



You're Not Alone

International Healing Foundation / Newsletter Winter 2006-2007

Sixteenth Anniversary 1990 - 2006

GREETINGS,

Contained herein, for your inspiration:

- *Why I believe former NJ Governor James McGreevey has same-sex attractions (SSA)*
- *Victories in 2006 & Visions for 2007*
- *Upcoming healing events*
- *New columns: Helping SSA Strugglers Heal & Assisting Parents with SSA Children*

Email from a struggler
who recently read
Coming Out Straight:

"I considered myself to be gay since I was 18. Before that, I struggled mightily against my homosexual feelings. I tried psychotherapy with many doctors and therapists, first seeking to be cured, then, after accepting my homosexuality as my true identity, seeking to find a way to happiness as a gay man. I always thought that within a few years I would overcome my personal barriers to having a satisfying intimate relationship, but those years literally stretched out into decades, and I never got there. It's incredible to me that I am writing to you now, as a 50-year-old man, seeking help with a problem that could have been addressed so many years ago." JM

IGNORANCE IS THE ENEMY

Everyone wants to be free. Freedom, however, is not free, especially for those who experience same-sex attractions (SSA). The homosexual community offers a false freedom based on a faulty foundation—born gay and cannot change. We know scientifically and scripturally that no one is born with SSA, and change is possible. I am living proof of this fact, as well as the thousands of men and women who have found freedom from unwanted SSA.

We need to vigorously challenge this false paradigm by promoting the facts about SSA. The homosexual movement is fueled by pain and resentment, tired of being rejected by family, friends, religion and society. Would you want to lose your job or be kicked out of your apartment simply because of your sexual proclivity, especially if you didn't want those desires in the first place? If we promote the truth about SSA, and teach everyone to respond correctly—with love, under-

standing and compassion, as opposed to a false "tolerance" that won't serve the SSA individual in the long run—we will create the final freedom, a true path for healing SSA.

Ignorance is the enemy, not people. This is a war of ideas. Lies are being paraded as fact. Education is the solution. We need to consistently educate people about the truth of SSA: *No one is born this way, and change is possible*. Actually, we need to re-educate the general population simply because homosexual activists have successfully mythologized SSA,

leading most people into believing "born gay and cannot change." As stated, this is scientifically and scripturally false.

Ignorance is the enemy. For thousands of years, those with SSA were persecuted, executed and relegated as persona non grata: fag, queer, homo, sissy, dyke, pansy, and gay. They were labeled as the most sinful, and the most despised. It is understandable that the homosexual community had to devise a powerful paradigm to gain public acceptance, which is why they created the "innate immutable" myth. This was done with the sole intention of gaining acceptance, in spite of

the fact that the gay strategists knew this wasn't true.

Ignorance is the enemy. Perhaps you have seen former NJ Governor James McGreevey making the rounds on major television talk shows promoting his new autobiography, *The Confession*. In his book he describes his painful journey from tormented man, wrestling with unwanted SSA, to peaceful "gay" man, in full acceptance of his homosexuality. How sad and unnecessary, simply because he has bought into the myth of homosexuality. Please read my evaluation: **Why I believe former NJ Governor James McGreevey has SSA.**

Everyone seeks freedom. Former Congressman Mark Foley, who resigned because of his inappropriate advances to male pages, former Governor James McGreevey, who resigned as a result of his sexual relationship with a staff member, and countless others who were co-opted into the false freedom called "gay," are searching for true love. SSA is born from emotional wounds that have not healed, and legitimate needs for love left unfulfilled. "Gay" activists took the issue out of the realm of morality and psychology and made it a civil rights

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Holiday Greetings, Love The Cohen Family



*We pray for you and appreciate your prayers for us.
Richard and Jae Sook with children
Jessica, Yi Hwa (Jarish's wife), Jarish and Alfred.*

Ignorance is the enemy (continued)

issue because no one provided a door of hope or a positive alternative. The solution is not to embrace homosexuality as a normal, natural variant of human behavior, but to offer the truth about why SSA exists, and provide hope for real and genuine healing. Foley, McGreevey, Rosie O'Donnell, Mel White and all who experience SSA may find real freedom and lasting love if we offer them this truth.

Ignorance is the enemy. It is an ideological war that we must wage. Pain and anger fuel the homosexual movement. The only anecdote is truth and love. With your continued prayers and financial support, I will continue to rectify this injustice in 2007 by bringing the truth of SSA to the forefront of public debate. We will make this a safer place for you who struggle with unwanted SSA. We will work tirelessly to create understanding of SSA for your loved ones, so they may find true love instead of cheap "tolerance" that leads to unnecessary heartaches and pain. We have the truth—no one is born with SSA, and change is possible. We simply need to disseminate the facts so those with SSA will find help and hope in the loving arms of a safe and knowledgeable community.

