



# You're Not Alone

International Healing Foundation / Newsletter Summer 2008

## DEAR FRIENDS,

*We have so many wonderful and exciting things to share with you. I know that you will be inspired to learn about:*

- The "gay gene" theory debunked in a public school
- The unnecessary tragedy in Justin's life
- The truth "comes out" in Mexico City
- Another life saved in South Africa
- Announcing our new CD/MP3 series: *Counselor Training Program* and *Gay Children, Straight Parents*
- Introducing our IHF staff—who we are and what we offer

## THE "GAY GENE" THEORY DEBUNKED IN A PUBLIC SCHOOL

The following story is true, but I have changed the details in order to protect the livelihood of this public school teacher so that she won't lose her job.

On April 7, 2008, I received a call from a dear friend. His daughter was in her eighth grade health class and the teacher stated, "Science has found a gene that causes people to be gay. We need to understand this fact, and treat them with respect." Well, my friend's daughter went up to the teacher after class and said, "I know that there is no such thing as a gay gene. I think you have been misinformed. My dad has a friend who came out of homosexuality and today he is a therapist that has helped many people go straight."

Well, you can imagine the shock on that teacher's face! She thanked her student for this information and proceeded to check it out on the Internet that evening. What she discovered was that there is no gay gene, and that theory has not been scientifically proven. The next day in health class she told her students, "Nina informed me that I mispoke about there being a 'gay gene.' In fact, there is no such thing, and I learned that people are not really born this way. I would like to thank you Nina for clarifying this fact for me and our class. Additionally, we still need to treat all people with dignity and respect, whatever lifestyle choice they make."

That evening I called this health teacher and we spoke. I told her about my personal journey out of homosexuality,

and that as a therapist over the past almost 21 years I've helped hundreds come out straight. She was surprised to say the least. And then she stated, "I am so happy to learn about this. I'm a Catholic woman and it has been very confusing for me how to present this information to my students." I then asked her, "Who taught you that there was a so-called 'gay gene'?" She said to my dismay, "I think I saw a report about that on *20/20* or *Dateline*." "You mean you learned this from TV?" "Yes, sorry to say that's where I learned it." You heard it folks, this slanted, pro-gay propaganda in the media is influencing our teachers, and thus our children.

"You know, more and more young children are coming to me for help regarding their homosexual feelings. I'm not the school counselor, but somehow the kids trust me. Many

girls come up to me in the parking lot and say, 'I think I'm attracted to girls. I have homosexual feelings. Does this mean I'm gay?' And I haven't known what to say to them."

And so I spent the next ten minutes explaining the basic causes

of same-sex attraction (SSA), and that no one is born this way, no one chooses to have SSA, and change is possible. I told her there are always several factors that create SSA in men or women. "Often times there is a lack of sufficient bonding between the child and same-gender parent. Other times, the child doesn't seem to fit in with his or her same-gender peers. And frequently, these children are highly sensitive and easily get hurt. Then, they cut off, or detach, or disconnect from their same-gender parent and/or peers. When they do this, they are disconnecting from their gender role models, and their sense of gender identity becomes skewed."

"That makes so much sense," she said. "I have noticed that most of these girls have fractured relationships with their mothers and families, and they don't connect with their classmates well. Now I get it. It makes perfect sense." She was so relieved as she stated, "I've never been comfortable with this 'born gay' concept because of my faith. And, I will continue to teach all my students that they still need to be tolerant and respectful of anyone who has homosexual feelings. Nobody has the right to judge another person



*Counselor Training Program for pastors, therapists and ministry leaders in the Washington, D.C. metro area February-March 2008. Richard and Jae Sook Cohen (in the front row).*

about this." "Excellent," I said. "I totally agree with you on this point."

Within fifteen minutes, this teacher who holds a master's degree in health education was turned around on the topic of same-sex attraction. If only we could reach every single teacher and student in our country with the facts about SSA! We could prevent the unnecessary heartaches and pain associated with this situation. This teacher further added, "I have seen some of my students die from AIDS. This is so upsetting. I never knew there was a way out, a solution. Thank you so much. I will teach all my students what you have taught me today. And the 'gay gene' theory is gone from my vocabulary!"

## LET'S BE PART OF THE SOLUTION

*We need to re-educate our country and world about the truth of SSA. The gay rights movement has systematically brainwashed the media, entertainment industry, educational and religious institutions. It is time for us to stand up, speak out, and set the record straight. It is time to save the lives of our children and students.*

Here are several suggestions for your involvement:

**Donate-a-book program:** Donate copies of *Coming Out Straight* and *Gay Children, Straight Parents* to your local public library and/or church/synagogue library. You will be surprised who might pick up these books and find the hope that they have been searching for all of their lives. We have received hundreds of calls from such people. Additionally, I gave this school teacher a copy of both books, and she said that she would now educate her students about the truth of SSA. Please consider giving copies of the books to your children's health and science teachers, Sunday school teachers, and any other influential figures in your lives. You can either distribute books yourself, or have us send them for you. Place your orders on-line through our web site, or call our office for a special discount for quantity orders for this donate-a-book program: Tel. (301) 805-6111.

