwhile process. I was reminded, as I listened, of many specific communication skills my husband and I had learned in the past. These skills help in all family relationships. During this time, I found myself grieving as well as accepting the current status of our family. God is in control of changing hearts. We are in control of our behavior, attitudes, and loving unconditionally.

With the one-hour PowerPoint presentation, Richard suggested 30-40 minutes of education, leaving time for questions and answers. I spoke about 40 minutes and took questions at the end of the presentation. First, I introduced myself, IHF, and about Richard's work. Then I spoke about Bible verses, facts about SSA, causes behind homosexuality, four stages of healing, effective communication skills, and each of the IHF books and CDs.

There were about 30 people in attendance. I passed around a clipboard with a sign-up sheet for those interested in the IHF newsletter and/or future training sessions. I gave out a few

handouts with additional resources and books. I also gave out some SSA info business cards that included seven websites where one can get more information.

All in all, it was a very good experience, and I received positive feedback. I had many friends as well as the IHF prayer team backing me up. It was one of the few times that I've had so many people supporting me in prayer. The grace of God was ever present in the calm and peace I experienced throughout the preparation process and presentation.

The feelings and emotions regarding our children, and coming to some resolution, is different for each of us. I often find myself dealing with fear and shame. To combat this struggle is an ongoing prayer for the grace of hope, courage, boldness, and humility. Richard has said many times that this is just a taste of the struggle our sons and daughters go through. If I can be an encouragement or help you in taking a leap of faith, please contact me at the IHF email: IHFinfo@changeispossible.com.

I am 22 years old and from Germany. I just wanted to thank you so much. I cannot explain HOW much, there are no words. You have changed and saved my life with your book *Ein anderes Coming Out* (German edition of *Coming Out Straight*). I once was lesbian, and now I am almost healed of my same-sex attractions. I think that I am 90% done, but maybe it will be a lifetime. Unfortunately there are no groups or psychotherapists who understand your program in my part of the country (or it's too expensive to go and visit them). But with God's help, a good female mentor, and your book, I am making it. It works! I am so happy now! Please, don't let others stop you from doing this wonderful work! Please!!!

With all my love, J from Germany

**THIS WILL BE YOUR LAST HARD
COPY ISSUE OF OUR
CHANGE IS POSSIBLE
NEWSLETTER UNLESS WE HEAR
FROM YOU!**

**PLEASE SEND US THE BLUE SLIP,
ALONG WITH YOUR DONATION,
IN THE REMITTANCE
ENVELOPE ENCLOSED.**

VISIT OUR BLOG:

<http://RevolutionOfLove.wordpress.com>

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<http://twitter.com/RevofLove>

CHANGE IS POSSIBLE!

Debora Barr



Radical transformation is possible! I lived 18 years of my life as a lesbian with absolutely no desire to change. Now that I have been set free from my invisible shackles, I am experiencing the most wholesome and unconditional love of my Savior Jesus Christ and will never turn back!

I was born in 1963, to a 19-year-old mother and a 21-year-old father who lost their first child, my older brother, to complications during childbirth less than a year earlier. My parents both came from homes where their same-gender parent died when they were very young. I am the oldest of three biological children of my parents and one adopted sibling. I was brought up in the Catholic Church, and early in my life, I developed a love for God and even dreamed of becoming a nun.

I was extremely insecure as a little girl and did not make friends easily. I never really connected with kids my own age, and my best friends were always older than me. I matured quickly, and beginning at the age of 9, I took on the role of babysitter for my younger siblings as well as the 50 foster children (infants) that my family took in over a period of 7 years. I felt like an adult, even as a child.

In junior high school I began dating a boy who was a couple of years older than me. He lived quite a distance away, so he would come and spend the weekends at my house whenever possible. During this time, my mother started to go with us to the movies or bowling alley nearly every time we went out. She never really dated as a teen because she was raising her two younger brothers. She married my father at the age of 16 to get away from her alcoholic father and her dysfunctional family situation.

