

Helping to Heal Workshop
Spring Ministries
83a High Street
HUNTINGDON
PE29 3DP

About Spring Ministries

Spring Ministries challenges oppression and injustice in the fields of sexual abuse and mental health by:

- raising awareness
- restoring individual lives
- educating and equipping the church to bring good news.

Spring Ministries runs training days and workshops for church leadership and pastoral teams on the subject of child sexual abuse, how to develop church environments that are conducive to healing, mental health issues, and working with ritual abuse. It can also provide in-house training and consultancy to churches.

Spring Ministries is part of Plumblin Ministries www.plumblin.org.uk and is run by Rob and Carolyn Spring of Huntingdonshire Community Church.

About the Speaker

Carolyn is a freelance writer and trainer and has been published in a range of publications. She is Chair of START (Survivors Trauma and Abuse Recovery Trust www.start-online.org.uk) and Director of PODS (Positive Outcomes for Dissociative Survivors www.pods-online.org.uk) and TASC (Trauma and Abuse Support Centre www.tasc-online.org.uk). Her website is www.carolynspring.co.uk.

Carolyn is a survivor of extreme childhood abuse, as a result of which she developed Dissociative Identity Disorder. She is in great demand as a speaker at events throughout the UK.

Contact

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Helping to Heal

*how churches can support
survivors of child sexual
abuse*

suitable for church leadership and
pastoral teams, as well as survivors
of sexual abuse, and any other
interested parties

**a training day run by
Carolyn Spring**

29 September 2012

in Huntingdon, Cambs

mail@springministries.org.uk

Background to this course

- sexual abuse affects 1 in 4 girls and 1 in 6 boys
- that equates to 10 million people in the UK who are survivors of sexual abuse
- 80% of churchgoing women abused in childhood will go to someone in church for help rather than a counsellor — so appropriate training is absolutely essential

Topics covered

We'll look at some basic information to lay a foundation, such as:

- what is child sexual abuse?
- what is the 'spectrum of abuse'?
- what is the impact of abuse on people's lives?

And then we'll look more in detail at how churches can respond well, by covering topics such as:

- anatomy of a trauma: why the effects of abuse are physical, not just emotional, and what this means for healing
- the triad of cognitive distortion: denial, minimisation and blame — and how this relates to the perpetrator, the survivor and the church family
- the 'F' word (forgiveness!): stumbling blocks, unbearable burdens and errant theologies which block healing
- the questions we don't like to ask: where was God? what about suffering? why and why me? — the spiritual impact of abuse and sitting with pain

This workshop will attempt to shift some paradigms, and take a fresh look at a topic that mostly we'd rather skirt around, so that we can build church communities that really do offer hope, and help people to heal. There won't be any quick fixes or easy solutions, but there will be plenty of compassion and even more hope.

We'll look at abuse, and we will look at healing — and we'll see how we can move from one to the other in a way that restores dignity and freedom back to survivors.

Cost and booking

The cost is £40.00 per person although group discounts are available as well as some reductions for people on a low income — please enquire for further information.

You can book by filling in the form opposite and sending it with a cheque made payable to 'TASC'. Alternatively you can book and pay online by credit/debit card or Paypal at www.springministries.org.uk.

Venue and other details

The workshop will be held at:

Huntingdonshire Community Church Centre
83a High Street
HUNTINGDON
PE29 3DP

Registration and coffee will be at 9.30 am followed by a prompt start at 10 am. We aim to finish by 4.30 pm.

Tea/coffee/cold drinks and biscuits will be provided throughout the day but please bring a packed lunch. Attendance certificates will be provided along with an extensive delegate information pack. There will also be a resources stand.

Silence is a key tool that enables those who abuse to do so. It will never stop unless we find the courage to listen to what others need courage to tell. Rising to this challenge will not be easy and is certainly disturbing, but until the church faces up to this issue it will be failing in an important part of its life and responsibility.

Church of England: Time for Action



Booking form

Yes, I'd like to come on the 'Helping to Heal' training day on Saturday 29 September 2012!

Name(s): _____

Address: _____

Postcode: _____

Email: _____

Signed: _____

I enclose a cheque payable to 'TASC' for £_____

(cost is £40.00 per person – enquire for group discounts)

Name(s) for certificate: _____

Please send this completed form and a cheque made payable to 'TASC' to the address overleaf.

Alternatively you can book and pay online via credit/debit card or Paypal at www.springministries.org.uk.

Booking confirmation and further details will be sent out by email upon receipt of your payment. We reserve the right to refuse a booking under certain circumstances.

