

# The Family Album

Deborah Antoine, Editor

Tower of Hope Ministries

October 2021

## TOHM Graduates Fourth Class and debuts The King's Men

Tower of Hope Class of 2021 persevered through the journey of healing and through God's power, found *triumph over trauma*. Building on the success of the Class of 2020, all meetings took place online in virtual Zoom meeting rooms. The educational process of learning about past traumas and the physical, emotional and intellectual impact trauma has on the body and the mind continued with reading, writing and prayer assignments that brought clarity to participants' thoughts and

experiences. Physically-distanced one-on-one meetings were conducted in outdoor settings so that no one lost momentum on their healing journey. Phase 3 graduates served as mentors and coaches throughout the year. The 2021 class has 14 graduates.

Joining with the **Trauma Drama** graduates for the graduation ceremony are three men who completed **The King's Men** program. **The King's Men** is tailored specifically for men to

understand the effects of trauma on their lives and relationships. TOHM's mission for **The King's Men** is to equip men with the necessary tools to restore their divine right to sonship, regain their God-given authority, and renew their faith and allegiance to God.

2021 graduates are expected to continue with Phase 2 of the new *Tower of Hope Academy*, the newest expansion of Tower of Hope Ministries.

## OUR VISION

Heal the brokenhearted, release the captives, and proclaim freedom to the prisoners.



Christian Thompson, April Jackson, Tiffany Thompson  
First class to complete Phases 1, 2, & 3 consecutively.

## OUR MISSION

To help people overcome obstacles, heal hurt, find freedom, **triumph over trauma**, and know God.

## Healing Continues Despite Pandemic Shutdown

- ★ Monthly Tower of Hope Group Sessions Held Online p. 6
- ★ Where are they Now? Graduates Share What They've Learned p. 6
- ★ 2021 Class Graduates in Physically-Distanced Ceremony p. 7

# 2021 Graduates of Phase 1: Trauma Drama



**Michele Bell**

I realize that my journey has not only aided me in healing from numerous psychological wounds, but it has also been instrumental in rooting me in good soil. I will bear God's fruit in due season.



**Willie Brandon**

It feels as if someone lifted a tree trunk off my chest. I consistently humble myself, admit to my struggles, pray to overcome, and encourage others.



**Syntia Brown**

During my healing process I discovered how freeing it is to lay aside the weights and cares of life, realizing that everyone cries and it's okay to not be okay at times so long as we keep the mindset to overcome these fleeting moments.



**Ramona Crayton**

I now have clarity and focus. I needed God's help to keep moving forward and like a wind, He provided the support and encouragement of Tower of Hope Ministries.



**Kathyanne Clay-Grant**

The shocking revelation I received was that I had to grieve the loss of myself. I found a new me; I'm not afraid to live. God loves me unconditionally. Therefore, I am fearless. I am not a slave to fear. I am a child of God.



**Ebony Gray**

I had to accept that holding on to anger, fear, unforgiveness and unworthiness is not the plan that God has for me. God is continually working in me to heal my brokenness.



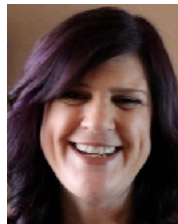
**CP Howard**

Receiving the revelation that *nothing* happens in the natural life unless it first occurs in the spiritual realm was a sobering realization for me. This revelation transformed my life by creating a more accurate prayer life.



**Angela Jackson**

My healing is not only reviving me and those closest to me, but will bless generations to come. I declare that the giants I've seen today shall be no more!



**Nancy Matus**

The Lord took me from a victim of sexual, emotional and verbal abuse to freedom and deliverance. He healed my heart in many ways and continues to heal it as I learn to *be still before Him knowing that He is God.* Psalms 46:10

*Healing  
Overcoming  
Persevering  
Educating*



**Brenda Stallings**

*I can do all things through Christ, who strengthens me.*

Philippians 4:13



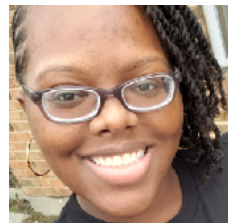
**Mitchell Washington**

When it looks like things are simply falling into place, it's not just a coincidence—it's actually the favor of God working in your life. I have more peace. I worry less and learned to let go of things that are outside of my control.



