

reunion

ISSUE. 01

KARA'S STORY

One Joyful Heart retreat participant shares her journey of healing and rediscovery



YOGA & HEALING

An ancient practice for 21st century recovery

A HERO FOR THE CAUSE

Liz Claiborne Inc.'s Jane Randel talks teens, dating violence and how to change the world



The mission of the Joyful Heart Foundation is to heal, educate and empower survivors of sexual assault, domestic violence and child abuse, and to shed light into the darkness that surrounds these issues.

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“The real voyage of discovery consists not in seeking new landscapes but in having new eyes.”

— Marcel Proust

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Joyful Heart's Executive Director, Maile Zambuto, and Board Chair, Jennifer Goodale.

NEW EYES, FILLED WITH CURIOSITY, JOY AND

a restored sense of hope are at the core of Joyful Heart's work. Renewal of vision—how we view ourselves, the work we do and, on our best days, the world—is what propels our organization, those we serve and those who support us.

What you're reading at this moment is one of our newest and most exciting achievements. Welcome to the launch issue of *Reunion*, the Joyful Heart Foundation's quarterly magazine. It is a milestone for our organization, in the same year that we celebrate another: 2009 marks five years of healing, educating and empowering survivors of sexual assault, domestic violence and child abuse. Over these five years, Joyful Heart has helped more than 2000 people—people who are taking bold and courageous

steps toward healing, like Kara, whose story of boundless hope you'll read in these pages.

This year, we plan to serve over 2000 people, helping them rediscover empowerment and move from survival to fulfillment.

We call it a magazine, but *Reunion* is so much more. It was born from a need and desire among our program participants, practitioners and partners, to form a community that collectively turns towards our issues. Our participants and supporters alike were searching for a way to stay connected to Joyful Heart. They were looking for a kind of *Reunion*.

Our goal for *Reunion* is ambitious, but so is the work of healing. In many ways, we hope that *Reunion* will be a comprehensive program of its own. Each issue will focus on a message of healing. Each issue will feature a story of one survivor's path to joy and will engage readers in three ways that mirror our mission: helping survivors and practitioners heal from trauma with thoughtful self-care; educating our supporters and partners about issues important to our cause; and empowering the wider community with ways to work together to help end the cycle of violence and abuse.

We embrace the grand scope of this goal and meet the challenge with open hearts and enthusiastic minds.

We invite you, in these pages, to reconnect with Joyful Heart, recommit to our common goals and reunite with your own joyful potential.

With gratitude,

— Maile Zambuto & Jennifer Goodale ♥

NEED HELP? YOU ARE NOT ALONE.

If you or someone you know needs help, please contact:

The National Domestic Violence Hotline at
1 (800) 799-7233 / www.ndvh.org

or *Rape, Abuse & Incest National Network* at
1 (800) 656-4673 / www.rainn.org

or *The National Teen Dating Abuse Helpline* at
1 (866) 331-9474 / www.loveisrespect.org

If you are in immediate danger, please call 911.





PHOTOGRAPHY: PETER HERMANN

JHF Founder & President, Mariska Hargitay, participating in creative arts therapy. Art therapy is one part of JHF's larger model of alternative healing modalities; programs that are designed to offer trauma survivors an intuitive, organic path to healing and complement the traditional therapeutic process. Says Hargitay of JHF's processes, "We try to get in differently; to reopen hearts and minds to the possibility of joy."

FOUNDER'S CORNER



I LOOK AT THIS PAINTING EVERY

morning. Its serenity, its powerful stillness, reminds me that I am continuously being invited on a journey—what the artist, Zoe Hersey, calls the "pilgrimage into one's self".

Anyone who has ever felt the distance between herself and her true self—and who has looked for a way back—knows that the awe and humility that come from recognizing her place in nature can point the way. No matter

how long the journey, when we return to our essence—our self—we are met with compassion, gentleness and love. And from here, hope and healing take flight.

Much of Joyful Heart's programming is nature-based. Whether we take our retreat participants into the water, onto the sand or under the sun, we are taking them out of their familiar surroundings and into themselves.

We have witnessed the reward of the journey time and time again: a

courageous, joyful, inner reunion.

Welcome, friends, supporters, champions and joyful hearts to *Reunion*. May you find hope, healing and empowerment within these pages. You are invited to a glorious encounter—with your potential, your joy, your self. And with letting the earth feel your feet and the wind play with your hair...

xo,
Mariska

“ In times of difficulty and awkwardness, one should always endeavor to stay close to something in nature. ”

— Elena Hull

Referencing German poet Rainer Maria Rilke



PHOTOGRAPHY: SABRINA WARD HARRISON

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r e u n i o n



Our Story

When Mariska Hargitay started playing Detective Olivia Benson on *Law & Order: Special Victims Unit* over a decade ago, the content of the scripts, as well as the work she did to prepare for the role, opened her eyes to the epidemics of sexual assault, domestic violence and child abuse. What she learned was staggering:

One in three women report being physically or sexually abused by a husband or boyfriend at some point in their lives.

Every two minutes in the United States, someone is sexually assaulted.

Nearly four children die every day in this country as a result of child abuse and neglect. And up to ten million children witness domestic violence each year.

Sources: UNIFEM, National Institute of Justice, Centers for Disease Control & Prevention

But what really opened her eyes—and subsequently, her heart—was the fan mail she received. The letters didn't say, "I love your show. Can you send me an autographed picture?" They said, "I was raped when I was fifteen. I'm forty now and I've never told anyone." Victims were disclosing their stories to her, many for the first time.

Mariska founded Joyful Heart in 2004 with the intention of helping survivors heal and reclaim their lives. Today, Joyful Heart's mission is to heal, educate and empower survivors of sexual assault, domestic violence and child abuse, and to shed light into the darkness that surrounds these issues.

Our Approach

Joyful Heart Retreat and Wellness Programs are all designed to complement traditional talk therapy on the survivor's healing journey. Our therapies engage the body through movement, the mind through creative expression, and the spirit through group sharing experiences, in order to help participants move beyond survivorship and into an experience of living life with joy.

Through partnerships with expert crisis service providers, as well as our own clinical assessment process, each participant is thoughtfully evaluated to ensure the safety and therapeutic value of the program, and to determine appropriate ongoing support that will help the program participant integrate her retreat experience into her ongoing healing process.

Joyful Heart's goal is to complement and support existing programs, and to broaden the spectrum of healing opportunities available to individuals and

the community at large. In a safe and nurturing environment, the modalities we use may include creative arts therapy, guided writing, body work, yoga and meditation, experiencing the ocean, music, dance, movement, somatic experiencing, interaction with animals, play, and mindfulness practice.

Joyful Heart also provides Community Programs that connect survivors with Joyful Heart for the first time, and allow retreat participants the opportunity to reconnect to their retreat experience while enhancing their community of support. These ongoing programs are also free of charge and include monthly wellness days and weekly workshops. Joyful Heart's wellness and community programs in shelters and communities across the country have already provided hope and healing to thousands of survivors.

Since survivors of sexual assault, domestic violence and child abuse have had to encounter some of the worst that life has to offer, all of Joyful Heart's programming endeavors to expose them to some of the best life has to offer: safety, compassion, connection, community and possibility.



“As I leave behind all the years of beating awareness of the beauty in this world

“It was the most beautiful experience love to share, as it seems that this was in

Our Impact

Our growing programs are giving a voice to abused children, providing a life-line for survivors who will share their stories for the first time, and meeting the needs of survivors who are desperate to heal and reclaim their lives.

Since our founding, more than 2000 survivors in New York, Los Angeles and Hawaii have participated in our pioneering retreat and wellness programs. We plan to serve over 2000 this year alone. Thousands more have taken the first important step of reaching out for help on our website, and our participation in national educational and media awareness campaigns has planted the seeds of a changed awareness in the lives of millions.

We measure the effectiveness of our programs using pre- and post-evaluations, and we are developing longitudinal studies of our impact over time through our alumnae network.

“I experienced a powerful healing within, which was felt at all levels, but foremost in spirit there was joy within myself not known before.”

“The fact that we were so unconditionally accepted and all our needs were anticipated and met, was tremendously healing for me.”



myself up, I take with me the and the strength we have within us.”

of my life up to this point. I would fact a turning point on my path.”

