



You're Not Alone

International Healing Foundation / Newsletter Summer 2006

Dear Friend,

Intriguing insights into Rosie O'Donnell (actress, talk show host), Wayne Besen (gay rights activist), Paula Zahn Now on CNN (where I recently appeared) and more are contained herein. Our movement to heal unwanted same-sex attractions (SSA) grows more powerful each day. Our sphere of influence is broadening. Be comforted in knowing that love and truth will prevail in the end.

Imagine a world where the truth about same-sex attraction (SSA) is understood by all people, and everyone embraces the homosexual population with love. Imagine this world, where all the arguments, battles, and political agendas are gone because truth, love, and understanding prevail. Hold fast to this vision when you feel discouraged, alone, or out numbered. Hold fast to this vision when you or your loved one experiences yet another set back. These are merely bumps in the road toward the ultimate fulfillment of your dreams.

Those of us who stand for the right of all people to seek change and come out straight are presently the minority. Let us follow the successful strategy of gay rights advocates by relentlessly repeating our message: *No one is born with SSA, and change is possible.* Many organizations, including members of PATH (Positive Alternatives To Homosexuality/pathinfo.org), are committed to helping those with unwanted SSA. We all agree that people can change, although our approaches may vary. The more visible we are, the more influence we wield, the more minds and hearts will understand the truth about SSA. It is up to each of us to awaken our family, friends and community to this glorious truth.

WHY ROSIE O'DONNELL HAS SSA

I love and admire Rosie O'Donnell. I recently read her autobiography, *Finding Me*, as well as an interview she and her partner Kelly did for *The Advocate* (the oldest gay and lesbian magazine in America). In the fall, she will join the popular TV show *The View* on ABC as a co-host. Rosie is bright, brilliant, talented, sensitive, amusing, vulnerable, caring, articulate, and brave. Her heart of compassion is matched by her down-to-earth demeanor. Ms. O'Donnell is a busy woman juggling family life with Kelly and their four children, sponsoring and working with an adoption agency, championing and speaking out for gay rights, making movies and hosting TV shows.

Ms. O'Donnell's autobiography details many of the causes of SSA that I discuss in my book *Coming Out Straight*. By quoting several passages from her book, I will identify why Rosie is a classic case study of someone who experiences SSA. She was the middle of five children growing up in an Irish Catholic home

in NY. Her mother died of breast cancer in 1973, when Rosie was just 11 years old. She and her mother have the same name: Roseann. To her friends, she is known as Ro.

In *Finding Me*, she shares about her involvement with Stacie, who she believed to be a frightened, wounded and pregnant 14 year girl who was raped by her pastor. Against the counsel of family and friends, Rosie spent many nights and days trying to "save" her. In the end, Rosie finds out that Stacie's pregnancy was a "hoax," and in fact Stacie is a deeply traumatized woman named Melissa who experiences dissociate identity disorder (multiple personalities) and creates alternate egos to survive a horrific past. Rosie's account of this relationship with Stacie reveals her own fragile state of being.

I have the deepest respect for Ms. O'Donnell to expose her frailties in black and white. It takes a lot of guts and courage to show such vulnerability. With the aim of understanding her SSA, I would now like to construct a portrait of Roseann O'Donnell

by using her own words. I will offer suggestions why she developed SSA (*my words are in italics*). I do this in humility and in consideration that Rosie, like all of us, is a wounded soul looking for

love and understanding. In parenthesis, I list the page numbers from *Finding Me*, Warner Books, New York City, 2002.

Hypersensitivity:

"I know stuff. Stuff I shouldn't. It scares some people. Not me. It started when I was little, before I knew what they were, these ethereal moments where I am given information from some unknown place inside me." (13) "I think I have OCD or ADD or some other three-initial ditty. Whatever it is, it is exhausting." (15) "I can't stand the pain in their voices, the tenderness in their hearts, their struggling souls. Also, I become over involved. To put it bluntly, I have no boundaries. Zero, nada, zippo—none." (5)

Here Rosie references working with expecting mothers in her NJ nonprofit adoption agency. Many reorientation/reparative therapists have observed that those who experience SSA are highly sensitive men and women, responding to circumstances with a heightened sense of emotional awareness and attunement to others' feelings and needs.

