

# Equipping the Helpers

Writing assignments are in **Red**

[Home](#)
[Introduction](#)
[Marriage & Family](#)
[Abuse](#)
[DID/SRA](#)
[Disorders](#)
[Coping Methods](#)
[Maturity](#)
[Spiritual Warfare](#)
[DID Course](#)
[Topic Index](#)

Thoughts untangle themselves running over lips and pencil tips.

## Working with DID and SRA

[Treating Dissociative, Abused and Ritually Abused Children](#)

[Advocating for Ritually Abused Children](#) web article by Ellen P. Lacter, Ph.D

Write a research paper on play therapy answering these questions:

- What is play therapy?
- How can it be used to help identify that a child has DID?
- How can it be used in the healing process?

[Basic Memory Phenomena, Explicit and Implicit Memory](#) PDF [www.DR Karl Lehman MD](#)

The mind is a psychological phenomena that uses the biological brain as a servant, but that is ultimately above, outside of, and more primary than the neurophysiological phenomena in the biological brain.

- Write a summary of the article.

[Dissociation, Repression, Denial, and Avoidance](#) PDF by Dr. K.D. Lehman MD

This is a case study from my (Karl's) personal experience with repression, denial, avoidance, and "middle range" dissociative phenomena. It provides an example of combined repression, denial, avoidance, and dissociation where visual memories are completely missing, and also my attempt at describing what repressed and dissociated memories "feel" like as they come back. This case study also describes the perceptions (lies), thoughts (lies), and emotions that are triggered when I can't solve a problem. [www.kclehman.com](#)

Review these client resources

- [For Better or For Worse](#) - Book
- [Joy in the Desert](#) - Audio
- [Abby's Place](#) - Web Site
- [The DID Puzzle](#) - Web Site
- [Growing UP](#) - Web Site
- [A Letter to My Doctor](#) - Article
- [Scrapbook Therapy](#) - Article
- [DID Reading List](#) - Article
- [Puzzle Peices](#) - Video Series

- Make a list of books, videos, audios, websites etc. that you feel will be helpful resources for your clients.

[Introduction to working with DID](#) video

by Dr. Alaine Pakkala

[The Process](#) web article

by Dr. Joann Roof

Learning to work with someone who has DID is somewhat like learning to surf. There is plenty of technical information that you can learn about how to stand on your board, how to pick the right waves, caring for your board, and what to do when you fall off. You need all that information but there are things you can't be taught. Your body has to learn by practice how to stand up and how to balance. With DID there is lots of information you need to be aware of but most of what you learn will be from getting in there and doing it.

[Dealing with Resistance to Talking to the Good Shepherd](#) video

by Dr. Alaine Pakkala

[Memories and Emotions](#) web article

by Dr. Joann Roof

[Special Issues of Suicide for MPD's](#) web article

by Dr. Alaine Pakkala

One of the main things to remember when helping an MPD resist suicide is to always let them know that they will always be in control of the situation; i.e., that you will never force them to go anywhere or

do anything that they themselves do not choose to do.

[Trauma Bonding: The Pull to the Perpetrator](#) web article

by Svali

Trauma bonding is the issue that is left out of the equation when people ask Why do cult members recontact their perps? Why do they keep going back for more abuse? Without understanding chronic trauma, and the effects of trauma bonding, it is impossible to understand the dynamic involved. I will be sharing in this article both from personal memory of methods used, as well as sourcing to the literature on the subject. My greatest hope is that by understanding this often misunderstood subject, that others may be helped to pull out of its insidious pull.

[Understanding Integration As A Natural Part Of Trauma Recovery](#)

web article

By Rachel Downing, L.C.S.W.-C.

The purpose of writing this article is to provide survivors with DID and therapists who treat DID with a greater understanding of integration and life after integration.

[DID and Deliverance](#) web article

by Nita Saylor and Diane W. Hawkins

Thanks in part to sensational movies, books, and the imagination, deliverance has acquired a very distorted and negative reputation in the minds of many. Christians often tend to enter the arena of battling darkness with considerable anxiety and dread. This need not be the case, however, if one is adequately prepared and confident in the authority of Jesus Christ over all of Satan's forces.

[Denial—the Key to Resolution](#) web article

Diane W. Hawkins, M.A.

