

TELECONFERENCING CLASSES 2005

Now you may receive personal coaching and guidance for either your personal struggle with unwanted same-sex attraction, or your family situation dealing with a loved one's homosexuality. Educator, author and psychotherapist Richard Cohen will share with you the wisdom gained through his journey out of homosexuality and fifteen years experience helping others fulfill their heterosexual potential.

Teleconferencing Classes are held via a telephone "bridge line" with crystal clear reception. We offer courses for (1) Strugglers (those who experience unwanted SSA), and (2) Family and Friends (those who have a child or spouse dealing with SSA). Each class lasts 1 1/2 hours with 30 minutes teaching and 60 minutes question and answer session/personal coaching. Classes are held throughout the year and last for a three-month period of time. There are nine classes per semester. After registering, all participants receive a special phone number and join our class/support group over the phone.

Family & Friends

Parents and spouses receive direct assistance how to care for loved ones who experience same-sex attractions. This three-month course focuses on practical tools to employ in order to create greater intimacy within the family. *Gay Children, Straight Parents: A Plan for Family Healing* is the textbook used for our nine classes.

Time: Tuesdays, 7:00pm – 8:30pm EST

Dates: 2005 - Feb. 1, 8, 15 / March 1, 8, 22, 29
April 5, 12, 26 / May 3, 10, 24, 31 / June 7, 21, 28
July 5 / Sept. 20, 27 / Oct. 4, 11, 18
Nov. 1, 8, 15, 29

Cost: \$380 per three-month course (nine classes)



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TELECONFERENCING CLASSES (cont.)

Strugglers

Today the mental health profession has abandoned those who desire to heal from unwanted same-sex attraction. However, there is hope for healing homosexuality. These classes are designed to assist the struggler by discovering the meaning behind their unwanted feelings, ways to heal past wounds and finally fulfill unmet needs for love in healthy, same-sex relationships. A clear plan for transitioning from a homosexual to a heterosexual orientation is described. *Coming Out Straight* and other resources are used for these nine classes.

Time: Thursdays, 7:00pm – 8:30pm EST

Dates: 2005 – Feb. 3, 10, 17 / March 3, 10, 17, 31
April 7, 14, 28 / May 5, 12, 19 / June 2, 9, 23, 30
July 7 / Sept. 22, 29 / Oct. 6, 13, 20
Nov. 3, 10, 17 / Dec. 1

Cost: \$380 per three-month course (nine classes)

For more information or to register, click on the Teleconferencing Classes page on our website: www.comingoutstraight.com, OR call our office for a brochure: (301) 805-6111.

CONSULTATIONS / EVALUATIONS

If you wish a personalized treatment plan, whether you are a struggler or parent, you may set up a private consultation/evaluation with Mr. Cohen. First read *Coming Out Straight* and answer the questions on pages 110-112. Then we will set up an appointment. You may bring any issues into our session, ones for personal/family healing, and any other things you wish to discuss. Consultations may be in person or by telephone. Call our office to set up an appointment: (301) 805-6111.

Thank You for
Your Prayers
and Financial Support.

LIVES WILL BE SET FREE!



You're Not Alone

International Healing Foundation / Newsletter Winter 2004-2005

Dear Friend,

Greetings. I wish you and your family the very best during this holiday season and throughout the New Year. Thanks for your loving, generous and prayer support in 2004. Because of you, we accomplished so much (see **Activity Report**). Because of you, lives were changed forever.

In the final presidential debate, both President Bush and Senator Kerry were asked, "**Do you believe that homosexuality is a choice?**" The issue of homosexuality was paramount in this election. President Bush said, "I really don't know." Senator Kerry, referring to Mary Chaney said, "It's how they are born."

Homosexuality and same-sex marriage were decisive issues during this election. Thus, our time has come to educate the nation and world about the truth of homosexuality: **No one chooses to have same-sex attraction (SSA) and change is possible.** The only real choices are to act upon those desires, choose a homosexual identity, or choose to change and come out straight.

WE NEED YOUR HELP

Would you please join with me in standing up in 2005 to proclaim the good news: **No one is born with same-sex attraction, and people can choose to change and come out straight.** There is hope for understanding and healing unwanted same-sex attraction (SSA). In the current cultural climate, the gates are wide open for dialogue. We can walk through those doors with dignity and a clear message of truth with love in our hearts. It is time to take back our schools, religions, and country.

Our plan is to initiate a media campaign to promote this great concept of change; however, we need your help. **Our goal is to raise \$15,000 or more for this media/publicity campaign.** Whether you can give \$10 or \$10,000, every dollar is a step toward speaking the truth in love, and thus turning our nation around. Your contribution, no matter how small or large, will help us create the world in which we all wish to live. Please help us make this dream come true in the New Year. Each time I do an interview and get calls from individuals and families in pain, it's all worth the effort. Lives are being saved. Please help us help others by spreading the truth that **NO ONE IS BORN WITH SSA, AND CHANGE IS POSSIBLE!**

GAY CHILDREN, STRAIGHT PARENTS: A PLAN FOR FAMILY HEALING

The book *Gay Children, Straight Parents: A Plan for Family Healing* is now available and will save millions of lives. It is a valuable resource for families, friends, therapists, clergy and educators. Already parent support groups around the country are using this book as their guide for discussion and plan for action. Anyone may receive a fifty percent discount for orders of 12 or more copies (plus shipping and handling charges).