I AM YOUR VOICE

In 2006, I was featured on dozens of radio, television and newsprint interviews, in the US and worldwide, promoting the truth that no one is born with SSA, and change is possible. I am a former homosexual man who has been married for 24 years with three children. My beautiful wife is a brilliant Reflexologist, our oldest son is now married and in medical school, our daughter soon graduates university and will teach high school English, and our youngest son is braving the sixth grade and is an accomplished martial artist. I am also a psychotherapist who has helped hundreds heal from unwanted SSA, and fulfill their heterosexual dreams. I am a credible witness to the truth. I can talk the talk because I have walked the walk. I stand up for you who experience SSA, and for you Mom and Dad, whose son or daughter experiences SSA. I am your spokesperson to keep pushing the envelope by promoting the truth about homosexuality. I am your mouthpiece, the face of change, and a therapist, speaking the truth in love. Please read about our many **Victories in 2006** that detail the wonderful ways we stood for you and your loved ones.

COUNSELOR TRAINING PROGRAM

A major victory in 2006 was the initiation of our Counselor Training Program. Seven men graduated from this one-year training and are assisting others in the fulfillment of their dreams. In this way, we are multiplying our efforts exponentially. Next year we will hold another counselor training session for therapists, coaches, and ministry leaders, teaching them skills to assist strugglers and family members. You may read more about this in the **Counselor Training Program** section of the newsletter.

CHANGE IS POSSIBLE CAMPAIGN 2007

We will wake up this nation and world with our **Change is Possible Campaign in 2007**. We will win this war of ideas as soon as people get the facts. To accomplish this, we plan three major projects: 1) create a new DVD to be used in public

schools, religious and social institutions—a non-religious short film about the basic causes of SSA, how healing occurs, and stories of transformation; 2) media outreach—stand up and share the truth in as many television, radio and newsprint outlets as possible; and 3) a CD series for parents of SSA children—using *Gay Children, Straight Parents* as the text, instructions/ideas/skills will be taught to create greater intimacy and help SSA loved ones heal and come out straight.

We need: \$35,000 to create the new DVD film

\$15, 000 for our media outreach budget

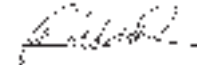
\$5,000 to record and duplicate the CD series for parents

TOTAL 2007 PROJECT BUDGET: \$55,000

We will affect change with your help. I wish to thank those who have given in the past, for these and other projects. With your continued generous support, we shall make dreams come true for you, your loved ones, and the millions seeking hope and understanding. Please visit our web site and click on **Stories of Change**. This is not just theory, it is practical reality that no one is born this way, and authentic change is possible.

Gay Children, Straight Parents: A Plan for Family Healing will be released in the Spring-Summer of 2007 by a major publisher. As Mr. McGreevey did, I will promote this revolutionary concept in every avenue possible. Let each one of us stand and share the truth in love. Instead of complaining about the misinformation out there, let us be the solution. I will support your healing, your growth, and your family breakthroughs. I need your support to continue to be your voice in the public debate about SSA. Let us, together, be victors of love in the New Year. Whoever loves the most and longest will win this battle.

In His Love and Grace,



Richard Cohen, M.A.
Director

"Mr. Cohen, Enclosed is a donation for your wonderful foundation (IHF) in memory of my husband who died this year shortly after he attended a men's retreat associated with IHF. He came home with hope and, with tears in his eyes, said that this was the best weekend of his life. When he passed away, I knew that he died a happier man. Your foundation gave him such encouragement and I want to thank you for the tremendous and difficult job you are doing."

FM

Tom speaks, "By the time, at age 32, I began to seriously address my SSA, I had been struggling with it for so long I could barely remember life without it. As I write this, I am thirty-five and continuing on my journey of recovery, moving toward the reclamation of my true masculine potential which lay dormant for so long...The healing process takes a lot of time. You cannot rush something like coming out of SSA. But I can say with certainty that I cannot imagine returning to my past behaviors. I *know* that change is possible. I am living proof."

