



Change Is Possible

INTERNATIONAL HEALING FOUNDATION / NEWSLETTER WINTER 2008

CHANGING THE WORLD ONE LIFE AT A TIME!

Greetings!

This is our hopeful holiday, year-end issue with inspiring reports of progress, a vision of wonderful things to come, and practical suggestions for you to make a difference in your church and community. Here is what's in store for you to learn about:

- Ripple Effect—Changing Lives
- Achievements in 2008
- Goals for 2009
- JONAH Reaches Out to the World
- Healthy Touch in the Healing Process
- CD Series That Promote Change
- Healing Seminars Create Breakthrough

In the United States we now have a new president, and a new congress, and soon our economy will stabilize. In conjunction with this theme of new beginnings, **I would like to proclaim that our time for change has come.** It is our time to promote the truth about same-sex attraction (SSA) and the possibility of change. It is our time to celebrate hope. We need to parade our progress, sharing the good news with the world.

Parade of Progress

The International Healing Foundation (IHF) has a clear plan for lasting change that works from the inside out. We have facilitated the healing of thousands of men and women, helping them achieve their heterosexual dreams through counseling, healing seminars, and teleconferencing classes. We have assisted hundreds of families, helping them and their SSA loved ones to reconcile and achieve greater love and intimacy. We have taught thousands of clergy, therapists, and ministry leaders how to assist those with unwanted SSA and their loved ones. All of these achievements have been documented in our CD series and in our books: *Coming Out Straight*, *Gay Children Straight Parents*, and *Counselor Training Program*.

Because of your prayers and financial support, this was a remarkable year of growth and progress. I appeared on several TV shows worldwide (in Mexico, Ireland, France, and Germany), radio shows around the USA and Canada (in New York City, Des Moines, Boston, Detroit, Colorado Springs, St. Louis, Ottawa,

and many more), and newspaper and magazine articles (in Mexico, Spain, England, and Australia). I traveled to Mexico four times this year to offer our Counselor Training Program, a two-day training for professionals and clergy, and a four-day conference and healing seminar for Courage members and their loved ones. I traveled around the USA, presenting to many church groups about how to love those with SSA the right way. For a more detailed report, please read the *2008 Achievements* section in this newsletter.

Ripple Effect

If you throw a pebble into the water, it will create a ripple effect. Just one small pebble will change the entire body of water. And so it is with awareness. When you share with one person the truth about same-sex attraction (SSA)—that no one is born this way, no one chooses to have SSA, and change is possible—then you will forever alter the landscape of understanding in the world. In this way, each one of us will help bring awareness that will ultimately lead to change. If you share this life changing information with one person each week, then in one

year 52 people will be informed. And those 52 people will share with more people in their lives, which in turn broadens the sphere of awareness in the world. This is a most powerful means to change lives.

If you find it difficult to share this information with others, then please support the efforts of the International Healing Foundation and we will do it for you. God has commissioned us to go to the highways and byways of life and educate everyone about the truth of SSA. In 2008 we reached millions, and in 2009 we plan to do even greater works for the sake of bringing more heaven on earth. Through your generous contributions, we will be able to broaden our sphere of influence, thus helping to set more captives free and bring good news to all.

Another great way for you to throw more pebbles of truth and light into the waters of life is to buy multiple copies of our books and CD series and donate them to your local libraries: school, church, synagogue, and public libraries. Each donated book and/or CD series will change lives forever. We know well because we continue to receive calls from those who picked up



Coming Out Straight, *Gay Children Straight Parents*, and our *Counselor Training Program Manual* in their church or local libraries.

"Thank you for writing *Coming Out Straight*. I found it in my local library and finally found the hope I only dreamed about. You can never imagine what this has meant for my life."

Jason

"When I reached out and picked up *Gay Children, Straight Parents* from my church library, it was truly the beginning of transformation for my wife and myself. We have grown so much because of this great work."

George & Pat

By your donating copies of these books and CD series, along with the *Counselor Training Program*, you will be able to play a meaningful role in saving lives. Order your copies on our website: www.ChangelsPossible.com or call our office for a discount on orders of 10 copies or more.

Hurting People Hurt People and Healing People Heal People

There is so much pain in the world. Many hearts are broken. People are seeking answers, looking for real hope and healing. We at IHF have answers and offer lasting solutions for problems of the heart. Our work is expanding. In March, October and November, I spoke to over 4,500 people at three churches in the Washington, DC, area about how *Hurting People Hurt People*, and then how *Healing People Heal People*. The first talk was about how each one of us has been wounded in some way or another. In the second talk, I presented a clear plan for healing: spiritually, mentally, physically and emotionally. These presentations will soon be available on DVD, accompanied by a booklet that details the key points taught in the series. If you would like a copy, please contact our office or check our website (www.ChangelsPossible.com) for information.

Film Project

From Crayons to Condoms: The Ugly Truth about America's Public Schools, by Steve Baldwin and Karen Holgate (WND Books, 2008), tells the shocking reality of how our children in public schools throughout the nation are being indoctrinated into premature sexual activities, gay mythology (born gay and cannot change), and other inappropriate behaviors, all under the guise of political correctness and tolerance. What is happening is shocking, and we *can* do something about it. But, we need your help.

Over the past year I have shared about our ambitious project to create a film for use in public schools. This year we have already filmed two powerful stories of change—one young man and his parents from the Midwest, and another from the East Coast. We will film a young woman either by the end of this year, or the beginning of 2009. Each of these men and woman came out of homosexuality! Their stories are powerful and will speak directly to our young people in public schools that they do have a choice—either to live a gay life, or to seek change and come out straight. We will promote true tolerance, real diversity, and equality for all!

Would you please contribute to help save more lives? In the movie *Philadelphia*, starring Tom Hanks, Denzel Washington, and Antonio Banderas, the plight of a "gay" man living with AIDS is portrayed very sympathetically. However, they missed the main point: We can prevent AIDS by educating our youth about the truth of SSA—that no one is born this way, no one chooses to have SSA, and change is possible! Prejudice is always wrong. But we need to promote the solution to SSA and prevent the consequences of homosexual behavior (i.e. transmission of HIV and STDs, which are ever increasing in the gay community).

We can save lives from being lost to AIDS by offering our children the opportunity to understand the truth about SSA. Prevention is much easier than the cure. Let's get this film into every public school throughout the nation. We know that the gay activists will fight us tooth and nail. Please contribute toward the finalization of the film and its reproduction, distribution, and advertising. We need \$150,000 to complete this task. Won't you please give generously to help prevent more deaths and to save lives! No amount is too small or too great. If each person receiving this newsletter would contribute just \$50, we would have enough funds to finish this project!

