

## RESOURCES

**Abused, Grieving, Graced, Healing: What Victim of Sexual Abuse Have Taught Us about the Journey of Healing**

**Heather T. Banis, Ph.D. and Suzanne Healy, L.M.F.T., Presenters**

**Religious Education Congress, 2019**

### FOR PROFESSIONALS:

**Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment [Paperback]**

[John Briere](#)

(Author), [Catherine Scott](#) (Author)

**Healing Trauma: Attachment, Mind, Body, and Brain [Hardcover]**

[Daniel J. Siegel](#) (Editor), [Marion Solomon](#) (Editor)

**[Trauma and the Body: A Sensorimotor Approach to Psychotherapy](#) by [Pat Ogden](#), Kekuni Minton, Clare Pain and Daniel J. Siegel (Oct 13, 2006)**

**No Comfort Zone: Notes on Living with Post Traumatic Stress Disorder [Paperback]**

[Marla Handy](#)

(Author)

### NONFICTION FOR ADULTS

*Sexual Abuse in the Catholic Church: A Decade of Crisis, 2002-2012*

Thomas G. Plante & Kathleen L. McChesney, Editors

Praeger Publications, 2011

ISBN: 978-0-313-39387-7

**Beyond Betrayal: Taking Charge of Your Life After Boyhood Sexual Abuse [Hardcover]**

[Richard B. Gartner](#)

(Author), [William Pollack](#) (Foreword)

4.8 out of 5 stars\_

**Trauma and Recovery: The Aftermath of Violence--from Domestic Abuse to Political Terror [Paperback]**

[Judith Herman](#) (Author)

**The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment [Hardcover]**

[Babette Rothschild](#)

(Author)

## The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment [Hardcover]

[Babette Rothschild](#)  
(Author)

## The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About Loss, Love, and Healing [Paperback]

[Bruce Perry](#) (Author), [Maia Szalavitz](#)

## No Comfort Zone: Notes on Living with Post Traumatic Stress Disorder [Paperback]

[Marla Handy](#)  
(Author)

### **FOR CHILDREN:**

## Please Tell: A Child's Story About Sexual Abuse (Early Steps) [Paperback]

[Jessie](#) (Author)

[A Terrible Thing Happened - A story for children who have witnessed violence or trauma](#)  
by [Margaret M. Holmes](#) and Cary Pillo (Jan 1, 2000)

### **FOR SURVIVORS:**

## I Can't Get Over It: A Handbook for Trauma Survivors [Paperback]

[Aphrodite Matsakis PhD](#) (Author)

## Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them [Paperback]

[Aphrodite Matsakis PhD](#) (Author)

## Reclaiming Your Life After Rape: Cognitive Behavior Therapy for Post Traumatic Stress Disorder Client Workbook (Treatments that work)

By Barbara Olasov Rothbaum and Edna B. Foa

Safe People: How to Find Relationships that are Good for You and Avoid those that Aren't  
Dr. Cloud and Dr. Townsend

# Resources from Healing Voices

## EMERGENCY?

If you or someone you love is in crisis, call 911 immediately or go to your nearest emergency room for care. Don't hesitate to seek professionals who are trained to help us in crisis.

National Suicide Prevention Hotline

1 (800) 273-8255

Live Chat

Hours: 24 hours, 7 days a week – English, Spanish

<http://www.suicidepreventionlifeline.org>

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## READING

### Acts of Recovery

By Michael D. Hoffman One of our founders, Mike offers here is remarkable story, told honestly and bravely, about his unique journey to heal after having been sexually abused as a child by a priest who was a trusted family friend. After memories were triggered in 2006 by a newspaper article with his abuser's name and the name of other victims, Mike took what he calls his "twelve acts of recovery" which involved sharing his truth with family and Church, revisiting places to put memories to rest, and ultimately moving forward to the point where he has been able to co-founder The Healing Voices.

### Veronica's Veil: Spiritual Companionship for Adult Survivors of Child Abuse – A Guide for Integrating Faith with Recovery

By Rev. Lewis S. Fiorelli, OSFS, and Teresa Pitt Green A workbook, whose co-author is a founder of this newsletter, offers a language for healing dialogue between adults who wish to integrate their Catholic faith into the arduous psychological recovery from child abuse (and those who love them) with ministers, priests, nuns, deacons and others who seek to offer spiritual guidance. Based on successful workshops, presentations and retreats in the diocese of Arlington, Virginia (*imprimatur, nihil obstat*)

### Catholic Boy Blues: A Poet's Journal of Healing

By Norbert Krapf Former Indiana Poet Laureate, Pulitzer Prize nominee, emeritus and professor of English at Long Island University, Norbert is the author of twenty-five critically acclaimed books. After struggling for 55 years after having been a victim of childhood sexual abuse, Norbert confronted his past with the power of his writing these 130 poems, offering fellow survivors comfort, healing, and a sense of freedom from the

long-term effects of abuse. For more about Norbert's writing workshops for survivors of abuse visit his [website](#).

