

CUYAHOGA VALLEY CHURCH
PRESENTS
A WORKSHOP ON

CHILDHOOD SEXUAL ABUSE: STORIES OF STRUGGLE & HEALING

SATURDAY, APRIL 4, 2009
2:00 PM – 5:00 PM

CUYAHOGA VALLEY CHURCH
5055 EAST WALLINGS ROAD
BROADVIEW HEIGHTS, OH 44147

SEMINAR SPEAKERS

DR. WALT BROADBENT, PH.D.

Dr. Walter J. Broadbent has been a psychotherapist for almost 40 years. Much of his clinical work has been about the addictive process, working with the addict and the families of addicts and childhood sexual abuse.

As a success coach, he has worked with a variety of large and small organizations to help them become more effective. Dr. Broadbent loves consulting about workplace productivity as well and has assisted many individuals and small businesses that are seeking to become more entrepreneurial. His main skills center on advising individuals who are seeking to create a more productive life.

He is especially interested in leadership in organizations and individuals. He is fascinated with the process of designing and implementing leadership models in diverse and experimental business settings. He is also very interested in teaching his clients leadership skills and has recently connected with an organization that allows him to offer the best leadership training system that he has ever seen called, The TEAM. Please contact him, at drbroadbent@bg.ohiocoxmail.com for a no-cost introductory session and further information.

ANN HOLLO

Ann Hollo is married and has 5 children and 2 granddaughters...She has been working as an Interior Designer for 20 years and has also been a Bible Study teacher in the Akron area for the last 10 years. Ann has attended writing workshops with Dr. Dan Allender in Seattle, WA and has a passion to help others know and tell their stories especially in the areas of abuse. She brings to this workshop her story of seeking truth. Ann is has a powerful story and message that has brought deep hope to those who have been blessed to hear her.

RYAN EDLIND, M.S., M.S.W., L.I.S.W.-S.

Pastor Ryan Edlind directs the Care Ministries at CVC. Ryan has been involved with providing counseling services since 1998. He completed graduate degrees, a Master of Christian Counseling from Philadelphia Biblical University, and a Master of Social Work from New York University. He is also a Licensed Independent Social Worker in Ohio, with experience in psychiatry and church settings. Ryan desires to serve God, the people of CVC, and surrounding communities by offering care, biblical hope, and spiritual direction. He currently does not provide professional counseling services.

SEMINAR OUTLINE

I. 2:00 – 2:20 p.m. Introduction – Pastor Ryan Edlind

   a. Welcome
   b. Limits and Disclaimers
   c. Definition of Childhood Sexual Abuse
   d. Overview of Seminar
   e. The Church's Response to Childhood Sexual Abuse

II. 2:25 – 2:35 p.m. **Ann's Story**- Ann Hollo

III. 2:40 – 2:50 p.m. Biblical Framework for Understanding how God Looks at Sexual Abuse – Ann and Ryan

BREAK 2:50 – 3:00 PM

IV. 3:00 – 3:10 p.m. **Ryan's Story**- Pastor Ryan Edlind

V. 3:15 – 3:40 p.m. What is Childhood Sexual Abuse? – Ryan and Ann

   a. How Can We Define CSA? Why Does It Hurt So Much?
   b. What Happened? What Went Wrong?
   c. What Needs To Happen Now? What Does Change and Growth Look Like?
   d. Who Can Help? How Can They Help?
   e. What Can We Hope For?

VI. 3:45-3:50 p.m. **Walt's Story**- Dr. Walter Broadbent

BREAK 3:50 – 4:00 PM

VII. 4:00 p.m. – 4:45 p.m. Dr. Walter Broadbent

   a. Compensation
   b. Drama Triangle
   c. Vision, Dream, Struggle, Victory
   d. A New Vision

VIII. 4:50 p.m. – 5 p.m. Q & A- Team Discussion with Ryan, Ann, and Walt

SEMINAR OVERVIEW

Childhood Sexual Abuse is a serious problem affecting our families, friends and community. **This seminar will equip people who have been abused and the people who love them to conceptualize, identify, and claim their stories by:**

- ***BREAKING SILENCE:*** Raise awareness and learn more about the realities of our stories about childhood sexual abuse in our church and community
- ***SPEAKING TRUTH:*** Know about the basic dynamics of childhood sexual abuse and understand God's view of emotional healing, growth, and safe relationships
- ***RELEASING VISION:*** Guide people who have been abused to journey forward and create with the life God has given them- to the glory of God

Description

Stories percolate stories. Whether you are in a counseling practice, in a church setting, or living in a community you will encounter people who have been sexually abused in their childhood. Christian homes are not immune to the problems of childhood sexual abuse. This secret sin happening behind closed doors must be exposed for God's light of truth to penetrate and bring healing to all affected. This workshop is designed to equip you to know your story and listen to other people's stories- with knowledge and compassion for those suffering in this secret sin.