Vision for 2009

I rent many "gay" oriented films from Blockbuster. They could easily be characterized as "anti-gay" because the main characters are always miserable and seeking love through failed relationships. They are anything but "gay." And now we see the phenomenon of same-sex marriage springing up from state to state, and country to country. Ellen Degeneres married this summer, and American Idol Clay Aiken announced "I'm gay."

The national gay and lesbian magazine *The Advocate* reported on October 7 that the Evelyn and Walter Haas Jr. Fund donated \$1.2 million to gay organizations in order to increase the number of churches that affirm homosexuality. More and more legislation nationwide promotes homosexuality. We need your assistance to make a difference and offer hope to confused young people. With your help we can and *will* save lives!

Budget for 2009:

Media:	\$20,000
Reproduction, Distribution, and Advertising of Film:	\$150,000
Printing Brochures and Booklets:	\$25,000
Total:	\$195,000

Loving Gays the Right Way: Exposing the Homosexual Myth is the title of a new book that I will write next year. Please read more about this in the *2009 Goals and Projects* section. Together we can make a difference, saving one life at a time. Thank you for all your support this year and please contribute generously and/or purchase multiple copies of our books and CD series to donate to public and church libraries. **For a contribution of \$40 or more, we'll send you a complimentary copy of the school DVD upon its completion.** Bless you and your families throughout this holiday season and New Year. My love and prayers are always with you.

In His Love and Grace,



Richard Cohen, M.A., Director

2008 Achievements

This was a year for landmark victories. Here are some of the major accomplishments we achieved through your support and the grace of God:

Recording: (1) *Coming Out Straight* (15-disc CD series), (2) *Gay Children, Straight Parents* (9-disc CD series), (3) *Counselor Training Program* (16-disc CD series), all containing powerful stories of transformation by former SSA men and women and the parents who helped their children heal.

Writing: (1) *Counselor Training Program*, a 182-page manual, (2) *Change Is Possible* newsletters, (3) new IHF brochures, and (4) the booklet: *Hurting People Hurt People & Healing People Heal People*.

Presentations: (1) *Counselor Training Program* for 63 pastors, therapists and ministry leaders with Project Bridges, Glenarden, MD (Feb & March), (2) International Family Congress, Anahuac University of Mexico City (Feb), (3) *Counselor Training Program* for therapists, clergy, and educators in Merida, Mexico (May), (4) New Vision Church (March), First Baptist Church of Glenarden (October), Greater Mt. Calvary Holy Church (Nov), (5) Mennonite Conference of Chambersburg, PA three presentations in April, (6) Christian Youth Camp, Newark, Ohio for Church of God (July), (7) Two-day training in Merida, Mexico for clergy, therapists, educators (Sept), (8) One-day presentation in Guadalajara, Mexico for 600 people (Sept), and (9) Courage Conference & Leadership training in Mexico for 400 (Nov).

Media: (1) Full page newspaper article in the *Milenio*, in Mexico City (Feb), (2) Radio interviews throughout the year in the USA, Canada, and Mexico, (3) TV interviews in the USA, Mexico, France, and Ireland, and (4) Magazine interview for *Genera Magazine* of Spain.

Healing Seminars: (1) Special Healing Seminar for pastors and ministry leaders (Feb), (2) Tender Loving Care (TLC) Healing Seminar (April, Sept, Dec), (3) Father-Son Healing Seminar (August), (4) Inner Child Healing Seminar for Elizabeth's House Ministry in DC (Oct), and (5) Healing Seminar for Parents (Oct).

Filming: (1) School Project, and (2) IHF Promo DVD.

Be strong and courageous. Do not be discouraged, for the Lord your God will be with you wherever you go.

Joshua 1:9b

2009 Goals and Projects

Loving Gays the Right Way: Exposing the Homosexual Myth is a new book that I will pen in 2009. It will describe (1) a brief history of the gay rights movement, (2) how they achieved so much in such a short time, (3) terminology they created to advance their cause, (4) language for us to use to advance the truth of SSA, and (5) what we can do in our churches and community to promote positive change. I will keep you posted about the progress and publication of the book.

Setting the Record Straight a new film for public schools, stars three young people who came out of homosexuality. This passionate movie will be available from the spring or summer of 2009. Please pray for and help fund this important project to educate all young people that *change is possible!* After completing this film, we will set about reproduction and distribution throughout the USA and eventually throughout the world.

Change Is Possible! This promo DVD about the work of IHF will be available from January. If you would like a free copy, please contact our office.

Counselor Training Program, teaching therapists and ministry leaders how to help those with unwanted SSA and their loved ones. At IHF, we have developed two successful protocols: (1) a four-stage model to come out of homosexuality, and (2) a twelve-stage model for family members, teaching them to help their SSA loved ones heal. If you would like to organize a *Counselor Training Program* in your community or church, please contact our office at (301) 805-6111.



Young people of Guadalajara, Mexico who organized the presentation for 600 people in September.



Desiree Carlson (our IHF Mexico director) and Richard in Guadalajara, Mexico

ADDITIONAL WAYS FOR YOU TO HELP

Many concerned individuals and parents of SSA children have expressed a desire to be part of a group supporting the efforts of IHF, helping to spread the word that *Change Is Possible!* Many wish to disseminate the message to public schools, religious institutions, and therapeutic organizations. Others have expressed a desire to mentor those who experience unwanted SSA. Some would like to work behind the scenes and give IHF support with marketing ideas, fundraising, and grants.

If you are interested in any of these projects, we will hold a conference call meeting on December 8th at 8 p.m. EST to brainstorm about these topics. Everyone is welcome. If you are interested to join in this discussion, please contact our office at (301) 805-6111.

JONAH: Providing Help for the Jewish Community

Jews Offering New Alternatives to Homosexuality (JONAH) is a nonprofit international organization founded nearly ten years ago and dedicated to educating the worldwide Jewish community about the prevention, intervention, and healing of the underlying issues causing same-sex attractions. Through psychological and spiritual counseling, peer support, and self-empowerment, JONAH seeks to reunify families, to heal the wounds surrounding homosexuality, and to provide hope to those wanting to journey out of same-sex attraction.

