

STREETLEVEL CONSULTING news from Sooz-Christmas

2021

One day at a time

If it wasn't for this virus, I probably would be super busy but as it is, I have found the time for the first time in years to create a newsletter.

Life is always busy as I bear witness to the courage and anguish of the many who seek me out for counselling. When I started to write this, I had a 2-month waiting list and that saddens me that counseling help is so expensive and difficult to access for so many. I continue to offer in person and video sessions. It brings me such joy to see deadened eyes come alive with hope and healing. To see folks from all sorts of backgrounds come to the realization that *what was meant for evil GOD can turn for good.*

I had a horrible experience with COVID 19 at the beginning of the year that resulted in hospitalization. I was so scared that months later my hair fell out. I have also been left with cranial nerve damage, so I attend a lot of DR appts

I had surgeries on both my eyes, and I am thankful that the epic church financially assisted me to survive.

In the summer I travelled to do teaching engagements in Kelowna-Vernon Vancouver and Comox BCI keep busy by being creative in my art studio and have been commissioned 2x to create pieces of art for the Anglican diocese.

Next May I have been invited to speak in 6 cities in eastern Canada from Ontario to Newfoundland.

I am good for the shape I am in -always grateful and always learning. I was filmed this year for a trauma course that is now shown to all inmates at Drumheller, Bowden and Edmonton Max Penitentiary with glowing reviews. This year I completed my level II certified Professional Trauma therapist course, which is the highest certification for treating complex PTSD, I want to bring the best professional care that I can to people who can't find or afford help

About half my caseload is pro bono for those coming out of shelters and drug treatment centres or prison. I am mentoring several front-line workers serving in the homeless community.

At present I have 2 counselors I am supervising helping them grow in their clinical practice and I wrote 2 forwards for a book one on Complex PTSD healing through the 12 steps and one on the life of Mother Theresa,

For the past 3 years Counselor Cielia and I have been working on a book called Trauma on the front lines: Trauma care in vulnerable populations. Thankfully we are in the editing stage and hope to be published in 2022

I am so happy to offer counseling and pastoral care at the JLYS family centre. Serving alongside this team is life giving to me

All in all a busy year- Thank you GOD and friends for your support

PRAYER REQUESTS

- 1] those in my community dying of opioid addiction- COVID virus-suicide-violence
- 2] for the women and men being sexually exploited and trafficked
- 3] those suffering from complex PTSD responses and all other mental health pain
- 4] those who feel unloved -unaccepted -unwanted -imprisoned -abused
- 5] those experiencing poverty- homelessness- rejection- domestic violence

RECENT SPEAKING ENGAGEMENTS

- YEP Tabor Alberta mental health 101
- Prairie bible college 2 Trauma and Poverty sessions and
- Filming a video on trauma for the Prairie prison outreach
- Be the change Calgary trauma training
- Downtown east side Vancouver/ Indigenous college BC
- Metro ministries Kelowna BC justice homelessness
- Knee hill AB addiction

Many people I know are living in fear ,struggling with the bombardment of conspiracy theories, fearing Armageddon vaccines the government and generally being terrorized about dying of covid in a world gone mad.

This is a good time to trust GOD

That's what I am trying my best to do

- ***Wishing You JOY this CHRISTMAS***

- SUSAN+