**Film project:** We are now beginning production of a new film to be used in the public school system. This will show that our children have a choice: to act on their same-sex attractions or to change and come out straight. With this youth-oriented short film shown in classrooms around the country, we can literally save millions of lives. We need funds for distribution of this historic film. A \$25 donation would provide a DVD for one school, or \$5,000 for all school districts in one state. Please contribute to this project so that every school district in the country will have a copy available for their students. Our initial national distribution budget is \$100,000. Your tax-deductible contributions will save countless lives and set the record straight. No amount is too small or too great.

**Announcing Our  
New Website:  
[www.ChangeIsPossible.com](http://www.ChangeIsPossible.com)  
Coming Mid-June**

## IHF IMPACTS THE WORLD

*This year we are impacting the world in big ways. Here are a few of our accomplishments thus far:*

In January and April, I recorded two CD/MP3 series:

- 1) **Counselor Training Program** (16 CDs)
- 2) **Gay Children, Straight Parents** (9 CDs)

This **Counselor Training Program** is a breakthrough protocol for therapists, clergy, ministry leaders and coaches. In a comprehensive step-by-step approach, listeners are taught how to implement our two landmark programs:

- Four-stage model to help men and women heal from unwanted SSA
- Twelve-step protocol for parents, family members and the entire religious community, how to help their SSA loved ones heal

This 16 disc series is accompanied by a 180 page manual describing the "how tos" of change for those with unwanted SSA and their loved ones. This is the first program of its kind in the world, revealing the secrets of hope and healing from homosexuality. You may order your copy on our website: [www.ChangelsPossible.com](http://www.ChangelsPossible.com). (See the ad on page 8 for more details.)

The **Gay Children, Straight Parents** teaching series is composed of nine discs. It combines all the principles contained in the book, along with remarkable stories of transformation read by the parents themselves. This CD series is also a groundbreaking protocol to help families, friends and the entire religious community, instructing them how to win the heart of those who deal with SSA, whether they choose to change or not. *Whoever loves the most and longest wins!* Order your set today at: [www.ChangelsPossible.com](http://www.ChangelsPossible.com). (See the ad on page 9 for more details.)

Also in January, we conducted a **Special Healing Seminar** for several clergy and ministry leaders in our area. It was a beautiful time of revealing and healing. Who takes care of our caregivers? Where do they find a safe place to express their issues and receive understanding, compassion and support? The International Healing Foundation is providing this service for them. *Call if you are interested in having us minister to your ministers.*

In February and March, I conducted our five-day **Counselor Training Program** for a group of 53 pastors, ministry leaders and therapists in the Washington, D.C. metropolitan area (see the group photo on the front page). This was the second time I had offered this training at this wonderful church. We all learned from each other, and what the ministers learned was that the healing of SSA is about the healing of humanity. We are all broken and in need of support, and there are practical ways to heal each wound in our body and soul. Again, IHF is providing doors of hope for the church community.

In February, I traveled to Mexico City and presented a talk on **Healing Your Inner Child** at a family congress of 2,000 people. I also had the honor of presenting a three hour talk on: 1) the causes of SSA, 2) the healing of unwanted SSA, 3) the socio-political nature of "gay rights," and 4) making a difference in our communities. Then I did a mar-

velous interview with one of the largest newspapers in Mexico City (see the Mexico City Mileno article on page 6).

In March, I was privileged to give two sermons at my church. The first was entitled, *Hurting people, hurt people*. The second was entitled, *Healing people, heal people*. The first sermon was about the general wounding that we all incur during our childhood and adolescence, and their effects upon our adult lives. In the second sermon I presented four aspects of healing—mental, emotional, physical and spiritual—and offered simple methods to implement positive changes in our lives. I will also teach this series in several other churches throughout the year. These two sermons are a fantastic introduction to the possibility of broader healing in the body of Christ. *If you are interested in having these presented at your church, please contact our office.*

In April, we offered our **Tender Loving Care (TLC) Healing Seminar** for men and women who gathered from around the world. We have renamed our Love/Sex/Intimacy (LSI) Healing Seminar to Tender Loving Care (TLC). Now the emphasis is on healing *all* wounds and dealing with *all* issues, not just SSA. There is no particular talk about homosexuality during the weekend; however, all with SSA are welcome, as well as their loved ones. Bob Abbott, Hilde Wiemann, and Kevin Barwick did a masterful job of facilitating the weekend training. We will offer this seminar once again in September and December. Please sign up for our Father-Son Healing Seminar on June 21-22 and Mother-Daughter Healing Seminar on July 19-20: [www.ChangelsPossible.com](http://www.ChangelsPossible.com).

Also in April, I had the privilege of offering **three presentations to a Mennonite Conference in Pennsylvania**. Thirty pastors attended the morning breakfast where I shared my testimony of change. In the afternoon I gave a three-hour talk on the causes and healing of SSA and how to assist their family members, to an audience of sixty pastors, ministry leaders and therapists. In the evening I spoke to a group of young people and their family members. Many were deeply moved. We received emails and calls from several who finally found the hope that they had prayed for throughout their lives.

**Media interviews** continue throughout the year. I have engaged in many radio interviews ranging from Des Moines, Iowa to Ottawa, Canada. The interviews are conducted over the phone and people call in to discuss their concerns about homosexuality. It has been rewarding seeing many strugglers and parents find the help they've been seeking for years. Many didn't know that change was possible. Thanks for your support to keep these interviews going. For those who don't know, I receive no compensation for the radio, TV and newsprint interviews. This is a labor of love, to help the world understand that no one is born with SSA, and change is possible.

