



# Spiritual Empowerment After Trauma Programs

THE IFA FOUNDATION INTERNATIONAL HEALING CENTER

Director Vassa Neimark | Healing After Trauma | June 2019

## Why is Spiritual Empowerment Important After a Traumatic Life Event?

Spiritual Empowerment after a traumatic life event can help preserve an interpersonal safety zone, provide nonintrusive ordinary social contact, and provide opportunities for grieving for losses. Many people seek out direct spiritual care post-traumatic event. There is a large body of literature documenting the propensity of individuals to seeking religious/spiritual comfort following a traumatic event. These include: the Marjory Stoneman Douglas tragedy and the terrorist attacks of September 11, 2001, to name a few. Bell Meisenhelder (2002) notes, that approximately 98% of traumatized respondents coped by talking to others and 90% turned to religion. What does this tell us about the needs of those who have experienced trauma is that they need to be heard and want to reconnect with spirituality.

## How Does The Ifa Foundation Provide Spiritual Empowerment & Support After Traumatic Life Events?

The IFA FOUNDATION has been providing spiritual programs for healing trauma for over 40 years using many evidenced-based techniques interwoven into our unique healing paradigm. There is literature that points to the demonstrated benefits of religious/spiritual care for self-empowerment and finding meaning in tragedy: Baldacchino and Draper (2001). When clients reach out to us our platform is very friendly and nonintrusive. They are invited to join a community meeting where they can participate either verbally or written and may do so using an alias, once they are comfortable, they often reach out for one-on-one support. Additionally, One-on-One support is available from day one and during after work hours. The IFA FOUNDATION customizes healing programs based on the initial consultation and needs of the client. We provide acute healing programs (4-10 days) and long-term healing program (sessions over a year) options.

### IFA FOUNDATION ACUTE HEALING PROGRAMS

The Acute Healing Program is an on-site one-on-one or small group to provide an immediate change of environment and decrease stress levels. The program is hosted on our private property in central Florida. The panoramic views provided from the private home of the nature gardens and lake provide a sense of safety and being in a "home," as well as a feeling of love and security. We suggest that a minimum 4 days for those in need of the Acute Healing program.

## IFA FOUNDATION POST TRAUMATIC HEALING PROGRAMS

The Post Traumatic Healing Program is probably our most sought after due to the fact that most traumas are not fully realized until months or years later. We suggest a minimum of 5-10 days on-site and then follow-up in our Continuum Healing Program. The IFA FOUNDATION is adept at providing the tools needed to improve coping skills; improve life outlook; recover family relations and overall enjoyment of life. We use what we call Spiritual Empowerment Tool Kits which are similar to Cognitive Behavior Therapy (CBT) tool kits and also Emotional Freedom Technique (EFT-Tapping) which has been proven to be as effective as Eye Movement Desensitization and Reprocessing (EMDR).

The Spiritual Empowerment Tool Kit is designed to “empower” people with PTSD from heightened stress responses through teaching anxiety management skills which can include:

- Relaxation training: teaching clients to control fear and anxiety through the systematic relaxation of the major muscle groups.
- Breathing retraining: teaching slow, abdominal breathing to help the patient relax and/or avoid hyperventilation with its unpleasant and often frightening physical sensations.
- Emotional Freedom Technique teaching: training the client to document intensity of emotions and to use specific body points and pressure points to relieve stress.
- Positive thinking and self-talk teaching: training the client how to replace negative thoughts (e.g., ‘I’m a loser’) with positive thoughts (e.g., ‘I am worth it ‘and I am strong’) when anticipating or confronting stressors.
- Assertiveness training: teaching the client how to express wishes, opinions, and emotions appropriately and without alienating others.
- Thought stopping: distraction techniques to overcome distressing thoughts.
- Healthy Eating coaching: clients are introduced to clean eating and proper nutrition as a vital key to healing.
- Additionally, we provide the client with an opportunity to connect with nature and surrounding energies through customized sacred rituals that further enhance the healing process. Meditation, Journaling, Reiki, and Pet therapy are just a few of our additional offerings in our customized programs.