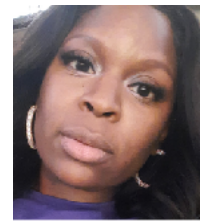
**Amanda Watson**

I wasn't a traumatic event — *traumatic events happened to me.* I can feel God's mercy because I made it this far and I can see all the ways He had mercy on me throughout my life.



**Shar Wells**

I've learned that *the past is not the past* until you process it. Healing from my childhood trauma is imperative in order for me to grow properly into the woman I was created to be.



**Tiffany Woods**

Unlearning is difficult. I understand holding a grudge only hurts me and no one else. It hinders my relationship with God which hinders my transformation. I have control over my thoughts and actions.



From the Desk of the Founder  
and Executive Director  
Dora Washington, Ed.D.

It's been four years since launching Tower of Hope Ministries (TOHM). During that time I've witnessed and participated in so many miracles! I remember a prayer from more than 10 years ago asking God to give me the faith that was once delivered to the Saints of old, and let it be manifested through miracles, signs, and wonders. In that prayer, I promised Him I would tell everyone I knew how He healed me from the chronic pain of childhood trauma. It was my weak, human attempt to praise the strong and Sovereign God. Mere words were all I had to offer. So you can understand why I am overwhelmed after experiencing four years of actual miracles, signs, and wonders.

The participants, the program and I have grown exponentially. I have learned so much about leading and caring for God's wounded. We all know that *hurt people hurt people*. Part of TOHM's mission is to heal hurt. We are fulfilling our mission as 2021 graduates complete Phase 1.

Our mission reminds me of that long-ago prayer. It is so huge and there is so much work to be done. I could easily feel the task is too great if it were not for my personal healing experience with God and the support of former graduates. Regardless of the participants' past traumas and the challenges they face, I

know God can heal them and I know He will heal them just as He healed me.

We are grateful for all of the accomplishments and growth. We could not have done it without God's direction and strength. He brought us through 2020 triumphantly and continues to do the same for 2021. Tower of Hope became Tower of Hope Ministries in September 2020 and has non-profit status.

We are expanding our services and have several projects that we know are blessing people: a training manual for Trauma Drama, a resource library of articles and videos, and teen counseling. Three individuals who have completed all three phases of Trauma Drama are helping others in the program. We've helped un-housed individuals with food and resource referrals. Additionally, we added **The King's Men** group to TOHM. It is our prayer that future graduates of **Tower of Hope Academy** (TOHA) will serve as leaders for incoming classes and train others on the impact of trauma and God's healing power.

Early on, I focused on adults who survived childhood trauma, but people increasingly asked if I would help teenagers. I couldn't turn away a struggling teenager; I wished someone had helped me during those vulnerable times in my adolescence. I help teenagers through individual counseling sessions.

It was difficult to stay true to only the participants who enroll in TOHM because there are so many people with needs. I've begun counseling married couples who have beautiful families but need some strategies in overcoming difficulties. God revealed that this is part of *setting the captives free* whether it is a person, a couple, a marriage or other situation. Focusing on helping people to heal hurt is what I do.

Another expansion to TOHM is adding faith-based counselors to our team. The

team is invaluable because they understand what other participants are going through.

The addition of **The King's Men** group continues to be a beneficial learning experience. Our goal is to provide the men the same dedication and commitment we provide to women through *Trauma Drama*. We believe God sent us "to heal the wounds of the brokenhearted, to tell captives, *You are free*, and to tell prisoners, *Be free from your darkness* [Isaiah 61:1, The Passion Translation]. We learned and grew together with our brothers in this year's inaugural class.