Gender identity confusion / Body image wounds:

"Being a girl was horrible and gross. It was the end of the world as I knew it. First I found a lone strand of hair under my arm, and now this (*referring to her menstruation cycle*). I prayed it was all some sick joke mothers were forced to tell their daughters." (8) "I hate my body. I always have. I hate to admit this fact, but it is just that: a fact. I do not look in mirrors, I try never to be naked. If I could have sex with my clothes on I

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"Never, never, never give up!"

Winston Churchill

Rosie O'Donnell (continued)

would. I am the dieting queen, but, along with all the other four billion diet queens in this country, I never stick with the program.”(71) “Fat is a protector; anyone can tell you that. I didn’t like being ‘thin.’ I felt like people could come too close.”(72)

Rosie experiences gender detachment, at odds with her femininity. This establishes a pattern to seek self-acceptance by joining with someone of the same gender...in essence, trying to love herself through another woman. She is typical of most SSA men and women in that she doesn't like her body. When the child fails to emotionally attach to the same-gender parent, and/or same-gender peers, they generally reject their own sense of femininity or masculinity. This leads to gender confusion. Rosie, characteristic of many women with SSA, does not like her feminine body.

Mother wounds / Insufficient bonding:

“I did not go to my mother’s funeral. I went to her wake. It was quite a scene...I saw my stiff sleeping mommy and realized, right then, that she wasn’t going to wake up. Then I cried. I cried very hard...On the day I got my driver’s license, I went to visit my mother’s grave for the first time...I feel I never really got to say a full good-bye. Sometimes I think that may be why I’m still saying good-bye, today. It’s like I’m somehow stuck. Mom, Mom. You could just call out forever.”(29) “After my mother died, the house and just about everything else fell into total disrepair. It was always dark inside. Life itself was smeared a dull gray. It smelled of dust and stale urine. To me, it smelled of death.”(19) “She died. She remains a mystery to me.”(23) “There was an awkward silence. Never speak the truth, that’s the rule. See her die before your eyes, but say nothing.”(26)

Family rule in the O'Donnell house: Don't share your thoughts, feelings and needs. Rosie was unable to grieve the loss of her Mom with her Dad and other siblings. She still has a hole in her soul, longing to experience and obtain her mother's love. This may also lead to the development of SSA, seeking for maternal bonding with another woman. After puberty, this emotional need for bonding becomes eroticized or sexualized. The world then mistakenly says, "You're gay," or "You're lesbian." More accurately, within Rosie is a little girl longing for her mother's love.

Need to “save” others (codependent behavior)/ Inability to take care of self and resolve childhood issues:

“Show me your wounds, and wait for me to come save you. I will...That’s me, ‘the queen of nice.’...My giving is impulsive, driven by a demon who also happens to have a huge heart. The contradiction exhausts and embarrasses me.”(38, 40) “Stacie had many sides, shifts, and splits in her, as I had in me.”(51) “As a superhero, I am sworn to serve. I have no choice really. This need to save people is so strange, because it comes from such a warped place inside me: On the one hand, I think I’m powerful enough to really make a difference; it’s sheer disgusting narcissism. On the other hand, I feel so powerless, so much like the people I am trying to help, that I blur the line between me and them...And then there was Stacie herself. Stacie, whoever she was, had become a friend and a reflection,

a conduit to the pieces of my own past, pieces I was aware of but had not resolved.”(123) “I realized that no amount of therapy, giving away of money, or involvement with other wounded travelers would take away my own damage. I knew I had avoided fully experiencing my own past by living in other people’s.”(129) “The realizations I came to, through this relationship (with Stacie), were at once subtle and profound: Saving the world is a lofty goal and an impossible feat. Swimming in others’ pain only delays the journey through your own.”(208)

Stacie equals her own wounded, unhealed inner child that she is unable to embrace directly. Rosie is emotionally stuck, unable to resolve her childhood trauma, thereby reliving it through others. She works to save others (codependent behavior), at her own expense, disconnected from her wounds and needs. Trapped in a life of same-sex relationships and solving other people's problems, Ms. O'Donnell is unable to access and resolve her own core issues. If Rosie would get in touch with her own inner child, work a program to heal that child within and experience intimacy with women in healthy, non-sexual relationships, she would heal and fulfill her own sense of womanhood and femininity. Naturally then, SSA would dissipate as she becomes comfortable in her own skin.

