

1 **A Pastoral Tour Through Dr. Omar Minwalla's 22 Hospital Rooms Of Deceptive Sexuality & Trauma**

1 Plus a 23rd Room

2 **Introduce Yourself**

1 Name
Where are you from?
Who do you live with?
How you found this intensive?

2

3

4 **Technology**

Commitments This Weekend

5 **A Pastoral Tour Through Dr. Omar Minwalla's 22 Hospital Rooms Of Deceptive Sexuality & Trauma**

1 Plus a 23rd Room

6

It is an honor and a privilege to be here and be doing this with you

7 **Safe Space for Your Emotions**

- Sadness
- Hope
- Anger
- Despair
- Relief
- Shame
- Grief
- Joy/Glad
- Enthusiasm

All ok... and to be excepted...

8 **Defenses are Normal and to be expected**

- Shut Down
- Emotional Numbing
- Fatigue
- Dissociation
- Anger
- Fight

- Flee
- Freeze
- Intellectualizing

9 Personal

1 Goal Is To Honestly Look At The Impact of Our Actions

Take good NOTES!

2 Illumination Process

10 Anchor of Appreciation P.6

- 1
- Begin with a deep breath together
 - Ask Jesus to remind you of something you can appreciate
 - Take a couple minutes to talk with Him about what has come to mind
 - Ask Jesus if there is anything He wants you to know about your appreciation
 - Write anything that comes to mind
 - Give your appreciation a 1-3-word name
 - When prompted, share your appreciation with the group
 - Write down the name each group member gives to their appreciation

11 ATC

- 1
- Approach
 - Transition
 - Conditions

12

Facts About Father Robert Greaves

- Marries Grace at age 27 and promises to “Love, Honor, Cherrish, Protect” etc.
- At age of 28, he has a sexual “relationship” with Joanna (JoJo) who was 15.
- He was already working for the church as a priest
- Two years later he learns that JoJo became pregnant and gave birth to a daughter

13

Facts About Father Robert Greaves

- From 18 months on, he has maintained contact and helped support his daughter by stealing from the church, the family and even from his wife
- He has kept this secret for 40 years until a murder investigation forces him to start coming clean and facing the consequences of his deceptive sexuality.

14 Unforgotten

Interviews with Detectives

Episode 3:5:49-8:30

15

16 **Unforgotten**

Second interview with Detectives

Episode 3 33:20-36:37

17

18

19

20

21

22

23 **Unforgotten**

Initial Disclosure Scene

Episode 4 5:45- 7:37

24

25 **Personal**

1 Goal Is To Honestly Look At The Impact of Our Actions

Take good NOTES!

2 Illumination Process

26

27 Secret Sexual Basement

Dr. Omar Minwalla's Educational Metaphor for Understanding Deceptive Sexuality and Trauma (DST)

28 D-Deceptive

29 C-Compartmentalized

30 S-Sexual/Relational

31 R-Reality

32 Secret Sexual Basement

Dr. Omar Minwalla's Educational Metaphor for Understanding

**Deceptive
Sexuality and Trauma
(DST)**

33 **An Educational Metaphor:
“The 22 ROOMS” of a Hospital for Deceptive Sexuality
Trauma (DST)**

**Intellectual Property of
Dr. Omar Minwalla
The Institute for Sexual Health, 2022**

34 **Covert** **Exposure** **Symptom Progression**

35 **Covert Phase?**

When the pre-existing reality-ego (PRE) and the deceptive, compartmentalized, sexual-relational reality (DCSR) are intentionally kept separate.

