

## INVITATION TO A GUEST LECTURE

# Recognizing and Healing the Wounds of Spiritual Abuse

Jamie Marich, Ph.D., LPCC-S, REAT, RYT-500  
Ohio, U.S.A.

Date: Friday 24<sup>th</sup> of May 2024

Time: 14:00-15:30

Place: ONLINE

<https://uni-graz.zoom.us/j/64279381078?pwd=Ny9KdlpGaDNIWS9BSWthOE9paXpYQT09>

Meeting-ID: 642 7938 1078

Kenncode: 467872

QR-CODE for the event:



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### PICTURE OF THE PRESENTER:



## Description of the event

Generally defined as the use of God or religion as tools to gain power and control by the abuser, spiritual abuse is one of the most overlooked forms of abuse in global cultures. Spiritual abuse is not just relevant for those who have been members of cults---it is a very real condition that often occurs in individuals who have been abused, or who struggle with addiction issues. The aim of this presentation is not to single out any one group; rather, to examine common themes of power, control, and shaming/manipulation that exists across religions and spiritual practices.

Challenges for personal reflection and other critical thinking activities will help participants understand how the construct of spiritual abuse is relevant to the study of theology and pastoral ministry. The presentation ends with a discussion of *what is healthy spirituality* and considers how exploring this question is important for survivors of spiritual abuse to recover and heal.

## About the presenter:

[Dr. Jamie Marich \(she/they\)](#) began her career as a humanitarian aid worker in Bosnia-Herzegovina from 2000-2003, primarily teaching English and music. A Croatian-American mental health counselor, Jamie travels internationally teaching on topics related to trauma, EMDR therapy, expressive arts, mindfulness, and yoga, while maintaining a private practice and online education operations in her home base of Akron, OH. Marich is the founder of the Institute for Creative Mindfulness and the developer of the Dancing Mindfulness approach to expressive arts therapy. Marich is the author of *EMDR Made Simple: 4 Approaches for Using EMDR with Every Client* (2011), *Trauma and the Twelve Steps: A Complete Guide for Recovery Enhancement* (2012), *Creative Mindfulness* (2013), *Trauma Made Simple: Competencies in Assessment, Treatment, and Working with Survivors*, *Dancing Mindfulness: A Creative Path to Healing and Transformation* (2015), and *Process Not Perfection: Expressive Arts Solutions for Trauma Recovery* (2019). Marich co-authored *EMDR Therapy & Mindfulness for Trauma-Focused Care* along with colleague Dr. Stephen Dansiger in 2018, and their new book with Springer Publishing *Healing Addiction with EMDR Therapy: A Trauma-Focused Guide* released in 2021. North Atlantic Books published a revised and expanded edition of *Trauma and the 12 Steps* in the Summer of 2020, and they released *The Healing Power of Jiu-Jitsu: A Guide to Transforming Trauma and Facilitating Recovery* in 2022. Her latest release with North Atlantic Book, *Dissociation Made Simple: A Stigma-Free Guide to Embracing Your Dissociative Mind and Navigating Life* came out in January 2023. She has three more projects in the works with North Atlantic Books, including her personal memoir about surviving spiritual abuse called *You Lied to Me About God*, due out in Autumn 2024.

The New York Times featured Marich's writing and work on *Dancing Mindfulness* in 2017 and 2020. NALGAP: The Association of Gay, Lesbian, Bisexual, Transgender Addiction Professionals and Their Allies awarded Jamie with their esteemed President's Award in 2015 for her work as an LGBT advocate. The EMDR International Association (EMDRIA) granted Jamie the 2019 Advocacy in EMDR Award for her using her public platform in media and in the addiction field to advance awareness about EMDR therapy and to reduce stigma around mental health. The Huffington Post published her personal story of being out as a clinical professional with a dissociative disorder in May 2023.