## IFA FOUNDATION CONTINUUM HEALING PROGRAM

Once you have completed a Spiritual Empowerment Program at the IFA FOUNDATION you will have a spiritual healing reassessment session. During this session we will discuss your progress and needs. Depending on your work/life schedule and needs you may choose either a weekly or bimonthly session. The IFA FOUNDATION CONTINUUM HEALING PROGRAM includes:

- Weekly or Bimonthly Virtual Consultation Sessions
- Journal Assignments & Spiritual Homework
- Quarterly to Bi-Annual One-on-One On-site Sessions
- Optional Virtual Group Meeting

## Why The Ifa Foundation Spiritual Empowerment After Trauma Program Works?

The IFA Foundation utilizes a spiritual holistic worldview and approach to healing trauma. We provide the client with the Spiritual Empowerment Tool Kits based on Cognitive Behavior Therapy and Emotional Freedom Techniques, Personalized Sacred Tools, Private Consultation Sessions, Opportunities For Prayers, Mantras, Rites and Rituals, and Community Outreach opportunities all of which improve the persons physical and emotional security, meaningfulness of the world, sense of self-worth, community networks, and communication skills reducing the trauma symptoms and improving over all well-being.

**References:**

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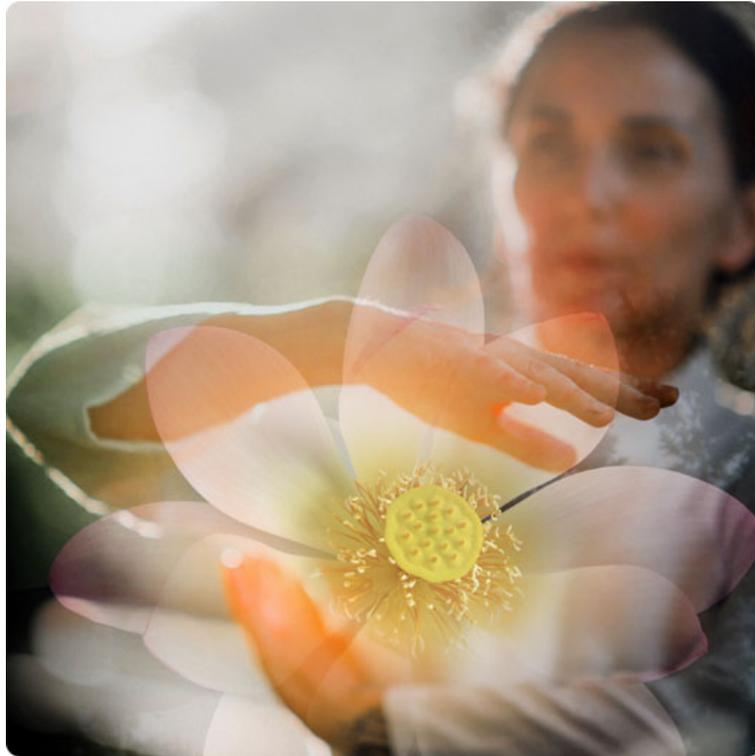
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**Please see Our Program Flyer Below**

## THE IFA FOUNDATION'S SPIRITUAL HEALING PROGRAM



**Offering 4, 7 and 10 day experiences inside a private 10 acre sanctuary in central Florida.**

All Experiences include living in a newly renovated panoramic, peaceful, energy-balanced sacred two-story garden home.

You will be nurtured in nature and with “*made with love meals*” focused on “clean eating” non GMO, Organic, and fresh foods.

**A “Personalized Program” is created to achieve the highest success for treating...**

PTSD; DEPRESSION; ANXIETY; FEAR; ANGER; LONELINESS;

LOW SELF-ESTEEM; ALCOHOLISM; DRUG ADDICTION;

SEXUAL ABUSE; MENTAL & EMOTIONAL ABUSE;

INNER CHAOS; LACK OF CONNECTION & FOCUS



## WHAT YOU WILL EXPERIENCE AT OUR HEALING PROGRAM

### DAILY - Unlimited access into:

- 22 meditation gardens
- 80 ft. long Labyrinth for a walking meditation
- Crystal Dome for clearing dark old negative thoughts
- Copper Pyramid Energizing Experience

### Scheduled access to:

- Sound Healing Therapy Sitting
- Chakra Balancing with Reiki

- Stone Energy Balancing with Breath-work
- Ocean and River Cleansing and Healings available
- In-Depth Coaching sessions with mapping Vision ahead
- Destiny Grounding Treatments

### Mind-Body Consultation

- Receive private sessions for personalized health and wellness guidance.
- Easy-to-implement tools that draw from both the ancient healing wisdom and modern-day tools.