In May, Hilde Wiemann and I traveled to the **Yucatan, Mexico and facilitated our Counselor Training Program Level II**. Over 50 professionals from all over Mexico attended. This was the second installment of the Counselor Training

Program in the Yucatan. Now, more and more clergy, therapists, coaches and ministry leaders in Mexico are equipped to help SSA strugglers and their loved ones. All this is happening because of our wonderful IHF Mexico Director, Desiree Carlson.

In July I plan to create a CD/MP3 series for the **Coming Out Straight** book. We hope to have this available sometime in August or September. Please keep checking our website to order.

We have **designed a new website**, much more user friendly and easier to navigate.



Staff and family with Desiree Carlson, IHF Director in Mexico. (Photo left to right; Alfred Cohen, Hilde Wiemann, Desiree Carlson, Jae Sook and Richard Cohen.)

The three main categories are:

- 1 – Men and Women who Struggle with Unwanted SSA
- 2 – Parents and Loved Ones
- 3 – Therapists and Ministry Leaders

Please check our new website mid-June  
[www.ChangelsPossible.com](http://www.ChangelsPossible.com)  
and see what great opportunities are available  
for you, your family and community.

## THE TIME FOR CHANGE IS NOW!

In this newsletter you will read about the unnecessary tragedy of a boy named Justin. His remarkable story resonates with many who struggle with SSA and don't know where to turn for help. His heartbreaking journey will certainly move you (on page 4).

As you can see, we are growing and expanding every day, spreading the message of hope and healing throughout the world. If you or anyone you know is interested in joining our staff, please have them give us a call. We are looking for committed men and women who wish to make a lasting impact upon the lives of those seeking help and healing. Please contact our office to set up an interview.

Finally, you will meet our ever growing staff and learn more about our resources throughout this newsletter. God is increasing our territory. I have been involved with this work for over twenty-one years now. God has used me to create successful programs of healing for SSA strugglers and their loved ones. Now, I am educating the church and therapists around the world. Thank you for your continued prayers and financial support. Without your generosity, none of this would have been possible. That is the God's honest truth. I appreciate you so very much, and thank you for your ongoing commitment to make a positive impact in this country and around the world. Together we stand, united, making a real difference by creating more heaven on earth.

In His Grace and Love,

Richard Cohen, M.A.

## THE UNNECESSARY TRAGEDY IN JUSTIN'S LIFE

*I would like to tell you Justin's true and tragic story. His life is similar to many young people who experience same-sex attraction (SSA). I believe he will teach us many lessons:*

Justin grew up in the south, with an older brother and two older sisters. His mom and dad loved him very much, especially his mom. He was her youngest, and she kept him very close to her. Justin was a very sensitive boy, more introspective than the other kids, and not as outgoing as his older brother.

It was hard for Justin to relate to his dad. His father was into sports, and Justin was into singing and theatre. Justin's dad was also a pillar in their church. He was an elder and respected by all. The whole family piled into their van every Sunday morning, and off to church they'd go. Justin listened to the sermon, taking it all in. After service, everyone would greet his father who was such a personable guy. But Justin just didn't know how to relate to him because their characters were so different.

At school, Justin didn't fit in so well with the other kids. Because he wasn't naturally athletic, they used to mock him and call him names like "sissy," "faggot," and "queer." Justin would cringe. Because he was so sensitive, he didn't know how to fight back and stand up for himself. And, he never told his parents about his hard times at school. He kept it all bottled up inside.

At the same time, Justin had a big secret. From the time he was seven, he began to have attractions for other boys. He didn't understand it, he never asked for it, he just felt butterflies in his tummy when he looked at some boys in his class.

When Justin was in middle school, while attending church one Sunday morning with his family, he heard the pastor speak about homosexuality. He said that homosexuality is an abomination to God, the greatest sin that one could commit. Justin asked his older brother Jed what that was, and he told him that's when two men or two women are attracted to each other and have sex. Justin got a knot in his stomach, knowing that he was not attracted to girls, but to boys.

"Am I an abomination to God?" "Am I going to hell?" Justin began to pray each night, "God, please take away these desires. Let me be normal. I don't want to go to hell. Please God, help me." Many nights he would cry himself to bed.

Justin's dad wondered why his son was so different. His wife used to defend him, and told her husband not to be so hard on him. They both suspected that something was wrong with their son, but they didn't want to imagine what they thought might be so...that Justin was homosexual.

Justin continued to pray, "Father in heaven, I don't want to disappoint my parents, please take these feelings away, I beg you." But much to his disappointment, his same-sex attractions did not disappear. In fact, his attractions for other boys grew stronger and stronger over the years. And then one night, when he was in high school, he attended his Wednesday night youth group at church. One of the young men in his group started talking about the gay guys in town and said, "We should line them up and shoot them all!" Justin felt like dying. He froze. He wanted to crawl into a hole and die. He never said a word.

"Dear God, I never asked for these feelings. Why am I so different? Do you hate me? What did I do wrong to have this abomination in my life? Help me, please help me." Like so many other nights in his life, he cried himself to sleep.

Eventually Justin went off to college not too far from home. He was a good looking guy, and Tom, an active gay man, started hitting on him. Justin was shocked, scared, and couldn't

take it anymore. He thought he'd go crazy. So he decided he had to tell someone about this and ask for help. Shaking, with clammy hands and sweaty palms, he walked into the youth pastor's office. There for the very first time in his life, he told another human being about his deep, dark secret. "I am attracted to other men, and I've had these feelings since I was 7 years old. I've never acted on it, but it's driving me crazy. Please help me. Tell me what to do. I have asked God to take away these desires, but I think he doesn't love me, because it never changes."

