

Getting Started Recommendations

If you are new to RCM and what we have to offer, our unique contributions to the field of DID and ritual abuse include:

- Primary Identity Approach for healing DID (much more efficient than the traditional alter-centered approach)
- Prenatal Healing Process (expedites spiritual freedom for RA survivors)
- Renunciations for freedom from deep spiritual bondage

For Survivors

We recommend the following products as the best place for you to start gaining an understanding of these things:

- A Survivor's Workbook: Applying the Primary Identity Approach to the Healing of DID
- CD: Why Am I Not Getting Healed?

If new to DID:

- Webinar 1: Dynamics of DID
- Or Restoring the Shattered Training series Modules 1 & 2

If ritual abuse (in addition to the above):

- Restoring the Shattered Module 4: Ritual Abuse and Spiritual Warfare
- CD: Ancestral Bondages
- Renunciations available on the website

Renunciations are available as free downloads on website. www.rcm-usa.org/downloads.html

The above are intended to be minimal recommendations.
Our entire *Restoring the Shattered* Training Series is the best coverage of all of our teachings on DID, ritual abuse, and spiritual warfare.

For Counselors

If new to DID:

- Webinar 1: Dynamics of DID
- Or *Restoring the Shattered* Training series Modules 1 & 2

For an introduction to the Primary Identity Approach for healing DID

- *A Survivor's Workbook: Applying the Primary Identity Approach to the Healing of DID* (This is our newest resource, which is the only one that gives a step-by-step application of the process.)
- Or DVD *Primary Identity Approach Simplified*
- Or Webinars 3-4

If ritual abuse (in addition to the above):

- *Restoring the Shattered* Module 4: Ritual Abuse and Spiritual Warfare
- CD: *Ancestral Bondages*
- Renunciations available as free downloads on website

For our comprehensive teachings and training:

- *Restoring the Shattered* Training Series
- Online Primary Identity Approach Training
- RCM DID Training Program