

Your Strength to Heal



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Featured Article

Treating Trauma Survivors

Lynette S. Danylchuk, Ph.D.

The way in which the therapist perceives the client coming for counseling is one of the most powerful elements of the therapeutic process. It is very easy, and very common, for therapists working with abuse survivors for the therapist to fall into a traditional medical model, doctor-patient kind of relationship. In this kind of relationship, the doctor is well, the patient is "sick," and the doctor assumes a position of power over the patient, telling the patient what he or she needs to do to get well. Unfortunately, this type of unequal power relationship in therapy – even though it is based on an attempt to honestly help the client – can undermine an abuse survivor's healing by duplicating dynamics that were part of the original abuse. In the original abuse, the abuser was in a position of power over the survivor.

...There needs to be more of a feeling of equality in the therapeutic relationship than is usually found. Both people, therapist and client, are alike in their common humanity. They are not innately different.

...One of the most important things you as a therapist can do for a survivor, is to treat the survivor with all the respect due to another human being like yourself, and normalize their symptoms.

[Read Full Article](#)

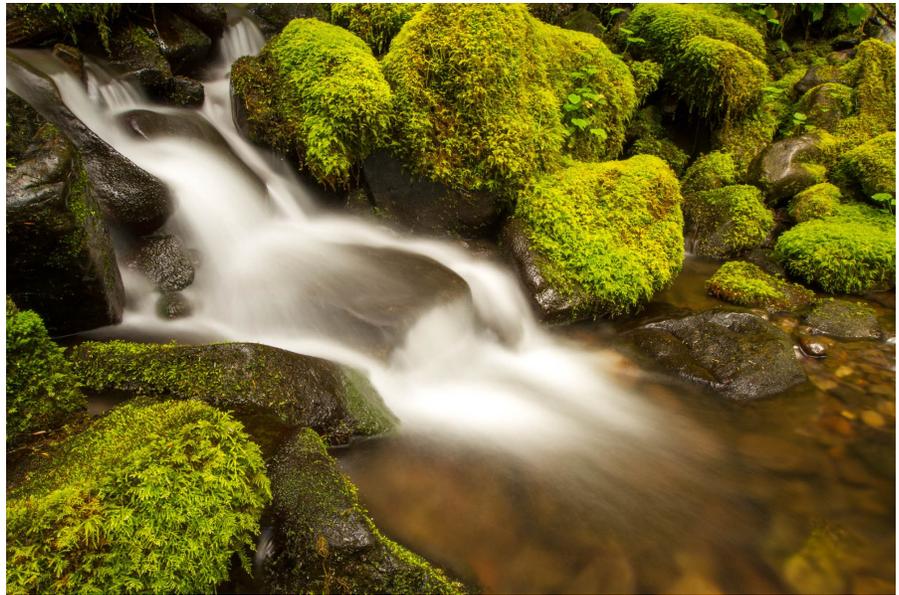
Nature Inspired Reflections



The other day I was sitting on the deck of my porch trying to relax and enjoy the last days of summer. As I sat and reflected on past losses, the passing of the seasons and the ongoing march of time, a hummingbird zoomed into view. I watched as he hovered over the water fountain he had been magically drawn to visit. He was so tiny yet vibrantly beautiful. My thoughts quieted and I lost myself in the moment with this creature. He dove in for water and flitted around the fountain in delight. All too soon he buzzed away but I was left with a sense of appreciation and peacefulness.

There's something important here to remember. We can turn to nature for help. Nature can help to remind us to appreciate the unexpected beauty around us. It can comfort and inspire us in our journey...

[Read full article on YSTH](#)



About Our Executive Director

Kim is currently pursuing two Masters Degrees (LMFT/LPCC) at NDNU Belmont, and is now a certified depth hypnosis counsellor. She's taken depth hypnosis courses taught by Isa Gucciardi. Depth Hypnosis takes into account that each individual's path to healing and self-understanding is unique, and it offers tools to help a person navigate the complexities of his/her own path.

Isa Gucciardi, Ph.D., (sacredstream.org) developed this highly effective therapeutic model to help people work through issues quickly and gain long-lasting results. By synthesizing key principles of shamanism, Buddhism, hypnotherapy, and transpersonal psychology, Depth Hypnosis brings the ancient healing wisdom of many cultures to the unique imbalances of contemporary Western society.