Our Vision

Everybody knows that rape, sexual assault and child abuse happen. Society is willing to look at this reality from time to time, but is just as willing to forget the horrible truth about how many survivors are walking among us. The Joyful Heart Foundation is working to build a community that is strong enough not to push this reality away, a community that acknowledges the dark side of this issue, but endeavors to turn toward the light of healing, the path to possibility and the clarity of honest dialogue.

We envision a community that says to a survivor “We hear you. We believe you. We feel for you. You are not alone. **And your healing is our priority.**”



FOR MOST OF MY ADULT LIFE, THIS

question plagued me whenever I looked at photos of myself as a child. Rapt with curiosity, I would stare at a face so familiar and yet so utterly foreign to me. The bone structure, the hair color, the clothes I wore—those things I recognized. But the twinkling eyes, the confident stance, the overall glow of innocence—surely these qualities belonged to someone else entirely. But who was she? And where did she go?



PHOTOGRAPHY: PAUL KORVER

Trauma survivor and Joyful Heart retreat alumna, Kara Greenspun, is a tireless advocate for the Joyful Heart model. A Yoga Teacher and Thai Massage Therapist, Greenspun works to pass on the healing that she has embraced. Of her Joyful Heart experience, Greenspun says, "Thank God someone does this." Opposite page: Greenspun as a baby, full of light and life. After a sexual assault during her teens, these qualities would remain unrecognizable to her for almost a decade.

WHO IS SHE?

How I moved from darkness into the light of healing and learned to embrace the quiet power of forgiveness.

By Kara Greenspun



Below: Greenspun enjoys a moment with other participants and staff during a JHF retreat. Of her experience in the Hawaiian waters, “I felt alive and humbled and whole.”

“About half of all men and two-thirds of all women in drug treatment centers report past sexual or physical abuse.”

—Rita Teusch, Ph.D., *Substance Abuse as a Symptom of Childhood Sexual Abuse*

When I was younger, my family rented a beach house every summer. It was the highlight of the season for me, days filled with sunshine and the salty ocean air; it was freedom.

The summer after my 13th birthday, there was a cute boy staying next door. He was strong, tan and a few years older. He took an interest in me, and the excitement I felt was weird but undeniable. Just as I started to find words to my feelings, he turned my crush into chaos.

I didn’t understand what was happening, but I knew it felt wrong. I was afraid—afraid of the pain, afraid of what my parents would say, afraid to fight. I didn’t know what to do, so I hardly did anything. I was a child and I was ill-equipped to understand what was happening, what it meant, what it was called. In retrospect, of course things become clearer: I know now that he raped me, even if this is still something that I struggle to put into words, or to understand at all. I don’t like

going over the details of exactly what happened. The details aren’t what is important anyway. What matters is what the rape did not just to my body, but to my soul.

Like the riot of confusion that follows when a wave knocks you down and pulls you under, I was engulfed by his betrayal, which was not just physical, but spiritual and emotional too. In an instant, my life changed. I couldn’t pull myself toward the surface. A week passed, where twisted memories and dream-like events blurred together. I remember screaming. I remember yelling “NO!” But did I? The questions flooded my mind: What happened? Did I do this? Did he?

The week ended. I went home with my family. I left the beach and the boy behind, along with many pieces of myself. But I didn’t realize they were missing until much later. Alone with my confusion, I tried to understand how this had happened. I struggled even to put a

name to it. Rape was not a word I would use to describe what happened until years later. When I started receiving love letters from that boy, the explanation—the only one that my 13-year-old mind could accept—became clear: it had been my choice. It must have been.

What I didn’t know then is that, often, when a traumatic event occurs, we humans have the ability—a coping mechanism of sorts—to create a narrative about what happened. We smooth out the rough edges of our pain and paint over the darkest spots of our hurt, creating a different, less painful “reality” for ourselves. In other words, if I convinced myself that what had happened—what had been done to me—was a choice of mine, then I could somehow mitigate the feeling of complete powerlessness. And so, my story was born.

I was sure that I had done something to bring this sexual violation upon myself. I knew—or





Left: Greenspun in an underwater Bound Angle Pose (Buddha Konasana). "Yoga taught me how to pray." Below: Greenspun, now a Yoga Teacher, grounds herself in tree pose (Vrksasana).



“Girls who are sexually abused appear to be at a double risk for eating disorders.”

—Columbia University Health Library

thought I did—that it was my sexuality, new and mysterious to me. I made a conscious decision that I never, ever wanted to feel vulnerable again. So, I embraced this newfound sexuality and combined it with what this boy—this perpetrator—had taught me about power by vivid, terrifying example. Power and sex became synonymous to me. I wore my sexuality like a uniform; it defined me. I worked hard to maintain total control. I was still only 13-years-old.

I had always dreamt that, one day, I would have a trusting husband and a loving family. After that summer, all of that seemed impossible. I was so filled with shame at what I was convinced I had done that I couldn't imagine ever deserving the future I had once taken for granted. I was deeply angry. My dream was broken.

By the age of 14, I was doing drugs, drinking, having sex and slitting my wrists. By the age of 19, I was drinking and taking sleeping pills daily. I was also throwing up my food and exercising obsessively, an attempt to control my own body and all it represented to me. No one asked me why I was behaving this way. Instead, my behavior was punished and its causes never explored. Rather than risk the pain of betrayal,

I simply stopped trusting others. I hated myself and I was alone.

Editor's Note: Research conducted by Liz Claiborne revealed that despite a large media focus on the issue of teen dating abuse and sexual assault, 74 percent of sons and 66 percent of daughters say they have not had a conversation about the issue with their parents. This lack of communication between parents and their teens is a serious challenge in the effort to prevent abuse among teens or address the impact of past abuse. For more information on how to begin a dialogue with your teens, read more about MADE on page 19 and visit www.loveisnotabuse.com.

My body and mind were suffering. And my heart was breaking. I had put up an impenetrable wall between me and the thing I wanted most: true intimacy.

At the age of 20, an injury pushed me into yoga. I didn't know it then, but I was on the verge of transformation. Yoga cradled me as I slowly peeled away all the layers of addiction, one soul-killing habit at a time. I stopped the bulimia, the smoking, the drinking, the obsessive running, the pills and the sex. On a daily basis I prayed for help. There was a long period of real

and metaphorical darkness when I just sat alone and cried.

My tears eventually dried and my walls began to crumble. That's when the floodgates of healing opened and my soul was inundated with light. I was referred to the Joyful Heart Foundation by Peace Over Violence, a Los Angeles-based non-profit committed to ended violence against women, and invited to participate in a JHF retreat. I felt as if I had been found—it was almost as if they knew exactly where I was in my life and that I was finally ready to heal.

It was on that retreat to Hawaii with other survivors of rape—women like the ocean that surrounded us, strong, beautiful and deep—that I began to remember who I really am. For the first time in many years I could remember myself as a child. I was happy. I was loved. And I never questioned that I deserved these things.

The days on that island with those women changed my life forever. I learned during that time that nourishing oneself wholly and completely—mind, body and spirit—is not greedy. I learned that I deserved all of the healing experiences we had there. And I forgave myself for all the times I hurt myself. I realized that

“*Joyful Heart is about the courage to heal and all of our programming is dedicated to honoring that brave decision.*

I have seen so many souls open up. I have seen the light go on again inside so many survivors. Those incredible, beautiful, miraculous moments are what keep me going in this work.”

— Mariska Hargitay



PHOTOGRAPHY: PAUL KORVER

Top: Greenspun looks over a display during a JHF event in LA. Since her retreat, Greenspun has been actively involved in supporting the organization and sharing her experience with others. Above: During the filming of *The Joyful Revolution*, Kara takes a moment to enjoy the sunshine and breeze off the California coast.

I was doing the best I could with what I knew at the time. As I forgave myself, I also learned to forgive others. When I look beyond the human mistakes and see the frightened child, it's easier to understand that we are all just on our own paths, learning lessons in our own time. Knowing this, I believe, is knowing compassion.

In letting go of my past, where my very existence was based on sexuality, power and pain, I had to create a new belief system. I had to learn to accept, value and love myself exactly as I am. And I had to learn to trust myself. The healing that began on my retreat had taken hold. I was on my way back to me.

I began with affirmations, declaring my worth out loud. I would even give myself a hug or a playful wink in the mirror, all in an effort to get out of the self-destructive rut I'd been stuck in for so long. I was starting to like the company I kept, even when I was alone. It was not easy, but I was rewriting my story.