Father wounds / Wounds with men:

“When I was twenty-nine, I fell in love with a man who was sweet and funny and kinder than any man I had ever known. Tall, blond, and handsome, with a stunning smile, we spoke about getting married, which was both thrilling and repulsive. He didn’t care what size my body was and no matter how hard he tried to convince me of that, I never believed him. As he and I got closer, I got bigger. For every pound I gained, I took one step backward, using flesh for padding. I bubble-wrapped my heart...I am difficult to love, and I know it. I never learned the unconditional part, so trust evades me. Add sex and I fall apart, eventually retreating back into the swamp.”(73) “I knew nothing of boys, and what I knew of men was no enticement to boy-raising.”(157)

In her book, Rosie recalls being estranged from her dad while growing up. He was unable to allow his daughter to express her deeper feelings and support her growth. He was also overwhelmed raising five children alone. Rosie has a negative view of men based upon the relationship with her dad and being sexually abused.

Sexual abuse

“I was an abused kid. This is something I have chosen not to dwell on in my public life...So, yes, I had been abused, although the details are not important. What is important is that I had, supposedly, dealt with the fallout in therapy. How naïve I was. Abuse is an ongoing saga for everyone who has lived through it (hence my relationship with Stacie). It may start and stop in real time, but in mind-time it goes on forever.”(75) “Why was I drawn to Stacie? Oh, a million reasons, one of which was this: a reliving. A sense of shared pain. Talking to her, I felt this pain, my pain, all over again. And although it’s hard to admit, I like how it felt. Electric current, real. It made me feel alive, raw, and sad. I am a swamp person, and so was Stacie.”(75) “Maybe it’s also an abuse thing. When your boundaries have been violated, you just plain and simple stop seeing the space

between people, so people's pain becomes your pain and you have to stop it. At the same time, though, codependency is also a distancing ploy; you're so busy trying to save the world out there you forget about the people close to you, and then, last of all, or first of all, you forget about yourself, that you might be the one worth saving."(78)

Many men and women who experience SSA have been sexually abused. This further prevents them from having successful relationships with members of the opposite sex, not wanting to be placed in such a vulnerable position any longer. Turning to someone of the same gender is then more safe and comforting. Rosie is also drawn to "save" other wounded souls and abuse victims in an effort to heal herself. However, this never works.

Ms. O'Donnell experiences same-sex attractions, like many other women, due to a combination of factors—hypersensitive nature, gender identity confusion, body image wounds, lack of mother-daughter bonding, distant from father, and sexual abuse. I propose that if Rosie would work through each one of these issues in her life, and experience healthy, non-sexual intimacy with women, she would ultimately resolve her SSA and experience a sense of inner peace, self-worth, and opposite sex attractions. I believe in Roseann O'Donnell. I love this woman. *Let us pray for her healing.*

WAYNE BESEN IS ABOUT HATRED & FAILURE

We live in the information age of technology where news is heard around the world in a matter of minutes. Therefore, I want to clarify misinformation and slander that has been propagated by one of the most broken and bitter men I have ever met. This person, Wayne Besen, is a gay activist who unconsciously plays out his unresolved childhood trauma in public forums, i.e. Internet, radio, TV. In Wayne's world, he obtains energy by denigrating and demeaning anyone who does not agree with his perspective. His modus operandi is name calling, slander and character assassination. It is evident that Wayne was deeply abused as a child, and instead of taking responsibility to heal and grow, he retaliates by abusing others who threaten his life paradigm. His issue is not homosexuality (although that is the pretense and mask he wears), it is all about a wounded soul crying out for recognition.

Wayne lacks creativity. His book, *Anything But Straight*, is remarkably similar to my title, *Coming Out Straight*. In his book, he spins a web of lies and deceit, taking granules of fact, then fabricates stories to confuse his readers. He uses slander, innuendoes, and cheap gossip with little resemblance to truth. Wayne also sucks power from failure. Over and over again he states, 'I traveled the country listening to stories of people hurt by conversion therapies and ministries.' Wayne is a collector of people's failures and feeds off their negative energy. "Conversion therapy" is derogatory term he and other gay activist use to denigrate our work.