The youth pastor listened intently, and said, "Justin, God loves you no matter what. And, I know a good Christian counselor who can help you. Wait a

minute, and I'll give him a call to set up an appointment if you would like to see him." Justin agreed.

Three days later, on a sunny Wednesday afternoon, Justin walked into the therapist's office. This was one of the largest Christian Counseling Agencies in the USA. Justin was shaking, as if he was ready to jump out of his skin. "What would this guy do to help me?" After he nervously shared his story and lifelong battle with homosexuality, the counselor turned to Justin and said, "I am very sorry that you have had to suffer alone for so many years. That is most regrettable, because the fact is Justin, God made you gay. You were born this way, and what they taught you about the Bible isn't relative today. I will help you accept yourself as a gay man so you can fulfill your desires."

Justin was not only devastated, he went into shock. He froze and couldn't speak, and pretended to listen as the therapist shared on and on about Justin living a happy gay life.

"Born gay? Oh God, I'd rather be dead. Please kill me. I just

### ***We Believe:***

**There is no compelling evidence that anyone is determined from birth to have SSA.**

***There is no conclusive scientific data to substantiate a simple biological or genetic cause for homosexuality. Scientific research indicates that although biological and genetic factors may play a part, homosexual desires stem from the complex interaction of psychological, environmental and temperamental influences.***

**No one simply chooses to have SSA.**

***These desires are very often the result of unresolved childhood wounds and unmet love needs. Choice is clearly involved in the decision whether or not to act on the desires.***

**People can be hopeful in changing from a homosexual to a heterosexual orientation.**

***Research demonstrates that change is possible. The path to healing is fourfold: 1) understand the causes of SSA, 2) gain support from others, 3) fulfill unmet love needs in healthy, nonsexual relationships with those of the same gender, and 4) heal the wounds that created the SSA in the first place. After this, opposite-sex attractions naturally emerge.***

can't take this any longer."

Justin walked out of the therapist's office in a daze. He walked and walked and walked, until he reached the train tracks where he played as a young boy. He stood there listening to the sound of the approaching train. "Dear God, I'm sorry that I am such a disappointment to you and my family. I can't take it anymore. Why did you make me like this?" "Why? Why? Why?"

Confused, ashamed, overwhelmed, and pained, the train grew closer and closer. Justin couldn't imagine living as a gay man and disappointing God and his parents. So, he did what he thought was best...he jumped in front of the moving train, and his life long battle with homosexuality was over.

I know how Justin felt. It could have been me. "There but for the grace of God go I." I learned that I was not born this way, that there were specific reasons for my SSA, and that *Change Is Possible*. It took me many years to find out these truths, and it took even longer to heal from the wounds that created my same-sex attractions (SSA).

Justin had a Secret: he was ashamed of his SSA. His parents had a Secret: they didn't know what to do. His Youth Pastor had a Secret: he felt disgusted by homosexuality. He knew the Bible clearly stated that homosexual behavior was wrong, but was taught in seminary to simply accept homosexuality as a God-given condition. His counselor had a Secret: he was taught that people were born gay and therefore could not change, but in his gut he was confused about this perspective.

**We at the International Healing Foundation have the Solutions to all of these Secrets.**

*God called me to this mission twenty-one years ago and asked me to help those who experience unwanted same-sex attraction (SSA) and their loved ones, and educate the world about the truth of SSA and the possibility of change. Through my personal journey out of homosexuality and twenty years of clinical experience helping SSA strugglers and their loved ones, God has birthed three life-changing protocols:*

- First, we have a protocol for SSA strugglers: a four-step model for changing from a homosexual to a heterosexual orientation written about in ***Coming Out Straight***. This program has helped thousands of men and women throughout the world fulfill their heterosexual dreams.
- Second, we have a protocol for parents, family

members, friends, and the entire religious community: a twelve-step program outlined in ***Gay Children, Straight Parents***. This strategic plan has helped hundreds of families restore relationships and assist their SSA loved ones in fulfilling their heterosexual potential.

- Third, we have a protocol for pastors, therapists, coaches, and ministry leaders: a comprehensive approach taught in our ***Counselor Training Program***. This five-day training and CD/MP3 series instructs professionals how to help those with unwanted SSA and their loved ones.

However, those like Justin who struggle with unwanted SSA, the many parents and family members who have SSA loved ones, and the vast majority of clergy, therapists, and ministry leaders are virtually ignorant about these solutions and the potential for real and lasting change. That's why I would like to ask for your kind assistance in promoting these solutions to our religious communities and mainstream culture so we can save more lives today.

*I have dedicated my life to preventing such tragedies. Please join with me in providing these solutions for others in need.*

**Two of the most effective ways we can spread the truth is through the media and in public schools.** Our yearly media budget is \$20,000 to advertise in trade journals. I just secured six ads in one of the largest trade magazines for radio, television and newsprint. I can't tell you how many people have contacted our

office or gone to our web site and found hope for the very first time in their lives. One man's life in South Africa was changed forever. Please read his story on page seven. So many parents and strugglers have contacted our office after hearing a radio interview.