I don't know why painful events happen in life. Maybe it's karmic. I do know that I am grateful for all of my experiences—the falling down, the getting back up, and everything in between. I understand now that healing is not selfish, because when we heal ourselves we become a source of healing for others. I have joy in my life again, in abundance.

And joy is contagious.

I am now a healer in my own right. I am a Yoga Teacher and Thai Massage Therapist. I truly believe it is a gift to help guide others towards setting their own hearts free and to help them to see—as I understand it—that we are all the creative manifesters of our own destinies. I have also been blessed with true, honest love. I am engaged to be married to an amazing man who loves me for who I am at my center. He is for me, as I am for him, a dream come true.

I still look at those pictures of myself as a child. But now, when I do, I stare into those familiar, twinkling eyes and I whisper, “I know who you are, and I love you very, very much.” ❤️

TRAUMA'S IMPACT ON THE BODY

A Review of Literature from the Evolving Field of Trauma and the Mind-Body Connection

By Nathan Richards

INTRODUCTION

THE LAST THIRTY YEARS HAVE SEEN A

significant increase in research in the field of trauma exposure. Early interest in the area focused primarily on the effects of combat violence, with many writings devoted to the sources and impact of posttraumatic stress disorder, even before it had a name. Since then, however, subsequent studies have explored the impact other types of trauma and prolonged exposure to even moderate amounts of stress can have on a person's nervous

system. The picture that emerged from decades of research offers a broader understanding not only of the sources and effects of trauma, but also the paths to recovery.

DEFINING TRAUMA

Medically, "trauma" refers to a serious or critical bodily injury, wound, or shock. While this is the territory of emergency room medicine, in psychiatry, "trauma" has assumed a different meaning. It refers to an experience that is emotionally painful,

distressful or shocking, often resulting in lasting mental and physical effects.

When it comes to the physical after-effects of a bodily injury, wound, or shock, the connections are easy to grasp. Such events might result in chronic pain, loss of mobility or bodily function, or even leave physical scars.

Yet the ways in which the body is affected by emotional or mental trauma are less easy to detect. Experts such as Peter Levine, author of *Healing Trauma* and a pioneering researcher in the field, have spent considerable time identifying and defining these effects. Levine defines trauma not

only as the traumatic experience itself, but as "the often debilitating symptoms that many people suffer in the aftermath of perceived life-threatening or overwhelming experiences." He suggests that trauma is the greatest source of

unacknowledged human suffering.¹

Levine also points out that trauma does not always result from one catastrophic event. The image of the "shell-shocked soldier," someone who suffers repeated barrages of violent, life-threatening events, is not inaccurate, but limited. Trauma can actually result from a series of less severe events that occur over a long period of time.²

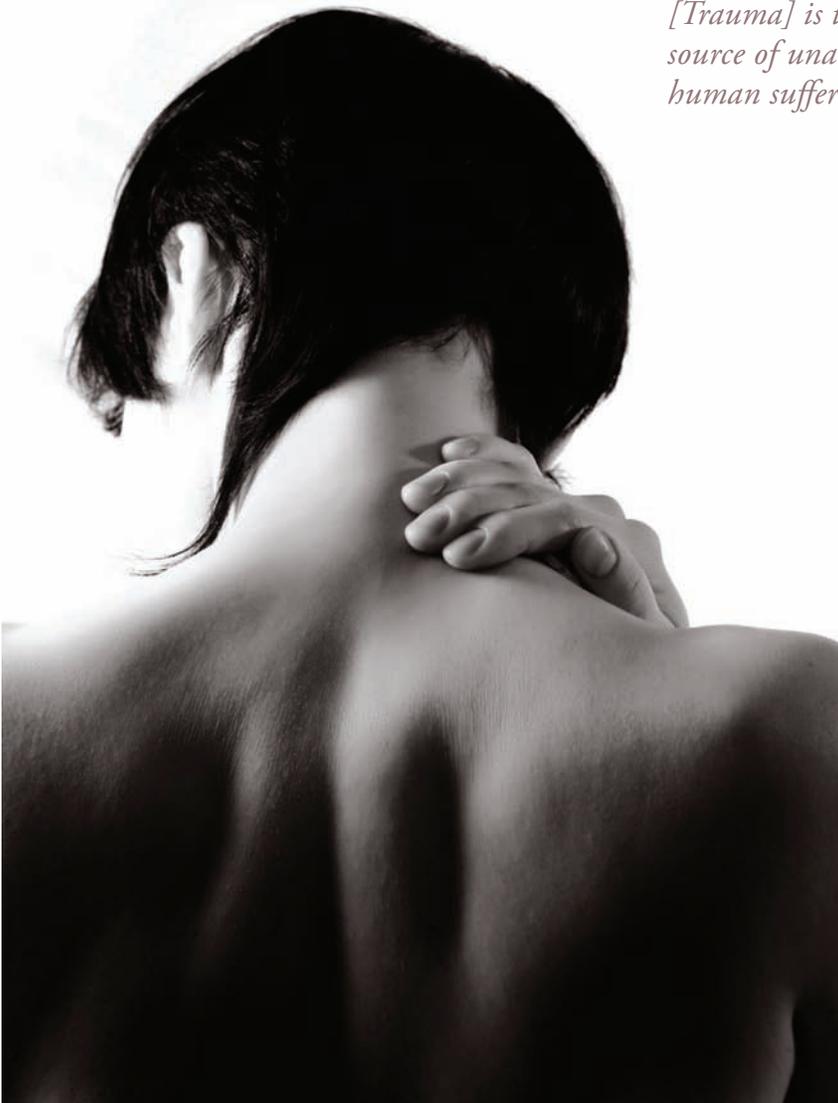
Other experts in the field provide complementary definitions of trauma. Babette Rothschild, a Los Angeles-based clinical social worker describes it as "a psychophysical experience, even when the [event] causes no direct bodily harm."³ And the *Diagnostics and Statistical Manual of Mental Disorders (DSM-IV)* offers confirmation of the conclusion of a majority of psychiatric professionals that "traumatic events exact a toll on the body as well as the mind."

THE IMPACT OF TRAUMA

When a physical danger threatens us that we can't stop, control or escape, our natural instinct for survival—which includes the body summoning a tremendous amount of energy to fight or flee—short circuits. These short circuits ricochet through our bodies as well as our minds. This can result in shock, dissociation, and many other kinds of involuntary responses while the violence is happening.

The short circuit stays with us long after the violence ends. The short term effects can include

“*[Trauma] is the greatest source of unacknowledged human suffering.*”





flashbacks, hypervigilance, jumpiness, sleeplessness, and general anxiety. If untreated, this stress on our systems can lead to deep exhaustion, isolation and despair.

Trauma that is strictly mental or emotional—rather than the result of a physical injury—can manifest in our bodies in a variety of ways including chronically restricted tissue, the shrinking or bracing of the overall structure, a tight diaphragm and shallow breathing, cold hands and feet (the body summons energy from the extremities to the central nervous system and core), and strong tension at the base of the skull and at the bottom of the spine.⁴

Jasmin Lee Cori, a professional counselor and author of *Healing from Trauma*, describes these physical signs as resulting from the body becoming a “too-tight package.” The individual who

“Without acknowledging the impact or even presence of the trauma, it is impossible for someone to recover from it.”

has experienced trauma is “caught in a pattern of alarm and self-protection, with the lower brain stem still on alert.”⁵ The trauma survivor, then, can live in perpetual anticipation of the next “attack” in part because of the body’s inability to complete the circuit and let go of the initial threat.

In addition to the ongoing physical effects that

occur after a trauma, many conditions can result over the long term. Psychologically, these include PTSD, acute stress disorder, depression, anxiety disorders like panic attacks and obsessive-compulsive patterns, addictions, eating disorders, as well as borderline personalities and dissociative disorders. Physically, trauma can manifest itself in the form of fibromyalgia, chronic fatigue, irritable bowel syndrome, chemical sensitivities, myofascial pain, problems with the temporomandibular joint of the jaw (TMJ), chronic lower back pain, and chronic headaches or migraines.⁶

HEALING FROM TRAUMA

In many cases of serious trauma, including those that result from sexual assault, child abuse, and intimate partner violence, survivors often find sharing the details of their experience or dealing with the experience on a conscious level too overwhelming or too painful. Also, social stigmas put violence and abuse in an entirely different category from other injuries, like car accidents or combat trauma, placing further roadblocks in the path of the survivor.

