

## Dr. Theresa Burke / Kevin Burke

### Our Presenters

Theresa Burke, MA, PhD, DAPA, NCP, LPC, is an internationally recognized expert on pregnancy loss, unresolved grief, and healing. Her counseling work has focused on women's issues, bereavement, sexual abuse, eating disorders and anxiety management. As founder and executive director of Rachel's Vineyard Ministries, Dr. Burke offers a therapeutic plan for women and men trapped in the unspoken pain of pregnancy loss. Dr. Burke has authored several publications including: *Forbidden Grief: The Unspoken Pain of Abortion* with David Reardon and *The Contraception of Grief: The Genesis of Anguish Conceived by Abortifacients and Sterilization*, and *Rachel's Vineyard Retreat Manual*.

Kevin Burke, MSS, LSW is cofounder of Rachel's Vineyard Ministries. His presentations address the effects of abortion on men, couples, families, marriage and family issues in Post Abortion Ministry. Kevin is author of *Redeeming A Father's Heart* which outlines men's experience of abortion loss and recovery, and together with his wife Theresa *Sharing the Heart of Christ* for clergy, counselors and laity in post abortion ministry and *From Grief to Grace*, a healing retreat for those suffering after sexual abuse.

Julie Carrick Wife, Mother, Daughter, Friend, Composer, Catholic Recording Artist, Inspirational Speaker, and Radio Host; Julie is not your typical recording artist. Her real life experiences are shared in her speaking & concert engagements, and formed into the lyric that are her songs. Her story reveals the heart of a woman whose faith carried her through extremely tough circumstances. Julie shares her journey as a mother of five children, two of them miscarriages, who stayed the course with Christ when she helped her daughter bring her baby to full term after she became pregnant as a result of sexual assault.

RV Team / Clergy / Outreach Ministers /  
Health Professionals Clinical Training

### Healing Hearts - Healing Pain Recognizing the Signs and Symptoms of Unresolved Grief Due to Fetal Loss and Resources to Help

16 -17 March 2018  
Santa Catalina Church  
14380 N Oracle Rd, Tucson, AZ 85739



“Memorial for Unborn Children” by Slovakian Sculptor - Martin Hacek

Rachel's Vineyard of Southern Arizona Conference for  
Mental and Physical Health Professionals,  
Pastors, Church Ministries &  
Interested Persons

12.5 LSW Hours Available

## Friday, 16 March 2018

7:30 am Registration in Hall  
8:00 am Mass in Church (optional)  
9:00 am Welcome - Judy Barnett  
Rachel's Vineyard of Southern Arizona Board President

### **Session 1 \* Dr. Theresa Burke**

*\* Suggested for Rachel's Vineyard Teams*

9:30 - Facilitation Skills 1: The Power of the Present  
10:45 - Facilitation Skills 2: Cooling the Flames of Anger  
12:00 - Lunch  
1:00 - Ethics of Compassion  
2:00 - Caring for Special Wounds / Family Planning  
3:00 - Staying Healthy in High Stress Ministry with Wounded Souls  
5:00 - Closing in Hall

### **Session 2 \*\* Kevin Burke / Julie Carrick**

*\*\* Suggested for Pastors, Church Ministries, and Mental and Physical Health Professionals*

9:30 - Music and Testimony with Julie Carrick  
11:00- Understanding Post Traumatic Stress Disorder and Abortion  
12:00 - Lunch  
1:00 - How Emotional Trauma Impacts the Brain and Why Rachel's Vineyard Retreats Work  
2:30 - The Role of Clergy and Counselors in Post Abortion Healing  
5:00 - Closing in Hall

*Special Thanks to Fr. Larry Sanders (Pastor of Santa Catalina Church and Rachel's Vineyard of Colorado Team Member for the past ten years) and the staff at Santa Catalina Catholic Parish for helping make this Conference possible.*

## *Friday Session 1\* Dr. Theresa Burke*

### **9:30 - 10:30 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 - 11:45 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.