Recommended Reading

Please see "Books" in Resource Section

General Assumptions: Adapted from Allender's Wounded Heart Workbook (2008).

- Our primary goal is to help you to Love God, Love One Another, and Love the World, it is not to alleviate pain. The ultimate goal is not pain relief, but love.
- Growth always involves time and struggle. Commitment and knowledge are valuable, but they cannot replace time and struggle.
- It takes a lifetime to grow. We are shy to use "recovery" because you cannot be fully recovered from the evil that exists in your life until effect of sin is erased (when we are with God in heaven).
- We can hope for substantial healing from God on earth, but never full recovery until heaven.
- You cannot do this stuff alone, yet no one can do this for you. (See Walt's appendix.)
- Our struggles are threefold- we struggle with ourselves: who am I? Why am I here? Why do I do the things I do? How can I change? We struggle with others: given people hurt us, how should we deal with them? We struggle with God: Without God we would be free to sin, break rules, detach from people, and be irresponsible.

Personal Commitments...

- I will go at the speed that works for me and stop or slow to gain more out of it.
- I will not use this workshop to damage or judge myself- and will stop listening until I am ready to not do this with God's help.
- I will move in the direction that seems consistent with God's plan for me.
- At some point I will open the door to community to help me in my struggle. I will allow another person to see my struggle, and I won't make myself do it all alone.
- I will move through a process, not just complete an event of healing and growth.

Seminar Goals:

Upon completion of the seminar participants should be able to:

1. Demonstrate an awareness of the realities of childhood sexual abuse in the church and the community
2. Understand what childhood sexual abuse is, including a Biblical framework of how God views healing and growth through abuse
3. Understand the dynamics of childhood sexual abuse and its effects on the abused, including how it could be shared in a story or creative format
4. Understand the some problems facing people who have been sexually abused and learn how to help them take the next steps toward spiritual growth
5. Effectively listen and speak with vision when a person shares their story of childhood sexual abuse
6. Demonstrate an ability to refer the abused to helpful appropriate services and resources

NOTES



Cuyahoga Valley Church presents

WORKSHOP ON CHILDHOOD SEXUAL ABUSE

Definition of Childhood Sexual Abuse

Sexual Abuse is any contact or interaction (visual, verbal, or psychological) between a child/ adolescent and an adult when the child/adolescent is being used for the sexual stimulation of the perpetrator or any other person (Allender, 2008)

Overview of Workshop

This seminar will equip people to identify, conceptualize, and claim their story of childhood sexual abuse. We want to help people find a healthy and safe context to take next steps toward sharing their story. We will accomplish this by:

- Breaking Silence
- Speaking Truth
- Releasing Vision

The Church's Response to Childhood Sexual Abuse

- Blame Victims and Abuse People
- Withdrawal and Silence
- Passive Support
- Active Support and Vision for New Beginnings

Biblical Framework

- **Luke 4:16-19**
- Malachi 2:16
- Matt. 12: 34b-35
- Mark 7: 20-23
- **I Cor.3:16 & 17**
- Psalm 140:1-2
- Ezekiel 45:9
- 1 Cor. 5:9-11
- Prov. 22:24
- Psalm 27:12
- **2 Tim.3:1-5**
- **John 10:10**
- Gal. 1:10
- Rom. 13:1
- **Psalm 11:5**
- Prov. 19:19
- Prov. 27:12
- Matt. 18:15-16
- **John 12:46**
- **Col. 1:13**
- **Mark 9:42**

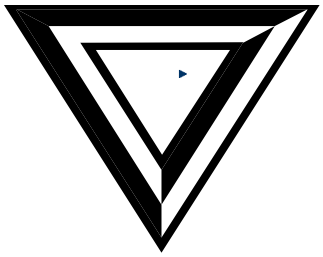
Ann Hollo's Story

"I am not what happened to me."

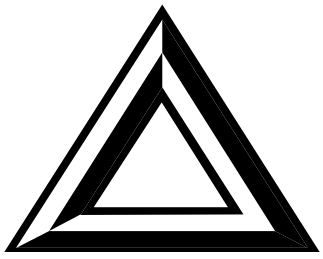
Albert Einstein

"We can't solve problems by using the same kind of thinking we used when we created them."