Now, Wayne has created a new group called *Truth Wins Out*. Sound familiar? Similar to Focus on the Family's excellent *Love Won Out* conference. At his recent press conference to launch this new and bitter effort, he presented a cast of wounded and

angry souls who failed to change. Can you imagine a similar conference, where Wayne gathered alcoholics who dropped out of 12-step groups and therapy, and then returned to drinking? "We just want to say that once an alcoholic, always an alcoholic. No one can change. You're born this way, and that's it. We denounce any efforts to change, as we were badly abused by these ineffective therapists and silly ministries trying to help people go straight."

I put forth that Wayne is a frightened and insecure little boy, attacking his opponents, unable to embrace differences with respect and dignity. I have debated countless gay activists, and we agree to disagree, respecting our differences. Wayne is incapable of such mature discourse. I am not against him or his right to live a homosexual life. I am for equality, for the right of each man, woman and adolescent to have the right of self-determination—to live a homosexual life, or to choose to change and come out straight. This freedom to choose creates anxiety and fear in Wayne. I could introduce hundreds of men and women who have changed and come out straight, and he would still attack and deny their existence. If Wayne, and others like him, were secure in their homosexuality, they would not have a need to vilify those who chose to change and leave the homosexual life behind. We must therefore show Wayne great love and compassion.

Wayne shoots the messengers so the world won't hear our message: *No one is born with SSA, and change is possible.* But Mr. Besen, pay attention. We are here. We are not queer, so you better get used to us. We are not going away, and we are increasing in numbers every day! Tolerance, diversity and equality for ALL. Be sure to add the name of Wayne Besen, and other gay activists, to your daily prayer list. Truly, we need to forgive him for he doesn't know what he is doing.

APPEARANCE ON PAULA ZAHN NOW

It seems my appearance on Paula Zahn's CNN show, which aired on May 23rd, created controversy in the healing SSA movement. It is important to clarify that all of us in this movement believe in the ability of people to change and come out straight. However, some of us have different approaches to achieving this goal, all of which have merit. On Paula Zahn Now, one of my clients shared about his wonderful transformation from unwanted SSA to the world of dating women. I also demonstrated two therapeutic techniques that stimulated many lively conversations.

I know what I know, and over the past 16 years of counseling men and women on their journey to wholeness, these techniques work. It is also important to understand that *these techniques are merely options in a comprehensive plan in the healing process.* Different strokes work for different folks. On the Paula Zahn show, these techniques were used to sensationalize the possibility of change. However, in the world of media and the information age, *controversy generates publicity*, and the more our message is heard, the greater number of people will know that *no one is born with SSA, and change is possible.*

The first approach demonstrated is called *Bioenergetics*, as taught by Dr. Alexander Lowen (book by the same name). He teaches that stored in the musculature of our body are past,

unconscious memories. Through the use of various bioenergetic techniques, powerfully and purposely expressing one's anger as one example, we are able to access core wounds and begin to grieve the losses of our past. By moving through our anger, we may penetrate our wounded heart, grieve the pain of the past, and finally come to a place of understanding, forgiveness, and love. Real and lasting healing must first take place in the body, and only then can the head understand the "truth." I was criticized for demonstrating this technique. However, let me be clear that I have been privileged to witness this remarkable healing process hundreds of times, with hundreds of clients.

The *Holding Technique* I demonstrated with my client is to be used between the client and his same-gender mentors, family members and peers, not with his therapist. Touch deprivation is a major issue with SSA men and women. Experiencing healthy touch is a wonderful way to meet legitimate needs in safe, non-sexual relationships. During the taping of the Paula Zahn interview, I told the producer and host that I would only hold my client if they clearly stated that this should be done between the client and his healthy same-gender, non-SSA mentors. It was mentioned on the show, but just as a fleeting comment.