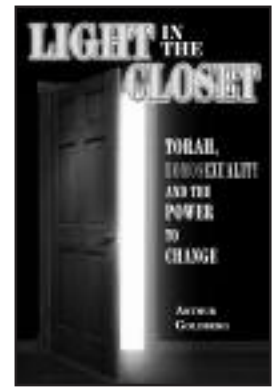


In 2007, JONAH's co-directors, Elaine Silodor Berk and Arthur Goldberg, created a new initiative by establishing the JONAH Institute for Gender Affirmation. Its purpose is to provide research and clinical strategies for growth out of homosexuality. Since Jews are obligated by their faith to reach out and serve the entire community under the principle of tikkun olam (working together with G-d to heal and perfect the world), they are commanded to avoid proselytizing while offering such help. In this respect, both JONAH and the new institute differ from most other faith-based ministries because they not only assist members of their own faith, but also assist individuals and families of other faiths (or no faith) in a manner that will not threaten their personal religious or secular beliefs.

JONAH and The JONAH Institute for Gender Affirmation offer a wide variety of services to those with unwanted same-sex attractions—individual and group therapy and coaching; men's groups; support for families; educational materials and seminars; speakers for schools, universities, and civic and religious organizations concerning how sexuality issues affect the existing culture; and presentations on any aspect of the homosexual debate.

Additionally, JONAH is proud to announce a comprehensive and compelling new resource for those interested in what the Hebrew Bible (Old Testament) really says about homosexuality and its synthesis with modern psychology. JONAH co-director Arthur Goldberg has authored a ground-breaking book entitled ***Light in the Closet: Torah, Homosexuality, and the Power to Change*** (www.redheiferpress.com), which examines many aspects of the homosexual issue as well as other sexuality issues within our culture, both from a biblical perspective and a secular scientific viewpoint. *Light in the Closet* explodes the "gay gene" mystique, offering hope, compassion, direction, and vitally needed information to SSA strugglers, their families, friends, and surrounding community. The book has received excellent reviews from recognized authorities in both the mental health profession and religious communities—"brilliant," "comprehensive," "compelling," "compassionate," "courageous," "scholarly," and "perhaps the best book ever written not only on homosexuality but of the capacity for human change of heart." For more information, please call us at (201) 433-3444, or email info@jonahweb.org. Web: www.jonahweb.org.

LIGHT IN THE CLOSET: TORAH, HOMOSEXUALITY, AND THE POWER TO CHANGE



Arthur Goldberg is involved in the post-struggler movement and serves as the co-director of JONAH, Executive Secretary of NARTH, President of PATH, and Board VP of IHF. I have had the pleasure of reading Arthur's new book *Light in the Closet: Torah, Homosexuality and the Power to Change*. I couldn't put it down and believe neither will you once you begin reading it. The book uniquely bridges the gap between religion, psychology, and public policy regarding the important issue of same-sex attraction. From personal stories of transformation to Jewish Biblical principles, intertwined with detailed discussions on today's cultural climate, this engrossing work will be used as a reference source for professionals, those seeking change, and their loved ones. *Light in the Closet* not only reflects Arthur's years of experience in the field, but also his wisdom and compassion. This text should be required reading for every religious institution, public policy forum, health or psychological association, and for those affected by issues of same-sex attraction.

The book breaks new ground as there is no other text of which I am aware that explains the harmony of the psychological healing for homosexuality with the classic teachings of Judaism. This groundbreaking book also explodes the "gay gene" mystique and describes the deliberate strategy of gay activists and their allies to culturally sensitize western society to the point that a large portion of society now seeks to normalize the behavior. By entitling the book *Light in the Closet*, Arthur provides a message of hope and healing for those who seek change.

"Arthur Goldberg has written a brilliant, compassionate and remarkably compelling book. I consider it among the best—maybe the best—ever written on the subject not just of homosexuality but of the capacity for human change of heart—T'Shuvah in the Jewish phrase."

Jeffrey Satinover, M.D., Author,
Homosexuality and the Politics of Truth

"Arthur Goldberg's sweeping and scholarly survey investigates the social, political, spiritual, medical and personal aspects of same-sex attraction. Written with both compassion and hard-hitting truth, this book unifies the wisdom of the Torah with modern psychology, and in so doing, reveals timeless truths about the human condition."

Joseph Nicolosi, Ph.D., Author,
Reparative Therapy of Male Homosexuality

Order ***Light in the Closet*** via the publisher's webpage at www.redheiferpress.com.

The book is 580 pages and the cost is \$36. It is available on our website. Click on Books, CDs & More at: www.ChangelsPossible.com

Healthy Touch in the Healing Process, Part I

Counselor Training Program Manual,
Richard Cohen, M.A. © 2008

The following article is part of our Counselor Training Program Manual published earlier this year. It is accompanied by a 16-disc CD series for therapists, ministry leaders, and clergy. I wanted to share this with you for several reasons. First, touch is an important part of the healing process for many who experience unwanted SSA, and is a topic rarely spoken about in the literature on recovery. Second, it has come to my attention that some people have and are misusing my teachings regarding touch, not having fully read and digested the four-stage protocol of healing in Coming Out Straight. I therefore wish to clarify what I believe is appropriate touch in the healing process so that no one will misuse the precious gift of healthy touch. What you will read in this article, spelled out in black and white, is that I believe only the OSA (Opposite-Sex Attracted) mentors or one's same-gender parent (if s/he is capable, willing and available), should be the bearers of the gift of healthy touch for those with unwanted SSA. And now, please enjoy this article.

It is very important to understand the significance of healthy touch in the healing process, as many men and women who experience unwanted same-sex attraction (SSA) are touch-deprived. Why have they been touch-deprived? Basically, there was a disruption of attachment between them and either their same-sex parent and/or their same-sex peers. Often many of them were over-attached to their opposite-sex parent and/or opposite-sex peers. Therefore, in the process of reclaiming one's sense of true gender identity, there needs to be a resolution of this attachment need in healthy, same-gender, non-sexual relationships.

Touch will need to be administered with great compassion, sensitivity, and understanding at the right times and by the right people. Otherwise, it can reinforce unhealthy patterns in relationships. The one to offer healthy touch must be secure in his or her sense of gender identity. The ideal candidates for this are happily married men and women. If the individual's parents are available, willing, and healthy, they are the best administrators of this gift of healthy touch. If however they are unavailable, unwilling, or unhealthy, then it is ill advised to have them be the bearers of touch for the man or woman in recovery.