We also need \$100,000 as our initial budget to begin distribution of the film for public schools, to send this out to all school districts in the country. Your tax-deductible contributions will help save lives. No amount is too small or too great. Thank you for caring and sharing the gift of life with others. I deeply appreciate any and all help you may offer. Please use the enclosed envelope or donate on our website: [www.ChangelsPossible.com](http://www.ChangelsPossible.com).

*"For years I sought help for my lifelong struggle with homosexuality. I prayed and begged God to show me the answers. I couldn't believe my ears when I heard you on the radio saying that 'change is possible!' Finally my prayers were answered and your book saved my life. Coming Out Straight is a god-sent for me and I know for countless others." SB*

*"Dear Mr. Cohen, thank you so much for all the work and dedication you do in helping the homosexual venue. You gave us hope at a very low time and your book saved our lives. Our son is now dating girls and is a happy well adjusted young man! We followed your Gay Children, Straight Parents book and two and half years later we can say we've been blessed and now understand what you meant that a positive thing will come from this. We are different people and our family has healed immensely. God bless you." G&S*

*"This Counselor Training Program has made me realize that we as church leaders have not adequately embraced those who struggle with SSA. Do we feel like change is possible? Yes. We now have a responsibility to do a better job of creating an atmosphere of change in our churches. Your training has opened my eyes and I too am changed." JD*

## THE TRUTH "COMES OUT" IN MEXICO CITY

*I was in Mexico City, February 2008, to present at a Family Congress for a Catholic University. During this engagement, I was able to conduct an interview with one of the largest newspapers in Mexico City. Here, printed with their permission, is the article.*

### IT IS POSSIBLE TO CHANGE A HOMOSEXUAL

Richard Cohen, Psychotherapist  
Interview by Daniel Venegas  
Milenio © / February 16, 2008

This specialist says that nobody is born with same-sex attraction (SSA) and affirms there are studies that demonstrate that homosexuality has a psychological origin. Nobody is born with a homosexual preference and that is why it is possible, through "healing" the psychological causes, to "change" again to heterosexuality, according to Richard Cohen, psychotherapist and specialist in sexual reorientation.

In an interview with MILENIO, the director of the International Healing Foundation (IHF) and author of books such as *Coming Out Straight* and *Gay Children, Straight Parents*, assures that he himself went from being a gay man to a heterosexual one with a wife and three children.

Also, he considers that those who are thinking in changing sex, "Should be given the opportunity to look for the causes that make them have these desires," although he made it clear that in this matter each person's decision must be respected.

*"I believe that we are all born men or women, and men and women fit perfectly together, it is natural. If somebody has same-sex attraction it means that something is hurt in his/her heart. If somebody wants to change sex it also means that something is wounded in his/her heart and he/she needs love. I think that the real enemy is ignorance and we must teach that there are reasons for people to have those desires and feelings. That is why I wrote this book, to help people understand what is beneath homosexual feelings. The root causes are pretty clear...which means change is possible," he says.*

#### But respecting individual desire?

*"Yes, of course, absolutely, it is another opportunity, one more option."*

#### How can a person change their sexual orientation through psychotherapy?

*"First of all, I believe that nobody is born with same-sex attraction. There are studies for over 80 years that demonstrate there are psychological reasons that cause people to have*

*homosexual feelings. So when we deal with the psychological issues, solve them and heal them, people naturally come out of homosexuality.*

*"In the book I mention ten causes for homosexuality. It is never one thing alone. And, nobody chooses to have homosexual feelings. The election is really if they wish to have a homosexual life or a heterosexual life. That is the real decision.*

*"As a therapist for over 20 years, I have helped hundreds of men and women change from homosexual to heterosexual and many of them are happily married with children. I myself lived as a gay man. I had a partner for three years and had several boyfriends before that, but I had a dream to marry a woman and have a family. That was my dream and I worked very hard to heal those wounds that had created my homosexual feelings and desires."*

#### You consider that homosexual people must be healed, is it a condition that denotes sickness?

*"Regarding homosexuality, I am pro-choice. If someone decides to live a homosexual life he or she must be respected, and if someone wants to come out straight, that must be respected as well."*

#### Which are the steps to help someone come out of homosexuality?

*"Basically three things: The first one is to understand the root causes of those homosexual feelings; second, to heal those wounds; and third, to fulfill the unmet love needs in healthy non-sexual same-sex relationships.*

*"Many times, the son doesn't have a good relationship with the father or his male peers. When he passes through adolescence, those emotional needs get sexually charged. So it is really a need for*

*love, and when these wounds get healed and the love needs fulfilled in non-sexual healthy relationships, naturally, the heterosexual desires develop. The most important thing is to see where those desires come from, work through those issues, and then satisfy the love needs. It really works.*

*"A man gets his sense of masculinity from his dad and a girl gets her sense of femininity from her mom. There can also be hetero-emotional wounds. We also see many of these men and women have a very sensitive temperament which is a beautiful thing. But kids can be very mean and call them bad names. And since they are very sensitive, they get deeply hurt. But this does not mean they will become homosexual, if the environment supports the individual with that beautiful character and it develops properly. There are also very sensitive heterosexual people.*

*"Some people with SSA (same-sex attraction)—in my clinical practice fifty percent—experienced sexual abuse. They are easy targets to be sexually abused because they did not bond adequately with their parent."*