Yet without acknowledging the impact or even presence of the trauma, it is impossible to recover from it. Levine notes that when the body experiences trauma, “both mind and body mobilize vast amounts of energy in preparation” to deal with the threat. Without an opportunity to discharge that stored energy, “the body holds onto that high-energy, ramped-up state.”⁷

As a result, weeks, months, or even years

“Traumatic events destroy the sustaining bonds between individual and community. Those who have survived learn that their sense of self, of worth, of humanity, depends upon a feeling of connection to others...”

can pass before a survivor is able to share her or his story and begin the healing process. During that time, the body remains in its ramped up state, with potentially devastating effects on the survivor’s health. That is why healing from trauma must address all the parts of a person that trauma invades and disrupts: the mind, the body, as well as the spirit that holds our vision of a future that can be safe and happy again.

Qualitative studies have shown that the most effective ways to mitigate the consequences of repeated exposure to trauma is to practice structured self-care and incorporate it into everyday life. Practices include:

- movement and exercise
- body therapy/massage
- retreats/vacations
- meditation/prayer
- conscious breathing
- interaction with nature

Additionally, experiencing these restorative activities in a group setting has been shown to deepen their impact. Dr. Judith Herman offers an explanation in her book *Trauma and Recovery*:

“Traumatic events destroy the sustaining bonds between individual and community. Those who have survived learn that their sense of self, of worth, of humanity, depends upon a feeling of connection to others... Trauma isolates; the group re-creates a sense of belonging. Trauma shames and stigmatizes; the group bears witness and affirms. Trauma degrades a victim; the group exalts her... Repeatedly in the testimony of survivors there comes a moment when a sense of connection is restored by another person’s unaffected display of generosity. Something in herself that the victim believes to be irretrievably destroyed—faith, decency, courage—is reawakened. Mirrored in the actions of others, the survivor recognizes and reclaims a lost part of herself.”⁸

CONCLUSION

The reward of the decades of studying trauma’s effects is the understanding that it takes root in our minds, bodies and spirits. Since trauma can

overwhelm our capacity to function both mentally and physically, healing from it requires our recognition of its impact throughout our whole being. It roots itself in how we view the world, in our physical health, and in our trust, faith, and belief in what is possible in our lives. However, through holistic, intentional and long-term support, we as humans continue to demonstrate our ability to reclaim our lives.

For anyone experiencing the impact of trauma, whether the trauma was recent or in the distant

past, there is hope. By engaging mind, body, and spirit, joy can stake its claim again where pain, suffering, despair, and anguish have prevailed. As Peter Levine observes:

“In working with trauma for over three decades, I have come to the conclusion that human beings are born with an innate capacity to triumph over trauma. I believe not only that trauma is curable, but that the healing process can be a catalyst for profound awakening—a portal opening to emotional and genuine spiritual transformation.”⁹ ♥

“Through holistic, intentional and long-term support, we as humans continue to demonstrate our ability to truly heal from trauma and transform its impact.” ♥

¹ Peter Levine, *Healing Trauma* (Boulder, CO, Sounds True, 2008), 7. ² Levine, 8. ³ Babette Rothschild, *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment* (New York, NY, WW Norton & Company, 2000), 5. ⁴ Maryanna Eckberg, *Victims of Cruelty: Somatic Psychotherapy and the Treatment of Posttraumatic Stress Disorder* (Berkeley, CA: North American Books, 2000), 3. ⁵ Jasmin Lee Cori, *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life* (New York, NY, Marlowe & Company, 2007), 27. ⁶ Cori, 38-73. ⁷ Levine, 27. ⁸ Judith Herman, *Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror* (New York, NY, Basic Books, 1997), 214. ⁹ Levine, 10.

FEATURED MODALITY /



PHOTOGRAPHY: MAILE ZAMBUTO

A Healing Flow

In Eastern cultures, the ancient practice of yoga has been revered for its healing properties for centuries. Now, Western doctors and psychotherapists are discovering yoga's power to heal the wounds of trauma and restore balance to mind, body and spirit.

By Meaghan Morelli

“PERSONAL HEALING IS A CORE component of yoga,” says Yoga Teacher and Joyful Heart retreat alum, Kara Greenspun. In our Western culture, this thought used to be a novel one, despite yoga's 5000 year history of healing and rejuvenation. Now, however, Western psychological and medical professionals are beginning to recognize the powerful therapeutic benefits of this ancient practice.

“Recognizing the effectiveness of addressing body, mind and spirit in resolving trauma is gaining more and more credibility,” says Maile Zambuto, Executive Director of Joyful Heart. “Judith Herman, Bessel van der Kolk, Babette Rothschild, Peter Levine—pioneers in the field of trauma recovery—are all incorporating body/mind therapy in their approach to working with survivors.”

In fact, van der Kolk, Founder and Medical Director of the internationally acclaimed Trauma Center at Justice Resource Institute in Brookline, MA, has implemented a trauma-sensitive yoga curriculum for clients of the Center. Through research

and the experiences of his patients, van der Kolk has discovered the profound effects that regular yoga practice can have on healing physical, mental and spiritual trauma. Not a proponent of replacing traditional talk therapy, van der Kolk advocates yoga as a complementary process, working alongside more traditional methods. “Unless you befriend your body,” van der Kolk says, “you cannot become well.”

As further proof of yoga's promotion from hobby to mental health tool, a recent issue of the Harvard Mental Health Letter cites several clinical studies, which tout yoga as an effective method to help relieve the symptoms of anxiety and depression. One controlled study, published in 2005, tracked the progress of 24 “emotionally distressed” women. At the end of the study, the women who had incorporated regular yoga practice into their lives improved their scores for feelings of “overall well being” by 65 percent.

Joyful Heart offers yoga therapy as one of several creative healing modalities. ♥

“A 2005 study found that regular yoga practice significantly reduced disordered eating behaviors in women.” ♥

—Jennifer J. Daubenmeir, *The Relationship of Yoga, Body Awareness, and Body Responsiveness to Self-Objectification and Disordered Eating (The Psychology of Women Quarterly)*

For more on these topics: www.traumacenter.org, www.yogajournal.com/health/well_being, www.health.harvard.edu

GOT 15 MINUTES?

That's all the time it takes to refocus. Use the yoga poses below—in this progression or each on their own—to center and strengthen yourself.

“Unless you befriend your body,
you cannot become well.”

—Bessel van der Kolk, author and professor of psychiatry
at Boston University School of Medicine, *Yoga Journal*



HERO POSE (VIRASANA)

Realigning your energy is a quick and powerful way to help you focus your mind and soothe your spirit. Hero Pose calms and centers.

1. Kneel on your mat (or a folded towel if your knees and feet need extra padding), knees touching. Separate your feet so that they move just outside your hips, keeping the tops of your feet actively pressing into the mat.
2. Exhale and readjust calf muscles with your hands for comfort.
3. Your buttocks should rest comfortably on the floor. If it does not, you may use a small, rolled towel for support. Lay your hands on the tops of your thighs, palms up, open and relaxed.
4. Lift your torso out of your hips, reaching the shoulder blades down the back. Keep your breath even. This pose may be held from 30 seconds to several minutes at a time.
5. To exit this pose, press your hands into the floor while lifting your hips away from your heels. Move your feet out from under your hips, extending them straight in front of you. Rest your buttocks on the floor.