Once considered merely an annoying appendage to the diagnosis of Dissociative Identity Disorder (DID), denial is now being recognized as the glue that holds the dissociation in place. The fact is that DID would not exist without the mind's need for denial. In other words, when denial is no longer needed, neither is dissociation.

## Spiritual Warfare

[Education Matters](#) web article

by Nita Saylor and Diane W. Hawkins

When deliverance is needed in individuals with DID, the process admittedly becomes more complex, and one does well to tread more carefully into it. In fact, only those who understand the dynamics of both dissociation and demonization should attempt doing deliverance with a person who has symptoms of DID.

[Complex Polyfragmentation: A Coping Mechanism for the Survivor & Prayer](#) web articles

by Svali - prayer by Dr. Joann Roof

In order to survive ritual abuse, a child will often learn to dissociate, and dissociate heavily. The child has undergone some of the most horrific abuse humanly imaginable, and most find a way to cope.

[Closing Prayer and Commands](#) PDF

by K.D. Lehman MD & C.E.T. Lehman MDiv.

Unresolved wounds and/or issues: Sometimes you will get to the end of the ministry time and the wounds and/or issues being addressed are not yet resolved. This has become less and less common as we have gained more knowledge, experience, and personal healing, but it still happens on a regular basis. We have found that it is good to acknowledge this, and to ask the Lord to especially care for the person regarding any wounds and/or issues that are not yet fully resolved. [www.kclehman.com](http://www.kclehman.com)

[DID Session Prayers](#) PDF

True, Holy Creator God, in the name of the True Lord Jesus Christ, in accordance with Jude 8-10, I ask you to move back all evil celestial beings and forbid them to harass, intimidate or retaliate against \_\_\_\_\_ (survivor's name) or any part of him/her, whether in the body or outside the body.

[Prayer of Release for Masons & Their Descendants](#) web article revised by Karen Sackett

[Prayer of Renunciation of the Mormon Church](#) web article

[Renunciations of the Pagan](#) web article

The renunciations and prayers that follow deal with ancient civilizations' foundational idolatry and allegiance to other "gods which are not gods", as detailed in the Old Testament. The Scriptures have been used to compile these specific items and practices for purposes of confession and renunciations.

[Renunciation and Affirmation Statements](#) web article

by Dr. Tom Hawkins

The following prayers and affirmations are directed especially to those who are treating persons who have been involved in ritual abuse. Usually such survivors have experienced dissociation and report Dissociative Identity Disorder (DID) as a result of their abuse—which is often best described as Satanic Ritual Abuse (SRA). THIS MATERIAL IS NOT INTENDED FOR SURVIVORS OF SUCH ABUSE TO READ BY THEMSELVES OR EVEN WITH A WELL MEANING, UNTRAINED, SUPPORT PERSON. It is crucial that survivors be at a place in therapy where reading these prayers does not increase their internal conflict beyond tolerable limits. They need to be with someone who can help them reduce conflict and find spiritual freedom.

Prayer partner - 30 hrs. \$5 per hr.

- Write a summary of what you learned from each session.

## Programming

[Mind Control: Simple to Complex Web article](#) Ellen P. Lacter, Ph.D.

Organizations with a wide range of political and criminal agendas have historically relied on coercive interrogation and brainwashing of various types to force submission and information from enemies and victims, and to indoctrinate and increase cooperation in members and captors.

[Kinds of Torture Endured in Ritual Abuse and Trauma-Based Mind Control](#) web article by Ellen P. Lacter, Ph.D

Knowledge of the methods of torture used within ritual abuse and trauma-based mind control provides a basis for recognition of related trauma disorders. Individuals subjected to these forms of torture may experience intense fear, phobic reactions, or physiological symptoms in response to associated stimuli. In some cases, the individual, or particular dissociated identities, experience a preoccupation with, or attraction to, related stimuli.

[Cults](#) video

Video about government cult involvement.

[Denial Programming Vows](#) web article

The following information has been collected from various clients as we have dealt with denial programming. I do not recommend that survivors work through this information on their own. The words that are highlighted seem to be the words used by programmers during torture done to install the denial programming. Clients that have gone through these renunciations have found that the denial is less bothersome and they are more able to go to truth and let God reveal the origin of the lies they are believing.