The vision in 2017 was to have a multi-phase program where participants could learn, heal, and grow. The fully-realized new **Tower of Hope Academy**, debuting October 2021, consists of 3 phases. Participants will complete phases 1, 2, and 3 before graduating. Rather than graduating after Phase 1, we will celebrate participants' healing with a promotion ceremony. Upon graduation from the **TOHA**, students will be eligible for further training to do faith-based counseling, teach *Trauma Drama* workshops, write articles and devotionals, teach Biblical Perspectives and lead prayer groups.

I believe the biggest growth begins with the individual so I continue to read books, articles, and participate in programs that will challenge me as a leader and individual. One of the most challenging projects I began this year was **Ready Set Launch** through **Imagine a Mind**. It is a program designed to help entrepreneurs reach their fullest potential by challenging them through an 8-week training on how to solidify a brand, supercharge business traffic, and create a top-of-the-line signature offer. I love learning and want to be a leader who encourages, inspires, and challenges those around me.

I look forward to another wonderful year of miracles, signs and wonders!

*Dora Washington*

## HOW OUR LIVES HAVE CHANGED

### Testimonials of Deliverance

- ◆ I wanted the healing that only God could provide. I embarked on what would turn out to be 22 months of work, blessings, tears, and healing through God with assistance by TOHM. I look forward to God's continued work in my life.
- ◆ To know and accept that God has always loved me, has always been there for me, and has always had a plan to restore me unto Him is a sobering and humbling realization. It is a life-affirming and life-changing revelation that draws me closer to him day by day.
- ◆ *The hardest thing for me to overcome was myself. TOHM provided accountability with reminders that my story was bigger than my feelings about what I'd been through.*
- ◆ The hardest thing I had to overcome was learning to love myself and know that God loves me. All my life, I was told I was no good. My body was criticized and I was never good enough no matter how I tried to measure up. God used TOHM as a support system to help me overcome. They did not give up on me.
- ◆ *God has given me the strength to succeed and accomplish my goals. I am never going to give up.*
- ◆ I believe that loving and encouraging people is my purpose.
- ◆ I have sought forgiveness for spiritual pride. I'm feeling God's healing work in my heart instead of just in my intellect.
- ◆ *I can accept and love my authentic self. I can be who God created me to be and bring Him glory and honor. I don't have to live up to others' expectations.*
- ◆ I felt so much guilt for allowing myself to be in certain situations. I didn't love myself because of the guilt and shame. I had to make a list of everything that happened and forgive each person and accept the reality of each event. I learned that

## Tower of Hope Ministries Organizational Achievements 2015 – 2021

1. Launched *Tower of Hope Academy* October 2021
2. Participants have now completed Phases 1, 2 & 3
3. **Trauma Drama** Phase 1 graduates promoted to *Tower of Hope Academy* Phase 2
4. **Living Hope:** Facebook Live monthly video streaming with Dr. Washington launched October 2021
5. Faith-based coaches trained and added to staff
6. **Class of 2018: 4 graduates**
7. **Class of 2019: 6 graduates**
8. **Class of 2020: 12 graduates**
9. **Class of 2021: 14 graduates**
10. **Coaching meetings** held to aid candidates complete their graduation projects
11. **One-on-One mentoring** provides mental, physical, emotional and spiritual restoration to participants who need one on one sessions.
12. **Manual developed** to educate, support and train trauma survivors using knowledge-based research and faith-based strategies
13. **Two-day workshop** *Grieving God's Way* provided to a church group in St. Louis
14. **Community celebrations:**  
BBQ June 2019, 2021  
Valentine's Day party 2019  
Annual Christmas party
15. **Community expansion:** 2<sup>nd</sup> year of *Living Hope*, a small church-based group in the St. Peters, MO area.
16. **Training leaders:** developed a Leadership Team who lead prayer calls and rotate in leading corporate prayers weekly. Each member has a unique role and responsibility.
17. **Hope Hangouts** (monthly outings): Viewed movies *Overcomer* and *Harriet*
18. **New logo** designed to reflect international ministry of TOH 2020
19. **New website:** [towerofhopeministries.com](https://towerofhopeministries.com). 2020
20. Social Media presence growing: [@towerofhope\\_](https://twitter.com/towerofhope) posting affirmations on Twitter
21. Facebook page: **Tower of Hope Ministries 2021**
22. **Newsletter: *The Family Album*** to communicate news regarding the work of Tower of Hope and the successes of its participants
23. **Volunteer contributors:** brand consultant and digital projects coordinator afforded more opportunities for growth and expansion!
24. **Sponsorship:** 3 corporate sponsors provide funding for the program
25. COVID hasn't slowed us down! We meet online through Zoom and increased monthly meeting attendance. Hope check-ins encourage and support despite COVID restrictions.
26. Mental stability in participants is at an all time high, despite the pandemic and past trauma.

