



## Understanding and Helping Those Who Self-Injure\*

**Date & Time:** October 14, 2017, 9:30 AM to Noon

**Speaker:** Jerusha Clark, Author of *Inside a Cutter's Mind*

**Location:** Capital Baptist Church, 3504 Gallows Road, Annandale, VA 22003

**Donation:** \$25 before 10/13/17 Online; \$35 at the door!

\*All proceeds of the ticket sales are tax deductible and provides programs and direct services for survivors of sexual exploitation

**Jerusha Clark** is the author or co-author of twelve books, including three bestsellers. She has studied the intersection of neuroscience, mental strength, and faith for fifteen years and loves to share what she's discovered. Her work has been featured on national and international media outlets, including "Focus on the Family," "100 Huntley Street," and "New Life TV." She partners with medical doctors, psychologists and other licensed clinicians to make complicated mental health questions accessible to everyday people. On quiet days, you can find Jerusha bodyboarding, reading, or singing around a bonfire at the beach, her absolute favorite place. Jerusha and her husband, Jeramy, have two amazing teenage daughters and love ministering together at churches, retreats, schools, and conferences. The Clarks make their home just outside San Diego, California.

### Objectives:

- Establishing the historical and cultural contexts
- Addressing societal pressure and social contagion
- Biochemical and neurological dimensions of self harm
- Ministering to a hurting mind
- Recognizing the cry of a wounded soul
- The heaviness of shame and the weightlessness of grace
- Practical steps for helping others

Question and Answers will follow the presentation

**For more information or to register for this event please copy this link:**  
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