

After the Silence

Empowering Your Authentic Voice

FROM WOUNDS TO WISDOM

Have you been silent far too long?

Are you ready to heal your old wounds and find your authentic voice?

Imagine if you could...

- **Feel deep self love** so you can nourish, body mind, spirit and emotions with joy.
- **Discover who you are** at the core of your being, feeling confident and comfortable enough in your skin to be vulnerable and share your deepest feelings and innermost desires without fear of judgment or rejection.
- **Feel confident**, allowing your intuition to guide your decisions and feel peace of mind knowing you have made the right choices.
- **Reclaim your authentic voice** and **feel seen and heard**.
- **Unleash your innate wisdom** finding clarity and focus as you build the life you desire.
- Rekindle **self expression** & have the confidence to share your very being. Expressing your voice through creativity such as music, art, dance and speaking your truth easily.
- **Enjoy open and passionate communication** in all relationships **so** you can openly share who you are from the core of your being.

HELPFUL STRATEGIES

- »»» Acknowledge you've been through traumatic events.
- »»» Connect with others, especially those who've experienced similar trauma.
- »»» Exercise – Walk, hike, jog, bike, dance.
- »»» Relax – Try yoga, stretching, massage, meditation.
- »»» Take up music, art, or other diversions.
- »»» Practice self-care with a healthful diet and plenty of sleep.
- »»» Avoid over-using stimulants like caffeine, sugar, nicotine or alcohol & drugs.
- »»» Commit to something personally meaningful everyday.
- »»» Keep a journal or learn to art journal.

If you're in crisis...

If you or someone you know is in **immediate danger** and needs medical attention, **call 911**.

Advocate Safehouse Hotline: 970.285.0209

Response Hotline: 970.925.7233

Colorado Crisis Support:
844.493.TALK (8255)

Text TALK to 38255
4 pm – 12 am 7 days a week

CCASA Hotline: 800.799.SAFE (7233)

RAINN Hotline: 800.656.HOPE (4673)
Live Chat 24/7

For Peer Support Contact
Claire O'Leary 303.525.6893

Claire O'leary, Survivor's Healing Alchemist
Empowering the Authentic Voice of Survivors

from
Wounds
to
Wisdom

Claire creates a safe haven for survivors who have been through traditional therapy yet are still feeling residual effects of childhood sexual assault.

Her program *From Wounds to Wisdom* will take you step by step using her EMPOWER™ Technique to your own deep wisdom so you can **experience the Confidence & Inner Power to Live Your Soul's Desire**.

303.525.6893
Claire@ClaireOLeary.com

Survivor's Guide to Healing

Finding Your Voice After Child Sexual Assault

IS CHILD SEXUAL ASSAULT (CSA) AFFECTING MY LIFE?

After a traumatic event like CSA, it's common to feel **angry**, **anxious**, **stressed**, or **fearful**. Feelings like these make it difficult to cope for some time afterwards.

It's quite **common to have been silenced** by the perpetrator with a phrase that keeps survivors silenced for years – until they **feel safe enough to come forward**.

Sexual violence can have profound **psychological, emotional, and physical effects**. These effects are rarely easy to deal with. But with the right help and support, **they can be overcome**.

Do you struggle with...

- ››› Feeling **unseen & unheard**, as though you have **no voice**?
- ››› Staying **silent to be safe** and **swallowing your truth**?
- ››› **Self confidence**, often feeling **guilty, worthless, powerless**, or feeling **anger, shame** or **blame**?
- ››› **Trusting** and/or have feelings of **betrayal**?
- ››› **Nurturing** yourself regularly?
- ››› **Sharing your needs and desires**, or even **knowing your deep desires**?
- ››› Frequently **saying yes when you want to say no**?
- ››› **Relationships** or avoid them altogether?

YOU ARE NOT ALONE

Hundreds of thousands of Americans experience sexual violence each year.

In the United States, **every 98 seconds** another person experiences sexual assault.



Every 8 minutes, a victim is a child. That's **over 180 kids sexually assaulted every day**. That's **65,000 every year!**



7/10

Seven out of 10 sexual assaults are committed by someone who knows the victim.

Of every 1,000 sexual assaults, **only 310 are reported** to the police.

310 of every 1000

6 of every 1000

Only 6 out of every 1,000 perpetrators will end up in prison.

Embrace • Motivated • Peaceful • Open • Wise • Expressive • Recognized

The **EMPOWER™ Technique** offers peer support using a combination of guided meditation, visual journaling, movement, music and energy processing for survivors who feel as though their voice was silenced.

- **Embrace** your past.
- Grant yourself **Motivation** to accomplish your big goals by practicing unconditional self-love.
- Feel **Peaceful** by accepting the difficult situations you've lived through.
- Practice **Open** communication in relationships.
- Seek **Wisdom** from a deeper knowledge of self.
- Be **Expressive** – You deserve to be heard.
- **Recognize** your needs and desires. We can't feel seen and heard by others if we don't see and hear ourselves.

the **EMPOWER™**
Technique

Learn more about the Empower™ Technique at ClaireOLEary.com.