### **12:00 Lunch**

### **1:00 - 1:50 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 - 2:50 Caring for Special Wounds / Family Planning**

Understanding those who struggle with a history of sexual abuse or ritual abuse. This workshop will present some of the special concerns that you may encounter in your post abortion ministry. What you need to know about ministering to those who have been abused in ritualistic cults and also ministering to those with a history of childhood sexual abuse in the context of retreats. We will also discuss other potential problems that a borderline, histrionic, suicidal or addicted personality may bring to the group dynamic. A familiarity with these issues will remove the fears of ministering to those who suffer these unique difficulties. We will also explore the value of the R.V. retreat process as a unique and effective response to the underlying symptoms and the core dysfunctions at the root of these disorders.

### **3:00 - 4:45 Staying Healthy in a 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.

### **5:00 - Closing in Church**

## ***Friday Session 2 \*\* Kevin Burke / Julie Carrick***

### **9:30 - 10:50 Julie Carrick - Music and Testimony**

Julie Carrick Wife, Mother, Daughter, Friend, Composer, Catholic Recording Artist, Inspirational Speaker, and Radio Host; Julie is not your typical recording artist. Her real life experiences are shared in her speaking & concert engagements, and formed into the lyric that are her songs. Her story reveals the heart of a woman whose faith carried her through extremely tough circumstances. Julie shares her journey as a mother of five children, two of them miscarriages, who stayed the course with Christ when she helped her daughter bring her baby to full term after she became pregnant as a result of sexual assault.

### **11:00 - 12:00 Kevin Burke - Understanding Post Traumatic Stress Disorder and Abortion**

This class focuses on symptoms of PTSD as they relate to abortion. Kevin 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.

### **12:00 Lunch**

## **1:00- 2:15 - How Emotional Trauma Impacts the Brain and Why Rachel's Vineyard Retreats Work**

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 based treatment can be more appropriate for victims of trauma.
5. Explore the role of the frontal cortex, Amygdala, brain stem and corpus coliseum in processing sensory input.
6. Provide examples from the Rachel's Vineyard Retreat to explain the benefits achieved through a sensory based treatment program.

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

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.

## **5:00 Closing in Church**

## Clinical Training

Saturday, 17 March 2018

- 7:30 am Registration in Parish Center  
8:00 am Morning Prayer in Church (optional)  
8:30 am Welcome

### General Session in the Church - Dr. Theresa Burke

- 9:00 am - PTSD and Fetal Loss – Crash Course  
10:00 am - Connection Between Trauma and Addictions:  
Eating Disorders, Multiple Abortions, and Compulsivity  
11:00 am - Pregnancy Termination and Suicide

12:00 pm - Lunch

### Session 3 - Dr. Theresa Burke

- 1:00 pm - Panic Attacks and Other  
Limbic System Disturbances  
2:00 pm - Sleep Deprivation and Insomnia  
3:00 pm - Understanding Dissociative Experiences  
4:00 pm - Questions and Answers

### Session 4 - Kevin Burke Men, Couples, Families and Abortion

- 1:00 pm - Power of Secrets-Breaking Free from  
Trauma with Truth  
2:00 pm - Part 1-Redeeming a Father's Heart-  
Men and Abortion  
3:00 pm - Part 2-Cultivating the Seeds of Trust  
4:00 pm - Questions and Answers

## Saturday General Session Dr. Thresa Burke

### 9:00 - 9:50 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 - 10:50 Connection Between Trauma and Addictions (Eating Disorders, Multiple Abortions, Compulsive: Working, Spending, Gambling)

First, this presentation will provide a brief overview of what we know about the brain and what we know about the release of hormones during stress or trauma. Second, we will examine some of the ritual behaviors that are set up by individuals which produce neuro chemical brain changes. We will examine how the traumatic experience impacts brain functioning as an underlying cause of process addictions. We will also learn how addictions serve a purpose to provide an immediate reward or feeling. In counseling, we need to help our clients find something to REPLACE the addiction with, something that you want more than the immediate pleasure of addictive behavior.