PLANK POSE

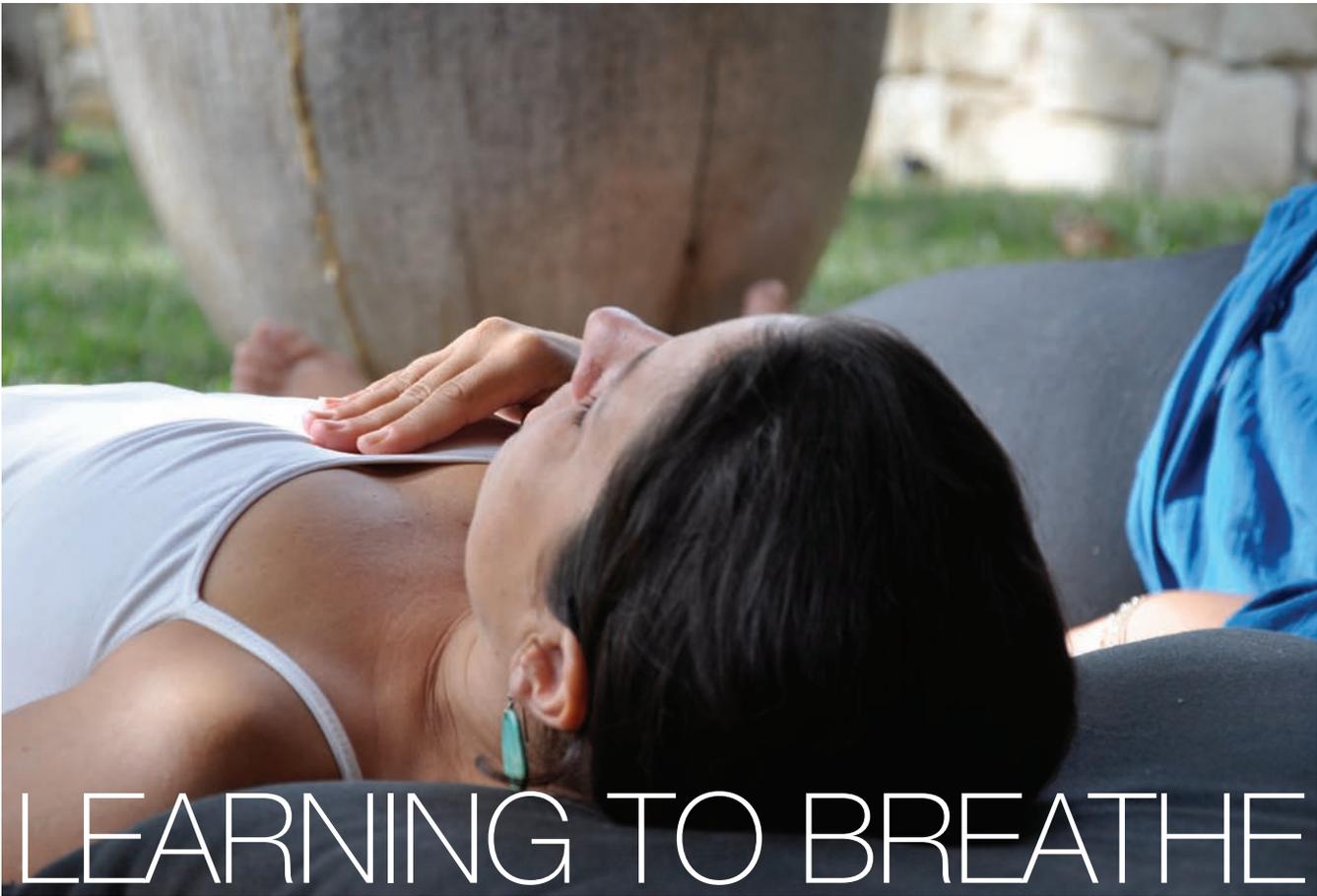
Core strength is vital to wellness. If your center is strong, you're physically balanced. This physical equilibrium can translate into spiritual stability. And it only takes a few seconds at a time.

1. On a mat, start lying face down, palms pressing into the floor, directly under your shoulders, feet flexed, with toes curled under, pushing into the floor.
2. Push off from the mat, straightening your arms (without overextending your elbows), shoulders over elbows, elbows over wrists, torso firm and lifted. Pull the shoulders gently down the back, relaxing the neck and opening the back.
3. Imagine a straight line stretching from the base of your skull to your heels. Tilt your pelvis slightly in, keeping your rear end down. Maintaining this straight line works the abdominal muscles. Engage your quads, taking pressure off the knees.
4. Hold for 10 to 60 seconds. Lower knees, rest, repeat 3 to 5 times.

CHILD'S POSE (BALASANA)

After working your body in Plank Pose, you will need to rest, breathe and stretch. Child's Pose is a quiet, resting position that can help from 30 seconds to several minutes.

1. Kneel on your mat, big toes touching, knees about hip-width apart, and sit back onto your heels.
2. Exhale as you bend forward, chest to your knees, touching your head to the floor.
3. Lay your arms alongside your body, palms facing up, open and relaxed. As your shoulder blades are pulled gently downward, you will feel a mild stretch across your upper back. Breathe deeply and evenly into your lower back.
4. To move out of this pose, inhale, lift the torso and, if appropriate, place your arms in front of you, directly under your shoulders and use them to gently help you up.



LEARNING TO BREATHE

PHOTOGRAPHY: MAILE ZAMBUTO

By Meaghan Morelli

Take a breath. Go ahead. Now take another. Feel your heart rate slow. Feel your shoulders relax, your stomach expand as you breathe. Feel your awareness of your environment heighten, your focus sharpen. Feel your mind and body calm themselves.

It may feel to you like you're just paying a little more attention to your breathing than usual, but with this controlled, mindful breathing you're actually engaging in a pioneering form of somatic—or body—therapy that is being used to heal the devastating effects of childhood trauma. Using breath to calm and control the central nervous system in order to manage anxiety and unwanted outbursts of destructive emotions is becoming an effective tool in child therapy for healing from chronic abuse.

Child abuse remains a pervasive and devastating epidemic in our country.

- Nearly four children die every day in this country as a result of child abuse and neglect.
- Over 90% of child sexual abuse victims know their abuser.
- It is estimated that up to ten million children in this country are exposed to domestic violence each year.

Source: Child Welfare Information Gateway, www.childwelfare.gov & U.S. Department of Health and Human Services, Administration on Children, Youth and Families *Child Maltreatment 2007*

Take another breath.

Whether children suffer abuse directly or witness violence in the home, the effects are broad in scope. They manifest physically, emotionally, behaviorally and socially. Research from

the Child Welfare Information Gateway in 2008 lists depression, anxiety, cognitive difficulties, violent or delinquent behavior, low academic achievement, and drug abuse as but a few of the devastating effects that suffering or witnessing abuse in childhood can produce. The violence suffered by a child can create an echo chamber of shame, anger, and unrealized potential. If unresolved, the cacophony of trauma reverberates through the life of the individual—and, ultimately, through our society.

But a path toward healing does exist. And a growing number of experts believe that the journey to recovery begins with a single breath.

“Because infants and children who experience multiple forms of abuse often experience developmental delays across a broad spectrum, including cognitive, language, motor, and socialization skills, they tend to display very complex disturbances,” writes Dr. Bessel van der Kolk, founder and director of the Trauma Center at the Justice Resource Institute, in the May 2005 *Psychiatric Annals*. Van der Kolk’s extensive work with childhood survivors of trauma and violence includes a host of somatic experiences, yoga and breathwork among them, aimed at returning a sense of calm and control to these young survivors. Writes van der Kolk, “Children who have been traumatized experience the trauma-related hyper-arousal and numbing on a deeply somatic level. Their hyper-arousal is apparent in their inability to relax and in their high degree of irritability.”

Sherisa Dahlgren, Joyful Heart’s Clinical Consultant and a marriage and family therapist in California who specializes in

the healing of trauma in children and adults, says that “most current models of therapy focus on the brain, which is fantastic, and necessary. But these models miss the body aspect of trauma. That’s where alternative modalities—like breathwork, meditation and mindfulness—come in.”

People who suffer from repeated trauma, as in cases of domestic violence or child abuse, actually undergo significant changes to the central nervous system, according to the National Center for Post Traumatic Stress Disorder. Because of the repeated abuse or constant fear of it, their bodies adapt to a “new normal” state of being that clinicians call hypervigilance, a high-anxiety state in which the body is almost always in “fight or flight” mode. It is a mental and physical state wherein the threat of chaos and violence always exists. The body remains ready to react to any threat.

“Children who have suffered abuse,” explains Dahlgren, “are especially vulnerable to this change in the central nervous system. They can begin to act out in ways they can’t even begin to understand, from tantrums to vandalism. And anything can trigger it. A child who hid in the bathroom every time his mom was beaten can be triggered by the simple act of going to the bathroom. Just the smell of a bathroom can be a trigger.” Dahlgren believes that breathwork can calm and strengthen the central nervous system, offering a path to long-term healing from chronic abuse. Research conducted by leaders in the field of trauma recovery—like Dr. van der Kolk—bears out her belief.

