**Dr Theresa Burke and Kevin Burke’s classes with descriptions and course objectives – For Tucson, AZ March 16-17, 2018**

9:30 – Facilitation Skills I: The Power of the Present

* **Facilitation Skills I: The Power of the Present**

How can you help anxious retreat participants connect and support each other from the first night of your retreat? This workshop teaches facilitators a technique for directing attention to the present. Fully attending to an emotion can neutralize its distracting power and bring a person into a peaceful, relaxed state. This approach helps retreatants stay in the present moment and connect to core feelings. It promotes the expression of often-dissociated emotional truths and helps retreatants practice attending to the small voice within, facilitating awareness, growth and response.

10:45 – Facilitation Skills II: Cooling the Flames of Anger

* **Facilitation Skills II: Cooling the Flames of Anger**

This seminar covers the fundamentals of creating a cognitive shift through anger work. Emotions usually represent amplified thought patterns and can threaten to overcome a person by pulling him into unconscious identification with the emotion through lack of presence—the person temporarily “becomes” the emotion. Vicious cycles can build when disordered thinking and emotions feed off one another. Participants will learn techniques for grounding, for focusing on an emotion and pulling out its core truth, and for helping individuals expand beyond the limits of anger into the possibilities for transformation that lie in grief, repentance, and reconciliation.

Noon- Personal Testimony / Msgr. John / Lunch / Julie Sing

1:00 - Ethics of compassion

* **Ethics of Compassion**

This seminar outlines the Rachel’s Vineyard Code of Ethics for those serving on teams as leaders, facilitators, and retreat team helpers. We strive to create an environment of safety and freedom; these ethics provide a model of effective and respectful ministry. We treasure those who seek help and honor the sacred privilege of serving those who suffer. Seminar attendees will examine the Code of Ethics and examples from retreat and counseling experiences. This course is required for all involved in leadership with our ministries and sets the bar for professional and relational conduct.

**Learning Objectives:**

1. Outline the new Code of Ethics for our retreat ministry members and caregivers

2. Learn the importance of developing trust, honesty, caring, genuine engagement, and

mutual respect

3. Set the bar for professional and relational conduct

2:00 – Caring for Special Wounds/ Family Planning

3:00 – 4:45 -Staying Healthy in a High Stress Ministry with Wounded Souls

* **Staying Healthy in High Stress Ministry with Wounded Souls**

Wounded people can project their issues onto their caregivers and rob them of energy. This seminar teaches attendees how to set appropriate boundaries and how to establish self-care routines to protect against burnout, compassion fatigue, stress related illness, and disease. Caregivers will also learn to identify possible triggers for themselves and how to diffuse potentially draining situations.

**Learning Objectives:**

1. To explore the different ways that people deal with stress and conflict

2. To determine your relational style

3. Look at the ways we can protect ourselves and others we work with from being drained by

unhealthy dynamics, triangulation, and other dysfunctional styles that can suck the life out

of your ministry and your team

11:00-12:00 – Understanding Post Traumatic Stress Disorder and Abortion

* **Understanding Post Traumatic Stress Disorder and Abortion**

This class focuses on symptoms of PTSD as they relate to abortion. Dr. Burke will discuss trauma’s impact on memory—including amnesia, hypermnesia, and dissociation—and cover examples of avoidance, preoccupation, sleep disturbances, panic and anxiety, obsessive compulsive rituals, and numbing behaviors. Participants will learn to identify women at risk for psycho-social stress following induced abortion and recognize the symptoms of post traumatic stress disorder as they relate to pregnancy loss.

**Learning Objectives:**

1. Understand the relationship between sexual/physical abuse and abortion in creating unique

challenges for those who serve them.

2. Borderline Personality Disorder as a framework to understand the individual and relational

symptoms that can significantly impact helping relationships.

3. Use a case study to understand the unique intimacy issues with women or men who have

experienced sexual abuse and the effect on relationships with clergy.

4. Outline safety tips for clergy and counselors vulnerable to Boundary difficulties.

5. Define transference and counter transference in their ministry relationships.

6. Provide a safe and effective therapeutic and ministry response to those suffering sexual

abuse, abortion loss, and other traumatic experiences.