### **The Maria Goretti Network: Principles and Practices**

Miguel Prats, co-founder of the [Maria Goretti Network/MGN](#) with Fr. Gavin Vaverek, JCL, have published *The Maria Goretti Network/MGN: Principles and Practices* as a **FREE PDF**. In November 2016 Miguel described how MGN works in an article titled [The Maria Goretti Network](#) about a ministry to victims (of any kind of abuse or violence) offering a blend of 12 Step traditions and Catholic devotions and settings. Now, there's this book for those who want to establish a chapter of MGN in their parish or diocese.

### **Shattered Soul? Five Pathways to Healing the Spirit after Abuse and Trauma**

By Patrick Fleming, Sue Lauber-Fleming and Vicki S. Schmidt (2011) Incorporated by our founder [Sooz](#) in a workshop she is developing for survivors of abuse, Shattered Soul offers five pathways of healing for adult survivors of abuse, guiding readers toward wholeness and renewed life and faith.

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## **ORGANIZATIONS AND ASSOCIATIONS**

### **The Voices and Faces Project**

A national organization whose mission is to create a national network of survivors willing to stand up and speak out about sexual violence whose writing workshop has been attended by [Sooz](#), a founder of the Healing Voices newsletter.

### **Prevent Child Abuse America**

A national organization promoting healthy development of children and prevention of child abuse before it occurs; website has guidance and resources for anyone who suspects signs of child abuse.

### **Hope for Mental Health Ministry**

A ministry, which has co-hosted a conference with the Archdiocese of Los Angeles, founded by Kay and Rick Warren after their son committed suicide. It serves those with mental illness, those who love them, and those who support them as ministers, priests and friends.

### **One in Six**

A resource for male survivors which includes a hot-line and info for men, family, friends and professionals.

## **RAINN**

Site with information, online help and more for both men and women.

## **National Center for PTSD**

Videos, articles, crisis line and more for survivors of sexual abuse who experience PTSD.

## **PTSD Coach**

A phone app with tools to help survivors manage trauma symptoms.

## **Survivors of Incest Anonymous (SIA)**

One source of many for support groups for adult survivors of child sexual abuse, with these groups being like other 12-Step groups self-moderated without professional supervision.

## **United States Conference of Catholic Bishops – Victim Assistance and Survivor Ministry**

Web resource on current policy with the Catholic Church, descriptions of review-board process and other aspects of child protection, free copies of the “Charter for the Protection of Children and Young People,” and links to diocesan victim assistance coordinators.

**Charter for the Protection of Children and Young People (USCCB) Free PDF**

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## **NATIONAL & INTERNATIONAL ORGANIZATIONS IN CHILD ABUSE PREVENTION**

The U.S. Department of Health and Human Services (HHS) features extensive information about National Child Abuse Prevention Month 2016, including ideas for how to learn more, how to get involved and how to share information with others to promote child safety.

On a global scale, the World Health Organization (WHO) describes its work combating child maltreatment, while the United Nations has articulated standards for child welfare in the landmark Convention on the Rights of the Child as implemented globally via the United Nations Committee on the Rights of the Child.

One look at UNICEF’s history since the 1940s reveals progress—and daunting challenges even now—across the globe.

Protecting children from abuse and neglect is a very real need, so get involved! Know what child abuse is, what its signs are, and what to do if you suspect a child is being abused sexually or otherwise. For excellent guidelines, resources and guidance for signs of abuse and how to report suspected abuse, visit [Prevent Child Abuse America](#).

Note: These resources are taken with permission from The Healing Voices Magazine.



# REPORT | SUPPORT | PROTECT

The Archdiocese of Los Angeles and our community of faith stand resolute in our commitment to report allegations to law enforcement, support victim-survivors of sexual misconduct, and protect children and the vulnerable.

Please help **stop sexual misconduct** in our communities by reporting to **law enforcement** and the **Office of Victims Assistance** of the Archdiocese at **(800) 355-2545**.

## TOGETHER WE WORK TO PROTECT AND REPORT

through our **Safeguard the Children Programs** on prevention and reporting, fingerprinting and background checks, which are led by lay staff and volunteers.

### SINCE 2002

**329,000+**

Adults trained in abuse prevention and reporting

**165,000+**

Each year, Catholic school and religious education students taught boundary awareness and tools for reporting

**168,000+**

Adults fingerprinted and background checked

### WE TAKE ACTION

Strict protocols for handling all allegations

#### LAW ENFORCEMENT

Allegations of sexual misconduct reported to **law enforcement** and fully cooperate in investigation

#### REMOVAL & INVESTIGATION

All accused **immediately removed** pending investigation; Clergy allegations **reviewed by independent Clergy Misconduct Oversight Board**

#### TRANSPARENT COMMUNICATION

**Announcements made** in parishes or schools where the accused individual served

### WE SUPPORT VICTIM-SURVIVORS

The **Office of Victims Assistance Ministry** advocates for victim-survivors in the Archdiocese. This ministry provides support for victim-survivors and their families, and ensures reporting of sexual misconduct to law enforcement.