“For kids, it can be helpful to integrate breathwork into another fun, goal oriented activity,” says Dahlgren. “Something as simple as tossing a ball around a circle can be extremely effective. If you give them a pattern to toss the ball and then gradually make it more complicated or faster, very soon they lose focus and can’t complete the



PHOTOGRAPHY: MAILE ZAMBUTO

pattern. But if you give them some tools to control their breathing they actually stay focused and they do much better. The effect is immediate and dramatic enough that it gets the kids’ attention. They start to think ‘There’s something to this.’”

In a recent New York Times article on recovery for survivors of long term abuse, science and medical journalist Benedict Carey highlighted the use of breathwork in trauma therapy. He writes: “Typically, people in trauma-focused therapy also learn methods to regulate the strength of their emotions. These methods include simple breathing and relaxation techniques, as well as mindfulness, an exercise in allowing an emotion to take hold and pass without acting on it.” It is this kind of focused, somatic therapy that Dahlgren, Dr. Peter Levine and others practice and advocate.

“They’re able to choose to act, rather than react in ways they don’t want,” says Dahlgren, citing

work she’s done with moms and their children in shelters, including Good Shepherd Shelter in Los Angeles, CA. “And after some practice, the results are amazing. Not only do the tantrums subside and the rates of vandalism and delinquency decline, but the kids actually help each other through tough moments. If one kid sees another starting to get really upset, he’ll say ‘Hey, let’s do our breathing.’ Creating that culture of support is essential to helping them recognize that they possess the skill set necessary to function and, ultimately, to heal.” ♥

Working under the leadership of Sherisa Dahlgren and other leading therapists and practitioners in this field, Joyful Heart will be piloting programs in domestic violence shelters in New York, Los Angeles and Honolulu this year. The programs, called mPower, will work with mothers and children to lessen the effects of trauma with a commitment to addressing mind, body and spirit.



PHOTOGRAPHY: MEAGHAN MORELLI

Deep Breathing for Kids

Put the emphasis on the tummy, which encourages kids (and adults!) to breathe deeply. This enables children to see the effects of their breath.

- Have your child sit or stand comfortably with a hand on the tummy.
- To a three count, have your child breathe in deeply through the nose.
- Watch how the tummy expands, moving your child’s hand.
- Let the breath out slowly to another steady three count, watching as the

tummy “deflates” and the hand moves back down.

- Repeat several times.

This simple breathwork is highly effective for all children, trauma survivors or not. When practiced, it can help diffuse the anger of a tantrum or the fear of a fall. Encouraging young children to participate in activities like mindful breathing, yoga and stretching to help manage stress in early years lays the groundwork for healthy coping mechanisms in adulthood.

SONGS TO MAKE YOUR HEART SOAR

1. OUT OF OUR HEADS

Sheryl Crow

"If we could only get out of our heads, out of our heads, And into our hearts."

2. PUT YOUR RECORDS ON

Corinne Bailey Rae

"Girl, put your records on, tell me your favorite song, You go ahead, let your hair down, Sapphire and faded jeans, I hope you get your dreams, Just go ahead, let your hair down."

3. EDGE OF THE OCEAN

Ivy

"Ohhh, we can begin again. Shed our skin, let the sun shine in. At the edge of the ocean, We can start over again."

4. BEAUTIFUL FLOWER

India.Arie

"There is nothing in the world you cannot do, when you believe in you, who are beautiful, (yeah you), who are brilliant, (yeah you), who are powerful, (yeah you), who are resilient."

5. FEELING GOOD

Nina Simone

"It's a new dawn, it's a new day, it's a new life, for me, and I'm feeling good."

6. SUPERWOMAN

Alicia Keys

"Cause I am a Superwoman, Yes I am (yes she is), Still when I'm a mess, I still put on a vest with an 'S' on my chest, Oh yes, I'm a Superwoman."

7. LIFE IS WONDERFUL

Jason Mraz

"And it takes no time to fall in love, But it takes you years to know what love is, And it takes some fears to make you trust, It takes some tears to make it rust, It takes the dust to have it polished."

8. ALL ROADS

Tina Malia

"This is the sound of one heart starting to hear, this is the sound of faith stepping out of fear, Oh the journey of one soul's passage through time, This is one lone dreamer learning to fly."

9. THE SUN WILL RISE

Paula Fuga

"Through the dark I see the light, And I know it'll be alright, All I need is a little faith to get by."

10. I'M READY

Tracy Chapman

"I want to wake up, I want to know where I'm going, I want to go where the rivers are over-flowing, I'm ready to let the rivers wash over me."

11. SOMEWHERE OVER THE RAINBOW

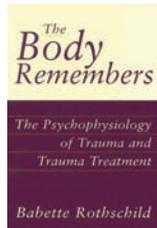
Israel Kamakawi'ole

"Someday I'll wish upon a star, Wake up where the clouds are far behind me, Where trouble melts like lemon drops, High above the chimney top that's where you'll find me."

See what **Joyful Heart Recommends** to nourish your mind and lift your spirit.

THE BODY REMEMBERS

Babette Rothschild, M.S.W., L.C.S.W.

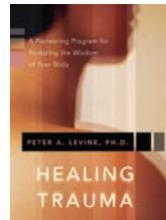


Babette Rothschild has been a practicing psychotherapist since 1976. In *The Body Remembers*, Rothschild illuminates the value of understanding the psychophysiology (mind-body link) of trauma for both clinicians

and their clients. This was the first book to link this phenomenon of somatic memory and the impact of trauma on the body. Reducing the chasm between scientific theory and clinical practice and bridging the gap between talk and body therapy, Rothschild presents techniques for addressing the memory in the body. By providing a concise, accessible and practical overview of trauma theory, this book moves fluidly from theory to application. Rothschild's watershed work is an excellent starting point for those looking for a deeper understanding of the mind-body connection with regard to trauma and how to heal from it.

HEALING TRAUMA

Peter A. Levine, Ph.D.



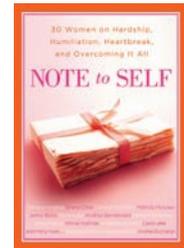
That trauma's effects are manifold and lasting is no longer debated among medical and psychological experts. In fact, researchers have shown that survivors of accidents, disaster, and childhood trauma often endure lifelong symptoms ranging from anxiety and depression to unexplained physical pain, fatigue and illness. In *Healing Trauma*, Dr. Peter A. Levine has crafted a powerful book for professionals working in the field of trauma studies that also serves as a guide to self discovery and healing for those impacted by trauma. The book offers readers the personal step-by-step guide for using the theory of Somatic Experiencing™—an internationally recognized "body-centric" approach to trauma therapy—that Dr. Levine first introduced in his highly acclaimed work *Waking the Tiger*. Also included is a 60-minute CD of guided Somatic Experiencing.

Levine has presented a ground breaking piece of work that will make a difference for anyone who wants to heal their trauma or support others through the healing process. "Trauma is a fact of life," teaches Peter Levine, "but it doesn't have to be a life sentence." Now, he shares his essential methods to address unexplained symptoms of trauma at their source—the body—to return us to a natural state of balance.

NOTE TO SELF: 30 WOMEN ON HARDSHIP, HUMILIATION, HEARTBREAK AND OVERCOMING IT ALL

Edited by Andrea Buchanan

Everyone needs some inspiration from time to time. Andrea Buchanan's little compilation is big on empowerment. It's the hardcover version of curling up on your couch for a heart-to-heart with 30 of your best girlfriends. These powerhouse women—including Joyful Heart's Founder, Mariska Hargitay and Executive Director, Maile Zambuto—open up about defining moments in their lives and the perseverance they didn't know they possessed. Raw and achingly real, these stories will make you laugh, break your heart and renew your faith in the human spirit.



TRAUMA STEWARDSHIP

Laura van Dernoot Lipsky with Connie Burk

A longtime trauma worker, Laura van Dernoot Lipsky explores the impact of extensive exposure to trauma amongst the many individuals in our society who are tasked with or have chosen to help others. For medical professionals, police officers, relief workers, crisis counselors and others who deal with human suffering, vicarious trauma can take a serious toll. People in these roles may find themselves becoming jaded, cynical, tired, or believing that they are incapable of accomplishing any positive impact.

Lipsky offers an approach to handling trauma that allows us to observe a mindful presence of the negativity, while not being enveloped or overwhelmed by it. With her theory of Trauma Stewardship she combines the age-old wisdom of traditions from around the globe with the most cutting-edge contemporary research, inviting those of us who have been exposed to hardship, suffering or trauma—whether directly or indirectly—to reinvent how we approach caring for others and ourselves.