[Overview of the Differences Between Satanism and Witchcraft](#) web article by Steve Oglevie

Satanism: Cosmological dualism between two male gods. Fueled by rebellion against the Catholic Church's perceived excesses. Began in 9/10 C.

Witchcraft: Paleolithic era (before 10,000 B.C.) fertility cult worship of the "Great Mother" (the earth) across the world.

[Satanism and Ritual Abuse Archive](#) web article by Diana Napolis, M.A.

The following cases describe legal proceedings held in Juvenile, Family, Civil and Criminal Courts around the world where there have been allegations of Satanism or the use of Ritual to abuse others.

[Breaking the Chain: Breaking free of cult programming](#) web book by Svali

I used to be a programmer in the cult, and now I want to share the knowledge that I have to help others. It is possible to break free of cult abuse if a person is involved. It is a long, heart-breaking process, but well worth it.

[An overview of the Illuminati](#) web article by Svali

In order to understand Illuminati cult programming, it is first necessary to understand a bit about the structure and philosophy of the organization. The Illuminati are a group of people who follow a philosophy known as "Illuminism" or "enlightenment". The Illuminati were named several hundred years ago, but trace their roots and history to the ancient mystery religions of Egypt, ancient Babylon, and even Mesopotamia. Out of these ancient religions, which were practiced secretly over hundreds and hundreds of years, there arose esoteric groups which continued to practice the rites, traditions, and enculturation brought in from the original groups.

[Conspiracy of Silence - Illuminati Pedophiles in Washington D.C.](#) (documentary) - 55 min

From Senator John Decamp: In mid-1993, after The Franklin Cover-Up had been circulating for almost a year, the British-based TV station, Yorkshire Television, sent a top-notch team to Nebraska to launch its own investigation of the Franklin case. Yorkshire had a contract with the Discovery Channel to produce a documentary on the case for American television. Finally, the big day came. Their documentary was to air nation-wide on the Discovery Channel on May 3, 1994. It was advertised in the TV Guide and in newspapers for that day. But no one ever saw that program. At the last minute, and without explanation, it was pulled from the air. It was not shown then, and has never been broadcast anywhere since. I have a copy of that program, which arrived anonymously in my mail in late 1995. When I watched this pirated copy, I could see clearly why the program had been suppressed.

[Ritual Dates and Symbols](#) web article

This page summarizes significant symbols and dates used throughout the world by cults and various groups. Each group is different and may celebrate different sets of holidays, placing emphasis on different days. For most survivors, the worst symbols and dates are those listed below. Full and new moons are also significant, particularly so if they fall on any of the main holidays or the survivor's

birthday.

[Why the Cults Don't Get Caught](#) web article

by Svali

When confronted with the possibility that ritual abuse may occur, one of the first questions people ask is: "But if it's real, why aren't they caught?". In other words, how can an organized society meet and execute rituals in secret, yet not leave any incriminating evidence which may lead to a conviction? How can such secrecy possibly be maintained in this day and age? Surely they would leave behind a 'trail' that would alert others as to what was happening.

[Mind Control: America's Secret War](#) Google video

from the History Channel

An overview of the early government MLKA mind control experiments.

[Relationships Between Mind Control and Ritual Abuse](#) web article by Ellen P. Lacter, Ph.D

Installation of mind control programming relies on the capacity to dissociate, which permits the creation of new walled-off personalities to "hold" and "hide" programming. Already dissociative children are prime "candidates" for programming. Alternatively, very young children may be made dissociative by trauma-based programming. The extreme abuse inflicted on young children in intra-familial satanic and "black" witchcraft cults reliably causes dissociation.

[Thanks For The Memories](#) PDF Book - Free

by Brice Taylor

'Mind control' is a rather vague and nebulous term used to label methods of extreme coercion that result in an individual's involuntary, robotic compliance. In order for the reader to fully understand the account presented in this book, it is essential to gain some background knowledge about the history of mind control.

[Duplicity Programming: The Devil's Deception](#) web article by Alice Moody, Ph.D.

What Is Duplicity? Imagine a foster child who has been repeatedly abused, having been placed in numerous homes with promises of love, kindness, and fairness. At last he experiences loving behavior. He'd like nothing more than to find this real and lasting. He starts to let his guard down. He starts to trust. just when it begins to really feel safe, he is abused. Now imagine this has happened over and over again his whole life, only each time he is more skeptical and hesitant to trust.







