

## No quick fix!

When I began working for Salt seven years ago, I held a lot of preconceived ideas and assumptions, and I was also full of enthusiasm. People were going to be radically transformed, and fast, and I was going to change the world!

My conversion at the age of 25, the knowledge that I belonged to Christ and that I had become a "new creation" did make a radical difference and increase my self-esteem and confidence. Jesus came to rescue me, and I fell in love with Him. However, this was just the beginning and the first ten years of my journey with Him were about being built up psychologically and spiritually, gaining valuable insight and understanding about my new identity and all that it meant. I had no idea then that the emotional work of facing childhood pain was going to take place ten years later when I decided to help others with theirs! (I had assumed that knowledge, understanding and a degree in psychology had sorted me out.)

For clients who have been severely abused, tortured and traumatised as children - often by members of their family including parents - conversion and Christian literature are not enough. Yes they may be saved, but their hearts, the seat of their emotions, are broken in pieces. God over time may heal those emotional places as the Holy Spirit reveals the truth - the painful truth - often very deeply buried. This truth is seen in the behaviours and thought patterns of an adult and often displayed through self-harm, flashbacks, panic attacks, addictions, nightmares and suicide attempts. **These symptoms of truth are the stories of a child in pain.** Fellow Christians should not assume, as I did earlier on in my walk, that being a child of God cures everything in an instant. In Exodus 23, God did say to Moses *"I will not drive them out in a single year, because the land would become desolate and the wild animals would multiply and threaten you. I will drive them out a little at a time until your population has increased enough to take possession of the land"*. Healing is a process and for people with complex issues, it is an ongoing one. God clears and cleans step by step, and some steps are bigger than others and sometimes it feels as if we are going backwards. But we are not. It is all part of His plan. He cares and doesn't want to overwhelm people with too much at once. Whilst this difficult process is taking place, we are there, walking alongside, praying, waiting, learning and growing.

Working with survivors of abuse has taught me patience and humility. I don't fix people. God does. He is the saviour and the rescuer. He uses us to be ourselves, vulnerable and relational, modelling the loving Trinity connection. Damage and confusion was caused through sin and unhealthy relationships. Healing and repair will take place in the context of loving healthy relationships. And definitely not without the wonderful Presence of our awesome God! This is now what fuels my enthusiasm...

Karine (SALT co-ordinator)

## SALT South West

# Newsletter No 2

April 2010



Hello everyone,

These last 6 months have gone so fast and, as you will read in this Newsletter edition, we have been really busy.

SALT's work is unique and often emotionally demanding, but we love what we do and the Easter message of hope, resurrection and reconciliation continues to move us forward as we see clients week after week and listen to their stories.

Jesus is alive, and we have to see His Glory in the midst of grief and powerlessness. Serving Him in this ministry of therapeutic healing is nothing less than a privilege.

I hope you enjoy reading this Newsletter and see for yourself what we have been up to in the past few months!

Karine Law.



# HE IS RISEN!

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly: defend the rights of the poor and needy.

Proverbs 31 v8-9

## SALT Latest News!

- Liz returned to the Team in February after a two-year maternity break.
- Margaret joined the Team as a listener this month
- Di moved away but will continue to support SALT as a prayer partner
- Karine and Josie attended "A three day workshop on dissociative processes and therapeutic use of self" in York in March
- Six of our Team are attending a workshop "Working with the Inner Child" in Somerset in April
- In-house training booked with TAG (Trauma & Abuse Group) for July
- Liz and Mary to attend "Working with Dissociation in Clinical Practice using an Attachment Perspective" at the Bowlby Centre in London
- Angie attending training sessions for PowerPoint Presentation work
- Team Away Day at Hampton Manor has been booked for 28 April
- Our Prayer partners' day was held on 26 September 2009
- 13 Client assessments booked in last 6 months
- Gary Streeter MP and Bishop Christopher Budd visited the Team
- A generous donation has been received subsequent to Bishop Budd's visit from the Roman Catholic Diocese of Plymouth
- Karine and Francis attended a Church's Ministry Leaders lunch
- Karine and Mary attended the AGM of Plymouth Pregnancy Crisis Centre
- SALT to provide training for the Street Pastors on 7 June
- Karine attended the CTIP Ministry Leaders Prayer Meeting on 16 March
- We have made a further application for the Combined Fund grant—**STOP PRESS**—we have been successful, awaiting formal offer! **PRAISE GOD!**

"OUT OF THE DARK" by Linda Caine and Robin Royston.

The video "Frozen Peas" is used in SALT training and this book adds considerable detail to the harrowing story. The video concerns what happens when Linda begins to remember the sexual and emotional abuse of childhood. The book deals with time before and time after the video; a story told by Linda herself with the help of her psychotherapist. Although published by Corgi with a review by "Mail on Sunday" on the front cover, the Christian witness of the whole family comes over clearly from early days in South Africa, through time spent in Kent and USA.

In view of the horrific trauma, candidly related, and the repressed memories, it is understandable that recovery takes a long time. This begins when Linda realizes it is not just a girl who suffered; it was herself. Only she, with God's help, could lead the damaged child Linda into healing. The main feature that becomes clear is the grace of God at work in so many ways throughout the sadness and confusion until at last into the light. A raw and powerful journey indeed!

**BOOK REVIEW** by Francis Williams—SALT Team Member

## Did you know?

45% of all rapes and attempted rapes that resulted in conviction were committed against children under 16.

72% of sexually abused children did not tell anyone about the abuse at the time. 27% told someone later. 31% still had not told anyone about their experience/s by early adulthood.

*These are statistics issued by the NSPCC*

7.7 million adults in the UK have experienced childhood sexual abuse. 39-68% of learning disabled girls and 16-30% of learning disabled boys will be sexually abused before their 18th birthday.

*These are statistics issued by The Survivors Trust.)*

It is because of such statistics that SALT are committed to working with survivors of CSA since the effects are felt into adulthood resulting in such problems as:

- Lack of good parenting skills
- Relationship difficulties
- Divorce
- Self-harm & eating disorders
- Crime
- Prostitution
- Drug and/or alcohol abuse
- Low self esteem
- Guilt, shame
- Flashbacks
- Depression & isolation
- Suicide attempts

## QUIET TIME

When I lift you my friend,  
My arm grows stronger.  
When I give to you, my hand empties to receive.  
When I walk you through dark valleys,  
My feet gain experience.  
When I weep with you,  
my eyes wash clear to see compassion's holy bond.  
When I lift you, I am lifted.

*From A Silver Pen for Cloudy Days by Susan L Lenzkes © 1986*



**SALT South West**, 142 Union Street, Plymouth, PL1 3HL **Tel:** 01752 600599  
**Email:** email@saltsouthwest.co.uk **Website:** www.saltsouthwest.co.uk  
**Helpline** open Mon and Wed 10am to 1pm - otherwise answer machine operating  
**Council of Reference:** Rt Rev Christopher Budd, Rt Revd John Ford, Rev Andy Caldwell,  
Gary Streeter, Lou Lewis and Kerry Cole.  
**Charity No 1010424**