nothing is too dirty or painful that God can't forgive or heal. TOHM has helped me look honestly at the different types of trauma and understand them and forgive. I also learned how to set healthy boundaries.

- ◆ Every thing I went through wasn't to break me, but to mold me and give me a sympathetic heart. TOHM helped me to understand each trauma and how it changed my personality and identity. Most importantly, TOHM helped restore my Identity in Christ and become authentic.

- ◆ I have control over my thoughts and actions moving forward. I've grown so much! I received so many tools to handle what life has for me! I'm truly thankful and blessed for this transformation.
- ◆ The administrators gave numerous hours of their time, resources, love, encouragement and passion for my growth. A safe atmosphere was established, which assisted me with unpacking my mental baggage without feeling judged.

*Continues* →

## Testimonials

### Deliverance from Bondage

- ◆ Although I'm a work in progress, I can attest that the principles shared are extremely valuable to me. I highly recommend the Tower of Hope Ministries to anyone seeking healing.
- ◆ TOHM has an amazing prayer support that was able to push me beyond my viewpoint. Through such support, God revealed to me that He made me this way for His purpose, not others.
- ◆ If I had to describe my story in two words, it would be *rescue* and *redemption*. Due to the abuse I endured, my mind shut down. I didn't trust myself, like myself or believe in myself. I also became very passive-aggressive and angry—a person who desperately wanted to be loved but was so triggered from past experiences that I could never receive love. When God brought me to TOHM, my whole world changed. I never before experienced the presence of God in such a tangible way.
- ◆ The formula that God gave Dr. Washington—**research-based knowledge and faith-based strategies**—changed my life and gave me the resources I needed to overcome.
- ◆ God rescued me from the pit of low self esteem, self-pity, bitterness, unforgiveness, deception, pride, multiple personality disorder and anxiety. It has not been easy. It cost me many relationships, and life as I knew it changed drastically. However, I wouldn't take anything for the journey that God has me on now. I truly can echo the words of Joseph: *Through great loss, God has given me nothing to lose, He has made me forget my pain and made me fruitful in the land of my suffering.* (Genesis 41:50-52) Now I will live to forever tell the story of this Jesus who heals, delivers and sets free.
- ◆ Knowing how to apply the Word of God to my life makes me an overcomer. It changed my life to know that Satan is under my feet and that I can apply Scripture to anything I face.

## The King's Men—Despite the Storm

Tower Of Hope Ministries' August HOPE Hangout was a BBQ Picnic at St Ferdinand's Park in Florissant, MO on a beautiful Sunday afternoon. The King's Men class offered to cook and serve the food; the Trauma Drama class decorated and everyone was happy to share a meal together.

Seemingly out of nowhere, the skies darkened, lightning flashed, winds gust-ed and heavy rain poured down, threatening the food and festivities. The King's Men, however, fought the assault with determination and prayer, se-curing the fire and protecting the food.

During the storm, everyone praised and glorified God. Dr. Washington took a moment to teach a mini-lesson as she stood ankle-deep in water. "This is kind of like life. Storms come up unexpectedly, and we have to equip our-selves to weather them. If we trust in God and depend on Him, He will help us. We don't have to run or fear the storms."