I would like to discuss the application of healthy touch in the healing process by covering the following topics:

- Development of healthy gender identity
- Four stages of healing
- Three stages in the mentoring relationship
- Proper self-care: avoiding codependent relationships

DEVELOPMENT OF HEALTHY GENDER IDENTITY

Regarding healthy male development, a boy will bond with his mother in the first stage of life: from birth to one or one and a half years of age. In the second stage of development, he will need to bond with and play with his father. This generally begins during and after the toddler years, when the boy can walk and talk. Horseplay, wrestling around, and other physical activities help create father-son secure attachment

and connection. They may also play ball together and engage in other sports activities. Through time spent together in shared activities of healthy male bonding and physical touch, the boy becomes imbued with a sense of his own masculine identity. With this foundation, he begins to broaden his social sphere, playing with relatives and neighborhood and school boys. Research has shown that boys who played with their dads in the early years of development are more socially adept and fit in with their same-age peers.

"Studies of three- and four-year-old children conducted by Ross Parke and Kevin MacDonald provide evidence to this link between father's physical play and how children get along with peers. Observing children in twenty-minute play sessions with their dads, the researchers found that kids whose fathers showed high levels of physical play were most popular among their peers ... Across the board, researchers have found that children seem to develop the best social skills when their dads keep the tone of their interactions positive and allow kids to take part in directing the course of play" (John Gottman, *The Heart of Parenting*, Simon & Schuster, 1997, p. 171).

Before and during puberty, boys experience a "body longing" stage between the ages of nine to fourteen. This is when they punch each other, wrestle, horseplay, hit each other on the butt, and put their arms around or on each others shoulders. Sports and other activities help fulfill this homo-social need for male bonding. These experiences then allow him to feel like one of the guys: "I belong, I fit in, I'm competent."

Touch needs for many boys are fulfilled during sports activities, where it is considered acceptable and not "queer" or "gay" to display physical affection. Why is touch so important for the healthy development of one's gender identity? It is a prerequisite to heterosexuality. We know that during the preadolescent stage, boys further develop a sense of their own gender identity—comfortable being a boy among other boys. In essence they are rubbing up against each other as a form of bonding with the masculine.

These behaviors reinforce masculine identification and provide a right of passage into heterosexuality, except for those who were left out, who were perhaps non-athletic, more sensitive, and more artistic.

Magically, when puberty hits, the athletic boy typically develops strong heterosexual attractions. His interest is then in girls, craving intimacy and attention from them. They become bored with the familiar and are attracted to the mysterious, the unknown—the feminine.

When all of this happens naturally, it is beautiful. However, most who develop same-sex attraction are/were touch-deprived. They missed either the homo-emotional (father-son) and/or homo-social (same-gender peers) bonding, and then those core needs became sexualized during puberty and/or young adulthood. Homosexual desires therefore represents arrested psychosocial and psychosexual development. Same-sex-attracted men then learn to associate touch and sex because of insecure bonding and lack of attachment, either from homo-emotional and/or homo-social wounding.

Regarding healthy female development, first she bonds with her mother. After she learns to walk and talk, she will begin to separate and individuate from her mom, yet continue to gender-identify with her (whereas the boy must individuate from mom and then gender-identify with his dad or a male role model). Throughout her early years of child development, the

daughter must view her mom as her gender role model of femininity, wanting to emulate her example. “I want to be just like Mom.” (If her mom is in an unsatisfying marriage and the daughter views her mother as ineffectual, then she will often detach from her mother and therefore deny her own sense of femininity.)

In healthy female development, next she will expand her radius of social relationships with other girls in the family, neighborhood, and school. Here she begins to gain a sense of her own identity, being her unique self in the presence of other girls. She contributes, she shares, she plays, and she learns about the value of relationships and friendship. As men are often activity-centered, girls are more relational-centered. Here is where female bonding takes place, through healthy peer relationships.

Again, if this bond and connection is not experienced with either Mom and/or other girls, during and after puberty, those natural needs for secure attachment will become sexualized. The underlying meaning of same-sex attraction (SSA) is to achieve successful bonding with those of the same gender, which never occurred, or occurred insufficiently during the normal stages of child and adolescent development.

Core needs for bonding must be met. They are non-negotiable. That is why they are not called wants but *needs*. They must be met, or the individual may spend the rest of his or her adult life looking to fulfill those needs in inappropriate ways (i.e., fear of intimacy with others, preoccupation with sex through pornography, compulsive masturbation, multiple sexual partners, and performance-based behaviors).

Again, core needs must be fulfilled in healthy relationships. This is a God-given prerequisite for healthy growth and development into manhood or womanhood. Therefore, let us look at the four stages of healing from unwanted SSA.

FOUR STAGES OF HEALING

In *Coming Out Straight*, you may read a detailed analysis of the four stages of healing unwanted SSA. In this treatment plan, it clearly defines the parameters and guidelines for healthy touch in the various stages of healing. Here is a brief overview:

In Stage One the individual seeks to heal from unwanted same-sex attraction. He begins to remove himself from homosexual activities and relationships. Now he needs to create a new support network of healthy men and women in his life. This becomes his new family of choice, consisting of healthy same-gender relationships instead of unhealthy, co-dependent homosexual relationships. The support network may consist of, but not be limited to, the following: support groups, others on the path of healing from unwanted SSA, opposite-sex-attracted (OSA) peers who know about his struggle and love and support him, OSA peers who don't know about his SSA and love and support him, and OSA mentors who pour into his life. It is very important for men and women healing from unwanted SSA to obtain as many OSA peers and mentors as possible. Men must heal with other men, and women must heal with other women, as same-sex attractions represent a gender identity deficit in their body and soul. Therefore, the more

the OSA peers and mentors in his life, the better.

Also, he begins to define himself as a child of God, no longer identifying as gay, bisexual, or transgender. Simultaneously, he begins to use positive affirmations on a regular basis as a means of releasing toxic mental constructs. Instead of thinking, “I'm not good enough,” “I'm worthless,” “God and

others don't like me because of my SSA,” he begins to formulate more positive thoughts about himself: “I am valuable,” “I am forgiven,” “I am loved just for who I am.” If the individual has a particular spiritual belief, he then develops a personal relationship and connection with God. This time, it is one of intimacy between a loving parent and child—again, being loved for who he is, SSA and all.

In Stage Two, she will continue to deepen the relationships with those in her support network, continue to use affirmations to develop a sense of self-worth, continue to experience intimacy with a loving God, and then begin to deal with faulty thought processes and get in touch with her feelings and needs. The purpose of Stage Two is to create more successful interpersonal and professional relationships in the present, not waiting for the removal of SSA before she experiences peace and fulfillment in her life. The sense of inner peace and successful relationships need to be accomplished in the here and now, not at some future time, and well before she is able to go back and begin to heal the wounds of her past.

