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**Shifting the Paradigm
Changing the narrative**

Healing is a developmental process. It requires a commitment to self-awareness and a willingness to do the internal work. We must be willing to see, analyze, let go, and rebuild from the inside out.

Dr. Rosenna Bakari



Closing Gaps, Opening Doors, and Giving Voice

Dr. Rosenna Bakari

Know her name. It stands for "noble promise."

Her leadership exemplifies the name that is so fitting. Since 2010 she has made it her mission to break the silence of adult survivors of childhood sexual abuse. In addition to writing daily to engage her international audience, she has written four books, produced a play, held conferences created community initiatives to raise awareness and support adult survivors of childhood sexual abuse.

What makes Dr. Bakari a premier leader is the wide scope that drives her leadership. She addresses the nontangibles and systemic obstacles that often get overlooked for popularity or to maintain the status quo. Bakari provides critical analysis of the fact that violators are overwhelmingly male and victims are overwhelmingly female. She addresses the fact that violators and victims are often familiar rather than strangers and offers explicit support to incest survivors. She does not shy away from the challenges of breaking the silence. Instead, she bears witness to the challenges in her memoir, *Too Much Love Is Not Enough*.

[Learn More →](#)

Current Project - #We2

[#We2 Mission](#) to close the gap between survivors and listeners.

The premise of this work is that relevant information and advocacy can increase the number of childhood sexual assault (CSA) survivors that disclose and lower the age in which they begin the healing journey. The current plight of adult survivors of childhood sexual abuse is that:

- The annual medical cost is an estimated \$210,012 per survivor. Compared to adults who were not victimized as children, adult survivors:

adults who were not victimized as children, adult survivors:

- Account for 53% of patients with gastrointestinal disorders.
 - Are 30% more likely to have serious medical issues.
 - Are much more likely to report every type of pain than non CSA survivors.
 - Have twice the rate of obesity.
 - Four times more likely to have an eating disorder.
 - Twice the rate of HIV infection.
- Females are 300% more likely to develop a psychological disorder.
 - 70% of male survivors seek help for serious psychological concerns like addiction or suicide attempt.

These facts suggest an opportunity exists within the medical profession to facilitate wellness for survivors. Unfortunately, the research suggests that the opportunity has been missed.

[Precedence of “ACEs” \(Adverse Childhood Experiences\)](#)

Between 1995 and 1997 the Center for Disease Control and Kaiser Permanente conducted a survey that included 17,000 patients from Southern California. Patients completed surveys regarding their childhood experiences and current health status and behaviors. This data driven research substantiated what psychologists had theorized for centuries. Early life experiences matter significantly.

The research also sparked a revolutionary relationship between the medical and mental health professions. It is this revolution that #We2 will forge for the sake of healing adult survivors of childhood sexual abuse.

The Next American Idol

Writing Fun Interview: <https://www.youtube.com/watch?v=PWrSIapmF8M&feature=youtu.be>

Cornell University: <http://cornellsun.com/2018/05/06/breaking-silence-is-not-sharing-a-secret-speaking-with-and-reading-dr-rosenna-bakari/>

Dr. Dave Podcast: <https://www.youtube.com/watch?v=7-bYROI1vsA>

Iowa Public Radio: <http://iowapublicradio.org/post/too-much-love-not-enough-talking-about-child-sexual-abuse#stream/0>

Dream Chasers Radio: <https://www.spreaker.com/user/dreamchasersradio/making-the-right-moves>

Ms. Magazine Blog: <http://msmagazine.com/blog/2018/03/21/in-the-shadows/>

Colorado Springs Business Journal: <https://www.csbj.com/.../09/women-influence-dr-rosenna-bakari/>

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