



SHATTERED & RESTORED

A HEALING JOURNEY DEVELOPED BY
RESTORING THE HEART MINISTRIES

A DYNAMIC NEW RESOURCE HOPE AND HEALING FOR THOSE TRAUMATIZED BY ABUSE AND SEXUAL TRAFFICKING

SHATTERED & RESTORED IS A 17-PART PERSONAL GROWTH SERIES. IT OFFERS HOPE AND HEALING TO THOSE WHO HAVE SUFFERED FROM THE TRAUMA OF SEXUAL ABUSE AND/OR SEXUAL EXPLOITATION.



"Let us be incurable fanatics in helping these children, women, and men be restored."

Julie Ann Rose

WHO WILL BENEFIT FROM THIS TRAINING?

Children, Women, and Men

The big picture vision is that of a changed world because of healing from trauma!

In general, the recovery from trauma is the ability to live in the present without being overwhelmed by the feelings and thoughts of the past. Central to the experience of trauma is isolation, helplessness and the loss of power and control.

The principles guiding “Shattered and Restored” focus on the creation of safety and empowerment. The passion of this groundbreaking program is to help those all around the globe who have been traumatized and to help all people groups to be restored from feelings of helplessness to victory.

Essential to healing is to assure people that they are not alone. Because this series is built on visual storytelling you will see miracles unfold as wounded persons heal. Our desire is to bring healing communities around the traumatized to provide therapeutic comfort and support.

This series has so much hope and healing to offer - not only to those who have suffered direct sexual abuse and sexual exploitation, but also to anyone who may have encountered varying degrees of personal violation in their childhood and youth.

Although the video curriculum specifically focuses on those who have suffered extraordinarily painful events in their lives, don't think that you must have a dramatic story of abuse to benefit from this curriculum. It connects to the heart of many types of wounds in profound and gentle ways.

This project is for the global community. We are intentionally choosing the top Christian Trauma Therapists worldwide to offer their expertise in trauma recovery.

Our hearts' desire is to surround those who have suffered trauma with beauty, grace and mercy. We don't want anyone to feel they have been forgotten or that they are not valuable and cared for.

You matter, you're not forgotten!

SHATTERED & RESTORED

FEATURES THE FOLLOWING FIVE COMPONENTS:

- **17-PART VIDEO SERIES**
- **LEADER'S GUIDE**
- **PARTICIPANT'S WORKBOOK**
- **BONUS VIDEO WITH SIX EXTRA TARGETED TRAINING SESSIONS**
- **PARTICIPANT'S JOURNAL**

CURRICULUM FOR SHATTERED & RESTORED

17 LESSONS ON VIDEO



The lessons on this video are built on powerful visual storytelling of 10 women and men that have been sexually abused, trafficked, as well as several top Christian professionals and theologians. There are two workbooks that accompany the 17 lessons on the Video:

- Leader's Guide
- Participant's Guide.

LEADER'S GUIDE

A HOW-TO GUIDE FOR LEADERS OF THE PROGRAM THAT WILL HELP WITH THE FOLLOWING OBJECTIVES:

- Provide each participant with a safe and loving atmosphere
- Help each participant recognize destructive beliefs and find the truth from God that will shape their God-given identity
- Facilitate a healthy, small group environment so participants can experience God's love and unconditional grace from others who have walked a similar path
- Gently guide victims of sexual abuse/exploitation into deep healing by connecting their stories with the story of Jesus Christ

PARTICIPANT'S WORKBOOK

A PRACTICAL, INTERACTIVE GUIDE THAT WALKS PARTICIPANTS THROUGH THE FOLLOWING SEVENTEEN STEPS OF THE UNIQUE PATH OFFERED BY SHATTERED & RESTORED

PART ONE: WE ARE SHATTERED

1. Listening to People's Stories
2. God, the Healing Heart of Love
3. Releasing Shame
4. Messages and Self-Identity
5. Cultivating Forgiveness

PART TWO: WE ENTER INTO HEALING

6. Holy Sexuality
7. The Healing Beauty of Feminine Strength
8. The Healing Power of Masculine Strength
9. The Psychology of Evil and Good
10. Healing Mother/Father Wounds
11. Accepting Responsibility for Healing

PART THREE: WE ARE RESTORED!

