

# Donation Request for *Becoming Free LLC* in Support of Religious Abuse Recovery & Family Estrangement

For many years we have worked with those affected by religious or spiritual abuse and with the challenging dynamics of family estrangement. Through your assistance we will be able to better continue this work for those who cannot otherwise afford our services. We are asking that you thoughtfully/prayerfully consider donating to this work and pass this information on to others who may have interest.



## TESTIMONIALS:

*Pat and Heidi have provided invaluable support to us as we have dealt with a loved one's alienation from us due to an abusive, mind controlling relationship they were in. Their empathy, insights, and wise counsel have given us hope in dealing with a very difficult situation. – Tom and Betty.*

*Pat and Heidi graciously listened to our story, thoughtfully suggested resources, pointed out biblical truths, and helped us process our emotions along the path to healing. As a result, we think more critically and independently, and we recognize unbiblical bondage around us and in our own patterns of behavior. We are so grateful that they took so much time to guide us through this process – Robert and Sally.*

*Becoming Free has been the only recovery program to provide support and education for my experience of sexual, spiritual, and ritual abuse. Pat and Heidi made me feel safe enough to be open to the material and to share my story, and I wouldn't be where I am today if I hadn't gone through the program – Amanda.*

*I discovered Pat and Heidi Knapp after 15 years of involvement in multiple authoritarian Christian groups. The Knapp's experience, understanding, and guidance helped me discover how authoritarian groups work and how to recover. I'm incredibly thankful for their patience and kindness toward me during a difficult time in my life and wholeheartedly recommend them and their work to anyone ready to become free. – Paul.*

Becoming Free has helped me find my independence and voice. The support of Pat and Heidi along with the educational and support groups have excelled me in my healing and I am very grateful for the programs they have to offer! – Samantha.

## SNAPSHOT OF OUR ORGANIZATION:

We have been in the field of religious abuse and recovery since 1984 and have worked together with **Becoming Free LLC** ([www.BecomingFree.org](http://www.BecomingFree.org)) since 2011 providing:

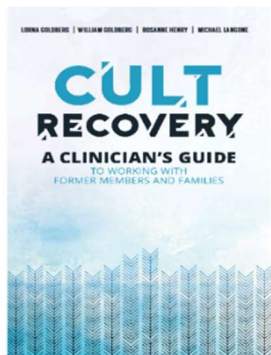
- Facilitation of **educational support** for those who have been affected by religious abuse. This includes **conference speaking** and **support/recovery groups** for people from diverse religious backgrounds.
- **Consultation services** for those seeking a deeper understanding of the field of religious abuse recovery and the challenging dynamics of recovery from family estrangement; and **networking** with various supportive people and organizations for the purpose of mentoring others in this important field.
- Provides **life-recovery coaching** to assist people to process harmful spiritual experiences for improved insight and emotional healing.
- Together we **publish** books, book reviews, articles, essays and conduct radio and TV appearances on the topic of recovery from religious abuse and family estrangement.

## SNAPSHOT OF WHO WE ARE:

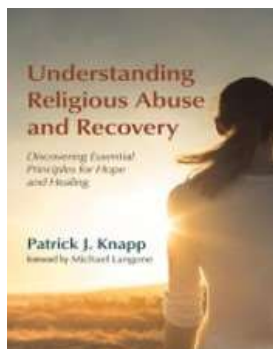
**Patrick J. Knapp**, PhD. Following 14-years in a high-control abusive Christian sect (1970-1984) Pat completed an MA (Philosophy of Religion) from Denver Seminary (2000). His MA thesis was titled “The Place of Mind Control in the Cult Recovery Process.” His doctoral studies focused on marriage and family systems and attachment theory at Gordon Conwell with his PhD (Pastoral Psychology) thesis completed at Graduate Theological Foundation was titled “A Survey of Religious Abuse and Recovery”

**Heidi I. Knapp**, CLC. A Certified Life Recovery Coach, in spiritual and relational abuse issues. Heidi has completed university courses in theology & psychology. She completed her studies in addictions counseling CAC II and has experience with two forms of aberrant Christianity (1974 - early 80's) high demand groups, and a mis-leading charismatic retreat (1997). After 25 years of personal education on recovery related issues and a formal art education she places a high value on creativity in the healing process.

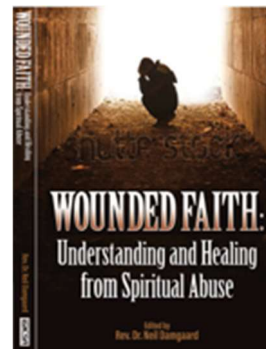
## Book Contributions by Patrick J. and Heidi I. Knapp



**Chapter 13 – *An Independent Faith-Based Approach to Support and Recovery Groups for Those Affected by Harmful Religious Environments.***



**Overview of Religious Abuse and Recovery with an introduction to SECURE (An integrative model of religious abuse recovery)**



**Chapter 4 – *Stages of Recovery*  
Chapter 9 – *Marital Damage and Recovery following religious abuse***

## You can help us through your - Tax Deductible Donations

In partnership with the 501c3 organization [Urban Skye](https://www.urban-skye.org/), we are raising scholarship funds for reduced-rate coaching and support/recovery group costs for those effected by religious or spiritual abuse and in need of healing. As Covid restrictions are reduced these funds will also help pay travel expenses for speaking engagements and writing projects that would otherwise be cost prohibitive. Of all donations received 95% go directly to the work of *Becoming Free* for those in need of religious abuse recovery.

[Donations can be made here.](https://www.becomingfree.org/donate)

Scan QR below



**For more information or questions:**

[www.BecomingFree.org](https://www.BecomingFree.org)

[BecomingFree.org@gmail.com](mailto:BecomingFree.org@gmail.com)

720-227-8695