One attendee burst into melodious song, followed by others. Despite the hav-oc wreaked by the storm, everyone worshipped and praised God. Once the storm passed, people marveled that not one person mentioned leaving. Al-though soaked from the rain, nothing could erase the blessing everyone expe-rienced that day. All in attendance said they witnessed the supernatural pres-ence of God in a way they will always remember. No storm could wash away the victory they felt as they sat in the sunshine afterward and ate their dinner together.

The King's Men, in particular, exemplified the qualities of Christ through their relentless efforts to provide food, unparalleled commitment to complete the task, and unforgettable support of the TOHM to preserve the event and everyone's morale.

**The King's Men**  
 Saturday, October 23<sup>rd</sup> 9:00 am  
 Register here:  
<https://towerofhopeministries.com/tkm-registration/>  
 Zoom link provided upon registration.

**Moving from a Hurtful Past to a Hopeful Future**

This is for you if you have father wounds, experience difficulty in relationships, ineffective communication, trouble letting go of past hurts, forgiving, or moving on. Also for those who are:

- Divorced /tired of in-and-out relationships
- Emotionally disconnected from spouse or girlfriend
- Depressed or avoiding people
- Grieving a significant loss
- Wanting to build healthy relationships

*Helping men find hope again to live their best life—even in a pandemic!*

## Where are they now? Graduates Give Back

**Christian Thompson, Tiffany Thompson and April Jackson— all graduates of the Class of 2019 have assumed vital roles in the TOHM organization, even while completing their year in the Trauma Drama Phase 3 program.**

**Christian's** leadership includes serving as a prayer cell leader and coaching participants in the Trauma Drama Phase 1 class. When asked why she continued with Phase 3, she said, *I never wanted to quit because I was gaining so much from the program. It truly got more and more exciting! The first year, it was about me and gathering information. The second and third years, I processed the information. I'm helping others heal as I continue to heal. Being free from the turmoil of the past and learning more and more about freedom opened up a whole world for me. I learned a new set of skills for the challenges I face in serving.*

*Learning who God is is the biggest blessing I could have ever received. Deliverance from bondage and generational curses is a huge blessing! Just knowing that what happened to me wasn't my fault was really big for me. Most importantly, God changed the way I think about Him, myself, and others. I went from being a skeptic to believing in the miracles, signs and wonders of God. I learned faith.*

**Tiffany** said she's finding joy in the journey of walking in her God-given purpose. *I have my fair share of suffering, highs, and lows; but as I continue to pursue character development, deeper healing and genuine love for all of God's people, I count it all joy and I am so grateful.*

Tiffany said she wouldn't think of dropping out of the program: *Leaving TOHM is not even an option for me because I have received and continue to receive so much. I came into this program wanting total healing and deliverance, and I plan to stick it out so that I will receive just that. Even with all that I've learned, I realize that there's still so much more that God wants to give me through this ministry. I have never been a part of a group where there is so much love and grace. The anointing of God is evident here and I don't want to miss a single second of it.*

## Class of 2021 Video-conferencing Healing

The Tower of Hope Ministries Trauma Drama Class of 2021 used video-conferencing for all 12 months of their Phase 1 program. Monthly meetings ranged from 30-50 participants, with attendees from CA, AR, AZ, IL, KS, and TX as well as MO. "We've had a lot of people attend monthly meetings," said Dr. Washington. "We're providing more faith-based support since we have more trained counselors. Video

*Out of all of the many wonderful blessings I've received from TOHM, the greatest revelation is of who God really is. Before TOHM, I only knew God in the context of religion. Now, I know Him as a personal, gracious, awesome God who loves me despite my wrongs. God used TOHM to totally transform me in every area, beginning with my understanding of Him.*

*Before I came to TOHM, I had my own plan and purpose for my life. After receiving healing, God showed me who He created me to be and what He created me to do. That never would have happened if I didn't allow God to help me deal with and process my deepest pain so He could heal me and set me free from all the bondage.*