Stories of Change, www.comingoutstraight.com

VICTORIES IN 2006

- **Counselor Training Program:** Seven therapists/coaches/ministry leaders trained how to assist SSA strugglers and their families. "This was the best training I have ever had for counseling SSA strugglers. I am applying all that I have learned and it works!" BA
- **Counseling, Consultations, Family Healing Sessions:** Worked with 300 individuals, couples and families. "Our family healing session revolutionized our lives. We went to a new level of honesty and intimacy. Now we are on our way to greater love. Thank you." BD
- **Media interviews:** Several dozen radio shows (Highlights: WETN Catholic Radio, Alan Colmes Radio Show), television shows (Highlights: Jimmy Kimmel Live, Paula Zahn Now, Australian Broadcasting Corp "Gay Conversion"), newspaper interviews. "I heard you on the radio, and finally found answers to the questions I've been wrestling with my entire life. Thank God." SD
- **Gay Children, Straight Parents 2nd Edition:** Published in February by IHF. Signed contract with a major publisher, to be released summer 2007. "Because of your book, we now know what to do, and how to help our son heal. We are overwhelmed with gratitude." SS
- **Coming Out Straight 2nd Edition:** Published in January. "I waited for this book all my life. I saw my life story unfold page after page, and I filled them with tears. Thank you for giving me a plan for change." CT
- **Teleconferencing Classes for Parents:** Forty families participated. "These teleconferencing classes have been life giving to us. Each week you re-inspired us to love our son in all the right ways. We can see the tremendous impact it is having on our relationship with him. Finally we have hope." B&SG
- **LSI Healing Seminars:** Four seminars with 120 participants; developed protocol and trained staff. "This was the best seminar of my life." HM
"I was able to find my inner child for the first time in my life. I'm on my way to freedom." DP
- **Donated books** to prison ministries, religious institutions, and missions in Africa and other parts of the world. "Your resources will help save many lives." JG

WHY I BELIEVE FORMER NJ GOVERNOR JAMES MCGREEVEY HAS SSA

I was deeply moved when I read Jim McGreevey's autobiography, *The Confession*. After finishing the book, I immediately sat down and wrote this evaluation of why I believe he has SSA. Below is that evaluation as it would be presented to Jim should he ever be my client.

It is not the parenting that creates same-sex attractions (SSA), it is the child's temperament and perception that makes the difference.

In my professional opinion, there is a combination of factors that led to your same-sex attractions (SSA): 1) hypersensitive temperament, 2) family pressure, 3) people pleasing, 4) religiosity, and 5) peer pressure/political pressure. Finally your SSA feelings led to a gay identity. The causes of your SSA are a bit more insidious and camouflaged than others. In your book, it seemed that you bent over backwards to idealize your family, staunchly defending them against popular theories of why most people develop SSA. However, through my personal journey and professional experiences, I know there is much more that lies beneath the surface. Otherwise, you would not have spent a lifetime masking your true feelings and needs. What became abundantly clear is that a lost and frightened sensitive boy never fully emerged into this world as his own person. And now, in order to find that boy and man, a "gay" identity has become a means to this end.

FAMILY PRESSURE

You felt pressured to be perfect—perfect son, perfect grandson, perfect Catholic boy, perfect student, perfect legacy carrier for your deceased uncle. It seems that such a sensitive boy was lost under the pressure of everyone's expectations. Because of your innate temperament of hypersensitivity, you were unable to stand up and manifest your own desires. SSA became a shield to hide all your overwhelming thoughts, feelings, and needs.

GRANDFATHER: NJ policeman from Ireland, a seeker of justice, for the underdog because of his experiences as a Catholic in predominantly Protestant Ireland.

FATHER: A Marine at 17. He was a drill sergeant: "There never was a man better suited for this job." (p 14) Occupation: Director of National Accounts for a trucking company. His life motto: "Plan your work and work your plan," which you adopted as well. He was very methodological in his plans and actions, very focused and unrelenting. "He is not the shrinking, absent father figure whom mythology wrongly blames for 'creating' homosexual children. Nor is he the overweening, under loving cartoon commonly accused of wounding the heterosexuality out of kids." (16) He was "loving and difficult, demanding, forthright, proud, faithful, work driven, family focused." (16) You learned from your father "to appreciate the special privilege of being an American," "a call to service and compassion for the less fortunate," and "embracing one's unique identity." (16)

MOTHER: She was not overprotective in the slightest. On the contrary, she was "brilliant, utterly sensible, passionate in her beliefs, and fearless in letting you know them. She wasn't always the most effusive person." Some said that she was "tough." (16) She was of English-Irish decent, and kept a stiff "upper lip."

"Sometimes her forthrightness can be bracing but it's always infused with her proud love and deep intellect, as well as a liberal's sense of fairness." (16) She was a nurse and professor. She taught you to be of service to others while being obedient to God's purpose for your life. You greatly admired your mom's ability to care for people who were in need. She managed many things, keeping a stiff upper lip through most circumstances.