*"I found the homepage of your foundation and listened to your introduction about coming out of homosexuality. I was deeply moved. I was searching for something more scientific about homosexuality, and it appeared to be your website. I admire your courage to tell openly about your coming out of homosexuality. I am a psychotherapy student in Denmark. I am married, have three children, and just as you, live my dream through a heterosexual relationship. I also went through a hard time in my youth from unwanted SSA, and the reason I want to be a psychotherapist is, of course, my own background and a wish to help others come out of this. I am quite alone with my thoughts about our mutual way of seeing homosexuality as a symptom of unresolved childhood wounds. I don't believe that anyone is born 'gay,' and I don't see homosexual behavior as normal. What you have accomplished is what I aspire to in my own career. Thank you for paving the way." EK*

Talking about his book *Gay Children, Straight Parents*, Cohen says it is for parents, siblings and friends of a person with SSA, and he teaches them how to love them.

### **Not how to change them?**

*"No, how to love them. Now, loving them in the right ways may sometimes lead them to change, but others not. The main point is how to love them correctly.*

Richard Cohen graduated from Boston University and Antioch University in Seattle. He is director of the International Healing Foundation and can be reached at [ihfmexico@gmail.com](mailto:ihfmexico@gmail.com) or through his web page [www.comingoutstraight.com](http://www.comingoutstraight.com).

### **ANOTHER LIFE SAVED IN SOUTH AFRICA**

*The following is a letter from a gentleman in South Africa. This gives hope to many, as the truth of change proliferates throughout the world:*

My ties with IHF started one day when I was browsing the web, looking for help regarding my SSA. I came across the website of the International Healing Foundation (IHF) and read the information on the site. I was impressed with what I read. I had an instant gut feeling that this may be the place where I will get help and answers. (At this stage I had already contacted other organizations, without any responses.) I wrote an email asking for help and received a prompt sympathetic, understanding reply from Becca (IHF Admin Assistant). This email made a lasting impression on me. From this point onwards a relationship started between IHF's Director, Richard Cohen, his staff and me. Never in my life did I feel so much trust, to be understood, loved and respected. This laid the foundation for my personal healing.

I ordered Richard's book, *Coming Out Straight*, and his DVD and CDs. When I read the book and listened to the CDs and watched the DVD, I saw a roadmap to recovery unfolding before my eyes, never seen or heard of before. I started to identify with aspects that could have caused my SSA, and began to deal with them diligently. What seemed to be impossible before became a reality. I recovered.

Richard, his staff and his writings inspired me to reach out to others. IHF sponsored me with an amazing and valuable gift of many wonderful books on healing! Not only are these books enhancing my own personal growth and helping me discover myself more and more, they also enable and equip me to help other SSA strugglers effectively, according to the plan laid out in Richard's book, *Coming Out Straight*.

Richard, thank you for your loving, trusting, unforgettable input in my life. You not only gave me hope of a life I so longed for, but through your love and trust, you taught me to love and trust. You gave me a reason to live and enjoy life. Even more so, I saw Jesus through your actions, and God became Father to me. No longer is He someone far off that needs to be feared. Many thanks for everything you and your staff are doing for me and my fellow South Africans. In Becca you have an efficient, excellent entry point to IHF. What a woman!

God bless you all,  
Andre Bekker, Ethnopsychology Practitioner  
Life Coach

### **COMING OUT STRAIGHT: UNDERSTANDING AND HEALING HOMOSEXUALITY**

(Oakhill Press, January 2006,  
2nd paperback edition, 282 pages)



This groundbreaking book presents:

- 1) Comprehensive understanding about the causes of same-sex attraction (SSA)
- 2) Successful treatment plan for change
- 3) Remarkable stories of transformation

*Coming Out Straight* sheds light on a long misunderstood subject. Questions such as what causes same-sex attraction and how one can transition from gay to straight are addressed. Illustrated by those who successfully transitioned, this book is engaging, illuminating, and for many, an answer to their prayers.

*"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 same-sex attractions."*

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

*"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*

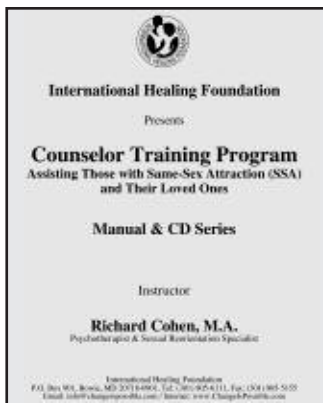
*"In the midst of controversy over homosexuality, Coming Out Straight presents a clear understanding of the causes and nature of same-sex attractions. This is an invaluable resource for the mental health professional, clergy, and those who struggle themselves."*

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

**Soon to be released on  
CD/MP3 — September 2008!**

Order your copy of  
**Coming Out Straight**  
[www.ChangelsPossible.com](http://www.ChangelsPossible.com)  
or call our office at (301) 805-6111

# **COUNSELOR TRAINING PROGRAM: ASSISTING THOSE WITH UNWANTED SAME-SEX ATTRAC- TION AND THEIR LOVED ONES CD/MP3 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. 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
- 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 speaker 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 parents 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 loved ones in the healing process are taught in this comprehensive and systematic protocol. Mr. Cohen is one of the leading experts in the field of sexual reorientation. He is the director of the International Healing Foundation located in the Washington, D.C. metropolitan area, and the author of *Coming Out Straight: Understanding and Healing Homosexuality*, *Alfie's Home*, and *Gay Children, Straight Parents: A Plan for Family Healing*.

