

## Healing of my Childhood Trauma Jesse Lee

In Raphahk courses, I was helped by those group therapies and especially the Gestalt therapy of empty chair is very useful to me. Because when I was thirteen years old, I had experienced trauma of being molested by a man whom I didn't know in the building where I lived and this event had affected my whole life and in each life event or career when I faced men or bosses that were similar to that type of man who had molested me, I will usually cannot withstand it and find it very painful and then quitted that job or organization. During the empty chair therapy, the group leader had guided me to release most of the suppressed anger, shame and fear and after receiving that empty chair therapy, I found that the rope that control me all of my life was being chopped off.

In my life, I found that I didn't have much concrete hope or targets as my whole life aimed at freeing myself from this child traumatic memory that hovered around me. I felt very afraid and I cannot have control of whenever I met those men who have similar faces. Besides, I have also received therapy by doing empty chair in speaking to my own self, accepting my childhood self and being released from the wound and hurts of my past. Therefore, Raphahk had really helped me a lot because I think that if there was people who can help me when I was in desperate need when I was a 13 years old girl, I can live a much better life and suffer less pain than what I had suffered. In Raphahk courses, I had joined the Level 1 to Level 3 courses from 2013 to 2015. During those courses, it helped me to re-examine my life from childhood, teenagers to adulthood. Because it is a christian organization, it merged christianity with psychology in the handling of my childhood trauma, it also incorporated the elements of meeting Jesus into our traumatised event. This provided a very peaceful and safe environment for members to share their pains and suffering in a very natural way and this then provided a very supportive environment for members to experience the process of healing from Jesus directly.

Raphahk courses stressed a lot on the development of christian spiritual life, through its training, I have learnt to

understand more about the work of the Holy Spirit as the greatest Counsellor in my life. Holy Spirit will lead our daily work, learning, family life, church serving and even our daily bible reading. Thank to God, it is through Dr. Kot' s book on emotional therapy which I have read then I found this Raphahk organization. Also, thanks to the group leader, Denise and Christine, to whom they have helped me to overcome my childhood trauma and gives very useful advices and support for my future growth.