Therefore she begins to challenge negative thought patterns, the blaming of others and herself. She will use specific cognitive therapeutic approaches to slay “stinking thinking” and replace it with positive and rational responses. After successfully learning how her thoughts may betray her feelings, and gaining success in turning the negative response into a positive response, she will need to learn effective communication skills. Now she develops the ability to express her thoughts, feelings, and needs in constructive and healthy ways in all relationships, both personal and professional.

Also, in Stage Two, she learns more skills for proper self-care, learning to be assertive in a positive manner, learning to identify the triggers that lead to unhealthy desires, and gaining an arsenal of tools to become more successful and fulfilled in her everyday life. Finally, she begins the work of healing her inner child, retrieving unconscious memories of her past and learning to be a good mentor for her own soul.

This part is critical in order for her to become a good parent to her own soul and not look to others to “save her,” to be “Ms. Right” and fill her loneliness. The one special person she needs to find is *herself*, and of course, her personal relationship with God.

Throughout Stage Two, as she becomes more in tune and in touch with her own soul—thoughts, feelings, and needs—the relationships with those in her support network deepen. She shares freely with her comrades in the healing process, she gains support from her OSA peers, and she is continuing to experience healthy touch and affection from her OSA mentors (e.g., arm around the shoulder, healthy hugs, and support while grieving).

A father to the fatherless... God sets the lonely in families.

Psalm 68:5-6

In Stage Three, he will begin the process of addressing homo-emotional and/or homo-social wounds (i.e., father wound, peer wounds, sexual abuse, body image wounds, cultural wounds, etc.). One by one, he will face, trace, and ultimately erase the pain that was associated with each unhealthy relationship and/or situation. This is the process of grieving, forgiving, and taking responsibility.

During this time, he will need the support from his OSA peers and mentors. Naturally, as he faces these painful memories, he will begin to grieve. Part of the grieving process is being supported. Sometimes, he will need to be held as he releases years of heartache and pain. Other times he will need a “sympathetic witness,” as Dr. Alice Miller spoke about in her landmark book *The Drama of the Gifted Child*, a person to simply be with the individual as he re-experiences the pain and grieves the losses of his past.

The experience of being held while grieving generally takes place in Stage Three of the healing process. The wondrous element of this experience of being supported is where lasting and true freedom may occur. First, we recall the painful event(s) of the past. Next we re-experience how it felt, the powerlessness, the pain, the question “Why?” And then, when supported—either physically or simply by someone’s presence—we ask the important question “What did I come to believe about myself and others as a result of this experience?” From this revelation generally comes a sense of release, relief, and a deeper freedom than ever experienced. This is when the truth begins to set us free, for we then “know” the truth as we perceived it from this traumatic experience of our past.

The use of healthy touch administered in a time of deep grief is a source of comfort and support. It is as natural as holding a child when she scrapes her knee. It is as natural as taking care of your son when he is hurting.

Some in the process of healing have sought to find the right one, the one and only, the “Mom” or “Dad” who would set things right. This, unfortunately, is wrong and only serves to delay the healing process. For, as you have seen in this brief description of the stages of healing thus far, the person must first become the ideal parent to his own soul, and not look outside of himself for that proper self-care. It first must begin within. Of course, as deep grief occurs, he needs to experience support from family and friends. However, this isn’t the same as looking for that one special person to meet all of his needs; that in and of itself mirrors the pursuit of a homosexual relationship. This is both unrealistic and counter-therapeutic.

In Stage Four, she will challenge the resolution of hetero-emotional and/or hetero-social wounds (i.e., father wound, brother/relative wounds, sexual abuse, male peer wounds, and so forth). Again, the process of grieving continues, aided by the support of healthy opposite-sex and same-sex mentors and friends. Healthy touch will be very delicate if she had incurred any kind of abuse by men. *The antidote is similar to the disease itself*. What was born out of broken relationships must be healed in healthy relationships. If she was sexually abused, she will need to grieve, rage, and express the full range of her emotions about the travesty

With God all things are possible.
Matthew 19:26b

that occurred in her past, all in the presence of a “sympathetic witness.” Next, she comes to forgive the perpetrator (this will take time and needs to be addressed throughout the healing process). Then, she needs to discover what she came to believe about herself and others as a result of her experiences. She also needs to learn how to establish healthy boundaries in relationships, gaining the wondrous ability to say “No,” standing

strong in her power. Finally, she needs to restore what was lost, a healthy sense of intimacy with men. For this, she will need loving, safe, and healthy male mentors to offer the gift of healthy touch (e.g., hugs, arm around the shoulder). If this important experience is bypassed, she will continue to fear intimacy with men, allowing her past to create an intolerable present and future.

This is a very brief description of the four stages of recovery and the use of healthy touch in the process of healing. During Stages Three and Four is when the need for support is paramount. Therefore, it is imperative for the woman or man in recovery to establish a strong network of support from Stage One. Thus, when the time comes to work through the deeper issues of their past, they have already established loving relationships with many OSA peers and mentors. Healthy touch and compassion are a natural extension of these close relationships.

Not every man and woman in the process of recovery from unwanted SSA has the same need for healthy touch. This will depend upon several factors:

- (1) some are touch-oriented by nature, as this is their primary love language
- (2) some are more demonstrative depending on their ethnic and cultural background—some cultures are more acclimated to touch, while others are more reserved
- (3) some experienced varying degrees of detachment from same-sex parent and/or same-sex peers

All of these variables, and more, will determine how significant the need for touch will be in the healing process.

THREE STAGES IN THE MENTORING RELATIONSHIP

In *Coming Out Straight*, chapter twelve discusses the role of mentoring in the healing process. “Mentoring is an attachment model whereby two people participate in a relationship mirroring the parent-child paradigm” (p. 200). It is advised that the individual find at least three OSA mentors, as each one will be able to offer different gifts (e.g., spiritual teacher, sports mentor, financial advisor, emotional support, etc). It is highly unlikely that one person would be able to fulfill all the needs of the individual in recovery; therefore, the more the better.

“Four areas need to be addressed in the process of mentoring: (1) break down the walls of detachment, (2) develop healthy patterns in relationships (socialization), (3) re-educate neurology with healthy touch and activities, and (4) connect with God, self, and healthy parenting” (p. 204). “The therapist or counselor should not be the men-

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

tor. The therapist may help train mentors; however, it is ill advised for him to stand in as the mentor" (p. 203).

