

RECLAIMING OUR SELVES

Recovering from Religious/Spiritual Abuse

A six-week series for individuals who have been, or think they may be, part of a religiously or spiritually abusive community.

Former religious involvement can itself be a source of embarrassment. People are often shy about discussing it, worried about being thought gullible. They may feel shame much the same way rape victims sometimes do. Yet, when the subject comes up, a surprising number of people have a lot to say, relieved that they are not alone.

– Marlene Winell, PhD, “Leaving The Fold”

This six-session series will offer the opportunity to explore the impact of religious or spiritual abuse on one’s personal, professional, and family relationships, exploring topics which may include:

- Reasons for leaving
- Dysfunctions in religious families
- Faith versus feeling
- Apocalyptic thinking
- Identity and worthiness
- Learning to feel safe
- Building new community

Individuals of any religious or spiritual status welcome.

DATES:

Tuesdays 6:00-7:30pm

January 5 – February 9, 2016

COST:

\$350 for the six weeks

Maximum 8 participants per group

LOCATIONS:

Swedish Cultural Center

1920 Dexter Ave N., Seattle 98109

Other locations will be added according to demand.

FACILITATORS:

Lisa Fraser, MA, and Alan Barclay, MA, have facilitated groups in private, community, and hospital settings. Neither have affiliation with any religious or spiritual organization.

Contact lisa@lisafrasercounseling.com or alan@liberationtherapy.net for more information.