

UPCOMING TRAINING - RESOURCES - SUPPORT**I Can't Get Over It: A Handbook for Trauma Survivors**

Aphrodite Matsakis, Ph.D.

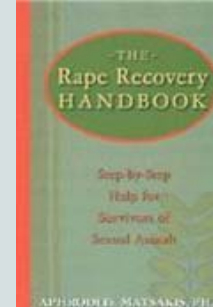
Beginning with the premise that Post Traumatic Stress Disorder (PTSD) is a normal reaction to an abnormal amount of stress, Matsakis provides a wealth of information about specific traumas and suggest techniques for dealing with them as well. This is a helpful book for both those who have experienced trauma and those who are trying to understand the responses to trauma a friend or family member is experiencing.

**SHEPHERDING THE WOUNDED**
(Victim Advocate Training)
COURSE SCHEDULED

October 13, 7:00-9:00 p.m.
October 14, 9:00 a.m.- 4:00 p.m.
November 3, 7:00-9:00 p.m.
November 4, 9:00 a.m. - 4:00 p.m.

This 16-hour training is designed to equip church and community leaders to understand and support victims of domestic violence, sexual assault and childhood sexual abuse.

For information about the course or to make reservations please call or email us at 323-2169 or splace@spro.net



The Rape Recovery Handbook: Step-by-Step Help for Survivors of Sexual Assault
Aphrodite Matsakis, Ph.D.

With compassion and skill, Matsakis helps victims of sexual assault work through the steps to recovery. Matsakis understands the thought processes that trap victims into believing that they are beyond hope. Matsakis demonstrates step by step how to move beyond the pain of today into a productive and joyful future.



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Ministries

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An annual tax deductible gift of \$10.00 is welcome to help cover expenses.

SAFE PLACE NEWS

Promoting safe places, consistent with the character of Christ, for women and their families to heal and grow.

Issue 29
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9/11: HOW HAS IT CHANGED YOU?

How did you feel and what did you think when you first heard about or saw the events of September 11th? How have you changed as a result of that day? What do you believe about your world—about good and evil, safety, freedom, justice, forgiveness, and God? Will you ever get on a plane, open the mail, see the New York skyline, or hear the phrase, “Let’s roll!” again without being reminded of 9/11 and how you have been affected by the events and images of that day?

Five years ago every individual in this country shared in a profound common experience. Never before had an event involving such shock and terror been experienced by so many of us at the same time. As terrible and life changing as Pearl Harbor was, we did not watch it unfold before our very eyes. As confusing as Vietnam

was, it happened “over there.” As shocking as the assassinations of the sixties were, their victims were not ordinary citizens going about their usual routines. But on September 11, 2001, we watched the unthinkable: over 2,700 innocent people murdered in an attack on the American mainland. We saw the images, we heard the stories, we identified as never before with the victims, and for days we were drawn over and over again to the unfolding of the events in a desperate attempt to make some sense out of the unexplainable.

This is the stuff that makes for terror and trauma. These are the kinds of events and experiences that overwhelm us mentally, emotionally, physically, and sometimes spiritually. Trauma can leave us feeling, for the moment or for the rest of our lives, afraid, confused, and powerless.

Trauma creates a sense of disequilibrium and anxiety that compels us to choose and to change. What have you chosen and how have you changed since 9/11 or in the aftermath of some other personal trauma?

I have long believed that those of us who live in this country have what I describe as a spiritual handicap: we have a hard time recognizing, trusting,



and enjoying spiritual realities. Like the Israelites after they entered the promised land, we have forgotten God in the midst of His many blessings. We live in a wonderful country that most of us appreciate now more than ever. We have

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WE’RE GROWING

Jodi Goettemoeller is the newest addition to the SPM team. Jodi, a Colorado native, graduated from the University of Colorado before moving to Boise. While working at Hewlett Packard, Jodi earned a Master’s Degree in Counseling through NNU. She interned at the Boise WCA and continued there for two years before coming to Safe Place Ministries.



Jodi is a gifted women’s and children’s counselor and has transformed her office into an inviting adult and children’s therapy room. She currently works with children whose moms are receiving services through SPM.

Jodi and her husband unwind by playing tennis and preparing for the arrival of the newest addition

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Jodi and Angela enjoying a relaxing moment in the newly finished children's room.



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enjoyed freedom, security, justice, and wealth as no other nation on earth. We have also come to believe that we are entitled, that we are in control, and that we are self-sufficient. Perhaps 9/11 has changed that some. Perhaps even though the terrorists intended only to destroy us, God can and is bringing new life to us as individuals and as a nation.

Although terrorism and trauma begin with the destruction of our world as we have known it, with God's help the final results can be renewed clarity, strength, and faith. Trauma changes people. Either we tend to become more fearful, angry, self-protective, and controlling, or we begin to trust God and eternal spiritual realities in a way that makes us solid people—people who are grounded, focused, courageous, and self-sacrificing. These changes in us do not make the pain of evil go away, nor do they necessarily help us to understand what has happened. At some level though, we begin to realize that the world we trusted in before was not as real as we once thought it was, but the life defined and offered to us by God is real and good and eternally safe. (Article originally appeared in the December 2001 issue of SPM News)

IS THIS NORMAL?

Four thousand gathered for midday prayer in a downtown cathedral. A New York City church filled and emptied six times last Tuesday. The owner of a Manhattan tennis shoe store threw open his doors, and gave running shoes to those fleeing the towers. People stood in lines to give blood, in hospitals to treat the sick, in sanctuaries to pray for the wounded.