UNCLE JAMES: You were named after your father's brother James who died in World War II. "Jimmy was my hero. That's why I named you for him. I always wanted a son to carry on his name, his tradition," (32) said your father. Uncle James was a boxer, aggressive, and a war hero who died on a suicide mission in Iwo Jima, preparing for the troops to take over the island by removing mines from the beach. He was awarded the Navy Cross, along with many other honors of uncommon valor. Jim's father continued, "My mother and father came off the boat from Ireland. Nothing could have made them prouder than to lose a son this way, defending freedom for their adopted homeland. He is an American hero." (34)

Your grandfather and father were strong and formidable men. Your mother was powerful and in charge. What seemed to be missing from your account was warmth and affection in the family. With many SSA men and women, often their characters are quite different from their parents, like the square peg in the round hole. They just don't fit. Also, your father's words about your Uncle Jim were beautiful and heartfelt. However, to an impressionable, highly sensitive seven year old boy, this most likely was an overpowering expectation to live up to. You had just received your first communion when your father shared these memorable words. You had to succeed for your dead uncle, for his father, for the church, for everyone else around you. There was no room for Jimmy to be Jimmy, whoever he was.

PEOPLE PLEASER

The reoccurring theme of your life was to please others at all costs. The greatest cost was your own soul. This is one key to the development of your SSA. It is not attractions or desires for men, but the systematic loss of self by being and doing for others. Trying to please others from the time you were a small child was the true origin of your gender confusion and crisis over your sexual identity.

"More than anything else I recall being, or trying very deliberately to be, a perfect child. Not a Goody Two-shoes, but a kid who did good, who worked hard and met every expectation. I strove to achieve in the excessive way that psychotherapists tend to regard with concern. My drive was unrelenting. I know I overreacted to the expectations my teachers and parents had for me." (23-24)

"I was the hardest working child at St. Joe's." (25) "Consciously and deliberately, I tailored my actions in ways I knew would meet the approval of the priests, the pastor, and the nuns—a policy that, you can imagine, didn't exactly endear me to some of my peers. I was not popular with other kids...From the time I was seven, I had a sense of myself as being different. No matter how much I tried, I just didn't fit in. Even before I had any words to describe it, I remember concluding that there was something about what I was, not just about what I was doing, that set me permanently apart." (28)

This is the thinking and behavior of a hypersensitive boy. This has nothing to do with SSA, but everything to do with a child

who does not feel settled and comfortable in his soul. He has to prove himself to others, because deep down, he is unworthy of being loved and accepted just for who he is.

HYPERSENSITIVE

Jimmy, the boy you used to be, was a hyper vigilant, sensitive, bright soul who experienced being driven by his family and faith. He believed that he had to meet everyone's expectations, including living up to the memory of his deceased Uncle James who gave his life in Iwo Jima. You had to honor him by sacrificing yourself for your family, your community, your faith, and your country. Being hypersensitive is a gift from God. However, when it is not understood by the family and those around the child, it easily turns into a curse, as he adopts different masks to survive.

"I had an almost electrifying feeling of being observed." (24) You measured your actions and words. Your father's birthday message to you when you were nine years old crystallized his thoughts about you: "To my lad of great expectations." (24) To a less sensitive child, this would not have had such a profound impact. But to such a sensitive and hyper vigilant soul, it was a sentence. You had to live up to your father's expectations. There was no ifs, ands, or buts, especially to a former Marine father with a strong sense of duty and service, a policeman grandfather who lived through religious persecution in Ireland, and a dead uncle's legacy to uphold. You fell in line. "He invested a different kind of attention in me; he drove me harder." (24)

"I saw myself as apart from the wider world, and I had the feeling that others out there were secretly spying on me. I saw them watching me, and I saw myself being watched by them. This feeling, commonly referred to as dissociation, is caused when a child pushes unwanted knowledge out of his mind. My gayness was an unsettling fact even before I learned the ugly vocabulary to describe it, even before it involved sexual impulses or the prolonged period of repression and explosion that inevitably follows." (38) I believe the "gay" identity is simply a mask for a fractured, hypersensitive soul trying desperately to live up to everyone's expectations.

RELIGIOSITY

Your mother and grandmother instilled in you a wonderful sense of God's presence in your life. However, the pursuit for perfection, the approval addiction, and the misunderstanding about SSA and the church, led to an unhealthy relationship with religion.

"Of all the boys my age, I was among the first to commit the entire Latin Mass to memory." (36) And then you were chosen to be an altar boy. This was the recognition that you lived for, stroking your need for acceptance, and feeding your approval addiction. "All I knew for sure was that I would make myself the perfect altar boy." (37) "It's no wonder my father used to call me 'my little statesman.'" (37) From childhood, you were driven to succeed, not play, not get into trouble or be mischievous like most boys. You were good. You worked your plan and planned your work. You were already a politician from the time you were a small child. You never really had a childhood, being an adult-child from youth.