Again, if the same-gender parent is available, willing, and healthy enough, he or she is the best candidate. If they are unavailable or unhealthy, then the individual must pursue other mentoring relationships. In chapter twelve, I address both the roles and responsibilities of the mentor and the adult-child. Healthy touch is just one part of this restorative relationship. Again, most often the gift of healthy touch will be employed when the individual is in a state of deep grief, to support him or her as they move through the wounds of the past. Placing an arm around his shoulder, holding her while she grieves, is similar to the support we would give our own child.

Because she or he did not successfully bond with the same-gender parent, they will work through various stages in the mentoring relationship: Dependence, Independence, Interdependence. First, the client will rely heavily upon his mentor. There will be times of romantic feelings of being "in love" with him, and then times of "I can't stand you." This is the stage of tearing down the walls of defense around his mind and heart. This conflictual process will eventually lead to a deep bond of trust and love. After working through this messy stage, he will learn to stand on his own, as an empowered son of God, knowing how to take care of himself in healthy ways. Finally, he will be capable of mutuality, both giving and receiving love. He has processed through the wounds of his past, received support while grieving, learned proper self-care, and developed many healthy same-gender relationships. He stands as a man among men. She stands as a woman among women.

After he grieves with a "sympathetic witness," which may occur on repeated occasions as necessary, he begins to internalize healthy love. The extreme need for healthy touch will wane as he heals the past and strengthens his sense of manhood (gender identity) in the present.

PROPER SELF-CARE: AVOIDING CODEPENDENT RELATIONSHIPS

Many who experience unwanted SSA are in strong pursuit of healthy touch. There are reasons behind this need. The greater the detachment from feelings, thoughts, and needs in the present, and the greater the detachment from the unresolved wounds and unmet needs of the past, the greater or more intense the drive will be to obtain touch in one form or another. If someone is constantly looking for Mr. or Ms. Right, it is wrong! No one will be able to satiate that empty space within. That has to be healed over time, working through each issue with the loving support of God and others. Yes, many will come alongside her on the journey to wholeness; however, she must first know herself before she can expect another human being to fulfill a specific need that she might have.

Follow the four-stage protocol of healing. Develop many healthy same-gender relationships. It is not advised that one person be the sole source of healthy touch in the life of a man or woman coming out of homosexuality. First, they need to be a healthy parent to their own soul. Second, if they have a spiritual perspective, God needs to be their loving parent and source of comfort. Finally, the individual will need to experience meaningful and restorative relationships with healthy OSA mentors and peers ... restoring the years the locusts have eaten. Again, what was born out of broken relationships must be healed in healthy relationships.

If someone was sexually or physically abused, it will take much time and patience to work through these issues and allow safe people to offer the gift of healthy touch. Proceed carefully and prayerfully to release the pain and receive love in healthy ways, from healthy men and women.

Please realize that there is a danger in seeking comfort from other SSA men or women because both are wounded in similar ways and have the same unmet needs. That is why it is ideal to seek support and comfort from OSA men for the men, and OSA women for the women.

CONCLUSION

The gift of healthy touch is just one piece of the puzzle to heal from unwanted SSA. As written, there are four stages in the journey that demand much patience, effort, and persistence. I encourage everyone not to overlook the importance of touch in the healing process. Why? What you resist persists. Those who constantly deny their inherent need for healthy touch oftentimes end up acting out sexually, or white-knuckling it through their recovery. Without addressing and fulfilling basic needs for healthy touch, one will most likely live a frustrating life.

I worked through unwanted same-sex attraction. I was blessed by healthy men who held me in their arms as I relived and released the worst of my grief. As a husband and father, I have given the gift of healthy touch to all three of my children. Today, they are flourishing in the world. As a psychotherapist of twenty years, I have witnessed the benefits of healthy touch in the lives of countless men and women.

Personally and professionally I believe that the gift of healthy touch is an integral and instrumental part of the healing process that is too often overlooked. We need to separate and clearly distinguish between sex and healthy touch. Many in this country, and throughout the world, are over-sexed because they are undernourished. The skin is the largest organ and most neglected part of our body. Regarding the five senses, we can live without seeing, hearing, smelling, and tasting. But without touch, infants cannot survive, and adolescents and adults cannot thrive.

When I was six years old, I was sexually abused by my uncle numerous times. It took many years to work through the damaging effects of those horrific experiences. Today, I am a free man. I grieved, I raged, I mourned, and I forgave. Loving, healthy, heterosexual men stepped forward and willingly supported and held me as I healed. This antidote allowed me to reclaim my body, my true sexuality, and my power as a man.

COMING OUT STRAIGHT: UNDERSTANDING AND HEALING HOMOSEXUALITY CD/MP3 SERIES

By Richard Cohen, M.A.

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 clear plan for change, this CD/MP3 series is for you!



After eight years in publication and translation into five languages, **Coming Out Straight** is now a CD/MP3 teaching series with 15 discs detailing the:

- Causes and meaning of same-sex attraction (SSA)
- Successful protocol for healing unwanted SSA
- Powerful testimonies of transformation

Coming Out Straight was first published in 2000. The book itself was written over ten years ago by psychotherapist and sexual reorientation specialist Richard Cohen. Now, for the first time, he adds new information about the process of change, new insights about the meaning and causes of SSA, new stories of transformation, and a **bonus disc** which includes tracks from our **Counselor Training Program** about: 1) masturbation: causes and solutions, 2) how to share about one's SSA with straight friends and family members, 3) healing power of healthy touch, and 4) preparing for dating and mating.

This is the first of its kind CD/MP3 series that will help you, your loved one, or client experience radical healing for life!

"This book is a testament to a heroic and successful struggle to regain one's heterosexual destiny. It gives hope to many."

Charles Socarides, M.D., Author,
Homosexuality: A Freedom Too Far

"Richard Cohen shares his compelling personal story in which he journeys from homosexuality to a new life as husband and father. The transition has offered him valuable insights into the nature and healing of SSA."

Joseph Nicolosi, Ph.D., Author
Reparative Therapy of Male Homosexuality

"I strongly recommend *Coming Out Straight* for both homosexuals and heterosexuals. It is compassionately written with clarity and precision for those wishing to gain a deeper insight into the dynamics of homosexuality and for those struggling to change."