America was different this week. We wept for people we did not know. We sent money to families we've never seen. Talk-show hosts read Scriptures; journalists printed prayers. Our focus shifted from fashion hemlines and box scores, to orphans and widows and the future of the world.

We're not as self-centered as we were. We're not as self-reliant as we were. Hands are out. Knees are bent. This is not normal. And I have to ask the question: Do we want to go back to normal?

Are we being given a glimpse of a new way of life? Are we, as a nation, being reminded that the enemy is not each other and the power is not in ourselves and the future is not in our bank accounts?

Unselfish prayerfulness is the way God intended for us to live all along. Maybe this, in His eyes, is the way we are called to live our entire lives. And perhaps the best response to this tragedy is to refuse to go back to normal.

Perhaps the best response is to follow the example of Tom Burnett. He was a passenger of Flight 93. Minutes before the plane crashed in the fields of Pennsylvania, he reached his wife by cell phone. "We're all going to die," he told her, "But there are three of us who are going to do something about it."

We can do something about it as well. We can resolve to care more. We can resolve to pray more. And we can resolve that, with God being our helper, we'll never go back to normal again.

Excerpted from Max Lucado

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of the Goettemoeller family due in December.

THE CHILDREN'S THERAPY room is a long anticipated addition to our services. A group of talented and generous volunteers helped turn the dream into reality this summer, donating design time, financial support, paint, furniture making skills and lots of hard work to make an inviting place for children, staff and parents.

It is estimated that more than 3 million

children witness domestic violence each year in the United States. These children face the increased risk for a broad range of emotional and behavioral problems.

Domestic violence impacts the children in the family in many different ways. Children in the home often witness the abuse and in many cases they become targets for the abuse themselves.

They also learn about harmful relational dynamics that have far reaching consequences in their own present and

future relationships.

Children are also directly and deeply impacted by the parenting skills used in the home where domestic violence occurs. Batterers often have unrealistic and unreasonable expectations which they impose on children as part of their demand for control.

With the addition of this room, we are able to more effectively meet the needs of women and their children as they move toward new choices.

(See pictures on previous page)

PRACTICAL COPING IDEAS FOR VICTIMS OF TRAUMA

➤ Remember to breathe. Sometimes when people are afraid or very upset, they stop breathing. When you are scared or upset, close your eyes and take deep, slow breaths until you calm down. Taking a walk or talking to a close friend can also help.

➤ Whenever possible, delay making any major decisions. You may think a big change will make you feel better, but it will not necessarily ease the pain. Give yourself time to get through the most hectic times and to adjust before making decisions that will affect the rest of your life.

➤ Simplify your life for a while. Make a list of the things you are responsible for, such as taking care of the kids, buying groceries, teaching Sunday school, or going to work. Then, look at your list and see which things are absolutely necessary. Is there anything you can put aside for a while? Are there things you can let go of completely?

➤ Take care of your mind and body. Eat healthy food. Exercise regularly, even if it is only a long walk every day. Exercise will help lift depression and help you sleep better, too. Massages can also help release tension and comfort you.

➤ Avoid using alcohol and other drugs. These substances may temporarily block the pain, but they will keep you from healing. You have to experience your feelings and look clearly at your life to recover from tragedy.

➤ Keep the phone number of a good friend nearby to call when you feel overwhelmed or have a panic attack.

➤ Talk to a counselor, clergy member, friend, family member, or other survivors about what happened. It is common to want to share your experience over and over again—and it can be helpful for you to do so.

➤ Begin to restore order in your world by reestablishing old routines at work, home, or school as much as possible. Stay busy with work that occupies your mind, but do not throw yourself into frantic activity.

➤ Talk to your children, who are often the invisible victims, and make sure they are part of your reactions, activities, and plans. Involve them in funerals and memorials if they want to be involved.

➤ Avoid doing upsetting things right before bed if you are having trouble sleeping. Designate 30 minutes sometime earlier in the day as your "worry time." Do not go to bed before you are tired. Write down your fears and nightmares. Put on quiet music or relaxation tapes. If you still cannot sleep, do not get mad at yourself and

worry about not getting sleep. You can still rest by lying quietly and listening to relaxing music or by reading a good book. If your sleeping problems continue, you may want to see your doctor.

➤ Find small ways to help others, as it will help ease your own suffering.

➤ Think about the things that give you hope. Make a list of these things and turn to them on bad days.

It is important to remember that emotional pain is not endless. It does have limits. The pain will eventually ease, and the joys of life will return. There will be an ebb and flow to your grief. When it is there,

let yourself feel it. When it is gone, let it go. You are not responsible or obligated to keep the pain alive. Smiles, laughter, and the ability to feel joy in the good things of life will return in time.

Victims are forever changed by the experience of terrorism. They realize that although things will never be the same, they can face life with new understanding and new meaning. Many things have been lost, but many things remain. Overcoming even the greatest tragedies is possible and can help bring about change and hope for others.

Excerpted from *Coping After Terrorism OVC Handbook*, pgs. 6-7

Who's At Risk for Post-Traumatic Stress Disorder?

PTSD rates associated with different experiences:

◆ Rape	49%
◆ Oklahoma bombing	34%
◆ Severe assault	32%
◆ Vietnam combat	30%
◆ Mass shooting	29%
◆ Gulf War combat	8%
◆ Natural disaster	4%

Newsweek, October 1, 2001, pg. 51