*Instead of leaving a legacy tainted by trauma, I will leave God's legacy of healing because of the transformation in my life. My children, grandchildren and my entire bloodline will know that the same miracle-working God of the Bible is alive and performing miracles today.*

*The healing process is anything but easy, but it is beyond worth it. Just when you think you've gotten all that you can get, God has so much more that He wants to reveal to you. Your life is worth living, and you were designed to live FREE! Healing makes all the difference. It is worth the discomfort, the intense pain, and the tears. Remember, God does the heavy lifting. God is right there with you helping you to endure the journey, so stick with it. The joy, peace, and freedom that's waiting for you in the Promised Land is not even worth comparing*

conferencing allows for more independence, while offering users content they can access at their convenience." Prayer cell leaders follow up with individual weekly phone calls to check-in on participants' progress. "Our model has expanded to include online content in the form of modules and videos. We hope to resume in-person meetings as soon as circumstances allow. While the method is changing with the times, our message of hope and healing remains the same."

*to the temporary pain that you'll feel throughout the journey.*

**April** is full of praise. *Since God healed me I am not the same person. The way I think, act, and talk is different. I am Kingdom-minded now. Before, I was ruled by my flesh and my emotions. Now I don't have to guess at what's right and wrong. The Holy Spirit rules my emotions now. I have balance.*

*My life is so different now because I have turned my will and emotions over to God. I am no longer depressed, after suffering for many years. When I hear others who are suffering from depression and other illnesses, I tell them I understand how they feel and the good news that God can heal them.*

*Continues on p. 7* →



*We are grateful for your Support*

Tower of Hope Ministries  
PO Box 834  
Florissant, MO 63032

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Gifts at any of the Friends of TOH levels will have their names printed in programs and presentations, as well as acknowledged on [www.towerofhopeministries.com](http://www.towerofhopeministries.com) throughout the 12-month year of their gift.

<p><b>Trauma Drama</b></p> <p><b>\$25 to \$75</b></p> <p style="font-size: 0.7em;">Supports a participant in Phase 1 for 1-3 months</p>	<p><b>Webmaster</b></p> <p><b>\$76 to \$125</b></p> <p style="font-size: 0.7em;">Supports maintenance of TOHM website</p>	<p><b>Curriculum</b></p> <p><b>\$126 to \$200</b></p> <p style="font-size: 0.7em;">Supports creation and publishing of materials for all programs</p>	<p><b>Counseling</b></p> <p><b>\$201 to \$350</b></p> <p style="font-size: 0.7em;">Supports faith-based Mentoring and Counseling of Phase 1 and 2 participants</p>
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Sponsors of TOH

Gifts at any of the Sponsors of TOH levels will have their names on the scholarship created from the funds, as well as on programs and presentations and acknowledged on [www.towerofhopeministries.com](http://www.towerofhopeministries.com) throughout the 12-month year of their gift.

<p><b>Contributor</b></p> <p><b>\$351 to \$500</b></p> <p style="font-size: 0.7em;">Sponsors a participant in Phase 1 for 12 months</p>	<p><b>Supporter</b></p> <p><b>\$501 to \$750</b></p> <p style="font-size: 0.7em;">Purchases supplies for learning activities for 12 months</p>	<p><b>Sustainer</b></p> <p><b>\$751 to \$1,000</b></p> <p style="font-size: 0.7em;">Funds one year of website design and maintenance.</p>	<p><b>Leader</b></p> <p><b>\$1,000 to \$1,499</b></p> <p style="font-size: 0.7em;">Provides funds for annual Graduation Celebration</p>
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Gifts at the Founders level (\$1,500 and above) are given special recognition.  
To learn more about joining this extraordinary group of donors, call Christian Thompson at 314.399.9552

