

Reclaiming Ourselves

Recovering from Religious/Spiritual Oppression or Abuse

A drop-in group for individuals who have been, or think they may be, part of a religiously/spiritually oppressive or 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 group will offer the opportunity to explore the impact of religious or spiritual oppression/abuse on one's personal, professional, and family relationships, exploring topics which may include:

- Reasons for leaving
- Dysfunction in religious families
- Faith versus feeling
- Apocalyptic thinking
- Identity and worthiness
- Learning to feel safe
- (Re)building community

Individuals of any religious or spiritual status are welcome.

PREVIEW Through June

DATES:

1st & 3rd Thursdays 6:00-7:00pm
April 21 – June 16, 2016

COST: \$35 per session

LOCATION:

Victrola Coffee & Art
411 15th Ave E, Seattle, WA 98112

FACILITATORS:

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

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for more information.