

Saving Other Katlyns



Inspirational Healing Stories From Our Community

Book 1: April 2017 to November 2018



Katlyn's
Healing Center

The following comments were provided by group members who attended our healing workshops and support groups.

What a blessing and heartfelt way to honor the memory of your daughter. I felt amazed to see you standing before us, not in a sense to draw pity from what difficulty you've experienced, but to extend an awareness that will be helpful to those afflicted by tragic events in their lives. Awareness is such a key component in aiding the healing process. To heal you must first understand what it is you need to heal from. Something I had to learn. One other thing that lifted me was the sense in knowing that I really wasn't alone.

— April 2017

After the first [healing workshop] session, something just lifted. I realized it wasn't me. It was my trauma.

— December 2017



Katlyn's
Healing Center

The healing workshop has educated me in the ways that trauma changes us and that we have the power to rewire our brains. To hear someone tell me ‘I was a good person’ and ‘it wasn’t my fault’ seems like such a simple thing, but it was the simple thing I needed to hear. Processing those words, giving them meaning, allowed me to open to the healing message that is so lovingly given in this workshop. I have come to see myself as a person capable of giving and receiving love, of proudly letting my scars show and my wounds heal now that I no longer flagellate and punish myself for the things that were done TO me.

— March 2018

I cannot thank you enough for everything—creating a safe space for everyone to share and feel empowered. It has been an amazing step on my healing journey.

— May 2018

Thank you for everything. I am forever changed by your work.

— June 2018



Katlyn's
Healing Center

Having the two of you as such wonderful hosts opened my eyes to a new path to take...I want to thank you for assisting me on my journey to wellness. I have felt a significant change in my life towards positivity which would have been difficult to near impossible without you two by my side.

— June 2018

I don't feel super confident writing this. The words in the testimonial don't feel adequate. It feels like I'm trying to leave a Yelp review for some life-changing experience that's so magical. Anyway, here goes: 'I didn't know how to talk about my painful experiences, and I didn't want to. In this workshop, I didn't have to. I quietly learned what I needed to heal by listening to the experiences of others in my small, yet very supportive group, and through the development of my own healing practice.'

— June 2018

From the time I was 19 until 35, no one told me it wasn't my fault, even though I had been to see different therapists over the years. It wasn't until the healing workshop that I learned what happened to me back then [in college] wasn't my fault. This was huge for me.

— November 2018



Katlyn's
Healing Center