If my demonstrating this holding technique offended anyone's sensibility, I am sorry you felt this way. It is important to protect our clients and those seeking help to heal from unwanted SSA. We must create safe and successful protocols for all to heal and grow. Healthy touch heals. Again, many who experience SSA are touch deprived. Not all, but many. Therefore, it is imperative in the process of healing that they experience healthy touch from same-gender mentors, family members, and friends. *Instead of drilling into people what they should not do, let us prescribe the solution, which is healthy relationships that may entail healthy touch.* I had to work through my own sexual abuse, and experience healthy touch with my OSA (opposite-sex attracted) mentors and friends. Now I live in a world where touch is pure, healthy and safe. I have taken this profound wound and turned it around to be my gift to the community. Part of my mission is to help bring healing into the world through healthy touch.

Let me note along this line, that for nine years, I facilitated a weekly support group of men with unwanted SSA. In those nine years, to the best of my knowledge, not one man had sex either within or outside of the group. They had no need to "act out" sexually, as their needs for masculine bonding, including healthy touch, were being fulfilled in healthy relationships. Of course, they were doing many other things to change. Receiving healthy touch is just one piece of the larger picture when healing from unwanted SSA (please read Chapters Four and Six of *Coming Out Straight* for details about all facets of recovery).

All new ideas originate outside of the box, seeming to stand in direct opposition to conventional wisdom of the day (read *The Structure of Scientific Revolutions* by Thomas Kuhn, Ph.D.). I know in my heart and soul that in time, the beauty and necessity of healthy, non-sexual touch in the process of healing, and in everyday life, will become common knowledge and practice. We always fear that which we do not understand. I invite open discussion and inquiry about the efficacy of healthy touch. Touch does not equal sex. Please read the late Dr. Ashley Montagu's (of Princeton University) landmark book, *Touching*:

The Human Significance of Skin. It details our indelible need for healthy touch and intimacy in all human relationships.

AN UNLIKELY MESSENGER

Since I have been attacked numerous times, I would like to share a little more about myself and why I do what I do. God called me in June 1987, at an Exodus Conference in St. Paul, Minn., to be part of the SSA healing movement. I had broken through my own issues earlier that year, finally being freed from a lifetime of struggle with unwanted SSA. On bended knees, I begged God for direction. At that time, I had been an artist manager for ten years, touring classical musicians and ballet companies throughout Asia. Then I heard God speak to my heart, asking me to help those with unwanted SSA find the freedom and healing they desperately need; and reach out to all people, educating them about the truth of SSA. Why did God choose a weak and wounded man such as me? Perhaps because I knew it wasn't about me. Rather, it was all about Him and being a vehicle for God's message. So you see, Wayne and others can easily criticize me. I am an unlikely messenger with a colorful past. My healing journey has been rocky and rough as I climbed out of hell.



As a healer, I continue to be a lightning rod of controversy. The gay movement likes to use this incident against me: In April 2002 I lost my membership to the American Counseling Association (ACA) because of a single client's complaint. The complaint was based on these ridiculous premises: 1) I asked my client to share his testimony at a therapeutic conference, 2) I asked him to do volunteer work for the International Healing Foundation (IHF), 3) he and all the others on our mailing list were asked to contribute to the work of IHF, and 4) I suggested he read my books and attend our healing seminars. These are the facts as stated in ACA's letter of dismissal, which I chose not to fight. I agree that a dual relationship was created by his volunteering for IHF while still a client. However, ACA's response to this situation was an egregious act of discrimination. Theirs is a gay affirming organization, and stands in direct opposition to those who practice reorientation or reparative therapies. They used these minor infractions to get rid of me, and to silence my voice in their ranks. I was a victim of their intolerance and outright bigotry. Should I seek legal action against them? Perhaps, but with limited resources, time, and energy, I choose to focus on spreading the truth and helping those who seek change. If you have the time, and are inspired to help and assist in legal action against the ACA, please contact me, as I would appreciate your assistance in this matter.

Another criticism the gay community levels against me is that I am not a licensed therapist at this time. When I started counseling 16 years ago in Seattle, WA, I was a certified therapist in WA State. When I moved to Maryland 14 years ago, licensure was neither required nor offered to psychotherapists. For years, as a therapist in MD, I was reimbursed by insurance

(third party payments). When the state changed their requirement for licensure, I was on a three year sabbatical from counseling. When I returned to counseling about three and a half years ago, I decided not to apply for licensure. I did not want to jump through all the necessary hoops of testing and being involved in numerous supervised hours of counseling, as I often travel throughout the country and world to promote healing SSA. And in all candor, I wanted to remain outside the "system" since all mental health organizations now promote "gay affirmative therapy."