Continuing her work with Trauma Stewardship, Lipsky collaborates with others to develop sustainable work practices and maintains a private counseling practice for individuals. She is also the founder and director of a Spanish-language preschool and grade school enrichment program that offers an environmental and social-justice curriculum.





Hero Of The Heart: Jane Randel

Liz Claiborne Inc.'s crusader against intimate partner violence goes on the record about old thinking, new initiatives, and the urgency of reaching out to teens.

By Meaghan Morelli

PHOTOGRAPHY: NATHAN RICHARDS

TAKE A LOOK BEHIND LIZ CLAIBORNE

Inc.'s stellar reputation in the philanthropic field, and you will find the utterly remarkable Jane Randel. As VP of Corporate Communications, Randel manages both internal and external communications, oversees all philanthropic programs, and has been the driving force behind the company's award-winning cause marketing program aimed at raising awareness about and ultimately preventing violence against women. She is also a wife and a mother to three boys.

Her position in the world of fashion and beauty makes her willingness to take on the complex, ugly issue of intimate partner violence that much more remarkable. Since the mid-90s, she has been at the forefront of Liz Claiborne Inc.'s pioneering initiatives, including Love is Not Abuse, Love is Respect (the nation's first teen dating abuse hotline), and MADE (Moms and Dads for Education to Stop Teen Dating Abuse). And this list doesn't begin to cover her commitments to an impressive roster of organizations, including Joyful Heart.

Begin a conversation with Randel about intimate partner abuse, and she quickly reveals both her passion for knowledge about prevention, education and healing survivors' wounds.

"Our intolerance of abuse is the greatest weapon we have to combat it," she begins, leaning forward in her chair. "It's not a simple fix. This issue is complicated—you can't just go get a blood test or take away someone's keys. We need to change the social norms. We need to change the way our society views abuse."

Since the early 90s, Liz Claiborne Inc. has been working to do just that. The company researched which issues were important to its customers, and found that domestic violence

was one of their chief concerns. Then they set out to do something about it.

"In the beginning, the goal was to help bring it out of the darkness and into the light; to make it safe to talk about. It was an awareness campaign," Randel explains. "And the workplace is an ideal venue to reach out to people. It's often the one place where victims feel safe. And often it will provide the means they would need to leave the relationship."

While Randel proudly acknowledges progress in the areas of awareness and education over the last twenty years, she feels that there is still much work to be done, especially with regard to teen dating abuse. The issue tragically exploded into the nation's consciousness earlier this year when pictures surfaced of recording artist Rihanna's bruised and swollen face, the result of battering by her boyfriend, Chris Brown.

But the reaction of teens to the Rihanna/Chris Brown situation deeply troubles Randel. "They are so quick to condemn her and defend him. And it's girls doing this" she says, referring to a study by the Boston Public Health Commission that revealed 46 percent of teens placing the blame for the assault on Rihanna. "There are obviously still powerful public misconceptions about this issue. People still ask 'Why does she stay with him?' The question that everyone should be asking is 'Why did he beat her?'"

Randel is still determined to turn this into a teachable moment for our nation's teens. "People misunderstand," she explains. "They don't see the prelude to the violent eruption, they only see the aftermath. They don't see the way abusers craft the situation. How do you reach a teen and make her understand that receiving 30, 40, 50 text messages an

hour from her boyfriend isn't normal or healthy? Messages saying things like 'What are you doing?' or 'Who are you with?' or 'Where are you?', not 'How are you?'—because the teens we surveyed made this distinction—how do you make them see that this isn't about love?"

When pushed for an answer as to why, a decade into the 21st century, teenage girls didn't come screaming to Rihanna's defense, Randel falls silent for a moment. She chooses her words carefully: "I'm not sure they're given permission to do that yet. In self-defense they teach that one of the most effective defenses women have against a potential attacker is to yell. But are we—are girls—taught to do that? We're still taught to be quiet."

Yet the difficulty of bringing about change doesn't deter Randel from her mission. Her

"Can't we become a culture that places the blame squarely on the shoulders of the person perpetrating the violence, not the person who has to withstand it?"

hope and her passion are as alive as ever. "I don't know if we'll ever be able to completely eradicate this kind of violence, but can't we become a society that has no tolerance for it? Can't we become a culture that places the blame squarely on the shoulders of the person perpetrating the violence, not the person who has to withstand it? We need to move toward becoming a society that is intolerant of abuse. That's my goal."

To learn more about the groundbreaking work Randel and Liz Claiborne Inc. are doing, check out: LoveisNotAbuse.com, LoveisRespect.org or look for MADE on Facebook. ♥

TEEN DATING VIOLENCE: IT'S TIME TO TALK

THE STATISTICS ON TEEN DATING VIOLENCE AND ABUSE ARE STAGGERING. WHEN TEENS BEGIN

dating, they often apply relationship norms they've observed as they grew up. Adolescents who witnessed domestic violence at home are likely to accept abuse in their own relationships. Additionally, when teens are abused by their partners, it sets a dangerous precedent that can be repeated throughout the rest of their lives.

Teens who do not witness abuse growing up, however, are not immune to encountering violence in their lives. The crime of dating violence—which includes emotional, physical, and sexual assault, as well as harassment via digital communication like texting, email, and instant messaging—is a reality for many of our nation's teens regardless of childhood experiences. We can't always know the root causes of this issue, but we do know that education can help combat it. Our goal is to help shed more light on this important issue.

Below are ways you can confront the all-too-prevalent issue of teen dating abuse with the young people in your life:

HEAL

In response to the alarming rates of teen dating abuse through technology and the severe knowledge gap between parents and their teens, the National Domestic Violence Hotline (NDVH) and Liz Claiborne, Inc. joined together to launch loveisrespect.org, The National Teen Dating Abuse Helpline (NTDAH). The Joyful Heart Foundation is pleased to support their efforts.

This national web-based and telephone resource is available to help teens (ages 13-18) experiencing dating violence. If you are dealing with an abusive relationship and would like guidance, please connect to the live chat through www.loveisnotabuse.com or the Joyful Heart Foundation website.



EDUCATE

A Liz Claiborne, Inc. study found that 54 percent of parents admit they have not spoken to their child about dating violence. Now is the time to know the facts and start the conversation.

- Teenagers and young adults are the age groups at greatest risk for sexual assault.
- The risk of sexual assault is four times higher for women aged 16-24 than for any other age group.
- 1 in 3 girls who have been in a serious relationship say they've been concerned about being physically hurt by their partner.
- Over 90% of sexual assaults are committed by someone the survivor knows.
- 1 in 5 girls and 1 in 7 boys will be sexually assaulted by the age of eighteen.
- Nearly 80% of girls who have been physically abused in their intimate relationships continue to date their abuser.
- 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner.
- Teen dating violence most often takes place in the home of one of the partners.

EMPOWER

Liz Claiborne, Inc.'s MADE program (Moms and Dads for Education to Stop Teen Dating Abuse) is committed to changing our national dialogue around this issue. MADE's goal is to build a coalition of parents, teachers and concerned citizens who advocate teaching a curriculum on preventing relationship violence and abuse in middle and high schools across the country. The Joyful Heart Foundation supports MADE's efforts to increase public awareness of this issue and to mobilize parents and teachers to turn a spotlight on teen dating abuse. We're asking everyone in our community to take a stand for this cause by signing the MADE petition online: www.loveisnotabuse.com/made/petition.html



LEARN MORE

- Joyful Heart Foundation
www.joyfulheartfoundation.org
- Love Is Not Abuse
www.loveisnotabuse.org
- Safe Horizon
www.safehorizon.org
- Nat'l Youth Violence Prevention
www.safeyouth.org
- Family Violence Prevention Fund
www.endabuse.org

GET HELP

- National Domestic Violence Hotline
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)
- National Teen Dating Abuse Helpline
www.loveisrespect.org
1-866-331-9474
1-866-331-8453 (TTY)

BOOKS

- **How to Talk to Your Kids About Really Important Things: For Children Four to Twelve**, by Charles E. Schaefer, Theresa Foy Digeronimo (1994, Jossey-Bass Publishers).
- **Teen Tips: A Practical Survival Guide for Parents With Kids 11-19**, by Tom McMahon (1996, Pocket Books).
- **In Love and Danger: A Teen's Guide to Breaking Free of Abusive Relationships**, by Barrie Levy (1998, Seal Press Feminist Pub).