## Customized Detox and Nourish Programs

- For clearing and boosting the immune system and restoring vibrant health.
- A nourishing yet effective combination of oils, herbs, and balancing Ayurvedic based or customized meals designed to remove layers of accumulated toxins while providing minerals and antioxidants to replenish your body, leaving you feeling lighter physically, emotionally, and spiritually.
- Each individual is treated in a very nurtured way.



## MENTAL, SPIRITUAL & PHYSICAL DETOX – You Will Learn



+Morning breath-work clearings...  
opening up all senses to prepare &  
inspire!

+ How to Trust ones' inner self...

+ How to be a clearer communicator  
beginning with a persons' own  
thoughts.

+ How to use your food as your healing medicine

+ How to align gut & brain conversations within one's patterns.

+ How to become inspired to live a life that one feels is awesome!

+ RELATIONSHIP building...not just romantic ones!

+ FAMILY HISTORY, LINEAGE CLEARING

+ Creating an Inner-Vision of what is possible and the Strategy to use for  
achieving it.

**A FULL DAILY PLAN AND THE TOOLS NEEDED WILL BE PRESENTED  
AND DETAILED GUIDANCE FOR USING THEM AT AN OPTIMAL LEVEL.**

**FOLLOW-UP COACHING...OPTION DAILY, WEEKLY, BI- MONTHLY AND  
MONTHLY AS WELL "AS A NEED BE" PLAN.**

## ADDITIONAL TECHNIQUES AVAILABLE SUCH AS:



+ Various levels of shedding techniques, all out in nature

+ Ancient Shirodhara- for calming the mind and body

+ Reiki - Energy balancing

+ Agnihotra an ancient fire ritual to clear negativity & open the future

+ Sacred Dancing water bowl technique for connecting deeper with the inner self

+ Daily Coaching to connect with inner truth and to know how to Trust oneself for clearing the old story through meditation and coaching

+ Hands on Workshops- Inspiring New Vision with sacred wood and stone staffs we build together and other therapeutic art projects.

+ Journaling and Assignments- Drawing a real map of what will be the way “in” for accomplishing everything for each layer of growth...to create the vision forward

## ABOUT THE RETREAT AND SACRED HOUSE



Set in the lush sacred tropical plant and animal kingdom... surrounding a private lake with 22 meditation gardens; a giant labyrinth; a crystal healing dome tower; a huge copper pyramid; a 25-foot mosaic mermaid and so much more.

Each person will sleep inside a beautiful integrated-in-nature home... architecturally unique with surrounding windows where one peers into the treetops of ancient oak trees with a view of the gardens and lake.

You will enter into a space where you can be open and feel nurtured and loved. From the comfortable new environmentally designed home to the spirit inspired sacred gardens of energy matrixes; there are hundreds of combinations for specific ways to heal and nurture each person.

**What you should expect to be open to talking about as we build a relationship of Trust between us:**



**We create a warm caring loving circle of energy for us to move gently into the spiritual and life work you need to begin.**

Discussing from the beginning of your creation.

What was happening at the time of your conception - were you wanted? planned? We then begin to deal with what that looks like.

In depth inventory of what is in the “now” time - develop a custom plan from this information.

Review of food intake and taking into consideration cultural patterns.

Review of sleep and dreams - and what goes on in the night world.

Deep discussions that focus on reprogramming the mind and thoughts...  
Creating ways to change the old story.

Time is spent reflecting on what is happening inside the conscious and subconscious mind.

*For perhaps the first time in your life, your emotional body may allow yourself to cry, dig deep, connect to who you really are, and most importantly...heal!*

*There are a wide variety of outstanding healers and healing programs out there. The problem is...many of their results are short-lived.*

*We have had myriads of testimony as to permanent, life-changing, helping and healing results.*

*This Is Just The Beginning of Possibilities When You Work With Us!*

Contact Vassa Neimark 1-800-906-4322 1-386-214-6489

[IyaV.Ifafoundation@gmail.com](mailto:IyaV.Ifafoundation@gmail.com)

VassaSpiritualSpa - The Ifa Foundation - Destiny Portals

