

## **Outreach:**

**Vital Cycles members can speak to their own personal healing experience as a member, but cannot speak for the Vital Cycles Community as a whole. The Board of Trustees provides a spokesperson who can speak on behalf of the Board.**

As we continue our healing, some of us may wish to reach out by sharing our story with others via writing, interviews and other communications media. Sharing our stories can be empowering and healing as we learn to speak with honesty and openness about our process of healing. As we do so, we need to remain mindful of the need to retain the confidentiality of other Vital Cycles members.

Most people on Earth have endured trauma that has left painful long term effects. Every person who experiences healing helps make the world a better place. We can offer Vital Cycles knowledge and tools to those who want it. However, we only offer gently, knowing that all individuals must decide for themselves when and if they are ready for healing. We cannot predict how Vital Cycles may work for others. We can only share our successful healing, and that we've seen that others have been healing (keeping confidentiality in mind).

Members, groups and service groups may reach out to the larger community via a rich variety of communication tools, including websites, direct mailings, public service announcements on radio, television and print media, fliers and word-of-mouth. Outreach goes hand-in-hand with transparency as we are clear and open about what Vital Cycles is about and how others can participate.

**Example 1:** The Paris, France Vital Cycles group was experiencing great growth, but knew that there were others in their community who could benefit from knowing about the existence of Vital Cycles. After a business meeting that used brainstorming tools to array a range of choices, the group decided to create a subcommittee that assembled a simple one-page flier that could be mailed to therapists and counselors in their geographic region. As word of the program expanded, the group grew, and eventually was able to nurture two new groups on different nights!

**Example 2:** Randy had assembled a unique combination of therapists, including a trauma therapist, a somatic worker and an acupuncturist to support his process of healing from childhood sexual abuse. His somatic practitioner interviewed Randy. The interview was taped and replayed on a local educational radio program. Randy shared freely about his process of healing, and referenced Vital Cycles as a core part of his program, keeping the focus on his own process of healing and being careful to protect the confidentiality of others in his home group. Randy wanted people to understand the power of peer support as he processed traumatic memories, so he spoke about the value of attending his local Vital Cycles meeting regularly to support those goals.