You thought about joining the priesthood. "I also believed that a calling to the Church could solve the problem of my sexual orientation by imposing the requirement of celibacy, just

as it did for straight priests; it would equalize us, while helping in my efforts to deny my heart and climb toward grace... Now I had a role model, and a plan. No longer suicide, but the priesthood." (62) This was another way to escape from being genuine and authentic. But through prayer, you realized this was not for you. Then you discovered politics. "With sudden clarity, I thought *Politics will be my way to do God's work. If I can't be a priest, I'll try public service.*" (65)

PEER PRESSURE / POLITICAL PRESSURE

Being hypersensitive is a hard gift for a child to carry. Now peer pressure is placed on little Jimmy who lives to please. Another social setting is created where you learned to live underground.

You joined the Boy Scouts and loved it because it was based on performance and achievement, where you felt most comfortable, working to gain attention, acceptance and approval for your actions. However, in the Scouts you were called "Fag. Homo. He's a fag. We can tell he's a fag, he doesn't like girls. Queer." (40) And so began your pursuit to convince your peers that you were "straight." Yet again, another act to perform, and role to create. The sphere of your people pleasing personality widens. "As I drifted off to sleep that night, I'd made my decision: I'd be one of the guys, be as strong and masculine as possible. And as soon as I got home from camp, I resolved, I'd find a girl and kiss her. The next morning, I threw back the screen on my pup tent, headed straight for the ringleader from the night before, and began a campaign to win him over." (41)

SSA DESIRES LEAD TO A GAY IDENTITY

You were attracted to boys because you were unable to accept or experience yourself. This is a classic SSA scenario—dissociated from one self, trying desperately to get back into one's body by being attracted to someone that is like you. It was the only form of self-love that existed in your world as a boy, and now, as an adult.

"I used to lay awake in bed at night, praying feverishly to be delivered from whatever this gripping affliction might turn out to be. It felt almost exactly like loneliness, but with a kind of hopeless anguish mixed in. And despite my nightly prayers, it proved stubbornly intractable." (39) Yes, your unwanted SSA will be "intractable" until you become yourself. Until then, you must seek to join with another man to experience your own unrealized masculinity. God could have, but did not, take away your SSA because they were a way to get your attention. Unfortunately, in this present culture, one is taught that SSA means he is of a particular sexuality, rather than a boy or man out of touch with his core being.

Masturbation began from sixth grade, and no matter how hard you tried to quit, it was a constant companion. This is because you were starving for genuine affection and acceptance. Living the life of a people pleaser betrayed your child's heart. No where in the book do you speak about the role of physical affection in your family life. Who was holding you in their arms, making you feel loved and safe? You spoke about your parent's strong work ethic, but never mention their warmth and affection, only work, work, work, serve, serve, and serve.

Soon you had your first sexual experience with another boy. You said it felt great but made you feel terrible. You thought perhaps that Satan was trying to lure you down that road. Then

you mention today there are hundreds of books to help gay youth realize they are born this way. But all you could find at that time were books calling your desires "deviant," "inversion," "counterfeit-sex," and you felt hopeless. "I was a scourge, a threat to society, something to be eradicated." (44) You also learned of horrific treatments called "aversion therapy" and "conversion therapy" that helped people change through shock treatment and other antiquated methods. "I locked myself away and vowed to fight this war till I won or it killed me." (44) Into the closet you went, with more secrets and more unspoken pain. Now, on top of living a life of people pleasing came your SSA. And with SSA came judgments and social prejudice. You had to hide your soul. How could you let your parents, grandparents, and Uncle Jim down? How could you go against the very teachings of the Church you so loved? How could you disappoint your grandmother's expectations of becoming a priest? There was no room for you to breathe and be a boy. "A spontaneous life was not possible for me." (47)

You had a slender build, but felt quite masculine. Your best friend in high school was "articulate, bright, athletic, and charismatic, and I craved his company... He excelled physically, too, leaving me in the dust on the soccer field and lettering in basketball and golf besides." (51) This is typical of many men with SSA, being attracted to a man who has similar characteristics. Your SSA is a message from your soul—wanting you to join with another man who exhibits characteristics that you find lacking within yourself. So you continued to pray for God to take away those desires. But they persisted because God would not remove them until you discovered their true meaning, and experienced the healing you desperately needed.