What then are my credentials to help men and women with unwanted SSA, and their loved ones? Firstly, I came out of homosexuality. I have been married for 24 years, and Jae Sook (my wife) and I have worked diligently to create greater love and intimacy in our relationship. We have three amazing children. Our eldest son (23 years old) just entered medical school and is working on his MD/Ph.D. He is engaged to a beautiful young woman, also going into medicine. Our daughter (22 years old) is a senior at an Ivy League university studying English Literature with a minor in African-American Studies. She plans to leave for Africa next year to participate in the Peace Corps. Her desire is to teach English to High School students. Our youngest son just graduated from elementary school with honors (President's Scholastic Award), and received a medal for his outstanding achievement in physical education (yes, my young Alfred is a great athlete!).

I obtained a Master of Arts degree in counseling psychology sixteen years ago and then founded the International Healing Foundation. Since then, I have had the privilege of assisting hundreds of men and women heal from unwanted SSA and achieve their goals of heterosexuality and marriage. I have helped thousands of others through experiential healing seminars throughout the United States and Europe. I have trained therapists, clergy and ministry leaders how to assist those with unwanted SSA. I have written two books on this subject (*Coming Out Straight* and *Gay Children, Straight Parents*), widely used by many to assist in their process of healing, and helping many parents restore their relationships with their "gay" identified children. I have appeared on numerous radio, television and newspaper interviews, including *Larry King Live*, *The O'Reilly Factor*, *20/20*, and *Paula Zahn*. These are my credentials. These are the fruits of my blood, sweat and tears. God called, and I have obeyed. I am His son. I am loved. I am a common man, who uncommonly stands against criticism and attack from all sides of the spectrum. My value lies in Him, not humanity's disapproval or approval. I know to the core of my being, that with God, all things are possible.

STAND TALL, STAND PROUD

I am an unlikely character to be a spokesperson for the healing homosexuality movement. I didn't ask for the job. God called, and I answered. I am a pioneer. I have many flaws, but, until my last dying breath, I will stand tall and proud for my loving God and humanity, proclaiming hope for healing homosexuality. Please stand with me. Stand up for what you believe. We need to be seen and heard.

Rosie O'Donnell, Wayne Besen, and other men and women living from their SSA, are wounded and unaware of what drives their lives. All of us in the healing SSA movement understand

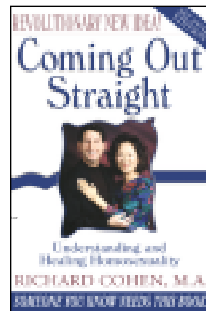
what drives them. *Much is expected from those to whom much has been given.* Therefore, we must create a world where they may find the right kind of love, the right kind of help, in the right kind of environment. Please, join with me to create this world of understanding, forgiveness and love. I desperately need your prayers and financial support. We hired a wonderful new assistant, Becky Kellner. With her taking over the administrative tasks of running this foundation, I am able to do more media appearances, train more therapists and ministry leaders, speak in public venues, conduct healing seminars and teleconferencing classes, and work on writing and editing books. But I need your help to keep the momentum moving forward and make the dream come true. Please, stand with us, and contribute generously so we may spread hope and healing for all. This is a battle of love. *Whoever loves the most and longest wins.* Wayne stands up with hate and venom. I counter with love and truth. I need your generous support and prayers to continue the battle. Thank you and may God richly bless you, your family, and all your efforts for heaven. Remember when times are rough, the tough keep going. Maintain your vision, and it will come true!

In His Love,

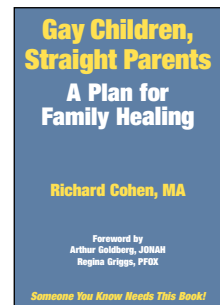


Richard Cohen, MA
Director

Coming Out Straight



Gay Children, Straight Parents



Available on-line at

www.ComingOutStraight.com or call our office at (301) 805-6111 to order your copy today. Discounts for 10 or more copies.