Rabbi Samuel Rosenberg, LCSW, Clinical Director, JONAH

Order your CD/MP3 series or book today at
www.ChangelsPossible.com or call (301) 805-6111.

GAY CHILDREN, STRAIGHT PARENTS: A PLAN FOR FAMILY HEALING CD/MP3 SERIES

By Richard Cohen, M.A.

Gay Children, Straight Parents is the result of Richard Cohen's journey out of homosexuality and the twenty-one years of clinical experience that followed. For concerned parents, family, friends and the religious community, Cohen shares time-tested methods for helping loved ones who experience same-sex attraction (SSA).



In this 9 disc CD/MP3 series, Mr. Cohen teaches all the key principles contained in the book *Gay Children, Straight Parents* (InterVarsity Press, 2007), and much more. You will learn how to help your SSA loved one heal and fulfill his/her heterosexual potential. Additionally, there are wonderful stories of victory and change read by the parents themselves.

This twelve-stage protocol provides parents, family, friends and the religious community with practical tools for healing and transformation. The theme of this book is: *Whoever loves the most and the longest wins!* This landmark CD series will give hope to families and the religious community. Finally, answers to all your questions and a twelve-step protocol for change!

"Words cannot express the gratitude that we feel in our hearts for the incredible enlightenment that we have received from *Gay Children, Straight Parents*. This book has changed the life of our family and helped our daughter heal from SSA."

Michael & Elizabeth

"I enthusiastically recommend *Gay Children, Straight Parents* as a must-read for every parent facing the difficult discovery of their child's homosexuality. Richard's compassionate approach relieves the stigma and shame often associated with a loved-one's homosexual struggle."

Janelle Hallman, LPC, Author,
The Heart of Female Same-Sex Attraction

"We all want the best for our children. Please read this book and follow Richard's suggestions for building a healthy parent-child relationship, one based on unconditional love and mutual respect."

Regina Griggs, National Director, PFOX
Parents and Friends of Ex-Gays and Gays

"This book helped us go from shock and disbelief to an understanding of what happened to our son who experiences SSA. It showed us how to develop an action plan to help heal the wounds in his heart, and gave us real hope."

Bob & Sue

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

CD MP/3 SERIES

By Richard Cohen, M.A.

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. In



this training program, you will learn: 1) how to identify the causes of same-sex attraction (SSA), 2) develop a comprehensive treatment plan for healing, 3) therapeutic strategies to use in each stage of treatment, 4) how to prepare former SSA men and women for dating, 5) ways to assist parents, spouses, family members and the religious community, and 6) how to prevent burnout by taking care of the caregiver.

Psychotherapist, educator, and author Richard Cohen facilitates this five-day training program and is the instructor on our CD/MP3 series (16 discs and 180-page manual). Cohen has counseled and successfully helped hundreds of men and women transition from a homosexual to a heterosexual orientation over the past twenty-one years. Additionally, he has assisted hundreds of families and friends restore relationships with their SSA loved ones. In this landmark training series, he shares the "how tos" of change. Practical strategies for assisting clients and their families and friends in the healing process are taught in this comprehensive and systematic protocol. This is the first program of its kind in the world, and will teach you how to assist those with unwanted SSA and their loved ones.

"The Counselor Training Program was delivered in an event co-sponsored with ABEO, JONAH and IHF in Northern Ireland. People attended from all over the world and the outcome of the training was an amazing equipping for these professionals to work in an evidence-based way with people seeking to change their sexual orientation. It was one of the best training events I have ever attended."

Paul W. Miller M.D., BCh, BAO, DMH (Belfast), MRC Psych Consultant Psychiatrist, Managing Director, ABEO

"Richard Cohen's Counselor Training Program really speaks to me. In fact, I believe his new, lucid approach to understanding SSA will be considered nothing less than groundbreaking. I therefore thoroughly recommend this course."

Dr. Elena Barrero, Dean of Psychology Department, Universidad Anahuac Mexico City

"Richard Cohen, with his keen sensitivity and ability to empower and transform lives, is just phenomenal. Being a part of the training, responding to, and helping persons with SSA has revolutionized and empowered my ministry tremendously. The content of this training was consistent with the Word, a courageous Work, and challenged my Will."

Pastor Anthony Moore, Carolina Church

Order your CD/MP3 series or book today at
www.ChangelsPossible.com or call (301) 805-6111.

PARENTS & FRIENDS OF EX-GAYS AND GAYS (PFOX)

PFOX supports families, advocates for the ex-gay community, and educates the public about sexual re-orientation. PFOX teaches family members how to unconditionally love their same-sex attracted loved ones. With chapters throughout the USA, PFOX is working to promote the truth in love.

**For more information: www.pfox.org
Or call their office: (804) 453-4737
Regina Griggs, National Director**

ORGANIZATIONS ASSISTING THOSE WITH SAME-SEX ATTRACTION AND THEIR LOVED ONES

Positive Alternatives To Homosexuality (PATH)
www.pathinfo.org

International Healing Foundation (IHF)
www.changeispossible.com

National Association for the Research and Therapy of Homosexuality (NARTH)
www.narth.com

Jews Offering New Alternatives to Homosexuality (JONAH)
www.jonahweb.org

www.PeopleCanChange.com
On-line support groups for men / JIM weekend experience

Parents and Friends of Ex-Gays and Gays (PFOX)
www.pfox.org

Exodus International (Christian Ministries)
www.exodus.to

Courage / Encourage (Catholic)
www.couragec.net

Evergreen International (Mormon)
www.evergreen-international.org

Witness Freedom Ministries (African-American)
www.witnessfortheworld.org

One By One (Presbyterian)
www.oneby1.org

Transforming Congregation (Methodist)
www.transformingcong.org

www.HealingHomosexuality.com
(Adventure in Manhood weekends)

www.dawnstefanowicz.com (Children of Gay Parents)

Homosexuals Anonymous (Christian)
www.ha-fs.org

Reality Resources (Transgender issues)
www.realityresources.com

Inqueery (Addressing SSA in Public Schools)
www.inqueery.com

IHF STAFF AND APPRENTICESHIP PROGRAM

Our IHF Staff is growing. I would like to introduce them to you. They all have their own specialties and great success in their field of expertise.

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

Richard Cohen, M.A., is one of the leading experts in the field of sexual reorientation therapy and the author of *Coming Out Straight: Understanding and Healing Homosexuality* and *Gay Children, Straight Parents: A Plan for Family Healing* and *Alfie's Home*.