When I was 15, my boyfriend and I were away at a church camp, and there he tried to have sex with me. When I returned home, I talked to my mother about it, and her reply was that I should give him what he wanted! Coupled with that was my finding the two of them together in her bed. This sent me spiraling into a deep depression. I rejected God and completely turned my back on him, denying that he even existed. I struggled for the next several years with deep depression and attempts at suicide. I graduated from high school, my parents divorced, and I went to college in another part of the state. There, I experienced being sexually assaulted by three different older men and further rejected any notion that God could exist. I thought what I knew as a child was just a lie and a fairytale—there was no God! I actively rejected the existence of God, telling people who believed that they were weak and deceived.

I built an impenetrable stone wall around my heart and started dressing like a man, making my appearance completely undesirable to men. I befriended my college roommate, and she showed me nonsexual love. We started sleeping together, and she would just hold me, and I felt safe. I then became extremely jealous when she started dating a man and he moved into our house. I had to endure the pain of hearing them together in the next room, and I was alone

once again. I began to struggle with the thought that I was truly a homosexual. I even sought out counseling, and the therapist said that I was a homosexual and should just embrace it.

I entered the Army at the age of 24, and there met a woman who introduced me to homosexuality. At first I felt safe and loved. However, she was involved with another woman as well, and my relationship with her was an emotional rollercoaster ride. During that time, I was also seduced by two different married men who wanted to have sex with me, and I gave in to them because I was looking for love and struggling with who I was sexually. I ended up completely embracing homosexuality and began to live as a closeted homosexual in the military. My first homosexual lover eventually left me after a rocky 6-year relationship, and I spiraled back into deep depression. I truly felt like I would die.

In 1993 I began dating a woman who went to church, and one day she invited me to join her. I said that there was no God and that I hadn't crossed the threshold of a church since I was 15. She looked me straight in the eyes and said, "Jesus wants you back." At that moment, the Lord began to break down the barriers in my heart and I began traveling the road back to him. I personally experienced what the Bible says in Ezekiel 36:26-27: "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them."

I joined the Metropolitan Community Church (MCC), a gay church. I became indoctrinated in their beliefs that God made me homosexual and that he was pleased with my lifestyle, and I became very involved in the church. Over time, I discovered that the woman who brought me back to church was an alcoholic, and I suffered both sexual and emotional abuse in that 6-year relationship. In January 2000, I left her behind and moved to the Washington, D.C., area and sought out another MCC church. I entered into another homosexual relationship in April 2000, and the two of us were warmly accepted by the gay community where we lived. In 2001 we traveled to Vermont and entered into a civil union. We began to build our life together. We bought property and built our dream home, co-mingling everything we owned.

I became unsatisfied with the MCC churches I had found, so I began to seek out other types of churches. My partner and I found a church that we loved the first time we attended service. I was shocked and disappointed to see the word "Baptist" on the sign out front as we left the church that first day. I just knew that "they" would not accept us there. However, we continued to go to that church and were warmly greeted by everyone. We were determined that over time we would bring change to the church and eventually they would openly accept gays as we showed them that our love for each other was pure.

When the church began a churchwide Bible study, we opened our home to host a small group study (which was facilitated by a leader in the church), and at the end of that study the church was having a celebration service and invited anyone who wanted to be baptized to sign up. We requested baptism, and were both called into the assistant pastor's office, where he told us he didn't know if he could baptize us since we were living in sin (we had been "ratted out" by the church

leader who facilitated the small group in our home). After a long discussion where we both told him that we would walk away from our lifestyle if that is what God told us to do, he agreed to baptize us. That was Nov. 23, 2003.

Over the next 2 years, I became more and more involved in the church. I volunteered as one of the production managers for Sunday morning services, and became heavily involved in the women's ministry. I also developed a love for the Word of God, which is where the REAL transformation in my life began to occur. My partner and I started to read the Bible together every day, and when we would come across passages about homosexuality, she would question me and I would immediately respond with the "real truth" I had learned at MCC about what the scriptures meant. I firmly believed what I had been taught. All the time, unknown to us, the women's ministry leaders at the church were just loving us where we were and praying fervently for our deliverance.

In the fall of 2005, I approached the women's ministry leader and said that my partner and I wanted to "come clean" with the women in our ministry (believing that nobody in the group knew we were gay). She suggested that we meet with the pastor to discuss this before talking to the women's group, so we began a series of meetings with him. The pastor asked me why I labeled myself as homosexual. I answered that I was born that way and felt I needed to tell him who I was because my lifestyle didn't conform to what the church teaches. He said he just saw me as a child of God. They confronted our beliefs in a gentle and loving way, never backing down from their convictions, but gently showing us what the scriptures said about the way we were living. Over time, the Lord convicted us through his word—the Truth.