RECOMMENDED WEBSITES:

PATHinfo.org (International Coalition)

NARTH.com (Therapeutic Organization)

Peoplecanchange.com (Assisting men with unwanted SSA)

PFOX.org (Assisting Family & Friends)

JONAHweb.org (Jewish Outreach Organization)

Exodus-international.org (Christian Outreach Organization)

Evergreeninternational.org (Mormon Outreach Organization)

Janellehallman.com (Expert in Female Homosexuality)

Healinghomosexuality.com (Adventure In Manhood)

Newdirection.ca/research (Research about Change)

FATHER-SON HEALING SEMINAR

August 19-20

"I wish I had a closer relationship with my father. I just want him to know and understand me." These are the words of many sons. "I long for my son to open up and share what's in his heart. We've been distant far too long." These are the words of many dads. Here is your chance. This unique healing seminar is an opportunity to break down walls and build bridges of understanding and love. This is a chance to establish deeper connections that will last a lifetime.

During this experiential two-day seminar, exercises will help you: 1) heal past wounds, 2) forgive mistakes, 3) experience healthy bonding, and 4) learn about each other's love language. Space is limited, register now.

LOVE/SEX/INTIMACY (LSI) HEALING SEMINARS

September 16-17 and December 2-3

The LSI Seminar provides an opportunity for individual, couple and/or family healing. We offer practical solutions for personal and relational issues. In this experiential weekend, you will make breakthroughs worth about six months of therapy. Exercises include: 1) Discovering your inner child, 2) Reconciling past relationships, 3) Healing power of healthy touch, 4) Opportunity for individual and/or couple/family healing session.

TELECONFERENCING CLASSES FOR PARENTS

September 5 – November 21

Receive coaching and counseling for your personal family situation regarding your child's SSA. Through a series of nine classes held over three months, you will learn 1) practical methods to help your child heal, 2) effective communication skills, 3) the roles of mom and dad in their process of healing, and 4) how to share with and educate other family members and friends. Each class lasts 1 1/2 hours, with 30 minutes teaching and 60 minutes Q & A session/personal coaching. The classes take place by phone on Tuesday evenings from 7-8:30pm EST.

FOR MORE INFORMATION ABOUT HEALING SEMINARS AND TELECONFERENCING CLASSES, PLEASE VISIT OUR WEB SITE OR CALL OUR OFFICE TO REGISTER.

Tel (301) 805-6111

Web: www.ComingOutStraight.com

EXPERIENTIAL HEALING WEEKENDS FOR MEN

Journey Into Manhood (JIM)
www.peoplecanchange.com

Adventure In Manhood (AIM)
www.adventureinmanhood.com

PRACTICAL EXERCISES FOR MEN IN RECOVERY OF SSA

Dr. James Phelan

This new workbook is designed to assist men healing from unwanted SSA. The person in recovery may share these exercises/assignments with his therapist, minister/rabbi, mentor or support group members. It contains over 80 practical exercises that address every aspect of the healing process. At last, a practical and therapeutic workbook that will bless your journey into manhood. Excellent for support group sharing.



Cost: \$25 — Introductory price: \$21

Shipping/Handling: \$6

Make check payable to IHF or call our office to order by credit card and/or for group discounts.

PFOX (Parents and Friends of Ex-Gays and Gays):

Support groups for family members. Advocacy in public schools to promote first amendment right of free speech. Wherever homosexuality is taught, the opportunity of coming out of homosexuality must equally be presented to students. Contact Executive Director Regina Griggs at (703) 360-2225.

Lee Brundidge: IHF Coach is available for Church Presentations and creating Affirmation CDs. Call our office for more information.

HEALING A MOTHER'S HEART

Hope for Mothers of Daughters with SSA

By Janelle Hallman, MA, LPC

August 4-6, 2006

This is a three-day group experience taking place in Westminister, CO, with up to seven other mothers of daughters with SSA. Because of Janelle's extensive experience counseling women who struggle with SSA, she is uniquely positioned to help mothers (and fathers) understand the nature of their daughter's struggle as well as heal and strengthen their relationship with their daughter. Time will be spent in teaching, personal reflection, sharing, learning, inspirational readings, dialogue, fellowship, training, processing, eating, praying, crying, and laughing.

Contact Ms. Hallman at (303) 273-2877 or www.janellehallman.com



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