- An ongoing system of covert domination and control
-
- Involves complex trauma shaping (CTS) of the victim(s) and the relationship
-
- Includes erosion of second brain and relational integrity

36 **Exposure Phase?**

When the person is exposed to the secret sexual basement:

- Exposure occurs through discoveries and/or disclosures
- Involves post-traumatic stress symptoms coupled with integrity abuse behaviors
- Includes reality-ego fragmentation (REF) and attachment injury
- Can be experienced as a psychological “death”

37 **Symptom Progression Phase?**

The aftermath of the covert and exposure phases Includes short-and long-term post-traumatic symptoms

- Core injuries to reality, self, identity
- Sexuality, gender, and body
- Persistent negative relational patterns causing further harm

38 **The “Abuse” Word
DSM-5 p. 721**

- 1 • Partner psychological abuse encompasses nonaccidental verbal or symbolic acts by one partner that result, or have reasonable potential to result, in significant harm to the other partner. This category should be used when such psychological abuse has occurred during the past year.

2 Spouse or Partner Abuse, Psychological:

39 **The “Abuse” Word
DSM-5 p. 721**

- 1 • Acts of psychological abuse include berating or humiliating the victim; interrogating the victim; restricting the victim's ability to come and go freely; obstructing the victim's access to assistance (e.g., law enforcement; legal, protective, or medical resources); threatening the victim with physical harm or sexual assault; harming, or threatening to harm, people or things that the victim cares about;

2 Spouse or Partner Abuse, Psychological:

40 **The “Abuse” Word
DSM-5 p. 721**

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2 Spouse or Partner Abuse, Psychological:

42 Gaslighting

43 ATC

- 1 • Approach
• Transition
• Conditions

44 Covert Phase

- 1 **Room 1:** Covert Integrity-Abuse Shaping
Room 2: Erosion of Enteric System and Second Brain Injury
Room 3: Erosion of Relational Integrity

2

45 Room 2

Erosion of Enteric System and Second Brain Injury

46 Second Brain?

- 1 • Because the enteric nervous system relies on the same type of neurons and neurotransmitters that are found in the central nervous system, some medical experts call it our “second brain.”
- The “second brain” in our gut, in communication with the brain in our head, plays a key role in certain diseases in our bodies and in our overall mental health.

2 Enteric Nervous System

47 Gaslighting

- 1 • Enteric Erosion and Confusion
- Progressive Alterations to Gut Instincts
 - Alterations in perceptions of self, perpetrator and reality
 - Damage to relationship between conscious psyche and enteric signals (instincts: fear detection and navigation functions for survival)
 - Trusting gut erodes trust in partner and relational reliance in

survival - impacting attachment and intimacy

2 **Second Brain Injury and Erosion**

48 **Intentionally Manipulated Reality (IMR)**

Intentionally Manipulated Reality (IMR): IMR is the manipulated version of reality that the abuser attempts to convince the victim's psyche of as the truth.

- The abuser will demand that the victim believe and adopt this version of reality.
- The abuser will insist that this becomes the narrative of what happened or is happening – existing reality (i.e., truth).
- The abuser uses IMR to control what the victim thinks, feels, and understands about existing reality.

49 **Active Gaslighting**

Active Gaslighting:

Active gaslighting involves the intentional manipulation of reality (IMR) of another person, used as a deceptive tactic to support a deceptive agenda or strategy. Active gaslighting attempts to control and manage what the victim knows, preventing them from knowing specific truthful aspects of their actual reality.

50 **Passive Gaslighting**

- The existence of a DCSR may cause the second brain and enteric system to become activated, detecting the threat of reality incongruences.
- By omission and continued manipulation, the victim is being gaslighted, meaning they are still having their reality intentionally manipulated so the abuser can maintain control of reality.
- Once there exists a secret basement, there is passive gaslighting occurring

51 **Forced Choice**

- 1 • Places the victim in state of confusion
- Creates a forced choice for the psyche, which needs to live in one

reality ultimately to survive

- Whichever door is chosen the relationship with the other is injured
- Making the same choice over and over starts to shape the psyche with CTS (Complex Trauma Shaping)

2 This is an Injurious Choice

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54 **Physical, Somatic, Medical Symptoms**

- One important clinical grounded theory and clinical observation
- Partner's physical symptoms match and are congruent with activity in the basement
- A repeated clinical observation in looking at both partner's timelines specifically
- Future research is needed here