We decided to follow the Lord at all costs. We were determined to live out what the Bible says in Luke 9:23: "Then He (Jesus) said to them all, if anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me." On Jan. 1, 2006, we publicly confessed to the women's group at church that we were turning away from our homosexual lifestyle and following Jesus Christ. We began by moving into separate bedrooms in our house, and eventually, my partner moved out completely. This was an extremely painful time, but we were determined to do what was right. It felt like a physical death, with the loss of physical touch and the struggle to redefine myself. I didn't know who I was anymore, because I had identified myself as a lesbian for 18 years, and at that time had actually convinced myself that I had always been gay. I thank God for the healthy heterosexual women who surrounded me with love as I suffered through this transition.

As I drew closer to Jesus, he began to reveal to me the things that had occurred in my past that led me to embrace that lifestyle, and God began to heal those deep wounds in me. I also grieved the loss of what my life could have been if I had married and had children, realizing now that I may never marry and have a family of my own.

I cannot begin to tell you how much God has blessed me since I have completely turned away from denying his existence and living a life of homosexuality for a total of 24 years! God did such an incredible thing in me—I feel as if he actually transformed my DNA! The Bible confirms what I have experienced in 2 Corinthians 5:17: "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." I thank God for my new

life in him. I am now free from the shackles of homosexuality and am experiencing the lavish love of my Savior Jesus Christ! Please be encouraged by my story, whether you are struggling with same-sex attraction, or you are a family member or friend of someone who is, because change is possible!

Debora Barr is available to share her story at your organization or church. Contact her at IHF by calling 301-805-6111 or emailing IHFinfo@ChangelsPossible.com.

GRATEFUL PARENTS

Hilde Wiemann, IHF Parent Coach,
Teleconferencing Class Facilitator



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

When parents gather their courage and join one of our Teleconferencing Classes (TCC) by phone, it only takes them one or two sessions to discover the tremendous benefits they gain 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 found a source of knowledge, support, and hope. They realize they're not alone and can reach out and get help anytime they need.

Some groups even create a chat room on the Internet for this particular group, get to know each other quickly, and exchange an incredible amount of news, inspiration, and love for each other. See what several parents have to say about the TCC:

— Thank you for your skills and graciousness to us all—with much love and kindness on your part. It is a healing experience for us parents as well as a learning time. We can never thank you enough! You are wonderful, Hilde! K.G. / California

— We cannot sufficiently express our gratitude to you for your swift and caring responses and the wisdom in your coaching in the parenting course. F.H. / Michigan

— You really may never understand how much of a difference you have made in our lives. I feel such a connection to you. Thank you very much. S.G. / Alabama

— I am touched and amazed at the depth to which you have taken the class. Our God is faithful, and we need to pray believing in hope. Part of that is visualizing God at work and the end results of His answer to our pleas. A.R. / New York

For more information about our Parents Teleconferencing Classes, call our office at 301-805-6111 or check our website: www.ChangelsPossible.com

WHY 5 CELEBRITIES ARE “GAY!”

Richard Cohen, M.A.

The following is an abridged version of Lesson VIII from our Revolution of Love (ROL) blog. Please visit our ROL blog for the full text and our weekly updates about understanding and healing SSA at <http://RevolutionOfLove.wordpress.com>

Let us discover why **Rosie O’Donnell** (actress/talk show host), **Melissa Etheridge** (rock star), **Greg Louganis** (Olympic gold-medal diver), **John Amaechi** (former NBA player), and **Kevin Jennings** (U.S. Dept. of Education Safe School Czar) have same-sex attractions. By observing their backgrounds, it becomes obvious how people develop homosexual feelings, affirming the facts that *no one is born with SSA, no one chooses to have SSA, and change is always possible.*

Rosie O’Donnell

“After my mother died, the house and just about everything else fell into total disrepair. It was always dark inside” (*Find Me*, Warner Books, 2002, p. 19).

“I was an abused kid. This is something I have chosen not to dwell on in my public life” (75). “I hate my body. I always have. I do not look in mirrors, I try never to be naked. If I could have sex with my clothes on I would” (71).