## Saturday Session 3 - Dr. Theresa Burke

Certainly grief work to deal with the losses that fuel the compulsion is ESSENTIAL, and then methods to change entrenched behavior patterns used to relieve stress, self-medicate, and alter brain chemistry for self-soothing or adrenaline high will be covered. Finally, a look at the role of spirituality in healing addiction—a higher power, a redeemer, discovery of a new self and transformation in Christ.

### Learning Objectives

1. Examine addictions as a development process.
2. Looking at the common denominator: addictive, compulsive behaviors.
3. Identify common addictions that post-abortive women and men frequently battle, such as:  
Sexual Addictions, Compulsive Spending, Compulsive Gambling, Compulsive Working, Eating Disorders, Internet Addiction, Alcoholism, Multiple Abortions, Shoplifting, Drug Abuse, Trauma, Drama Junkies.

### 11:00 - 11:50 Pregnancy Termination and Suicide

The objective of this course is to develop an awareness of the link between pregnancy termination and suicide. Participants will learn how to foster an environment for supportive healing rather than secrecy. Understand why the mental health community fails to recognize post-abortion emotional distress and provide appropriate treatment. Participants will also hear a personal testimony to better understand the complexities that some post-abortive women and men may suffer involving loss and isolation that may place them at risk for despair and suicide.

### Course Objectives:

1. Learn how to cultivate a setting for sympathetic healing rather than secrecy.
2. Understand why the mental health community fails to recognize post-abortion emotional distress.
3. Learn why post abortive persons can be at a higher risk for Suicide.

### 12:00 Lunch

### 1:00 - 1:50 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 - 2:50 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 “idea” approach to the treatment of insomnia.
4. Summarize the medical and psychological consequences of insomnia.

### 3:00 - 3:50 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.

**4:00 - Questions and Answers**

**Saturday Session 4 - Kevin Burke  
Men, Couples, Families and Abortion**

**1:00 - 1:50 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 - 2:50 Part I - Redeeming a Father's Heart – Men and Abortion Tears of the Fisherman: Understanding Men and Abortion Loss**

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.

**Learning objectives:**

1. Examine the role of men in the abortion decision.  
We will look at the verbal and physical responses of men to pregnancy, their role in the abortion decision, and how this impacts a women's decision to abort, and her experience after the abortion.
2. Research will be presented to indicate that men also experience

emotional and spiritual pain and conflict after abortion; the role of addictions/sexual dysfunction/employment issues after abortion. Men with neglect and abuse in their background may experience abortion as a re-creation of traumatic childhood themes-the connection to aggression and depression in men.

3. The negative impact of abortion on communication and emotional and sexual intimacy. How men's post abortion pain is uniquely related to facing failure in the role of protector and defender of child and family.

4. We will present the benefits in Rachel's Vineyard of men/couples participating in the healing process with women. We will examine the benefits to a man or woman who was not involved in the abortion, but will greatly benefit from participation in the healing process of their spouse. Abortion healing lays a new foundation for restoration of positive male self image, a healthier marital intimacy, and family life/communication rooted in loving sacrifice and service of men to those entrusted to them. This can serve to "immunize" the next generation from the ravages of the culture of death.

### **3:00 - 3:50 Part II – Cultivating the Seeds of Trust - Connection and Disconnection: Understanding Abortion in a Relational Context**

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.

#### **Learning Objectives:**

1. Connecting dysfunctional relationships patterns and issues around trust, intimacy, sexual dysfunction, and communication to a previous abortion loss.
2. Video and case examples will be used to illustrate the symptoms and challenges couples experience.
3. Healing the relational wounds of abortion. The role of the spouse

and couples in post abortion ministry.

4. Engaging couples to journey together on the healing experience. The value of the non-post abortive spouse participating in the abortion healing experience with their wife/husband.
5. Marriage preparation and abortion.

### **4:00 Question and Answer**