### WE VET CLERGY

Clergy and Seminarians comply with Safe Environment requirements and all visiting priests and deacons must present a **Statement of Suitability**.

### ZERO TOLERANCE POLICY

Clergy or lay persons, if found to have abused a minor, are **permanently removed** from any capacity.

For more information visit [www.archla.org/protect](http://www.archla.org/protect).

# REPORT | SUPPORT | PROTECT

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## SUPPORT AND PROTECT

The Archdiocese of Los Angeles has been committed to providing a safe environment for young people in our schools, parishes and other ministries. In the early 2000s, strict policies and programs for the protection of minors and vulnerable were adopted, including:

- A **Zero-tolerance** policy that states that anyone – clergy or a lay person – found to have abused a minor at any time in their life may not serve in any capacity in the Archdiocese.
- Archdiocesan parishes and schools have established **Safeguard the Children Committees**. These committees ensure that every adult (clergy, religious women, staff members, teachers, volunteers) who supervise children and youth are required to go through the following:
  - **Background check and finger printing**, that includes on-going checking for any subsequent arrests.
  - Participate in the **VIRTUS abuse prevention training**, the Archdiocese's child abuse prevention and awareness program.
- Every year, all children and youth in Catholic Schools or in religious education programs participate in **age-appropriate abuse prevention training programs**. These programs enable children to understand boundaries and warning signs. They are given the tools they need to report instances where they, or others, are made to feel uncomfortable, scared or confused.
- Since 2002, more than **329,000 adults have been trained** in abuse prevention and reporting, and more than **168,000 adults who have direct supervisory roles with minors have been fingerprinted** and undergone background checks. Every year, more than **165,000 catholic school and religious education students received abuse prevention training program**.
- Every year, the Archdiocese of Los Angeles must submit a report to the U.S. Catholic Conference Bishops (USCCB) on how it is complying with these procedures, and every three years the diocese undergoes an on-site audit by an independent auditor. The Archdiocese has been in compliance in each audit since the first audit in 2003.



# VETTING OF CLERGY

**Clergy:** All clergy are required to comply with the Safe Environment requirements for adults and are fingerprinted. In addition, seminary and diaconate formation address the Archdiocese's commitment to protection and prevention, and the admission processes include psychological testing.

**Visiting priests and deacons:** All priests and deacons who visit or come to minister from outside of the diocese must present in advance a Statement of Suitability issued by their bishop or religious superior indicating that:

- The priest or deacon is a person of good moral character and reputation.
- They know of nothing that would in any way limit or disqualify the priest or deacon from this ministry.
- They are unaware of anything in his background that would render the priest or deacon unsuitable to work with minors.

# HOW WE RESPOND TO A REPORT OF SEXUAL MISCONDUCT

The Archdiocese continues to be vigilant in ensuring that immediate action is taken when any allegation of sexual misconduct involving any lay staff, volunteer or clergy is received.

The Archdiocese of Los Angeles has strict protocols for handling all allegations, whether the matter involves a priest, deacon, lay staff member or volunteer:

- Reports of abuse are taken by the **Office of Victims Assistance Ministry** as well as parishes, schools and other Archdiocesan ministries.
- All **allegations are investigated** internally regardless of the statute of limitations or the status of the accused, and all allegations of misconduct involving a living person is **reported to law enforcement**.
- The **accused is removed** pending the result of the law enforcement and independent internal investigations conducted by retired FBI special agents.
- Victim-survivors and their families are **offered healing support** and professional counseling through the Office of Victims Assistance Ministry.
- **Public announcements are made** at the parishes and schools where the accused has served.
- When the allegation involves a priest or deacon, the Archdiocese also follows the Archdiocesan Policy for Addressing Allegations of Sexual Abuse or Misconduct by Clergy, which includes a referral to the **Clergy Misconduct Oversight Board**, an independent board which advises the archbishop. The Board includes healthcare, legal and social service professionals as well as a victim-survivor and clergy. If the Board determines that the **allegation is credible or plausible (if the accused is deceased)**, his name is added to the **Report to the People of God List of Accused Clergy**.

The Archdiocese offers its most sincere apology to every person who has been harmed by a member of the Church. We will not tolerate anyone who does harm to a child or vulnerable person. We remain committed and vigilant in ensuring that parishes, schools and ministries are safe places for everyone in our community.

Please help stop sexual misconduct in our communities by reporting to law enforcement and the Office of Victims Assistance of the Archdiocese at (800) 355-2545 or [protect@la-archdiocese.org](mailto:protect@la-archdiocese.org).

For more information visit, [www.archla.org/protect](http://www.archla.org/protect).