

Heartland needs your help!

In order for Heartland Initiative to accomplish these important aspects of the treatment for Jane and the many others like her, expenses need to be met for training and consultation. It is estimated that expenses per year for fiscal year 2006 will be \$160,200. Seminar fees from professionals who attend workshops and consultation fees from clients needing services will only cover \$36,000 of the expenses. Charitable giving must cover the other \$124,200. Donor support is crucial to maintain the growing need for these services.

To meet the expenses for the coming year, it is necessary for a few individuals to demonstrate their belief in this important project for the victims of extreme trauma by committing to a leadership gift. You are asked to join the professionals and other supporters of Heartland Initiative by helping to defray the expenses of this healing program for trauma survivors. Investments from leaders such as you will assist people such as Jane to become empowered to live normal and productive lives and "thrive".

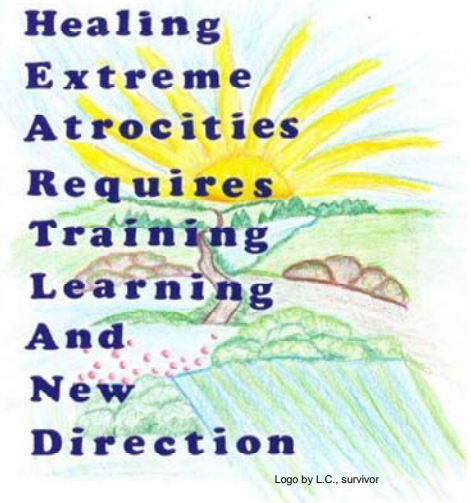
Heartland Initiative, Inc. Founding Board of Directors

Terri Harrison, Decorah, IA
Patricia Martens, St. Louis, MO
Jim McCarthy, Boulder, CO
Pam Nelson-O'Neil, Cedar Rapids, IA
Lowell Routley, Dubuque, IA
Debbie Steffen, Holy Cross, IA

The Heartland Initiative originators are: Jim McCarthy and Lowell Routley who developed *The Core Integrity Model, Interventions for Extreme Trauma*. Since their first meeting in 1997, they collaborated and integrated each other's research findings resulting in Heartland Initiative training and consultation programs.

Jim McCarthy, M.A., as a social movements researcher since the 1970's with over 20,000 hours of patient consultation since 1985, provides information about contexts of trauma, about client-based interventions, and an understanding of dissociative phenomenology in traumatic experiences. Through his interviewing, Mr. McCarthy identifies mechanisms of awareness and time perception in the dissociative process that directly address issues unique to trauma recovery. Without this understanding, the patient and therapist will make slow strides to health.

Lowell Routley, Ph.D., as a cognitive/behavioral therapist since 1972 utilizing the tools of biofeedback and hypnosis for anxiety and pain management, has treated over 500 trauma survivors with severe symptoms since 1985. He researches the effects of trauma in altering consciousness and teaches therapists about standards of care, treatment stages, and interventions that work to keep clients high functioning and out of the hospital. Dr. Routley developed and has taught *The Integrity Model* since 1987. This was the foundation that led to the current model. Dr. Routley is certified by and an approved consultant with the American Society of Clinical Hypnosis. He is a long-standing member of the International Society for the Study of Dissociation and was granted Fellow status in 1997.



The Case Statement for Heartland Initiative, Inc.

*"Transforming lives
impacted by extreme trauma"*

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CASE STATEMENT FOR HEARTLAND INITIATIVE

Heartland Initiative is a 501c3 non-profit organization incorporated in January, 2002 after 5 years of development.

Thanks to the treatment provided through Heartland Initiative to Jane S., her life has changed. Jane is one of 3,000,000 survivors of extreme trauma in the United States today. Jane had many inpatient admissions for psychiatric care before she and her therapist received consultation and training through Heartland Initiative. Use of *The Core Integrity Model* of treatment, developed by the founders, has empowered Jane to live a normal and productive life without further hospitalizations.

Extreme trauma occurs from ongoing events in which one has no recourse or relief. The contexts of such events are abusive, violent families; deviant ritual or social groups; medical or scientific experimentation; and cults. The person's experience in these circumstances are physical captivity and a significant period of time in which one's thoughts, actions, and feelings are totally subject to the control of an authority figure. These experiences also fit the definition of torture, which by legal definition is associated to a philosophical or political agenda.

Characteristics of extreme trauma:

- a life history of repetitive traumatic events.
- a deep belief that any disclosure would result in harm to loved one or self.
- a perceived need to live a rigidly compartmentalized life.
- a history of emotional struggles, whether treated or untreated.
- a deficit in developing or maintaining a social support system.
- a lifestyle often characterized as inconsistent or chaotic.
- a vulnerability to charismatic people who take advantage of them.
- a lifetime search for belonging, meaning, and purpose.
- a life history of physical illnesses, chronic pain, and often multiple medical procedures.

Most survivors experience difficulties in sustaining relationships, career, health, and above all, sense of self. Though traditional treatment has made great strides since 1970, it is still a very long-term process with far from assured results. The ones who are in treatment will receive a range of services from outpatient counseling to inpatient stabilization. Those services will personally cost the survivor over \$50,000 and will still come up short. Many survivors are unable to work and/or afford insurance to fund treatment. Many insurance companies will not cover extended therapy necessary for recovery.

Heartland Initiative was founded to help meet the challenges presented by extreme trauma. A small group of therapists and consultants began training and consulting using an exciting new treatment model for trauma survivors in 1997. In 2002, they went public through the Heartland Initiative with *The Core Integrity Model, Interventions for Extreme Trauma*. The Core Integrity Model has proven to greatly reduce the severity of symptoms, the need for hospitalization, and has simplified the process of healing.

Heartland Initiative does the following:

- Trains professionals in mental health, public health, education, ministry, and law enforcement to better equip them to understand and assist survivors of extreme trauma.

Ms. W, Cedar Rapids social worker, has attended the training at Heartland Initiative and remarks that the process provides excellent interventions to assist her clients in their healing.

- Consults with therapists and their clients regarding phenomenology that interferes with therapeutic progress and daily functioning.

Jane S benefited by an onsite consultation in which both she and her therapist met with the Heartland consultant and were assisted to use interventions and identify trauma contexts and the related beliefs.

- Provides scholarships for quality services to trauma survivors who lack resources or have depleted them in the course of healing.

Jane S, like many other survivors, was on disability and received a scholarship to defray her costs for the four-hour consultations that she receives four times during the year.

- Maintains the *Context of Trauma Resource Center* of information and exhibits related to family, religious, educational, social, political, criminal, and scientific contexts of trauma.

Dr. Y spent time researching information from many journals and books in the resource center to identify trauma contexts being reported in therapy by clients. He found corroboration that protected from accusations of creating false memories. All therapists attending training in Dubuque, Iowa are able to see objects donated or described by clients that are used in various trauma contexts, thus gaining an appreciation for and an understanding of the survivors' memories.