Drama Triangle



Adult Triangle



ADDITIONAL NOTES

A Vision of New Programming

Prepared by Dr. Walter J. Broadbent © 2009

1. We are offering a first program called "Stories of Struggle and Healing." The program addresses the issues of childhood sexual abuse. This first program is not meant to provide psychotherapy or any form of treatment. We don't know what our future programs, events, groups, activities, and interactions will be after this first event. We are not trying to dodge our responsibility here or play dumb. We truly want to create a system that will give you what you need. Since we don't yet know who you are, we can't possibly know what you need. It is our pledge to support you as you move forward, to listen to what you need and help you create programs to benefit us all. We want to create a covenant with you for the future. We will build programs, activities, and various events based on your needs rather than trying to decide *for you* what you need.
2. Like the hammer looking for nails, or the screwdriver looking for screws, we "treatment" people tend to build programs based upon what we already know (or think we know.) We often choose to build on the familiar and "known" rather than see what develops. Like most humans, we are a little frightened by the "novel" experience too. We also want to give ourselves the illusion of having some control. Believing we already know what you will need is part of the drive to feel safe and secure. This sort of thinking and planning won't help you much.
3. For many reasons, it is truly difficult to support people who have been sexually abused as children. We people who have offered treatment for childhood sexual abuse have all felt failure and inadequacy in supporting those that have come to us with abuse issues. We have also felt great success and deep satisfaction with some of what we have helped people create and do.
4. Dr. Broadbent is especially convinced that the current systems of education, psychology, social work, pastoral counseling and other attempts at helping people who have been abused haven't done a very good job of support. This is true not because treatment people don't care, or that not enough is known about childhood sexual abuse, or even that they are not smart enough, but because every current method of treatment is missing some vital aspect of what is actually needed to support people in a total way. Often a spiritual approach is needed but may not be found in a purely psychological treatment system; in a purely spiritual approach, perhaps not enough good psychological support is offered. Even the ideas in this sentence are too simple-minded. New ways of looking at how to support those that were abused and then offering "new" methods of support is one of our major aims. We feel deeply humble that you put enough trust in us to even come to this event. We take that offer of trust from you very seriously.
5. We are current "experts" in supporting those who have been sexually abused as children. We do have lots of information and even expertise to offer, but we offer support humbly with reservation. We are talented enough, but we think something

has been missing. We are looking to add those missing pieces to what we offer you. We have successfully worked with people who have been abused. We do take you coming to this program very seriously because we know that what happened to you has had a profound, lasting, permanent, and significant impact on every single thing you do today.

6. We take it for granted that you are experiencing sometimes overwhelming feelings, thoughts and intuitions. We believe that you probably feel stymied as to what to do to overcome what happened to you. We believe that you may avoid many important activities, events, and experiences that could significantly fulfill you in your God-given purpose in your inspired life. We regret the experiences that you had that hold you back. We know that you have been profoundly hurt. We want to share our expertise, and failing that, our deep concern and responsibility to support you.
7. We believe that the remedy for what has happened to you is best created by joint efforts of psychotherapists, pastoral counselors, social workers and other concerned and talented people and you! Ultimately, it is *your* efforts, with the support of others that will support you as you move along toward your God-given purpose. It is from moving toward this purpose that deep meaning comes; it is from those deeply meaningful experiences in your life that you grow closer to yourself, your family and friends and ultimately, closer to God. All vision of yourself moving forward will create struggle, but that struggle is what you are being offered to create your victory, whatever that is for you. We celebrate your victory.
8. We acknowledge that you probably don't know what to do. We accept that you may want us to "save" you, make it all better, or otherwise solve the problems that your experience has given you. We know that there is a continuum present today. At one end of that continuum are those of you who have just begun to investigate that something happened to you and at the other end are those of you that have been seriously pursuing recovery for a long time. In between these extremes are many different sorts of needs. To provide the best possible care and support, we will need to find out what you need which is a big part of what this first program is trying to do.
9. We'll help and support you, but the ultimate work of moving to health, closeness with God, and a gradual acceptance of your place in the body of Christ, is strictly your responsibility. It is something no one can do for you. It is also something you can't do by yourself.
10. We are looking at the principles that we think should lie under any actions that we take. We come from a God-centered approach. The three of us offering this program all carry spiritual principles as the baseline of everything we do. Our techniques must match our spiritual centeredness and readiness; it is not adequate to do "therapy" alone. We are struggling ourselves to learn how to combine our deep spiritual concern with good activities that will support your growth and spiritual redemption from this most difficult human experience. It is only together, with guidance from the Ultimate Authority that we may do good together. We pray for success based on how well we can listen to you and get out of God's way.

Directions for Your Journey

Prepared by Ann Hollo ©2009

WHY AM I HERE?

"You desire truth in the hidden places..." Psalm 51:6

To begin the process of change, you must name the truth...
Nothing will change if you are not willing to exchange lies for truth...

You have a choice to hide your scars or bear the beauty of them...your story does not belong to you alone..your story is always evolving and is not over yet....

