

Inclusion:

All adults are welcome who are willing to align with our Healing and Community Principles.

Vital Cycles welcomes all adults who wish to heal from the effects of any trauma, large or small. That trauma may include emotional, physical or sexual trauma. We welcome diversity and include all people regardless of race, religion, sex, sexual orientation or age. We focus on the creation of a supportive environment for those who wish to heal from the effects of trauma as we seek to lessen pain and fill our lives with more joy. Because of the wide variety of reporting requirements for certain forms of abuse, groups focusing on healing from childhood abuse are limited to legal adults.

Groups may, given their collective wisdom choose a primary focus for a specific trauma, such as emotional neglect, sexual abuse, physical abuse, witness of violence or other traumas (see the website for the full range of traumas). These groups may choose to self-define because of a desire to create a group that focuses in depth on specific issues in an environment of mutual understanding.

We know that having been traumatized can make being in a community challenging for all of us. The Community Principle focuses on establishing safe, healing environments for the greatest number of trauma survivors.

Example 1: The Birmingham Alabama group did not think about a specific gender restriction when they founded a group with a focus on childhood sexual abuse, but all of the founders were women, and the group became comfortable in its ability to share about childhood sexual abuse freely and openly. After three months of existence, Joey showed up. At first, the group was uncomfortable, but recognized quickly that Joey's goals for being there were the same as theirs, and he rapidly became a "regular" at the group. The group chose to solidify its gender mix in its safety guidelines.

Example 2: The Sunday afternoon Singapore meeting chose to define a focus on individuals who had sustained physical abuse in their childhoods. In addition, the members chose to create a closed meeting, except for the first Sunday in each month, when those who were supporting members of the group in their healing process could also attend.

Example 3: After Jill had a stroke, she was concerned about her ability to function as part of her Vital Cycles Group. When she was able to return, the group continued to provide her with readings that were shared aloud. She read aloud slowly, but over time, her speech and speed improved. She was grateful for the compassionate acceptance of her home group!