1:00- 2:15–How Emotional Trauma Impacts the Brain and Why

 Rachel’s Vineyard Retreats Work

* **Brain Science — How Emotional Trauma Impacts the Brain**
* Drawing on the latest research about how emotional trauma impacts brain function, this seminar explores why trauma victims respond best to sensory-based treatment. Rachel’s Vineyard treatment models succeed by helping individuals integrate the cognitive and emotional elements of trauma, soothe the nervous system, stimulate the frontal cortex through prayer and meditation, and allow for a completion of the trauma and reconnection to self, spirit, and child. Participants will learn how the Rachel’s Vineyard retreat achieves these neural connections and examine case studies demonstrating the benefits of a sensory-based approach over talk therapy.
* **Learning Objectives:**
* 1. We will explore the role of different brain functions and the neurological causes of posttraumatic
* stress disorder as a persistent deregulation of brain chemistry
* 2. Define sensory based treatment
* 3. Understand why “talk therapy” does not always heal traumatic memories
* 4. Describe why sensory bases treatment can be more appropriate for victims of trauma
* 5. Explore the role of the frontal cortex, Amygdala, brain stem and corpus coliseum in
* procession sensory input
* 6. Provide examples from the Rachelʼs Vineyard Retreat to explain the benefits achieved
* through a sensory bases treatment program

2:30 – 4:00– The role of Clergy and Counselors in post abortion healing.

* **Role of a Priest or Pastor in Post Abortion Ministry**

Psycho-spiritual healing does not mean mere restoration of the former self, but seeks spiritual integration and wholeness which results in a life of holiness. Precisely because of their wounds, individuals can realize an intimacy and trust in God as they enter a process for healing and conversion. With proper boundaries and foreknowledge, priests can represent Christ to wounded souls and safely guide them towards opportunities for spiritual, psychological and emotional healing.

This class examines the Sacrament of Reconciliation as a vital component in the healing process. However, confession alone is often not enough to detoxify festering wounds of traumatic grief. Without other interventions, some individuals enter a pattern of repeatedly confessing the same abortion in order to re-experience shame, grief, and guilt to connect to the aborted child.

Embracing the fullness of the sacrament requires traumatic grief work. Clergy are uniquely positioned to connect post-abortive persons to larger support systems, but must navigate many potential challenges. This class educates clergy about how to avoid transference/countertransference reactions and other dynamics that can sabotage recovery. Clergy will learn practical strategies for setting healthy boundaries at the start of ministry relationships, for ensuring their own needs for intimacy are met, and will explore how post-abortion ministry touches clergy as men, as spiritual fathers, and as priests.

**Learning Objectives:**

1. Develop an awareness of transference and counter-transference issues that a priest or

pastor may experience with those who seek his assistance.

2. Highlight the importance of other supports needed, such as helping post-abortive persons

work through traumatic grief and loss and recognize the necessity to connect post aborted

person to a larger support system after the initial meeting.

3. The Sacrament of Reconciliation is a vital component in the healing process. However, for

many individuals who have suffered traumatic grief, confession alone is not enough to

detoxify the wound.

4. Understand why some women fall in love with the priest who listens—and may easily

confuse the affection and gratitude she feels with sexualization of those feelings. "

5. Understand why it is important for the priest for a pastor to have proper boundaries, and

also ensure that his emotional needs for intimacy are being met.

6. Why it is helpful to connect marital partners, when possible, in the healing process.

7. Understand how post-abortion ministry touches clergy; as men, as spiritual fathers, and as

priest.

9:00 - PTSD and Fetal Loss– Crash Course

* This class focuses on symptoms of PTSD as they relate to abortion. Dr. Burke will discuss trauma’s impact on memory—including amnesia, hypermnesia, and dissociation—and cover examples of avoidance, preoccupation, sleep disturbances, panic and anxiety, obsessive compulsive rituals, and numbing behaviors. Participants will learn to identify women at risk for psycho-social stress following induced abortion and recognize the symptoms of post traumatic stress disorder as they relate to pregnancy loss.
* **Learning Objectives:**
* 1. Understand the relationship between sexual/physical abuse and abortion in creating unique
* challenges for those who serve them.
* 2. Borderline Personality Disorder as a framework to understand the individual and relational
* symptoms that can significantly impact helping relationships.
* 3. Use a case study to understand the unique intimacy issues with women or men who have
* experienced sexual abuse and the effect on relationships with clergy.
* 4. Outline safety tips for clergy and counselors vulnerable to Boundary difficulties.
* 5. Define transference and counter transference in their ministry relationships.
* 6. Provide a safe and effective therapeutic and ministry response to those suffering sexual
* abuse, abortion loss, and other traumatic experiences.

10:00 – Connection Between Trauma and Addictions - Eating Disorders, Multiple Abortions, Compulsive: Working, Spending, Gambling

* **The Trauma of Abortion Part II: Traumatic Re-enactment**
* Until trauma is fully acknowledged and intensively worked through, individuals continue to re-create aspects of the original trauma. This can be particularly painful for those who have accepted Christ but continue in compulsive, self-destructive behaviors. Knowledge of traumatic reenactment provides a valuable tool for understanding such behaviors. This seminar explores post-traumatic reenactment in the frameworks of eating disorders, multiple abortions, anxiety over fertility, maternal identity, and sexuality. Participants will learn how to help individuals reconnect, integrate, and mourn traumatic events to find release and healing.

