

# Your Strength to Heal



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## New Website

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We have a fresh new look for our website [StrengthToHeal.org](http://StrengthToHeal.org)! Our new site features a clean, modern design that is also mobile-friendly and easier to navigate. We welcome you to visit.

## Latest Articles

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New, informative articles are continually being posted to the YSTH website. Two recent articles are briefly described.

### Post Traumatic Transformation

Staci Sprout, LICSW, CSAT writes about [Post Traumatic Transformation](#) or PTT. As she writes, PTT "is a model that recognizes the power and resilience of those who have survived trauma. It is neither diagnostic nor illness-based, but strength-based and optimistic..." Ms. Sprout goes on to describe the three phases of healing in PTT. She also cites numerous resources and suggests tools for practicing personal healing.

### Opening the Doors to the Self – Spirit Involvement

Isa Gucciardi Ph.D. writes about the role spirit involvement can play in what Western psychologists call Dissociative Disorders (DD) and Dissociative Identity Disorder (DID). In this article, she presents two cases where spirit depositions relieves the imbalance. [Read Article](#)

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## Promoting Resilience in the Traumatized



[Promoting Resilience in the Traumatized](#), is an article featured on the new YSTH website. It is written by Rochelle Suri Ph.D., a licensed Marriage and Family Therapist. She received her degree from the California Institute of Integral Studies, in the specialized field of East-West Psychology. She currently lives in Mumbai, India where she has a private practice.

Dr. Suri has written about the role of resilience in helping to heal from trauma: "...we possess an innate drive to prevail and get through challenging times and experiences."

She further writes that "... individuals are able to bounce back and heal from the devastating effects of trauma." Dr. Suri describes nine factors that may affect the individual's capacity to harness the potential required to experience resiliency.



## About Our Executive Director

Kim Kubal, YSTH Executive Director and Founder, experienced severe childhood trauma and abuse. Now in recovery from trauma, self-abusive behaviors and multiple addictions for 27 years, she carries her message of hope and healing to survivors, clinicians and caregivers. Indeed, she has been nominated for the San Mateo Women's Hall of Fame.

Kim has been teaching a self-esteem and empowerment class at the Hope House in Redwood City for five years. In addition, she is a lived experience speaker for San Mateo County's Behavioral Health & Recovery Services Department.



She has written a book about recovery from trauma, PTSD and addictions. This book is the first of its kind to offer articles for clinicians, as well as stories of inspiration and recovery to survivors of severe trauma and their caregivers. Her second book, *Freedom*, is her personal story of overcoming human trafficking. It also provides hope and healing to those on the path of healing from human trafficking.

On the YSTH website, [StrengthToHeal.org](http://StrengthToHeal.org). Kim writes a weekly blog about new articles on the website and other news. Kim has given numerous presentations around the Bay Area. Recently, she presented to San Mateo County BHRS on smoking cessation, recovery information from mental illness for new hires and removing the stigma of mental illness for the general public. She has spoken about human trafficking at various universities in the Bay Area. Kim is currently in graduate school, at the College of Notre Dame in Belmont, working on becoming both a LMFT and LPCC and has recently completed Depth Hypnosis coursework.

## 4 Key Ways Yoga Can Help Heal Post-Traumatic

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Lisa Danylchuck, LMFT, YSTH Board member and professional in the fields of yoga and trauma, has recently written an article describing four ways in which yoga can help deal with the effects of trauma. More specifically, she discusses the physical, mental, emotional and spiritual benefits of yoga. Regarding physical healing, Lisa writes, "Yoga postures have developed to build internal strength and flexibility; to bring stability mobility to the joints and muscles of the body and help to bring health and balance to the heart, lungs, organs and nervous system." she goes on to write that "One of the most significant and documented benefits of yoga is stress reduction" and post-traumatic stress is just that.

Writing about the mental benefits, Lisa states the mental practices of yoga can help. Further, "Simply looking around the space you are in, identifying the ways you are or can make yourself feel safe, is helpful in building a sense of protection in the present."

Discussing the emotional benefits of yoga, the author writes, "It is common in a yoga practice that once some stress has been relieved, deeper emotions rise to the surface of our experience and, often, we are then able to process them." She goes on to describe a personal experience where she had broken up with her boyfriend, engaged in an arduous yoga class and "felt a wave of grief come over me. I cried, and it passed." Lisa goes on to recount how she realized how deeply relaxed she became because of the yoga and emotional processing.

Finally, Lisa writes about the spiritual benefits of yoga. She writes, "Rather than being told what to believe, yoga allows for a sense of stillness and inquisitive reflection, encouraging you to uncover what is true for you."

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

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## Sexual Addiction One Woman's Story

Staci Sprout is a licensed psychotherapist, author and publisher with twenty years of experience as a therapist and social worker in a variety of settings from community mental health and hospitals to private clinical practice.

Staci has recently published a book titled *Naked in Public: A Memoir of Recovery From Sex Addiction and Other Temporary Insanities*. In her book, she traces her journey from the painful world of sexual intrigue and addiction into a life of healing and purpose.

An [excerpt from her book](#) is posted on the YSTH website.

"The July Seattle evening was balmy as I made my way to the sexual recovery 12-Step meeting for newcomers. It was 2001, and I was thirty-one years old. Descending the steps to the church basement, the shadowy stairwell gave way to fluorescent lighting and a pale gray-cream linoleum tile floor..."

"In the center of my energetic web, I cast invisible tendrils all around the circle. I imagined that I could feel every vibration around me, and that I could control them all. I was the spider in the middle of its lair, the black widow in the pink tank top, ready to spring on my prey and devour it. ..."



## YSTH Speaks Out on Human Trafficking

Kim Kubal, Executive Director of Your Strength to Heal, has been speaking out on human trafficking. Recently, she wrote a paper on this subject and presented it at Holy Name University in Oakland, California. Some excerpts from this paper follow.

Whether we know it or not, we consume goods and services that are very likely to have some connection to a trafficked person. Human trafficking is defined by The United Nations as the "recruitment, transportation, harboring or receipt of persons by means of force, fraud or coercion." Traffickers have no bias. They will steal and abuse women, men, or children of any color or creed - all for profit in a trade that brings in over **\$150 billion each year worldwide** according to The International Labor Organization. The ILO also estimates that there are **20.9 million victims of human trafficking globally**, including 5.5 million children. 55% are women and girls.

It is not just "black market" profit, **many U.S. corporations stand to gain billions this year by turning a blind eye to human trafficking.** This is done through the use of third-party contractors which allows corporations to wipe their hands clean of any wrong-doing while reaping the most profitable benefits. Large corporations aren't the only ones to blame; they are able to *evade* responsibility in large part due to a lack of regulations and enforcement of "anti-human" trafficking laws. No sector or industry is immune from human trafficking. Victims *have* been identified in factories, restaurants, construction work, agricultural fields, hotels, spas, nail salons and private residences.

Why do we call ourselves mankind, when there is no kindness left? If we were kind to mother earth, and all that is, then we would be taking care not only of ourselves, but of the earth and all that encompasses it. I believe we are all one and connected, and what we do to each other, by thought, word and deed, we also do to our planet. Unless we raise the consciousness of the human race, we will lose our planet. Yet, we must face the facts of the impact our choices may have on the lives of others.

## Your Strength to Heal

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Visit Your Strength to Heal at  
[StrengthToHeal.org](http://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](http://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](mailto:kim@strengthtoheal.com).