HANDBOOKS FROM LOVE IS NOT ABUSE

- "A Parent's Handbook: How to Talk to Your Children About Developing Healthy Relationships"
- "A Parent's Guide to Teen Dating Violence: 10 Questions to Start the Conversation"
- "Tough Talk: What Boys Need to Know About Relationship Abuse"
- "What You Need to Know About Dating Violence: A Teen's Handbook"

Available free of charge by calling 1-800-449-STOP(7867) or online at www.loveisnotabuse.com/handbooks.htm



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PHOTOGRAPHY: MICHAEL PARMALLEE & JEFF SOKOLOWSKI

THE JOYFUL REVOLUTION

Joyful Heart's Second Annual Gala was held at Terminal 5, one of New York City's most exciting new venues. It was a vibrant, thrilling and unforgettable launch for The Joyful Revolution.

Hosted by Debra Messing and Chris Meloni, the evening unfolded over two levels—with joyful design and décor generously provided by David Monn—beginning with a cocktail party, dinner, and the premiere of the Joyful Revolution film by Paul Korver; followed by a live auction, sensational musical performances by Sheryl Crow, Lupe Fiasco, and Paula Fuga, and a rocking after

party spun by DJ Cassidy.

This year's Caribbean blue carpet (provided by Karastan) was graced with many talented, dedicated and generous personalities, decked out in "joyful attire," including Joyful Heart Founder & President, Mariska Hargitay, with husband and JHF Board member, Peter Hermann, Hilary Swank, Stephanie March, Julianna Margulies, Mario Batali, Marcia Gay Harden and Ice T. The long list of luminaries in attendance gives credence to the joyful revolutionary work that has begun. Change is coming and this was an

occasion to welcome its arrival.

The morning after the gala dawned on another opportunity to share our revolutionary message. This time, the audience was global as Joyful Heart Board Member Peter Hermann along with JHF staff and program partners were invited to ring the opening bell of the NASDAQ Stock Exchange. NASDAQ Vice President, David Wicks, welcomed Joyful Heart's representatives and invited Peter to deliver a message about the organization and to introduce the joyful revolution and its accompanying message of hope and healing to the world.



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PHOTOGRAPHY: MICHAEL PARMALEE & JEFF SOKOLOWSKI

Founder & President

Mariska Hargitay

Gala Co-Chairs

Alexandra Cohen

Linda Fairstein

Ashley McDermott

Hilary Swank

Corporate Chair

Cristina Carlino

*Executive Chairman-Founder
philosophy*

Dinner Chairs

Nancy Ellison and Bill Rollnick

Honoring

Dick Wolf

Emmy award-winning producer and creator of NBC's Law & Order branded series, for his profound role in inspiring the founding of Joyful Heart and in celebration of SVU's 10th year.

“‘Revolution.’ It’s a mighty word, and calls to mind images of overthrows and coups and citizens storming the barricades. Our revolution is different.

Yes, the dialogue about sexual assault, domestic violence and child abuse must be revolutionized. But we are not asking for a revolt; we are asking for a revolution—a turn.

We want our communities to turn their attention, compassion, innovation, and resources towards these issues. To shy away from these painful topics is natural; to turn towards them is courageous and crucial—and revolutionary. “The truth about these epidemics—how pervasive they are, how and why they are so destructive, as well as how to heal from them, must become a

priority in the cultural conversation.

We cannot do it alone, and all of us—staff, board members, survivors—invite you to join the JOYFUL REVOLUTION. What does that mean? We’re not looking for a revolt. We’re looking for a revolution. We’re inviting you to turn towards these issues.

The turn is simple—and profound. It is a turn away from this: ‘This is someone else’s problem.’

And towards this: ‘I will make this my problem.’

A revolution always begins from within. This one begins when you decide how you will hold the issues of sexual assault, domestic violence and child abuse within you, and how you live out that decision.” — **Mariska Hargitay**

1. Hilary Swank and Mariska Hargitay greet one another during arrivals on the “Caribbean-blue” carpet 2. Ricardo de Oliveira and Robin Renzi of Me&Ro 3. Debra Messing 4. Sherman and Chris Meloni 5. David Monn and Ashley McDermott 6. Stephanie March 7. Mario Batali, Mariska Hargitay and Sheryl Crow 8. Linda Fairstein 9. The Joyful Revolution logo by Heller Communications 10. The evening’s honoree, Dick Wolf, with Mariska Hargitay 11. Jane Randel, Charles Kliment and Anne Glauber 12. Jennifer Goodale 13. Peter Hermann introduces JHF’s new film. 14. Maile Zambuto in the world premier of the Paul Korver documentary, *The Joyful Revolution* 15. Paul Korver 16. Lydia Fenet from Christie’s vigorously encourages the audience to participate in the live auction 17. Lisa Paulsen 18. Ice T 19. Lupe Fiasco 20. Paula Fuga 21. Sheryl Crow



PHOTOGRAPHY: JEFF SOKOLOWSKI

“The name of our gala last night was The Joyful Revolution. If you had been there, you certainly would have understood the ‘joyful’ part. I’d like to explain a little bit about the ‘revolution.’

The cultural dialogue about sexual assault, domestic violence and child abuse must be revolutionized. But we are not looking for a revolt; we are looking for a revolution—a turn.

We want communities to turn their attention, compassion, and resources towards these issues. To shy away from these painful topics is natural; to turn towards them is courageous and crucial.

What does it mean to turn towards them? We turn towards them when we look within ourselves and address the uneasiness, discomfort, and fear that we have about engaging in a dialogue about these epidemics; when we educate ourselves diligently not only to know the signs of abuse, but also how to be of service to a survivor making the turn toward healing, hope and joy; and when we empower ourselves with the knowledge that change in a group of individuals will bring change to the community at large.”

— Peter Hermann

To the Joyful Revolutionaries, visionary leaders and generous sponsors who made our gala possible, we offer our deep gratitude. Your benevolence, your commitment to change and your championship of this cause have laid the foundations for our Joyful Revolution.

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1. JHF Board Member Peter Hermann 2. Maile Zambuto and Peter Hermann are welcomed by NASDAQ's Vice President, David Williams 3. Representatives from Joyful Heart wave after ringing the opening bell of the NASDAQ Stock Exchange 4. Guests from JHF's program partners pose for a photo op 5. NASDAQ's 70-foot display 6. JHF staff appear on screen in Times Square 7. Peter Hermann

heartshop



◀ **ME&RO'S HEART & WING PENDANT**

Me&Ro passionately supports the Joyful Heart Foundation. To assist in fundraising, Me&Ro has created a customized piece of jewelry to benefit JHF.

The Heart & Wing Pendant, available in sterling silver and 10k gold, can be purchased online or at Me&Ro stores in New York, Los Angeles, Chicago and Miami. 100% of the net proceeds from the sale of this pendant go directly to Joyful Heart.

www.meandrojewelry.com

All of the products sold to benefit Joyful Heart are designed to inspire and educate. To learn more about each of them, please visit our online Heartshop at: www.joyfulheartfoundation.org



▲ **JOYFUL HEART SHOWER GEL AND LOTION BY PHILOSOPHY**

The joyful heart ultra-rich 3-in-1 shampoo, shower gel and bubble bath has a peony scent—a beautiful blend of fresh florals that come together to create the ultimate feminine shower gel. Now available with a matching body lotion, the joyful heart products are designed to cleanse your body and lift your spirits with every use.

Philosophy is a proud supporter of the Joyful Heart Foundation and 100% of their net proceeds from the sale of the joyful heart shower gel and lotion are donated to the Joyful Heart Foundation.

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▶ **JOYFUL NUDDLE**

The Nuddle Blanket (nap + cuddle = nuddle) was created to be the most comfortable and functional blanket you'll ever own. By purchasing the newly designed Joyful Nuddle, you are helping to provide another blanket to a survivor in one of JHF's programs—from a mom living in a domestic violence shelter to a woman leaving a rape crisis center or a survivor participating in one of our retreats.

www.nuddleblanket.com





PAINTING: ZOE HERSEY

“ Forget not that the earth delights
to feel your bare feet and the winds long
to play with your hair. ”

— *Kahlil Gibran*

Reunion

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