# Graduation 2020

## A Celebration of Triumph

### Individual Achievements TOH Graduates 2018 – 2021

1. Graduates in Master's degree programs
2. Returned to college to train to work in their purpose (3).
3. Advanced training program for financial advisors
4. Improved employment/raises/promotions
5. Small businesses established:
  - Adorned Homemade
  - Quia's Furry Friends
  - The Purpose Project
  - Southern Comfort Desserts
6. Leader in Celebrate Recovery, an addiction program at Church on the Rock (St Louis)
7. Leader of Living Hope, an introductory course for those with trauma, at Church on the Rock (St Louis)
8. Leader of book study group
9. Art chosen for inclusion in the Mosaic Templars Cultural Center: A Museum of African American History (Little Rock, AR)
10. Successful art exhibit in local venue (Little Rock, AR)
11. Significant weight loss
12. Graduate is in a Miami, FL program to become a Physician's Assistant
13. Baccalaureate degrees earned in nursing and teaching
14. Completed a mission trip to Manila, Philippines
15. Debt cancellations secured
16. Baptisms (4)

*These achievements are celebrated because they represent healing from brain, emotional and physical damage caused by trauma. They also demonstrate the abundance of God's blessings.*

### 2020 Graduates

Gloria Bodley	Jolene Rogers	Symone Thompson
DeShawna Cooper	Lauren Sanders	Kaylie Venet
Angela Davis-Woods	Sondra Strong	Sandra Wayne
Vicki Robson	Shaneice Thomas	Hollie Woods



### April's testimony, continued

*I share my testimony of how God will bring them through—just like He did for me.*

*My life is not my own. I am totally committed to this ministry. I want to spend the rest of my life being available for Him to use me. I am so thankful to God and Tower of Hope*

*that He has given me all I need. Now when I am hurting, I go find someone I can help. I learned life is not just about me. It's about Him. I want to help others out of their captivity and brokenness.*

*I didn't drop out of the program because it's part of my divine destiny. I*

*needed to continue to be healed so He can use me. He doesn't want us saved and still in bondage. I am committed to my healing because He guided me to TOHM. I know I can live a healed life—not surviving but thriving! When Jesus said 'I came to give you life more abundantly,' that's what He meant.*

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### Tower of Hope Academy

**Phase 1: Trauma Drama** participants come with a checklist of emotional, mental, physical, and spiritual challenges. Participants in this phase enter with overloaded and overworked minds where everything is extreme. Normal everyday situations and challenges are escalated over the smallest challenge. They learn how to end the trauma drama reign in their lives. Every facet of trauma is analyzed through the lens of the Biblical perspective. Phase 1 concludes with promotion to Phase 2.

**Phase 2: No More Trauma Drama** is a continuation of TOH support and training. Trauma survivors spend much of their lives *reacting* to people and situations instead of *responding*.

Phase 2 provides overcomers the continued training and support for the everyday stresses and challenges of life. They are now more easily able to identify and quickly process or monitor stress, triggers, residuals, emotional pain and flashbacks, as well as spiritual attacks. They are taught through Biblical perspective how to win in spiritual warfare.

Phase 2 allows overcomers to begin to live the abundant life Jesus promised instead of worrying and stressing. Phase 2 participants receive clarity of their spiritual struggle, claim freedom to walk in their Purpose and pursue their goals and dreams. Phase 2 concludes with a Memorial project detailing momentous deliverances.

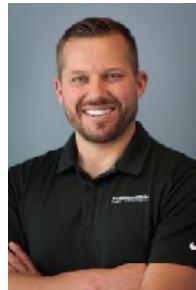
**Phase 3: Life After Trauma Drama** is all about *Living the Abundant Life*. Overcomers now understand life comes with challenges, setbacks, and disappointments. They are equipped with emotional and spiritual skills and trained to handle the curves life throws. They mentor Phase 1 participants. Phase 3 concludes with a graduation celebration.

**The King's Men** participants complete Phases 1, 2 & 3 focusing on men's issues. They learn how to navigate difficult relationships, effectively communicate, overcome past hurts, forgive and move forward. Their Biblical perspective studies men who encountered and overcame family and relational issues.

### Health From Within



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Dr. Nick Barnes, D.C.  
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[maxliving.com](http://maxliving.com)

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