“I am difficult to love, and I know it. I never learned the unconditional part, so trust evades me. Add sex and I fall apart, eventually retreating back into the swamp. Very few people can put up with me, and I can’t blame them. I am a constant contradiction. I annoy myself” (73).

Rosie experiences same-sex attractions, like many other SSA women, due to a combination of factors:

- 1 – Hypersensitive temperament
- 2 – Lack of mother-daughter bonding
- 3 – Strained father-daughter relationship
- 4 – Body image wounds
- 5 – Sexual abuse

In Rosie’s autobiography, *Find Me*, and in several magazine interviews, she describes the many causes of her SSA—losing her mother to cancer when she was just 11 years old created a void in her heart, a longing for bonding with a woman; extreme sensitivity to other people’s pain and needs, often feeling their feelings (common among sexual abuse survivors—blurring of relationship boundaries); unspoken family rule—never discuss or share feelings; tremendous gap between her and her father; experiencing sexual abuse; and growing to hate her body and gaining weight to become unattractive to boys and men. If Rosie would work through each one of these issues and experience healthy, nonsexual intimacy with heterosexual women and men, she would ultimately resolve her SSA and experience a sense of inner peace, self-worth, and opposite sex attractions. For a more in-depth evaluation of why I believe Rosie experiences SSA, please visit www.ChangelsPossible.com and click on Newsletters: Summer 2006.

Melissa Etheridge

“What I really am is this little girl looking for acceptance. Looking for love and trying to fill up this hole inside of me that has always been empty” (*The Truth Is ... My Life in Love and Music*, Random House, 2002, p. xiv).

“I was tortured by my need for love and affection—my need to find someone who could fill up the emptiness inside me. I’m still driven by that need as a songwriter. The best songs I write are still the songs that have an I’m-so-very-sad-and-alone theme” (31).

Melissa experiences SSA because of the following factors:

- 1 – Lack of mother-daughter bonding
- 2 – Sexual abuse by her older sister
- 3 – Over identified with her father
- 4 – Lack of bonding with same-gender peers
- 5 – Gender dis-identification: feeling more masculine than feminine

Like Rosie, there was *no* expression of emotions in her family. It was, overall, a cold and unsafe place for Melissa. She was never close to her mother, and was born on Jennifer’s, her older sister’s birthday, which became a source of rivalry for attention between them. Jennifer sexually and physically abused Melissa from the time she was 6 to the time she was 11 years old, thus instilling within her a pattern of intimacy with women which involved sexual relations. Music became Melissa’s refuge, a place of comfort and solace. Her dad supported her talent, while her mother was mostly disapproving. Melissa began to have relationships with women to fill the deep void in her soul. This became her life pattern, until today. For a more in-depth analysis of why she has SSA, please read upcoming issues of our *Change Is Possible* newsletter.

Greg Louganis

“What you will read here is the story of a lonely boy who struggled with dyslexia and discrimination, yet discovered he had a great gift for acrobatics and diving. It’s about a shy kid who battled low self-esteem, bouts of depression, and conflicts over his sexuality yet still went on to become one of the most accomplished divers of all time” (*Breaking the Surface*, Sourcebooks, Inc, 2006, p. viii-ix).

Throughout Greg’s autobiography, we observe the many causes of his SSA:

- 1 – Hypersensitive temperament and low self-worth
- 2 – Detachment from his abusive father
- 3 – Over-attachment to his mother
- 4 – Abuse by male peers
- 5 – Body-image wounds
- 6 – Adoption

Greg Louganis is one of the most celebrated divers of our time, with four gold medals at the Olympics, a world championship title won in 1982, and more national titles than any other diver. Yet for most of his life, he hated himself. He was given up for adoption by his bi-racial parents and always felt

like he never belonged to his adopted family. On top of that was his father's alcoholism and abusive treatment toward Greg, his mother's clinging nature, and being beaten up continuously by boys in the neighborhood and at school. "But sissy and fag were just two of the many sneering things I was called. They all blended together to make me feel that I was truly worthless and had no right to live" (71). All of these early experiences resulted in substance abuse, SSA, and abusive homosexual relationships. For a more complete evaluation of why I believe Greg has SSA, please visit www.ChangelsPossible.com and click on Newsletters: Fall 2007.