## **Training includes:**

- Evaluating the causes of SSA and developing a treatment plan for change
- Four stages of healing unwanted same-sex attraction (SSA)
- Understanding the meaning of sexual fantasies and masturbation
- Cognitive and behavioral approaches to healing
- Creating affirmations for healthy gender identity

- Assisting clients in establishing healthy friendships and mentors
- Protocol for group therapy and support groups
- Preparing former SSA men and women for dating
- Psychodynamic therapeutic modalities for greater healing: Focusing / Voice Dialogue / Bioenergetics / Psychodrama / Inner Child / Family Constellations / EMDR / Healing Body Image Wounds / Healthy Touch
- Working with families and the religious community
- Strategies for parents with SSA children
- Taking care of the caregiver to prevent burnout
- Socio-political issues of the gay rights movement
- How to prepare for media interviews

*If you would like to organize a Counselor Training Program in your area, please contact our office at (301) 805-6111.*

*This five-day training series is now available on CD/MP3. It is accompanied by a 180 page manual. This first of its kind program in the world, will educate you how to assist those with unwanted SSA and their loved ones.*

## **Endorsements for the Counselor Training Program**

*"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. I now have a relentless passion to minister in a broader context in an effort to reach all. The content of this training was consistent with the Word, a courageous Work, and challenged my Will." AM*

*"I received a better understanding not just about SSA, but about myself and all people. The seminar dispelled myths, fears, and stereotypes associated with SSA. It gave me a pathway to healing. Thank you for being you and helping people become free: Free Indeed!" AD*

*"This was an excellent teaching that I will always keep with me. Richard Cohen is God's secret weapon. The world will know of you soon!" ST*

*"Thank You. It would have taken me a lifetime to come to this wisdom. I would attend this seminar again and encourage others to attend as well. It helped me to understand the causes of SSA. It gave me valuable training to minister to those struggling with SSA. It allowed me to get in touch with my own wounding and to learn steps for healing. I want to bring this program to my church." RB*

**Order on-line:  
www.ChangelPossible.com  
Or call our office (301) 805-6111  
Available July 2008**

# GAY CHILDREN, STRAIGHT PARENTS CD/MP3 SERIES

*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 SSA.

*"In the pages that follow you will discover how to unconditionally love your child. You will gain understanding about the dynamics that led her or him into SSA and beyond, into homosexual behavior. And you will find ways to create a strategic plan for bringing gifts of healing and loving attachment to your child."*

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. 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 many families and the entire religious community.

*"Our strategy is to love these children as God loves us—flaws and confusion and mistaken identities and all. As we love them, we reawaken the lost, hurt child within. Then, with great care and gentleness, we seek to reattach that hurt child to his or her same-sex parent and same-sex peers. As you think about reaching out to your child, remember that a web of lies has been spun around him or her. Now, with love and truth, you must try to reverse the damage and restore your child."*

## SECTION ONE: PERSONAL HEALING

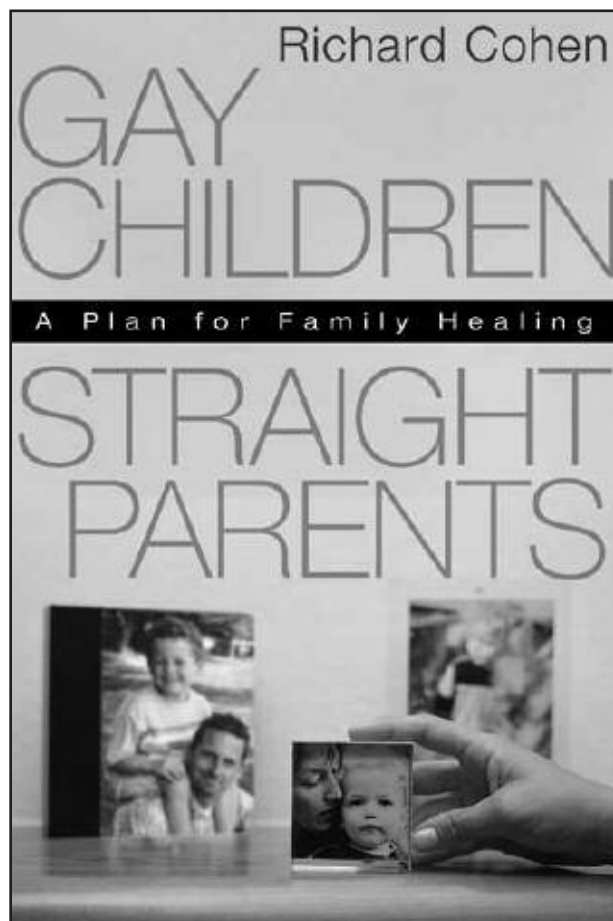
- STEP ONE: Take Care of Yourself
- STEP TWO: Do Your Own Work
- STEP THREE: Experience God's Love

## SECTION TWO: RELATIONAL HEALING

- STEP FOUR: Investigate the Causes of SSA
- STEP FIVE: Utilize Effective Communication Skills
- STEP SIX: Make Things Right Between You and Your SSA Child
- STEP SEVEN: Discover Your Child's Love Language
- STEP EIGHT: Same-Sex Parent, Display Appropriate Physical Affection
- STEP NINE: Opposite-Sex Parent, Take Two Steps Back

## SECTION THREE: COMMUNITY HEALING

- STEP TEN: Create a Welcoming Environment in Your Home, Place of Worship and Community



STEP ELEVEN: Boyfriends, Girlfriends, Ceremonies and Sleepovers

STEP TWELVE: Find Mentors and Mentor Others

*"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 M. Hallman, LPC, Author  
*The Heart of Female Same-Sex Attraction*

*"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  
*Parents & Friends of Ex-Gays and Gays (PFOX)*

**Order on-line:**  
**[www.ChangelsPossible.com](http://www.ChangelsPossible.com)**  
**Or call our office (301) 805-6111**  
**Available July 2008**

## 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](mailto: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](mailto:coachhilde@aol.com), or Tel. (301) 537-2848.