Off to university you went: Catholic University, Columbia College, Georgetown Law, and Harvard. You met several women, attempting to prove your heterosexuality and fit in. And then your entry into politics, working many different jobs—from attorney, legislative aide, mayor, senator to governor—all the while having anonymous sexual encounters with men. "I was promiscuous and sexually active in ways I consider immoral and ugly. And I justified this by telling myself that I had no other choice, that my sexual urges were irresistible, but as long as I remained in the closet I couldn't enjoy an honest and beautiful love with a man." (95) Your stated role model was Spock from *Star Trek* because a Vulcan has sex every seven years and remained steely intellectual. "I can do that." (97)

While studying at Georgetown law, you had many anonymous sexual encounters with other "suits," "power brokers," "backroom operatives," and "future leaders," in an alley way behind an abandoned synagogue. "I felt as though I'd come upon a sanctuary at last—it was a churchlike, almost spiritual place...As I got older, my sexual expression became more baroque. I began lurking around parkway rest stops, exchanging false names and intimacies with strangers." (99)

You married and divorced both Kari and Dina, and fulfilled your political ambitions. Both women bore baby girls, Morag and Jacqueline respectively. And on August 12, 2004, you resigned the governorship of NJ because your former boyfriend, Golan Cipel, was attempting to blackmail you.

HEALING JOURNEY BEGINS

And finally, Jim, your healing began. "I was pathologically attached to 'having a public.'" (336) Through inner child work

at The Meadows, a recovery program in Arizona, you finally started to awaken from a long sleep. "We'd been instructed to buy stuffed animals from the Meadows gift shop to symbolize our 'inner child.' I didn't want to appear closed to the therapeutic value of the program, but I thought this was the stupidest thing I'd ever heard. Reluctantly I picked up Kermit; it reminded me of Jacqueline." (344) Then you began non-dominant hand dialogue. "I wrote about how I blamed God for making me different, and about all the suffering that caused. My child told my adult about why he'd been an overachiever; to overcome the flawed character in his soul, to hide. 'I am ashamed.'" my left hand wrote. 'I live in a state of shame.' I started thinking myself as a robot, a puppet. No longer Spock, but Lieutenant Commander Data, a machine incapable of genuine feelings—a creation whose sole purpose was to please people." (345) There it is. There is the crux of the matter. You then came to realize that, "I operated out of my intellect, and was not in touch with my emotions." (347) You were raised to be out of touch with yourself, and you became a very accomplished people pleaser, one who never knew who he was.

CONCLUSION

Jim, I believe you hailed from a wonderful family. It is not simply the family that creates the SSA in a child, it is the child's temperament and perception about his experiences that make all the difference. Because of your hypersensitive nature, combined with the pressures from your strong-willed family members, you were unable to flourish into the true man that God intended you to be. It was circumstantial, certainly no one is to "blame." The good news is that healing is possible at any time in our lives. I believe that if you continue to work through your issues, eventually, you will no longer need or experience SSA.

However, in a very real sense, SSA has been your way back home. "Gay" is a socio-political term used for the acceptance of SSA. There is no such thing as "gay." It is not a sexual identity. SSA represents unhealed wounds and unfulfilled needs for love. I believe that you have been given false information about the causes and treatment of SSA. The party line of "aversion" and "conversion" therapy is confusing and misleading. Trying to demonize all healing efforts because of a few misguided approaches is like throwing the baby out with the bathwater. Many men and women have successfully healed from unwanted SSA, and fulfilled their heterosexual dreams through the assistance of wonderful therapists and therapies. God loves all His children. God loves those who experience SSA, regardless of whether they choose to change or not. There is no shame in having those desires. God wants us to experience total freedom. And total freedom comes when we actualize our true and full potential.

Jim, you are a beautiful soul. You were a very sensitive boy, living in a high pressured environment, with wonderful parents and grandparents. I too had a Marine father, and as you know, once a Marine always a Marine! I lived the Jewish version of your Catholic upbringing. In fact, my father's troop fought at Iwo Jima (Uncle Jim paved the way for his troop to land). My dad was just a few hundred yards away when they put up the flag that day. God wanted him to live, so he came home, and I was his third and last child. He never grieved the tremendous losses that he experienced in the war, nor those

of childhood. We felt his pain throughout our lives.

In the *Advocate* interview on October 10, 2006, you stated, "Part of the reason I wrote the book was to talk frankly and directly about the need for authenticity and honesty in one's personal life and in the American political landscape. And I wanted to speak to the young Jimmy McGreeveys out there—to tell them that being gay is natural, it's God-given, and if that's who you are, then be it, grow in it, and celebrate it." (47)

Throughout the middle and end of your story, you detail the corruption of politics, and how you learned to play the games in order to achieve your goals. After being slandered by unfounded rumors, not related to SSA at that time, you describe the tactics of political warfare. "That's how the game is played—smear campaigns, baseless allegations, and character assassinations. It was disgusting, and done without shame." (147) I was astounded when I read those words, having been the recipient of such allegations and slander by several homosexual activists. This is political warfare in order to take down one's seeming opponent. And today, the majority of men and women dealing with SSA, and the general public, have been misinformed about the facts of SSA and the possibility of change. Through repeated smear campaigns, baseless allegations, and character assassinations of those who offer any alternative to living a homosexual life, our views have been relegated as persona non grata, painted as hateful "homophobes," "antigay," or "religious right."