11:00 –Pregnancy Termination and Suicide

Noon :- Testimony – From a Man / Lunch

1:00 -Panic Attacks and Other Limbic System Disturbances

* **Panic Attacks and Other Limbic System Disturbances**
* This seminar focuses on the emotional aspects of autoimmune illnesses, pain syndromes, and stress. Dr. Burke will explain the limbic system and how it reacts to stressful environments. Limbic system disruptions can interfere with sleep, mood, memory, judgment, concentration, and cause panic attacks. Participants will learn the five instinctual responses to stress and practice techniques to calm individuals in high states of anxiety.

Course Objectives:

1. Identify survival instincts of stress

2. Define Fight, Flight and Fear modes

3. Describe the Freeze and Fawning modes as biological survival states

2:00 - Sleep Deprivation and Insomnia

* Sleep Deprivation and Insomnia
* Groundbreaking results from a new University of Pennsylvania study on how sleep deprivation impacts brain neuro-chemistry can inform our work with new mothers who may be struggling to sleep and suffering from postpartum depression. The findings also have ramifications for anyone affected by trauma—such as from abortion, abuse, and combat—that interferes with sleep. This seminar examines the sleep cycle, links between sleep deprivation and disease, how trauma can damage sleep patterns, and successful approaches for treating insomnia.

Course objectives:

1. Learn what Circadian rhythms are and how easily they can be impacted by shift work, trauma, jet lag and other common factors we face in everyday life
2. Define insomnia severity and chronicity
3. Illustrate what constitutes the “ideal” approach to the treatment of insomnia
4. Summarize the medical and psychological consequences of insomnia

3:00 – Understanding Dissociative Experiences

* Understanding Dissociative Experiences
* Dissociative experiences can be coping mechanisms for trauma—a person dissociates himself from a situation or experience too violent or painful to assimilate with his conscious self. Dissociative Identity Disorder is a severe form of disconnect in a person's thoughts, memories, feelings, actions, or sense of identity. This workshop introduces clinicians to the Dissociative Experiences Scale to identify clients with Dissociative Identity Disorder and related identity confusions. Participants will also explore therapeutic interventions to help individuals stay grounded in the present as they enter their traumatic experience and travel towards healing. These techniques can be used during retreats as well as in individual or group counseling.

 **Learning Objectives:**

1. Introduce clinicians to the Dissociative Experiences and how to ground clients

2. Define depersonalization, derealization, amnesia, absorption fantasy, identity confusion, and

identity alteration

3. Explore therapeutic interventions to be used in both groups and individual counseling

4. Define Abreaction and how to manage in group or individual setting

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4:00 - Q &A

Kevin in Classroom

Men, Couples, Families and Abortion

1:00 - Power of Secrets – Breaking free from trauma with Truth

* The Power of Secrets: Breaking Free from Trauma with Truth
* Lies and secrets that hide the truth can create physical or emotional pain and deep layers of denial and anger. Lies cause emotional blockages that prevent joy and peace; secrets can divide and deter new relationships. Telling the truth brings freedom. Truth frees people to be loved in their own skin. This workshop will examine secrets as symptoms of shame-based relationships, appropriate situations for disclosing secrets, and the value of public testimony to the truth for speakers and audiences.

**Learning Objectives:**

1. Explore why people keep secrets and how the consequences can be destructive

2. Understand secrets as a symptom of shame based relationships

3. How secrets can divide, triangulate and deter new relationships

4. When not to disclose secrets to avoid frozen development

2:00 - Part I - Redeeming a Father’s Heart – Men and Abortion

* **Tears of the Fisherman: Understanding Men and Abortion Loss**

presented by Kevin Burke

Since abortion became legal in 1973, millions of men have participated in the decision to end an unplanned pregnancy. After an abortion, many men seek escape from the abortion decision and struggle to repress the memory. Complicating this loss for men, our society treats the man’s experience--his emotions and pain--as irrelevant and unwelcome.

Drawing on a range of case studies, statistics about men with abortion loss, successful treatment models, and scripture, this presentation explores healing for men with abortion experiences. Participants will look in particular at the denial and recovery of the Apostle Peter as a spiritual and emotional framework for understanding these issues.

3:00 - Part II – Cultivating the Seeds of Trust

* **Connection and Disconnection: Understanding Abortion in a Relational Context**

presented by Kevin Burke

Abortion proponents have successfully co-opted concepts of privacy, civil rights, and individual autonomy to promote abortion as a woman’s personal and confidential health care decision. But such language masks the complex dynamics that unfold when a couple faces an unplanned pregnancy.

This seminar examines the impact of unplanned pregnancies and abortions on consensual, sexually intimate relationships. Seminar participants will explore the trauma-related bonding and intimacy problems that women and men experience after abortion loss, and consider the spiritual impact of abortion in the context of the parental relationship to the unborn child. This seminar closes with video testimony from a couple about how a Rachel’s Vineyard retreat helped them to heal a past abortion loss that had brought them to the precipice of divorce.