



Speaker Bio

Sharri Burggraaf

is a wife, mother, nana and survivor of RA/MC (Ritual Abuse and Mind Control). She has completed the Foundational Counseling Course through Discovering MERCY and is taking their second course Discovering ME: ME Hidden in Trauma. First diagnosed in the early 1990's, with DID (the brain's amazing response to trauma) she began recovery and helped other survivors along the way. She started a non-profit organization titled S.H.O.U.T. for Help (Survivors Helping Others Unite Together) and put together a National 3 day Conference in 1994 in Des Moines, IA. After a break in her recovery, she then came back more dedicated than ever to do what it takes to heal. As a speaker she has been a voice for the voiceless, speaking out for those who can't yet speak for themselves. A former speaker at "Healing Together" 2023 she has been speaking and raising awareness of ritual abuse, mind control and sex trafficking through her YouTube Channel, website, blog, and podcast titled, "Arise and Shine After Abuse" www.ariseandshineafterabuse.com She encourages and empowers survivors to find their voice, break the silence, and embrace the warrior within them, to realize their full potential and find their purpose. She facilitates the Traditional Dissociative Writers Writing Workshops and facilitates support groups as they find for themselves how resilient the human spirit truly is. She has a passion to share the hope she has found with others and paves the way to get on the other side of the darkness and learn how to thrive with dissociative identity while continuing her own recovery.