Cohen is the director of the International Healing Foundation (IHF), a non-profit organization he founded in 1990. Based in the Washington, D.C. area, IHF offers consultations/evaluations, teleconferencing classes, healing seminars, counselor training programs, counseling/coaching and speaking engagements. As director Cohen travels extensively throughout the United States, South America and Europe conducting seminars on marital relations, communication skills, parenting skills, sexual reorientation and healing from abuse and addictions. He is a frequent guest lecturer on college and university campuses, and at therapeutic and religious conferences.

Cohen holds a master's of arts degree in psychology from Antioch University and a bachelor's degree from Boston University. He has worked in child abuse treatment services, family reconciliation services, general counseling and support groups. For three years, he worked as an HIV/AIDS educator for the American Red Cross. He is the Vice President and co-founder of Positive Alternatives To Homosexuality (PATH), an international coalition of organizations helping those with unwanted same-sex attractions (SSA).

As an expert in sexual reorientation—both as a psychotherapist and through his own personal experience transitioning from a homosexual to a heterosexual orientation in the 1980s—Cohen has been interviewed by newspaper, radio and television media, including appearances on "20/20," "Larry King Live," "The O'Reilly Factor," "Paula Zahn Now," and "Jimmy Kimmel Live."

Cohen lives in the Washington, D.C., metropolitan area with his wife and youngest son. His two adult children are making their mark in the world.

Bob Abbott, CSRC

Bob is certified as a sexual reorientation coach (CSRC) by the International Healing Foundation. Bob has the unique perspective being both the client and now the coach. He himself made the journey and came out straight. He started out as a business man, married with 3 children, when he realized that he had to address the pain related to the many conflicts in



his life over his sexual brokenness. Bob brings a unique combination to the coaching arena, able to understand and identify with strugglers, since he has mastered his own personal exodus from sexual brokenness. Besides in-person and phone coaching, Bob is one of the lead facilitators of our Tender Loving Care (TLC) Healing Seminars, and lead instructor for our Struggler's Teleconferencing Classes.

Bob Abbott can be reached at IHFassist@gmail.com.

Hilde Wiemann, CSRC, Parent and Relationship Coach

Hilde is certified as a sexual reorientation coach (CSRC) by the International Healing Foundation. After training for more than ten years with Richard Cohen, she was inspired to begin her own coaching practice in 2003. Since then, she trained with *CoachU* and the *Relationship Coaching Institute*. Ms. Wiemann is a personal life coach specializing in helping parents with SSA children, and women with unwanted SSA. Besides in-person and phone coaching, Hilde is one of the lead facilitators of our Tender Loving Care (TLC) Healing Seminars. Additionally, she is the lead instructor for our Parent's Teleconferencing Classes and offers private Family Healing Sessions, helping families achieve greater intimacy and healing in all relationships.

Hilde Wiemann can be reached at coachhilde@aol.com, or Tel. (301) 537-2848.



Caleb Lee Brundidge, CSRC

Caleb Lee Brundidge met Richard Cohen at a NARTH conference (National Association for the Research and Therapy of Homosexuality). Being profoundly moved and impressed by Mr. Cohen's teaching, Caleb began a mentoring relationship with him. Together with what he learned from IHF, healing experiences with other healthy men in his life, and a deep and personal relationship with God, Caleb eventually experienced freedom from unwanted same-sex attraction (SSA). For two and a half years, he led a support group in his church for men and women conflicted about their sexuality. Following this, Caleb moved to Maryland and pursued active participation in IHF activities, facilitating Tender Loving Care (TLC) Healing Seminars, sharing his testimony at conferences, and coaching men, parents, clergy and ministry leaders. He became a Sexual Reorientation Coach in 2006.

Caleb is available for phone and on-line coaching, and speaking engagements at churches. You may reach Caleb at: cbrundidge@xpmedia.com.



Apprenticeship program: We are looking for new therapists/coaches to join our staff—please send your resume and call to set up an interview: Tel. (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. Teleconferencing classes are held via a telephone bridge line with crystal clear reception. Each class consists of 60 minutes of personal coaching and question and answer session, and 30 minutes of in-depth teaching. The nine-class course is held over a three-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:** Check website for dates
- **Parents Monthly Support Group:** First Monday of each month, 7:00-8:30pm EST
- **Men & Women with Unwanted SSA:** Tuesday evenings 7-8:30 EST
- **Relationship Readiness Coaching:** Preparation for Dating and Mating: Check website for dates

For more information about all of these classes, or to register: **www.ChangelsPossible.com**

or call our office:

Tel. (301) 805-6111.

TENDER LOVING CARE (TLC) HEALING SEMINARS

December 6-7, 2008

April 4-5/Sept. 12-13/December 5-6, 2009

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, healthy relationships. These remarkable weekends are worth more than six months of therapy!

Come and experience a safe and non-judgmental environment, where your heart can be healed. 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.

"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." HM

"I was able to find my inner child and embrace him. I was able to release lots of anger. I feel renewed and alive! I feel courageous to face my emotions and be honest about them with myself and others. Thank you from the bottom of my heart." DP

FATHER-SON HEALING SEMINAR

July 11-12, 2009

This unique healing seminar is a powerful time for fathers and sons to come together and tare down walls and get to know each other from the inside out. This is a chance to establish deeper connections, learn about each other's love language, and create a lifelong alliance of love. Exercises include: healing past wounds / forgiving, understanding and accepting each other / healthy male bonding / learning each other's love language / fathers blessing sons and sons honoring fathers.

"I had expected the primary benefit of the Father-Son weekend would have been for my son, but instead I, the father, benefited in ways I could never imagine. The bond that was formed between my son and I this weekend will remain with us forever. The other fathers in the seminar were likewise moved, as our Heavenly Father moved sons toward fathers and fathers toward sons. What a blessing!" KV

MOTHER-DAUGHTER HEALING SEMINAR

June 20-21, 2009

This first of its kind seminar is a safe place for mothers and daughters to express deeper feelings for and about each other. All are welcome, regardless of personal issues. You will experience personal and relational breakthroughs, and the healing you deserve. Exercises include: healing past wounds / forgiving, understanding and accepting each other / healthy female bonding / learning each other's love language / honoring your mother and blessing your daughter.

Come! Experience a new way of being and the power of love. We invite you to open up, share your deepest concerns and allow remarkable healing to occur.

For more information or to register, click on the Healing Seminars page at **www.ChangelsPossible.com** or call our office: **(301) 805-6111.**



INTERNATIONAL HEALING FOUNDATION

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