Kim combines the skills of a intern therapist, a certified Depth Hypnosis counsellor and a Shamanic healer. She integrates these modalities to provide an innovative therapy, and a rapid path of transformation. She works with trauma and extreme abuse, drugs and alcohol recovery, grief and loss and has healed personally in these areas over many years.

Kim Kubal is an experienced trainer and consultant who provides training sessions, consultations and workshops on recovery, codependency, extreme trauma issues, including sexual, physical, emotional, spiritual and ritual abuse.

Diana's Story



I was 23 when I finished college and married my first husband. My need for security and my need to please were a perfect match for a domineering, controlling man. I believed that I could overcome his negative traits by using my kindness, sacrificial love and even “diplomacy”. This sounds as familiar and as futile as the U.S. trying to negotiate with terrorist nations. I was imprisoned in my victim and rescuer role and did not know how to extricate myself from my two victimizers; first my mother, then my husband. I did not choose my mother but I certainly did choose my first husband.

My name is Diana and I am now 49 years old. My story is not unique because unfortunately, emotional abuse is rampant in our society. What is unique about my story is that the cycle of abuse ended. It took me many years to heal from my broken marriage, my broken family of origin and my own unhealthy patterns. I battled with depression and anxiety and did not take care of my health. With recovery this has changed. If I can offer hope to someone who is in an abusive relationship, my experience will be a valuable one. Just because someone abused you it does not mean you have to abuse yourself or others. Acknowledge your past and present in an honest, sober way. Once you see the truth you must make a choice to either continue to cover up the pain with denial and destructive behaviors or get help so you can love, nurture yourself and forgive others.

This is the happy ending: ten years after my divorce I met someone who had his own recovery and spiritual journey. We complement each other and have an adult-adult relationship, respectful and supportive. This is so different from the earlier model – because I am different – and it is infinitely more rewarding. If you are in a hurry to remarry or “hook up” with another person, wait. You are a very important person, loveable and unique just as you are. Let God teach you about his love, his power to heal and bless you.

[Read the full article](#) on the YSTH website.

Reasons Not to Harm Yourself

Cheryl Rainfield

Because you do not deserve to be hurt, not by anyone, not even yourself;

Because you deserve the same compassion, kindness, and love that everyone else does, and that you would give to a friend;

Because if you hurt yourself, you are repeating and reinforcing what your abusers or people who put you down told you, and none of that is true;

Because any relief you may get from hurting yourself is only fleeting and will not last, and because you will need to keep hurting yourself more frequently and worse to get that tiny bit of relief, and may end up doing permanent damage or may even inadvertently kill yourself;

Because you have already been through so much pain and do not need more pain added to that;

Because you have a voice and have a right to be heard;

Because you deserve to have compassion for yourself, the way others have it for you;

Because there are safer, gentler ways to find some relief and you deserve to find those ways;

[Read the full article](#)



Wild Geese

You do not have to be good.
You do not have to walk on your knees for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
Are moving across the landscapes,
Over the prairies and deep trees,
The mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air
Are heading home again.
Whoever you are, no matter how lonely,
The world offers itself to your imagination,
Calls to you like the wild geese, harsh and exciting –
Over and over announcing your place
In the family of things.
Mary Oliver—Dream Work

Wild Geese” is an especially beautiful comment on the nature of trauma and of healing, highlighting how trauma and the shame it engenders separates us from others and from our selves, clouding our vision of the world as good, as safe, as ours. Nevertheless, healing is possible – it is an invitation offered by the very nature of living among others and in the natural world, asking us to find the courage to come back... [Read full article.](#)

Your Strength to Heal

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Visit Your Strength to Heal at
StrengthToHeal.org

Healing and Preventing Trauma

You Can Help

At Your Strength to Heal, financial support is critical to all that we do. Your [donations](#), will empower us to provide a healing treatment center for trauma survivors. Our goal is to restore women to a life of dignity, respect and self-worth.

Your Strength to Heal is a 501(c)3 nonprofit corporation. Federal Tax ID number: 26-4103761. We promise your support will make a difference in the lives of trauma survivors. Please consider making a tax deductible donation today.

Donations

Individual and corporate giving: Donate online at StrengthToHeal.org through PayPal account or by credit card. Make Your Strength to Heal a Beneficiary: Please consider us when planning your will or giving stock donations. For more information contact Kim Kubal at kim@strengthtoheal.com.