

Invite Lori Golden to Speak



If you don't believe your own story within your life, then what is true?

THE LIES!

The result is that victims begin to think, *I must be crazy.*

You are not crazy.

Lori Golden is the author of *My House of Lies*. She will touch the lives of your participants as she shares her journey of recovery from 11 years of incest—from age 5 to 16. A recovery that took her through multiple addictions including drugs, promiscuity, relationships, food, and even work. Her awakening began when she admitted she was a drug addict. For a seven-year period, through therapies, counseling, and hospitalization, her ugly childhood was revealed. Her art reflects the stages of her awareness and who the “ape” was in her initial memory - the childhood terror that haunted her.

Presentations Include:

Why Children Don't Tell

A violation of a child is not just a few bad minutes. For many, it often recurs over and over again from the same perpetrator while physically and mentally it buries itself into a vault in a child's memory.

Sexual abuse is shocking and confusing. No one is taking responsibility for the abusive actions leaving children believing not only they're at fault, but also they must be bad.

Why Memory Loss and Blocking Occur for Survivors

Routinely, sexual assault victims bury the past in order to protect themselves and function on a daily basis. That is, until something triggers memories to surface; this usually does not occur before the late thirties. Memory loss and blocking serve to protect children and when the mind is ready to handle the past trauma, more of the abuse is revealed. Learn what happens when the unblocking takes place.

How Addictions Serve as a Shield to Protect Survivors

Addictions begin in an attempt for people to feel normal. It's like a best friend and lets survivors go out into the world with a protective “blankie.” Only later does it become the “enemy” and can completely take over your life.

Survivors have to let go of their addictions in order to start dealing with the underlying issue of sexual abuse.

Your participants will be:

- Inspired to make a choice to heal.
- Motivated to seek their truth.
- Develop a willingness to change.

Through Lori's speeches and retreats, she knows that her words make a difference. She inspires and motivates others to seek their truth and heal through her consulting and presentations. Her words create a wake-up call for those who discount the damage that sexual abuse creates. Her words become the bridge for so many who thought that they were alone. It's not uncommon for sexual assault victims to believe that their pain will never end. Lori lives her life with the belief that with willingness and work, healing is possible.

About Lori Golden

Lori Golden is passionate about helping both trauma and abuse survivors on their healing journey. Her work today is an outgrowth of her recovery from childhood incest and addictions. She has worked in the mental health profession since the 1970s and has her private practice in San Diego. Her first book, *My House of Lies*, is a memoir about her addiction, recovery and overcoming childhood incest after thirty-seven years of amnesia.

With brutal honesty, Lori Golden's *My House of Lies* captures her miraculous journey out of the darkness and the devastating effects of childhood incest, one that I know all too well. Her willingness, her courage and yearning for truth after years of amnesia permeates your soul in profound and memorable ways. You are drawn in immediately as she slowly unveils her memories through descriptive flashbacks and her artwork. It is a must read for survivors, and anyone eager to understand the complex and arduous path to recovery. Her heartfelt struggle to climb out of darkness into light is an inspiration. - Marilyn Van Derbur, Sexual Abuse Survivor and Author of *Miss America By Day*

Book Lori Now!

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