12. Healing Body Memories
13. Cultivating Healthy Relationships
14. Learning to Dream and Desire
15. Receiving the Cup of Joy Through Suffering
16. The Divine Process of Death and Dying
17. Healing Through God's Love and Then Ministering to Others

BONUS TRAINING VIDEO

HAS THE FOLLOWING SIX EXTRA SESSIONS:

- Session 1:** Equips spouses, family members and friends to walk beside their wounded and hurting loved ones.
- Session 2:** Equips pastors and other church leaders by helping them understand the trauma of childhood sexual abuse, and how to be a healing community to those who hurt.
- Session 3:** Equipping group leaders to feel confident in leading their groups.
- Session 4:** Healing and self-care for the caregiver.
- Session 5:** Training the caregiver how to help traumatized children heal.
- Session 6:** Helping those that have experienced the horror of SRA (Satanic Ritual Abuse) heal with Christ's love.

PARTICIPANT'S JOURNAL

A BEAUTIFUL JOURNAL DESIGNED TO HELP THE PARTICIPANTS
"CAPTURE THEIR THOUGHTS" ON THIS HEALING JOURNEY.

UNIQUE, EMPOWERING, & PRACTICAL

THIS PROGRAM IS UNIQUE.
THERE IS CURRENTLY NOTHING IN THE PUBLISHING MARKET LIKE
"SHATTERED & RESTORED". HERE ARE SOME OF THE DISTINCT
FEATURES OF THIS PROGRAM:

- A video storytelling-based approach that engages the minds, hearts, and imaginations of viewers, offering a path that can lead them from despair to hope.
- A tested, scientific, psychologically, and theologically sound 17-step model that gently guides participants on a healing journey in Christ (approximately 40 minutes of video per step).
- A Leader's Guide that equips leaders (from highly trained professionals to teachable nonprofessionals) to have confidence in facilitating an effective and powerful healing group.
- A Participant's Guide and Participant's Journal that helps victims interact and process the material. Reading beforehand about each step of healing, as well as reflecting on included questions before seeing the videos, enhances discussions at the video viewing time.
- A Bonus Video that equips others who can join the victim's healing journey.
- The series can also serve as a three-day retreat.

THE TEAM

*“And he gave some, apostles; and some, prophets; and some, evangelists;
and some, pastors and teachers.”*

~Ephesians 4:11

JULIE ANN ROSE, M.A.



Licensed Mental Health Counselor, C.S.A., Licensed Ordained Pastor, National Center for Crisis Management Member, Certified in Sexual Abuse Healing, Founder/Director - Restoring the Heart Ministries, Inc.. Julie is a multi-award-winning therapist and author.

DR. JARED PINGLETON



Christ-follower, husband, father, and grandfather who is also a third-generation minister, clinical and consulting psychologist, professor, author, and international speaker who is passionate about communicating Jesus' love, mercy, and grace to a hurting and conflicted world. A respected leader in the Christian mental health field, Jared has been in professional practice since 1977 offering help, hope, and healing to thousands of individuals, couples, families, and churches. The consulting editor for "The Care and Counsel Bible" his most recent book is "Mental Health Ministry: The Struggle is Real."

ERIN MAE MILLER



Nashville based film and TV producer by way of New York City; Miller has produced and managed productions for over a decade. Miller joined Third Coast Content in January of 2020 as their creative development executive. Miller's passion for people, ideas, and justice drives her storytelling and research, believing that stories drive culture.

HELMUT GUTI M.



A servant of the Sacred Heart of Jesus. Creative Director, Producer and Entrepreneur with a passion for digital media to make a positive impact in society. Founder of Stellar Cinematics, a multimedia creative boutique. Through his over 15-years of experience as a journalist, radio host, filmmaker, and a master's degree in Global Studies he seeks to further his knowledge of unreached cultures to address possible solutions to sex abuse and human trafficking issues. Protecting children and vulnerable minorities at risk of sex trade is at the top of his social work.

PARTICIPATING EXPERTS

DR. CAROLINE PALAVICINO-MAGGIO

Caroline is Research Fellow in the Lab of Ed Kravitz Department of Neurobiology at Harvard Medical School. She is a neuroscientist who studies how the brain regulates aggressive behavior.