John Amaechi

Former NBA player John Amaechi is another classic example of how a boy develops SSA, as described in his autobiography *Man in the Middle* (ESPN Books, 2007). John lacked positive male role models while growing up. His father left the family when John was just a little boy. He, his mother, and two sisters fled from Boston, MA to Manchester, England in order to escape his father's abuse. John's dad followed them there, with repeated attempts to kidnap his children. John's maternal grandfather was verbally abusive and constantly critical of John. His "Mum" acted as mother and father, his source of love and protection, his primary role model. His maternal Grandma was another source of healthy feminine love. John was also close to his two sisters. From his male peers in school, John experienced rejection, name-calling, and incessant mockery for his physical appearance and lack of athletic prowess. As a young boy, John was overweight and non-athletic. Like many men with SSA, John was very sensitive. He was quite introverted and preferred to spend time alone reading. It was in these solitary times that he found peace and solace from his lonely, miserable life. His "Mum" worked very hard, managing two jobs, caring for others through her medical practice.

In my estimation, John Amaechi's SSA is a result of:

- 1 – Profound father wound
- 2 – Persistently abusive grandfather
- 3 – Over attachment to mother
- 4 – Hypersensitive temperament
- 5 – Body-image wounds
- 6 – Male peer wounds

There was paternal and male peer rejection, excessive female attention, and a sensitive boy unable to navigate his way in the world of men. From the age of 17, as a 6' 8" young man, John was discovered by a basketball scout while living in England. Through intense practice, excellent coaching, and playing basketball with other guys, John felt a sense of belonging and acceptance for the first time in his life. Basketball gave John a sense of self-worth. Until then, he was a fatherless, "overweight," "misfit," sensitive, non-athletic "nerd." Unfortunately, John never dealt with the core wounds that created his SSA, never reconciling his father, grandfather, and male peer wounds. This became more apparent when reading John's account of his relationships with men in the NBA. To this day, John does not like his body and always keeps his shirt on while in the presence of others, a direct result of

being called derogatory names in gym and swim class, such as "whale!"

John's SSA grew from those aforementioned experiences, as well as his inborn temperament of sensitivity. Because the world does not understand the true meaning of SSA, John was led to believe that he was born "gay." John is an intelligent, sensitive, and insightful man. He was never offered the correct information about why he experienced homosexual desires in the first place. For a more complete evaluation of why I believe John has SSA, please visit www.ChangelsPossible.com and click on Newsletters: Spring 2007.

Kevin Jennings

"I become 'Mamma's boy,' which is, of course, the worst thing any self-respecting Southern male child can be. I can't remember a time when that wasn't my name. So I guess there was never a time when I felt like I was a normal boy" (*Mama's Boy, Preacher's Son*, p. xii).

Today, Kevin Jennings is the Safe School Czar for the U.S. Department of Education (official position: Assistant Deputy Secretary, Office of Safe and Drug Free Schools), and he is basically in charge of homosexualizing public schools in America! In his autobiography, *Mama's Boy, Preacher's Son* (Beacon Press, 2006), we witness another typical profile of how a sensitive boy developed SSA.

Basic causes of Kevin Jennings's SSA:

- 1 – Emotionally detached from his father, his role model of masculinity
- 2 – Over-attached to his mother, identifying more with her feminine nature
- 3 – Constant abuse from his older brothers, further disconnecting Kevin from his masculinity
- 4 – Unending mockery from boys at school and in the neighborhood, reinforcing negative masculine identification
- 5 – Religious pathology regarding SSA, constant judgment, causing increased shame and guilt for his SSA feelings, feelings that were merely a symbol of his inner turmoil and unmet needs for healthy masculine love
- 6 – Lack of protection from male teachers and school administrators, increasing masculine wounding
- 7 – Hypersensitive temperament, a beautiful characteristic given by God, yet became a curse because of the unsympathetic environment in which he lived

Kevin's Dad was an angry man, and his "spankings were painful, always featuring his black belt" (p. 50). As a pastor, his father preached "hell and damnation." Kevin's father died on his 8th birthday. At the funeral service his mother fainted and Kevin began crying. His older brother Mike barked, "Don't cry. Be a man. Don't be a faggot" (p. 19). Kevin stopped crying and learned that being a man meant never showing his emotions. From Kevin's brothers he learned: "When people get angry they hit you" (p. 69). He lived in constant fear of reprisal, while name calling and teasing throughout his childhood was the norm.