Nietzsche stated, "Be careful in fighting the dragon that you don't become the dragon." There are two sides to this issue. True diversity, tolerance and equity must be allowed in this debate. I find you a wonderful, gifted, sincere, and godly man. I pray that you will open your heart and mind to another perspective. This is my prayer, and my challenge to you. I and others like myself are honorable men and your brothers too. May God give you strength on your journey. I am here for you.

Your brother, Richard.

HELPING SSA STRUGGLERS HEAL

SSA is not a curse. Many that I have counseled, and almost everyone who has attended our LSI Healing Seminars over the past 17 years have said, "I want to be rid of my homosexual desires." I want you to know that SSA is not your problem. SSA is a message from your soul. It will not and cannot dissipate before you first understand its meaning. Behind these desires are always two things: 1) legitimate needs for love that must be fulfilled in healthy relationships, and 2) wounds of the heart that must be healed in the presence of loving mentors, family and/or friends. What was born out of broken relationships, must be healed in the presence of others who are able to provide the love that you have not received thus far. Therefore, if you wish to heal from unwanted SSA: 1) understand the meaning of those desires; 2) listen to what it wants to teach you; 3) learn to care for yourself; and 4) take positive action steps for healing and fulfilling basic love needs. The key is then to embrace your SSA, make it your best friend. These desires will not go away until you understand their meaning, heal past wounds, fulfill unmet love needs, and stand in your power—experiencing your true gender identity.

If you would like to ask Mr. Cohen a question, email us at: info@gaytostraight.org.

TELECONFERENCING CLASSES 2007

There is hope for healing homosexuality. *People can and do change their sexual orientation.* Educator, author and psychotherapist Richard Cohen and IHF staff members will share with you the wisdom gained through their journeys out of homosexuality and years of experience helping others make the change. Teleconferencing Classes are held via a telephone "bridge line" with crystal clear reception. We offer courses for parents and strugglers. Each class lasts 1 1/2 hours with 30 minutes teaching and 60 minutes question and answer session/personal coaching. There are nine classes per course held over a three-month period of time. This is an excellent means of obtaining help when there are no local resources available. You are not alone!

Parent's Class:

Tuesday evenings / 7:00 - 8:30pm EST

(See web for dates)

Struggler's Class:

Thursday evenings / 7:00 - 8:30pm EST

(See web for dates)

For more information or to register, click on the **Teleconferencing Classes** page at www.ComingOutStraight.com or call our office: (301) 805-6111.

LOVE/SEX/INTIMACY (LSI) HEALING SEMINARS 2007

Over the past seventeen years, educator, author and psychotherapist Richard Cohen and his staff have led LSI Healing Seminars for thousands of men and women throughout the world. Come and experience a personal transformation. Learn new ways to create intimacy with yourself, others and God. Learn how to help others on their journey to wholeness. The LSI Healing Seminars are open to individuals, couples, families, therapists and friends.

LSI HEALING SEMINARS:

Phoenix, Arizona: January 26-27
(www.healinghomosexuality.com)

Baltimore, Maryland: April 14-15 / Sept. 8-9 / Dec. 1-2

Father-Son Healing Seminar: August 18-19

Mother-Daughter Healing Seminar: June 9-10

For more information or to register, click on the **Healing Seminars** page at www.ComingOutStraight.com or call our office: (301) 805-6111.

COUNSELOR TRAINING PROGRAM 2007

The Counselor's Training Program is for therapists, coaches, clergy, and ministry leaders who wish to assist those dealing with unwanted same-sex attraction (SSA).

In the Counselor Training Program, you will learn:

1. How to evaluate clients and develop a comprehensive treatment plan
2. Therapeutic strategies to use in each stage of treatment
3. How to assist parents, spouses, and other family members
4. Preparing SSA men and women for dating
5. Taking care of the therapist/counselor/coach to prevent burn out

Psychotherapist, educator, and author Richard Cohen will facilitate this training program. Having worked with and successfully helped hundreds of men and women transition from a homosexual to a heterosexual orientation over the past seventeen years, Mr. Cohen will share the "how tos" of change. Practical strategies for assisting clients in the change process will be taught. There will be allotted times for supervision about case studies, as well as specific training in the use of each therapeutic approach. The final session in October will be facilitated by Bruce Gold. Mr. Gold is a counselor and seminar leader. He has over thirteen years experience facilitating experiential seminars throughout the United States.

