

A Special Invitation to MaleSurvivor WOR Alumni

Dear All,

In 2015, at Alta Lodge, in the mountains of Utah, the MaleSurvivor Weekends of Recovery team joined with Taking Back Ourselves to host an experiment in community and healing for alumni. Men and women who had been through their respective Level I weekends joined together to repair deep wounds within themselves and with those of the opposite gender.

On April 7-9, at Hope Springs Institute, in the Ohio countryside, Taking Back Ourselves will host another extraordinary opportunity for male and female survivors to join together and restore and rebuild aspects of trust and empowerment.

The **Creating the Dream** *Advanced Weekend for MaleSurvivor and TBO Alumni* will focus on recognizing the forces that have sabotaged recovery, and the ways in which fear and shame have shaped and steered relationships for both women and men, and we will explore how to create safe spaces both internally, and with one another.

Through mind/body work inspired by Aikido, Qi Gong, Authentic Movement, art, music, group process, and deepening community, our advanced weekend will enable you, as a survivor, to celebrate your full self in relation to others by reclaiming your voice and power in safe, healthy connection.

We recognize how challenging it can be to come to terms with the other, especially when one has suffered sexual and emotional violation. As a result, some may struggle with a history of abusive patterns of relating to others in friendships and intimate partnerships. Special attention will be paid to safety and boundaries both by the facilitators and within the community of participants.

As always, the challenge of an advanced weekend is also its greatest gift: exploring the possibilities for deep repair and greater connection.

It is important to note that during this advanced weekend, there will be no one else on the property besides our community and the Hope Springs support staff. In our many years of retreat and conference experiences with both MaleSurvivor and Taking Back Ourselves, [Hope Springs](#) has proven to be the best environment for meeting survivors needs for restoration and recovery by providing comfort, space, wonderful food, and complete support. Located near the sacred Serpent Mound of the Adena Indians, it is a unique space that enables women and men to do deep life-changing work in an atmosphere of safety and care. Hope Springs has been a second home to both Taking Back Ourselves and MaleSurvivor Weekends of Recovery.

[Registration now Open for Creating the Dream, Advanced Weekend of Recovery](#)

Please join us in April! We look forward to sharing this journey with you.

The TBO Team

Denise Ballnik, Los Angeles, CA

Peter Bottas, Cambridge, MA

Chad Corbley, Columbus, OH

Sandi Forti, Columbus, OH

Denise Francis Montao, Salt lake City, UT

and

Mikele Rauch (Chair), Boston, MA

*** One third of the participant spots will be allotted to MaleSurvivor alumni, and two thirds to TBO alumni, since this is a TBO sponsored weekend (the reverse of the proportions at Alta in 2015). We also have limited space for couples who apply as alumni, and will take applications in the order received.*