55 **Let's not "play stupid"**

- 1
- The DSM-V description of spouse or partner psychological abuse notes "trying to make the victim think that he or she is crazy" (2013, p. 721) as one example of psychological abuse.
 - Further, the military utilizes gaslighting as part of psychological operations, so we know well that it is an established weapon of war that causes confusion and aims to weaken and manipulate to maintain or gain control and power.
 - Note that gaslighting is only one of many integrity-abuse tactics and behaviors, which taken together form an entire system of psychological, emotional, and relational harm and abuse.

2 **Feigning Ignorance is yet another integrity-abuse tactic**

56 **Reflection**

57

58 **Brennan Manning**

59 **Unforgotten**
Mother/Daughters Scene

Episode 4 13:17-14:53

60

61

62 **Unforgotten**

Conversation with Ellie

Episode 4-24:49-26:21

63

64

65 **Unforgotten**

Secretary Scenes

Episode 4 39:01-40:10 & Episode 5 11:00-12:02

66

67 **Unforgotten**

Phone Call Discovery

Episode 5. 14:06-15:05

68

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70 **ATC**

- 1
- Approach
 - Transition
 - Conditions

71 **Room 1**

Covert Phase Integrity-Abuse Shaping

72

73 **Covert Phase Integrity-Abuse Behaviors**

- Gaslighting - intentional manipulation of victim's reality
- Manipulating relational states
- Using threats, anger, intimidation to maintain control
- Shaming and fault-finding
- Externalizing Blame

74 **Covert Integrity-Abuse Behaviors**

- Patterns of Lying
- Gestures out of guilt or to manipulate partner
- Managing partner or others in order to act out
- Getting angry or threatening
- Refusing to Speak/Share
- Sexual Avoidance and Rejection
- Blaming the partner or relationship for relationship problems (even in thoughts/feelings, if not overt)

75 **Integrity Abuse Behaviors**

- 1 • Go back over the Covert Phase Integrity Abuse Behaviors and list your “Top 5.”
 - In your groups, share your list

- 2 **Covert Phase**

76

77 **Covert Phase Integrity-Abuse Conditions**

- Lack of Informed Consent
- Breach of Relationship Agreements
- Dehumanization
- Sexual Entitlement over Human Rights
- Social Misrepresentation
- Social Collusion
- Endangerment

78 **Covert Integrity-Abuse Conditions**

-
- Being withdrawn and involved or preoccupied with compulsive-abusive system
- Diminished investment in intimate relationship with partner and children and family system
- Harming partner and children-an ongoing system of violation– impacts authentic connection and integrity in the system

79 **Covert Phase Integrity-Abuse Conditions**

-
- Covert Dominance and Control
- Control of Life-Altering Information about the Victim’s Reality
- They are prevented from being able to make decisions based on accurate information

80 **Covert Integrity-Abuse Conditions**

- Divert Attention Away From the Relationship
- Blame Their Unknowing Partners
- Develop Thoughts that Justify which are eroding and damaging to the relationship and the intimate partner
- Covert Form of Dominance and Control - intentional withholding of vital information that allows victim to be informed of how to survive (frog in boiling water)
- Erode the Integrity of the Relationship - energetic system is corrupted and relational problems may emerge
- Relational problems then blamed on others and furthers the thoughts of justification for DCSR
- Second brain damage and erosion
- Relational dependency, reliance and attachment erosion

81

82 **Complex Trauma Shaping (CTS-6)**

- 1 1. Emotions
2. Thoughts

- 3. Self
- 4. Abuser
- 5. Relating To Humans
- 6. Meaning In The Psyche

2 Patterns of Harm, Over Time, Where Victim Can't Escape, Shape the Psyche Slowly

83 1. EMOTIONS

- 1 • **How have the patterns of harm shaped the emotional system and regulation over time?**
- What emotions the person experiences as a result of the integrity-abuse patterns of harm
 - and **how the person copes with those emotions** = emotional regulation
 - Systems that develop "not to feel"?
 - What is the current emotional routing system?