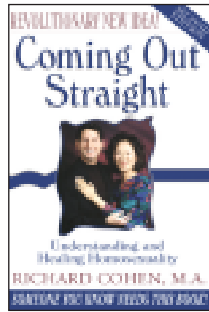
TRAINING INCLUDES:

- Evaluating and developing a treatment plan for clients
- Four stages of healing unwanted same-sex attraction (SSA)
- Cognitive and inner child approaches to healing
- Creating affirmations for healing gender identity
- Psychodynamic therapeutic techniques for greater healing: Focusing / Voice Dialogue / Bioenergetics / Psychodrama / Family Constellations / Holding & Healthy Touch
- Assisting clients in establishing healthy friendships and mentors
- Understanding the meaning of sexual fantasies and masturbation
- Working with families: Attachment Therapy
- Strategies for family interventions and relational healing
- Preparing SSA men and women for dating
- Taking care of the therapist, preventing burn out

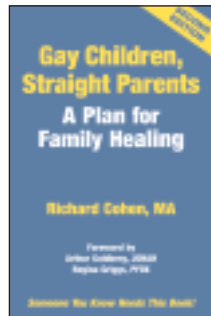
**Dates: March 24-25 / May 5-6 / July 14-15
Oct 20-21 (9am – 5pm Sat. & Sun.)**

For more information or to register, click on the **Healing Seminar** page at www.ComingOutStraight.com, or call our office: (301) 805-6111.

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. Discount of 50% for orders of 12 or more copies.

SPEAKING ENGAGEMENT March 2-3, 2007 Columbia, South Carolina

***“Changing from Gay to Straight is Possible!”
For Strugglers & Family Members***

Richard Cohen, MA, Main Speaker
Sponsored by New Song Ministries
Tel. (803) 743-9388
Web: www.carolinanewsong.org

JOURNEY INTO MANHOOD

Journey Into Manhood is a 48-hour immersion in intensive emotional-healing work, specifically for men who are self-motivated and serious about resolving unwanted homosexual attractions.

December 1-3, 2006 / West Jacksonville, Florida
March 16-18, 2007 / London, England
April 13-15, 2007 / Phoenix, Arizona
June 1-3, 2007 / Philadelphia, Pennsylvania
August 24-26, 2007 / Salt Lake City, Utah
Sept-Oct 2007 / Virginia
Nov-Dec, 2007 / Texas

For information: www.PeopleCanChange.com

ADVENTURE IN MANHOOD

Adventure In Manhood (AIM) was developed to assist men and youth who struggle with unwanted SSA. The activities and events are designed to promote healing for the emotional issues and wounds which create SSA.

May & September, 2007

For information: www.AdventureInManhood.com

ASSISTING PARENTS WITH SSA CHILDREN

You did not cause your child to experience SSA. It is not your “fault.” It is no one’s fault. Furthermore, your child did not choose to have these desires. SSA is the result of many contributing factors. It is important to name what happened for the sake of restoration. It is not assigning blame. And, please do not label your child as rebellious or sinful. SSA represents wounds of the heart that have not healed, and needs for love that must be met. One thing that I, and my fellow therapists, have observed is that most people with SSA are hypersensitive. They experience things much deeper than other children, and often, are more introspective. Therefore, when hurt, they internalize their pain and withdraw. This leads to a sense of defensive detachment, being blocked from the very love that he or she desperately needs. Therefore, you may help your children heal by: 1) understanding the meaning of their SSA; 2) listen to your child and learn what they have experienced and how they feel; and 3) take positive action steps towards creating greater intimacy (especially father-son and mother-daughter, and help them establish healthy same-gender relationships). If you want your child to heal, heal yourself. Be a role model of authenticity, demonstrate your willingness to heal and grow. Secondly, you must be ready to go into hell with your child. You did not cause their SSA, but you most certainly can help in the wonderful process of healing.

If you’d like to ask Mr. Cohen a question, email us at: info@gaytostraight.org.

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)
Couragerc.net (Catholic Outreach Organization)
TransformingCong.org (Methodist Outreach Organization)
Oneby1.org (Presbyterian Outreach Organization)
Inquery.org (School Outreach Organization)
Janellehallman.com (Expert in Female Homosexuality)
Healinghomosexuality.com (Adventure In Manhood)
Newdirection.ca/research (Research about Change)



INTERNATIONAL HEALING FOUNDATION

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www.GayChildrenStraightParents.com