UNANSWERED QUESTIONS

Where in your life have you not been able to receive the kindness of God?
How would you live if you owned no fear?
How would you live if shame and silence did not have a hold on you?
How would you live if you allowed others to suffer with you?

LIES

Evil wants to destroy your beauty; it wishes to destroy faith, hope and love thru betrayal...
Its intention is to destroy God's glory...
Evil tempts you to deny the true goodness and kindness of God...
Evil seduces you to never mourn for yourself and tempts you not to change or go forward from where you are today.....

"*Greater is He who is in you, than he who is in the world" I John 4:4*

TRUTH

Would you rather carry the load He has for you or the load you have given yourself?...who is better prepared to lead?

"Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest in your souls..." Matt 11:29,30

'MAY THE GOD OF ALL GRACE, AFTER YOU HAVE SUFFERED FOR AWHILE, PERFECT, ESTABLISH AND STRENGTHEN YOU ....HE WILL SETTLE AND RESTORE YOU!" 1 Peter 5:7-11

DISCOVERY

*I AM **NOT** WHAT HAPPENED TO ME.....*

The Emergency List

Prepared by Nancy Broadbent © 2009

This is a lifesaver (sometimes literally) for anyone healing from the effects of abuse, violence or trauma. The idea is simple. When you are feeling relatively well, make a list of things that you know will help you when you are feeling anxious, panicky, ungrounded or feel like you want to hurt yourself. Keep a copy of the list with you at all times.

What goes on the list:
Telephone numbers: When you are feeling OK, arrange with 2 TRUSTED allies of your healing process to call them when you are needy. These can be your therapist, a sponsor or friend in a twelve step program, a minister, or a really good non-judgmental friend. It's ideal to have someone to call who has been down the same road ahead of you and is now thriving. If you sometimes feel suicidal, also include the number of a suicide hot line. Program these numbers into your speed dial.

Reminders of things that you can do: These are things that are simple and quick to implement that shift your mood and soothe you. It's important that you include only things that are healthy, non-addictive and that are simple and quick to implement.

How to use it: When you feel yourself going into a tailspin, pull out your list. Pick an activity or phone one of your allies. If one thing does not work, pick another one. Remember, feelings are not facts, and "this too shall pass".

Sample Emergency List (yours will be different)

1. Call Susan (XXX)XXX-XXXX (speed dial 7)
2. Call Dr. Franks (XXX)XXX-XXXX (speed dial 8)
3. Play Vivaldi's "Glorias" (on my ipod)
4. Read August 4, 2007 entry from My Success Journal
5. Read the Bible! (add bookmarks of specific verses that have helped me)
6. Curl up with my cats under a blanket
8. Look at photos of me with my Grandmother when I was little
9. Go for a run with the dog
10. Take a bath with lavender bath salts

The News Diet

Prepared by Nancy Broadbent ©2008

One of the most basic and simple things I have done to support the healing process has given me the most profound results. I have put myself on a news diet. Now, some of you will say, "of course" and some of you will think this is truly radical and not-doable. Here's how it works for me.

In the aftermath of September 11th, 2001, I became a news junkie, as did many other Americans. It's understandable that we would want to glue ourselves to the 24/7 news coverage that emerged at that time. We truly were in peril, and we needed to know what was happening and how to take care of ourselves in the dangerous new world we are inhabiting. It does not take very long to create a habit, and so long after things had settled down again in the US, I found myself anxiously tuning in at all hours. The media were happy to oblige me with a steady diet of negative and depressing news, via TV, radio, internet & (that slowly dying dinosaur) print.

In order to disengage from my (self-created) insanity, and to free up precious time and energy to heal and to do the things I was being called to do, I embarked on a news moratorium. It was tough at first and I did suffer from withdrawal for a short time.

I reasoned that if anything truly important happened in my world, whether at a local or macro level, someone would make sure that I knew about it. This proved to be true when a depressed and intoxicated man on my street barricaded himself in his house with a shotgun and I got a call from someone I had not seen in five years telling me about it, and enquiring about whether it was my husband!

In order to be sure I didn't miss anything truly important, I asked a friend who thrives on news and politics to send me an email if she thought something warranted my attention. She has done this faithfully, and in the years since I made the decision, I've only been alerted to current events 2-3 times per year.

We all know the news is predominantly negative, but I had no idea just how big of an impact it was making on my well-being and productivity until I eliminated it. If you don't think you can do this - consider this: we all have a sphere of interest that is larger than our sphere of influence. If we spend our time thinking and worrying about the things we can't do anything about, it limits our time and ability to affect the things we CAN do something about. If we focus on those thing which truly are within our ability to change, our sphere of influence is likely to grow, perhaps to the point where we can re-engage with parts of the world that we have chosen to temporarily ignore .

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Please see our table for more information, representatives and business cards.

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