

I've Got a Message for:

- Survivors and those in recovery
- Healthcare professionals
- Mental health professionals
- Community groups
- Church groups
- Inmates
- People seeking understanding and education
- Staff and volunteers

Comments About Kathleen's Presentations

"Thank you for your story and wisdom, it was monumental...it meant a lot to me." RZ

"Thanks for taking time to share your life... it gave me strength & hope for the future. I now will use the tools you shared to love others with most respect." LK

"Thanks for sharing your story. It really touched me. I admire your courage in being willing to share and face life. Thanks for the inspiration you've given me." JG

"I was really encouraged by your dynamic examples and your tenacious attitude. You are truly a shining example." SL

"Your talk was both interesting and moving, and had a very powerful effect on the people and staff." SH

"I am sure Kathleen has changed my life forever. Seeing a victim and hearing what she has been through was one of the most difficult and refreshing things I have experienced."

"Kathleen is a very strong person. To be able to come and speak about something so horrible is powerful to me. She was able to keep a sense of humor while presenting. Awesome."



Kathleen McDowell lives in Minneapolis, Minnesota. She holds graduate degrees in Management and Administration in Marketing, and Human Development.

Kathleen focuses on the long-term health effects of child sexual abuse and has founded Wings of Healing: Minnesota Incest Recovery Project.

Kathleen is available for speaking and consulting on recovery, abuse and mental health. Call today to discuss ways she can contribute to greater understanding and recovery. Presentations and workshops are tailored to your audiences.

I've Got a Message!

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Tough Talks on Tough Issues

Practical Life Stories to Prompt Empowerment and Change



Kathleen McDowell

Speaker & Consultant

Family Violence
Abuse
Recovery Education

Presentations and Workshops

Child Sexual Abuse

- Impact testimony
- Incest & emotional abuse
- Family & domestic violence
- Toxic families
- Shame, worthlessness, judgment
- Role of boundaries
- Depression
- Resentment & forgiveness
- Role of revenge
- Chemical dependency
- Self-mutilation & suicide attempts
- Bullying

Recovery Road

- Picking up the pieces
- Victim-victimizer dynamics & pain
- Maslow's Hierarchy of Needs & living
- Importance of mattering & quality of life
- Finding unconditional love
- Intentions and the part we play
- Taking charge of your life
- Expecting perfection
- Role of gratitude
- Spirituality in healing
- Feeding your spirit
- Continuum of comparison & justification
- Brain development issues
- Long-term healthcare impact
- Defining & embracing your values

Finding a Life Worth Living

Growing up, my family life was full of secrets, violence and cruelty. My father sexually assaulted me throughout my childhood. My mother knew about it but did nothing to prevent the abuse. Worsening the situation, I was also subjected to ongoing emotional and physical abuse.

Life at school and riding the bus was a nightmare of taunts and cruelty, too. I felt there was no safe place for me to go. I had little self-esteem and lived in constant terror.

At age 14, I found refuge in prescription drugs then later with alcohol. Self-mutilation was a way to cope with the intense pain. Severe depression consumed me and suicide attempts followed. I felt isolated and alone; I trusted no one, not even myself.

At 22, I realized my self-destructive behavior was only hurting me, not those who had hurt me; I knew it was up to me to grab a hold of my own life and get on with it, no matter what! I turned to therapy, AA and connected spiritually.

I embraced determination and developed moxie. I pressed on, up and down the long road of recovery and climbed out of a life of despair. Although I could not change what had happened to me, I could change my attitude and how I would move forward. I created a new family by connecting with people. I learned to face fears, disappointment, hurt and grief. I learned how to let go. I saw miracles happening all around me.

Today, I greet the morning with a grateful heart, not one filled with terror. The gift of my recovery enables me to share my story with others, so they can reach for their own better quality of life.

Recovery is truly a journey that begins with one step. The goal is discovering your true self and living that out fearlessly. When I decided I was in charge of my own recovery, I gave myself permission to make needed changes and move toward becoming my authentic self.

Now, I empower others by encouraging them to access the parts of themselves that have been walled off for years in the "safety chambers" that enabled them to survive. Together we can create a new chapter.

It takes courage to work through these deeply-held secrets, personal assaults, cruelty and invalidation. However, we can turn to a new day through empowerment, persistence and perseverance.

Take that next step!

**Be proactive for positive change
in your life!**

**Transformation does not happen
without your participation.**

**The beginning is the
most important part of the work.**
Plato