The *Gay Children, Straight Parents: A Plan for Family Healing* brochure will be developed in the beginning of 2005 to

coincide with our media campaign. I apologize for its delay; however, it will be even more effective when combined with our publicity efforts. Until now, I had to invest all my time and energy into writing and publishing the book. Now that it is complete, I will develop the brochure. Thank you for your understanding and patience.

STAND UP FOR THE TRUTH

Let us all make a determination in 2005 to stand up and share the truth about homosexuality. Let us enlighten our family, friends, neighbors, teachers, pastors, rabbis, priests, and therapists. They won't know unless we tell them that: **No one is born with same-sex attraction and change is possible.**

Share your personal stories. I know it's a risk. You risk rejection. But the greater risk is that people continue to live in ignorance and

sell out this country to a false paradigm, thus imprisoning the homosexual community into a life a disease and destruction.

We can make a difference. Let's make a goal to share the truth about homosexuality with one person each day, or one person per week. It's that simple. You and I can make a difference. Please do it for the sake of all those who desire freedom. They are counting on us!

Thank you in advance for supporting our 2005 publicity/media campaign to spread the truth in love. I appreciate your continued prayers and generous contributions. With your help, we will make an even greater impact in our nation and world. May God continue to bless you and your family throughout the New Year.

In His Love,

Richard Cohen, MA
Director

*We pray for you and appreciate
your prayers for us!*



*Holiday Greetings,
Love The Cohen Family*

IHF ACTIVITY REPORT 2004

- Counseled numerous Men, Women & Families.
 - Consultations/Evaluations for over 100 Individuals/Families.
 - Love/Sex/Intimacy (LSI) Healing Seminars in Phoenix, New Jersey and Baltimore (total of five LSI Healing Seminars).
 - Father-Son Healing Seminar in Baltimore.
 - Church presentations in Nebraska, New Jersey, Virginia and Maryland.
 - Spoke at the PFOX (Parents and Friends of Ex-Gays and Gays) Conference in October and NARTH (National Association for Research and Therapy of Homosexuality) Conference in November.
 - Interviews: Radio, Newspaper and TV.
 - Wrote: *Gay Children, Straight Parents: A Plan for Family Healing*.
 - Teleconferencing Classes for Parents and Strugglers.
 - Referral Services / Correspondences / Emails.
 - Published four Newsletters.
- PLUS:** Loved my wife and three children.
Our son graduates from his university in May!

LOVE / SEX / INTIMACY (LSI) HEALING SEMINARS 2005

Over the past fifteen years, educator and psychotherapist Richard Cohen has led LSI Healing Seminars for thousands of men and women throughout the world. Come and experience personal transformation. Learn new ways to create intimacy with oneself, others and God. Learn how to help others on their journey to wholeness.

The LSI Healing Seminar series provides an opportunity to access feelings/thoughts that may be blocking personal growth and achieving healthy relationships. Each seminar targets different aspects of the journey to wholeness. Through a series of two-day experiential exercises, life-changing breakthroughs will be experienced and vital like skills gained.

LSI Healing Seminars are appropriate for individuals, couples and families. All are welcome. Come and resolve long-standing issues with your loved ones. *Now is the time for healing.*

Level I LSI Healing Seminar

March 12-13 / September 10-11 / December 3-4

Exercises Include:

- Discovering your inner child
- Reconciling relationships
- Healing power of healthy touch
- Fulfilling unmet needs in healthy relationships
- Healing guilt, shame and fear
- Open session for personal healing

January 15-16 / LSI in Los Angeles, CA
Contact Hector Royal
For Information/Registration at Tel. (626) 705-1010

Level II Healing Seminar

June 11-12

Exercises Include:

- Protecting your inner child
- Sexual fantasies and masturbation – discovering their true meaning
- Identifying and facing your fears
- Tools and techniques for continued transformation
- Open session for personal healing

Father-Son Healing Seminar

August 21-21

Exercises Include:

- Healing past wounds
- Forgiving and accepting
- Healthy male bonding
- Learning each other's love language
- Honoring our fathers
- Blessing our sons
- Open session for personal healing

LSI Healing Seminars take place at a hotel outside the Baltimore Washington International (BWI) Airport, from 9am – 5pm Saturday and Sunday.

For more information: On-line at www.comingoutstraight.com (click on the Seminar page), or call our office for a brochure. Tel. (301) 805-6111.

Gay Children, Straight Parents

A Plan for Family Healing

Richard Cohen, MA

Foreword by
Arthur Goldberg, JONAH
Regina Griggs, PFOX

Someone You Know Needs This Book!

NOW AVAILABLE!

- Perfect for Parents and Family Members
- Perfect for Therapists, Clergy, Ministry Leaders & Educators
- Perfect for Strugglers to educate their families
- Donate books to your local libraries, schools and religious institutions

Order 12 or more copies and receive a 50% discount, plus shipping/handling charges

Price: \$20 per book
Shipping/Handling: \$6 per single book order
(Call for S/H charges for multiple book orders)

Available on-line at www.comingoutstraight.com
(order from the Resource Materials page), OR call IHF at (301) 805-6111