DR. CHRISTOPHER WEST

President of the Theology of the Body Institute and professor of Theological Anthropology. Author of multiple books on a biblical vision of the human person and human sexuality, including *Our Bodies Tell God's Story*.

JAN FRANK, M.A.

Independent Mental Health Care Professional. Author of 5 books. Jan's first book "A Door of Hope" was published in 1987. This book was written to help people recover from childhood sexual abuse from a Christian perspective. Her newest book is titled: "Honoring Dishonorable Parents."

LESLIE VERNICK, M.S.W.

Popular speaker, author, and licensed clinical social worker and relationship coach. She is the author of seven books, including the best-selling "The Emotionally Destructive Relationship" and her most recent "The Emotionally Destructive Marriage".

JOHN ELDREDGE, M.A.

American author, counselor, and lecturer on Christianity. He is known for his best-selling book "Wild at Heart".

CONNIE DUMMER, M.A.

Psychologist at Family Attachment and Counseling Center

DR. JEANETTE VOUGHT

Psychologist, co-authored "Helping Victims of Sexual Abuse" and authored "Post Abortion Trauma, Nine Steps to Recovery". Jeanette is specialized in working with PTSD, dissociation, depression, anxiety, and long-term mental illness. She is trained in EMDR, Theophostic Ministry, Play Therapy, and Family and Marriage Counseling.

DR. H. NORMAN WRIGHT

Marriage, Family and Child Therapist who was the former director of the graduate department of Marriage, Family and Child Counseling at Biola University, as well as an Associate Professor of Psychology. He was also Associate Professor of Christian Education and Director of the Graduate Department of Christian Education at the Talbot School of Theology.

JUNE HUNT

One of the world's leading biblical counselors, June Hunt is the founder and CSO (Chief Servant Officer) of Hope For The Heart, an international biblical counseling ministry providing biblical hope and practical help to people in more than 60 countries on 6 continents.

DR. ERIC SCALISE

Senior Vice President and Chief Strategy Officer (CSO) with Hope for the Heart and a Licensed Professional Counselor. Eric recently served as the Senior Vice President for Professional Development with the American Association of Christian Counselors and prior to that, as the Department Chair of Counseling Programs at Regent University in Virginia Beach, VA.

DR. SABRINA BLACK

Author, professor, mentor, life coach, and Bible teacher. As a nation and international speaker, she connects with multicultural and cross-generational audiences and people of various denominations worldwide. Sabrina and her husband live in Detroit, Michigan.

DR. JASON LI

Research on cross-cultural and multi-cultural competence in counseling. He also has a passion for exploring the integration of psychological and Christian perspectives in counseling.

PAUL SINGH, M.A.

Brain Neuroplasticity Psychologist at Holistic Life Change International. Paul is a post-cancer survivor, so he understands suffering, trauma, and the healing process.

DR. DAVE ZIEGLER

Psychologist with a career spanning more than 40 years. He has multiple professional licenses, has authored several books, and has conducted training both nationally and internationally.

CAROLINE TIMMINS, M.S.

Marriage & Family Therapist, who specialize in assisting individuals and couples to better understand the complexity of family of origin relationships, establishing healthy boundaries, handling difficult emotions, and navigating stressful life events.

DR. INGRID FARO, PH.D.

Professor, Northern Seminary, Theology and Old Testament

DR. JEFFREY DESARBO

Psychiatrist, specializing in eating disorders

ANTHONY ACAMPORA, M.A.

Christian Addiction Specialist

DR. CHARLES ZEIDERS

Clinical & Forensic Psychologist

THE NEXT STEPS

Intention

Our goal is to release the program worldwide, first in English. Afterwards in the top two most common spoken languages and onward until we reach the widest possible global audience.

Filming

Production is predicted to start in January 2023 and conclude in June 2023.

Postproduction

Editing will begin immediately right alongside when filming starts. Upon completion of all filming, we will transition to a full-time editing in April and May with a target desired completion date of June, 2023.

Distribution

In the month of June 2023, we hope to run a various test focus group. Gather notes from that experience and modify the project to optimize the final product. Our target release date of Shattered and Restored is July, 2023.



SHATTERED & RESTORED

A PROGRAM BY RESTORING THE HEART MINISTRIES

info@restoringtheheartministries.com

(615) 258-3680

P.O. BOX 680673

FRANKLIN, TN 37068

www.restoringtheheartministries.com