

Pathway to Healing

A TRAUMA RECOVERY PROGRAM OFFERED BY THE DIOCESE OF MANCHESTER

Have you or a loved one experienced trauma?

A new 10-week program in the Concord area aims to help adults who have experienced trauma, particularly childhood trauma, which has left emotional, physical or spiritual scars. The goal of the Trauma Recovery Program is to help individuals improve their functioning by helping them to stabilize, using new tools learned in a group setting. The program teaches skills for effective living in the present rather than recovery of repressed memories. Healing occurs with the processing and integrating of feelings, thoughts, and behaviors.

The Trauma Recovery Program teaches the core concepts and skills of the "Trauma Model", a treatment model developed by Colin A. Ross, M.D. With his permission, the Program utilizes Dr. Ross' concepts in conjunction with the expertise and skills of the facilitators.

How can the Trauma Recovery Program help me?

The Trauma Recovery Program was developed in the Diocese of Kalamazoo for Catholic people who have been affected by childhood abuse and neglect. Now personnel in many dioceses have received training and apply the trauma model in a variety of ways. The Diocese of Manchester Trauma Recovery groups are comprised of six to ten trauma survivors, facilitated by a licensed counselor, a credentialed parish outreach worker and a priest. The groups meet for 10 weeks examining the topics of grounding, attachment issues, avoidance, thoughts and feelings, blame, relationships, grief and prayer.

Confidentiality

Group members are provided with a safe environment in which they can identify conflicts and unlearn specific behaviors related to the effects of the trauma. All identities and information obtained during group sessions is kept confidential by all participants.

How to Register

10 weeks: March 14, 2012 to May 16, 2012, 6 - 8 PM
Immaculate Heart of Mary (IHM) Parish

180 Loudon Rd, Concord, NH 03301

For more information and registration:

Su McKinnon, M.Ed. at (603) 228-1108, smckinnon@nh-cc.org
Concord District Office of NH Catholic Charities

Registration is due by March 7, 2012

A faith-based response to adult survivors of childhood abuse and neglect.



Facilitators

Ruth Murray, LCMHC

Ruth is a Licensed Mental Health Counselor and a graduate of UNH with a Masters degree in Mental Health Counseling. Ruth has worked over 25 years as a counselor for NH Catholic Charities. She has extensive training and experience working with clients who have experienced trauma.

Su McKinnon, M.Ed.

Su has a Masters Degree in Counseling and Consultation from Keene State College. She has also attended Antioch College, SNHU and Plymouth State College. Su has been counseling in the Keene, Claremont and Lebanon areas for the past 13 years and is currently the Parish and Community Outreach worker in the Concord District Office of NH Catholic Charities.

Fr. Thomas Duston

Rev. Thomas Duston is a native of New Hampshire, who was ordained a priest for the Diocese of Manchester in 1992. He is pastor of the parishes in Hillsborough and Henniker, and is trained in trauma recovery.