



## Military Sexual Trauma

Military Sexual Trauma (MST) is the term that the U.S. Department of Veterans Affairs (VA) uses to refer to unwanted sexual assault or repeated, threatening sexual harassment that a Veteran experienced during his or her Military service. Because MST occurs in the Military environment, survivors are often forced to live and work with the perpetrator, and often fear reporting it. The very nature of the trust and loyalty that is built within Military culture makes Military Sexual Trauma so difficult for men and women to endure.

### Conditions commonly reported by Military Sexual Trauma (MST) and Post Traumatic Stress (PTS) survivors are:

*insomnia, anger, irritability, feelings of abandonment, guilt, shame, self-blame, feelings of mistrust and betrayal, loneliness & feelings of alienation, work-related stress, physical aches and pains, depression and hopelessness, hypervigilance (on constant "red alert"), feelings of a limited future, emotional numbness, substance abuse, sleep apnea*



### Did You Know ?

- Soldiers/Veterans who have experienced Military sexual trauma are at a higher risk for Post Traumatic Stress (PTS) and more likely to experience depression, anxiety, eating disorders and substance abuse
- 1 out of every 5 women in the Military report experiencing sexual assault
- The DOD estimates that occurrences of Military Sexual Trauma are actually **6 TIMES** higher than what is reported

COME JOIN US  
AT SILVER LINING VILLAGES  
FOR OUR INAUGURAL  
MILITARY SEXUAL TRAUMA RETREAT  
IN METRO ATLANTA  
ON APRIL 26, 2014



## Our Approach to Healing

Silver Lining Villages is a 501c3 non-profit life skills academy for holistic, emotional rejuvenation of displaced Veterans, female Veterans, active duty military, MST survivors and families of Veterans. We utilize and teach several alternative energy techniques to achieve maximum results in releasing stress.



EFT, Theta Healing and Matrix Reimprinting, stress reduction practices used at Silver Lining Villages, have shown significant improvement in stress reduction, sometimes with immediate relief, and 200% improvement in sleep problems with only one to two sessions – meaning people who sleep 3 hours a night often move to 6 hours a night. This all day retreat will include at least three to four sessions. On average, most clients see about 70% improvement and relief, and we expect MST survivors to show similar results.

## We have two services for female survivors of MST

- Retreats - Bi-Monthly One Day Retreats in April, June, August, October and December 2014, with longer retreats beginning in 2015
- Weekly Skype Sessions on Thursday Nights beginning March 27, 2014



The retreat will be at historic Banning Mills, located in the beautiful countryside on a lake in Carroll County, Georgia. The serene environment enhances the healing and we find getting out of the city and into a natural setting is a vital part of the experience. Banning Mills generously supports military and our program.

Learn more here: [www.historicbanningmills.com](http://www.historicbanningmills.com)

## Retreats

Silver Lining Villages helps women who have experienced MST by using holistic healing techniques, including Emotional Freedom Techniques (EFT) or "tapping". We conduct retreats that empower women survivors to come together and create their own healing processes by learning how to do EFT. Yoga/Tai Chi, nutritional cooking classes and creative expression will also be offered during retreats.

## What to Expect:

- Effective alternative healing techniques and practices proven to reduce hyper vigilance, insomnia, and PTS
- Yoga, Tai Cheung/Tai Chi, or Qigong
- Art therapy
- Female Veterans only (retreats for male Veterans later)
- Continental breakfast and lunch provided
- Written materials, books, meditation materials included



## Skype Group Sessions

We have several practitioners who work with our clients in groups up to 10 people, in 90 minute sessions, to provide support for the emotional memories experienced by MST survivors.

Our gracious sponsors are vital to our ability to offer women free Skype sessions and bi-monthly retreats. If you are interested in becoming a sponsor, or are a veteran wishing to attend a retreat or participate in Skype sessions (first come first serve), please contact us or sign up for the April 26, 2014 retreat, or March 27, 2014 Skype sessions on this page of our website:

<http://www.silverliningvillages.org/workshops/calendar/4581364550>

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