Kevin was teased, mocked, and traumatized by his father, older brothers, male cousins, sometimes his mother, and boys at school and in the neighborhood. He did not have the internal strength to fight back; therefore, he internalized all their negative messages. He felt shameful of: (1) his same-sex attractions, (2) being an “unwanted child,” (3) thinking he killed his father (Kevin asked his dad to go swimming at the Y on his 8th birthday, and his father had a heart attack and died after taking a dive in the pool!), (4) thinking that he might kill his mother (if he upset her too much), (5) being non-athletic, and (6) being a “geek.”

From elementary through high school, he was continuously mocked by fellow classmates: “faggot,” “queer,” “sissy,” “teacher’s pet,” “nerd,” and since he was non-athletic, he was the last one picked for teams in gym class. He was often terrorized on bus trips to and from school, and traumatized by boys after getting off the bus. Gym class was also painful as he was incessantly teased and mocked. He was humiliated in front of the entire class by his middle school gym teacher. Kevin went to the school guidance counselor to get help, and he did nothing. This tormented young boy would later found the Gay Lesbian Straight Education Network (GLSEN) and become the Safe School Czar for the U.S. Dept. of Education! He is certainly showing them who is boss today.

After graduating from Harvard and becoming a high school history teacher, Kevin learned about so many SSA students throughout the country suffering in silence. He vowed to become their voice and champion the oppressed.

Mr. Jennings’ is 46 years old. If you see a photo of Kevin today, or catch him on TV, you would think that you are looking at a man in his 60s. There may be several reasons for this—unresolved issues from his past, and/or health issues related to homosexual behavior. His appearance is saddening. This brilliant and sensitive man is hurting, and hurting others by propagating false claims about homosexuality on a national level. Kevin’s heart is in the right place, but he lacks a truer understanding of what drives his and other people’s SSA.

Conclusion

From looking at the lives of Rosie O’Donnell, Melissa Etheridge, Greg Louganis, John Amaechi, and Kevin Jennings, we see why they developed SSA through no fault of their own. *People are not born with SSA.* The chart below shows the many similarities in their backgrounds. It is obvious that there are predictable causes for same-sex attractions, and therefore a plan for healing and reconciliation—to be discussed by further lessons on our blog.

My heart breaks for these men and women. I cried many tears reading their autobiographies. They are my brothers and sisters, and I love them. There is no longer any reason why men and women who experience SSA must suffer as they do. We have the answers, and a happy, fulfilling life without SSA is possible for all!

Visit our Revolution of Love blog:
<http://RevolutionOfLove.wordpress.com>

WHY WE BELIEVE THEY HAVE SSA

	1 LACK OF BONDING WITH SAME-GENDER PARENT	2 OVER ATTACHED TO/OR WOUNDED BY OPPOSITE-GENDER PARENT	3 HYPER-SENSITIVITY	4 SIBLING WOUNDS	5 SEXUAL ABUSE	6 BODY-IMAGE WOUNDS	7 SAME-GENDER PEER WOUNDS	8 ADOPTION OR DEATH OF A PARENT	9 SOCIALIZATION INTO “GAY” MYTHOLOGY
ROSIE O’DONNELL	✓	✓	✓		✓	✓		✓	✓
MELISSA ETHERIDGE	✓	✓	✓	✓	✓	✓	✓		✓
GREG LOUGANIS	✓	✓	✓			✓	✓	✓	✓
JOHN AMAECHI	✓	✓	✓			✓	✓		✓
KEVIN JENNINGS	✓	✓	✓	✓		✓	✓	✓	✓

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All these men and women have similar causes for their SSA, further demonstrating that same-sex attraction is an acquired condition.

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.



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TENDER LOVING CARE (TLC) HEALING SEMINARS

December 6-7, 2008

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.

"I was able to find my inner child. I feel renewed and alive! Thank you from the bottom of my heart."
D.P.

"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!*

- **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
- **Men & Women with Unwanted SSA:** Tues. evenings, 7 – 8:30pm EST

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