2 Emotional Regulation

84 2. THOUGHTS

- 1 **How have the patterns of harm shaped the person's thoughts, the patterns and beliefs, over time?**
- Patterns of distortions or thought strategies in order to survive and to cope now become maladaptive
 - Cognitive Distortions
 - Negative Core Beliefs
 - Lack of thoughts, deficits in insight, lack of self-reflection as coping strategy
 - Alterations in consciousness; amnesia, dissociating thoughts
 - How did this person's thought system get shaped?

2 Cognitive System

85 3. SELF

- 1 **How have the patterns of harm shaped the self over time?**
- Self-perception
 - Self-contact
 - Self-awareness
 - Self-esteem, **self-worth**
 - Self-structure (fragmented versus harmonious whole)

2 Relationship with Ego (Internal Reality)

86 3. SELF

- Relationship with Ego (Internal Reality)
- What is the person's relationship to the self now and how much self-contact do they even have now?
- How do they cope with and regulate self states?
- Do they have adequate self-worth?

87 4. ABUSER

- 1 **How have the patterns of harm shaped how the person relates to abuse, how they understand it, and react it over time?**
- Perceptions of the abuser
- Perceptions of the abuse itself
 - How the person relates to the abuse itself - the shaping systems itself
 - Identification with the abuse as coping strategy ("*can't beat em, join em!*", or "*if need em, join em*")
 - Dissociation, learned compliance, acceptance and normalization
 - **How does the person and psyche relate to abuse or violence now?**

2 And the abuse itself

88 5. Relating to Humans

- How have the patterns of harm shaped how the person relates to human beings over time?**
- How the person relates to human beings in general
 - **Attachment** functions and capabilities, needs or desires

- **Intimacy** skills, comfort-level, needs, and ways of being intimate
- How **safe or not** does person feel with human beings?
- How is their safety net and "go-to" functions?
- Do they feel **loved or not by human beings**?

89 6. Meaning in the Psyche

How have the patterns of harm shaped the existential health and meaning in the psyche over time?

- How person makes meaning in their psyche?
- Values, Motivations, Core Agendas
- Purpose, what is actually meaningful to the psyche
- Void of meaning; or lack of meaning; negative, painful or maladaptive lens of life itself
- Existential health

90 6. Meaning in the Psyche

- How does the person make meaning of life?
- The **lack of meaning** is a health-risk and not a healthy psychological state
- What in truth, really seems to give their life meaning?
- What is the meaning of the future for that human being?

91 Reflection

92 Room 3

Erosion of Relational Integrity

93 That's Cheating

94 ATC

- 1
- Approach
 - Transition
 - Conditions

95 Room 3

Erosion of Relational Integrity

96 Relational Integrity

- 1
- Definition of Relational Integrity:
- The **Degree of Integrity or Authenticity** that exists between two people, is an energetic system
 - Secret Sexual Basement and Integrity-Abuse alters the energetic system on which the welfare of the relationship and bond depends

2 Erosion of Energetic System

ROOM 3

97 Relational Integrity?

- 2
- A Grounded Theory

98 **Transduction**

2 **Transmit “Intangible Relational Nutrients”**

99 **Healthy Relational Integrity**

2 **“Intangible Nutrients” that Sustains the Relationship and Each Person:**

100 **Low Relational Integrity?**

2 **A Systemic Erosion over Time**

101 **Incongruence**

2 **Causes Interference**

102 **Symptoms**

2 **Relational Integrity Erosion**

103 **Reflection**

1

2 **Room 3: Erosion of Relational Integrity**

104 **Covert Phase**

1 **Room 1: Covert Integrity-Abuse Shaping**

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105 **Reflective Art**

Covert Phase

106 **Reflection**

Immanuel Prayer Journaling (p.42)