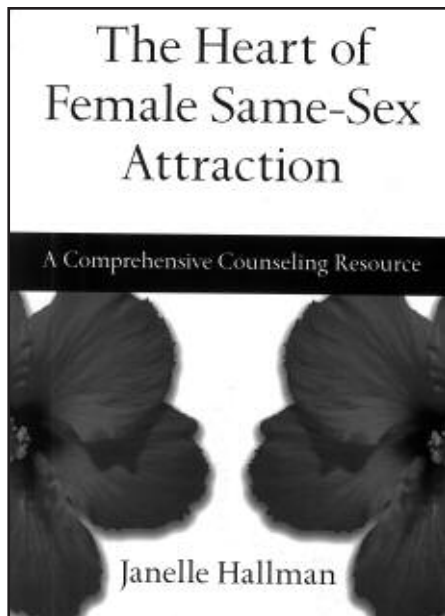
### **Caleb Lee Brundidge, CSRC**

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](mailto: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.*



This landmark book is a comprehensive approach to both understanding female same-sex attraction and a treatment plan for transformation. Professionals, parents and strugglers alike will find this an invaluable resource to assist women in reclaiming their true gender identity.

*"What an incredibly valuable resource for professionals and nonprofessionals—and so engaging! Both the woman who is in conflict about her sexuality and the professional working with her will find an accepting spirit that dismantles shame and will discover hope that empowers healing."*

*Dr. Clifford and Joyce Penner, Authors  
The Gift of Sex*

*"I love books which combine the insights of professional training with the hard-earned lessons of personal experience. This book will be a helpful resource for all who seek deeper effectiveness in this area of ministry."*

*Bob Davis, Director Emeritus  
Exodus International*

**Order your copy today from  
ivpress.com or your local bookstore  
[www.janellehallman.com](http://www.janellehallman.com)**

## PEOPLE CAN CHANGE (PCC)

PCC is a wonderful organization that assists men who experience unwanted SSA. They sponsor weekend retreats for healing called Journey Into Manhood (JIM). For more information, please visit:

**[www.PeopleCanChange.com](http://www.PeopleCanChange.com)  
Rich Wyler, Executive Director  
Contact: (434) 985-8551**

## 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](http://www.pfox.org)  
Or call their office: (703) 360-2225  
Regina Griggs, National Director**

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

Positive Alternatives To Homosexuality (PATH)  
[www.pathinfo.org](http://www.pathinfo.org)

International Healing Foundation (IHF)  
[www.changeispossible.com](http://www.changeispossible.com)

National Association for the Research and Therapy of Homosexuality (NARTH)  
[www.narth.com](http://www.narth.com)

Jews Offering New Alternatives to Homosexuality (JONAH)  
[www.jonahweb.org](http://www.jonahweb.org)

[www.PeopleCanChange.com](http://www.PeopleCanChange.com)  
On-line support groups for men / JIM weekend experience

Parents and Friends of Ex-Gays and Gays (PFOX)  
[www.pfox.org](http://www.pfox.org)

Exodus International (Christian Ministries)  
[www.exodus.to](http://www.exodus.to)

Courage / Encourage (Catholic)  
[www.couragerc.net](http://www.couragerc.net)

Evergreen International (Mormon)  
[www.evergreen-international.org](http://www.evergreen-international.org)

Witness Freedom Ministries (African-American)  
[www.witnessfortheworld.org](http://www.witnessfortheworld.org)

One By One (Presbyterian)  
[www.oneby1.org](http://www.oneby1.org)

Transforming Congregation (Methodist)  
[www.transformingcong.org](http://www.transformingcong.org)

[www.HealingHomosexuality.com](http://www.HealingHomosexuality.com)  
(Adventure in Manhood weekends)

[www.dawnstefanowicz.com](http://www.dawnstefanowicz.com) (Children of Gay Parents)

Homosexuals Anonymous (Christian)  
[www.ha-fs.org](http://www.ha-fs.org)

Reality Resources (Transgender issues)  
[www.realityresources.com](http://www.realityresources.com)

Inqueery (Addressing SSA in Public Schools)  
[www.inqueery.com](http://www.inqueery.com)

## 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:** Summer session begins Wednesdays in June, 7:00-8:30 EST
- **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: Summer Session begins in June

For more information about all of these classes, or to register, click on the Teleconferencing Classes page at **www.ChangelsPossible.com**, or call our office: **Tel. (301) 805-6111.**

## TENDER LOVING CARE (TLC) HEALING SEMINARS

September 13-14, 2008 / 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, 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

June 21-22, 2008

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

July 19-20, 2008

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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