

Stop. Think. Change.

A discussion on surviving abuse
& living with PTSD.

Topics for Discussion Include:

- ✓ What is domestic violence?
- ✓ Statistics.
- ✓ Torie's story.
- ✓ The effects of abuse.
- ✓ What is PTSD?
- ✓ Warning signs of an abuser.
- ✓ Making an escape and/or an emergency plan.
- ✓ Understanding the victim.
- ✓ How you can help.
- ✓ Excerpts from Torie's award winning novel-in-progress.
- ✓ Recommended books.

"Domestic violence . . . is an epidemic affecting individuals in every community, regardless of age, economic status, race, religion, nationality or educational background. . . [It is] a systematic pattern of dominance and control. Domestic violence results in physical injury, psychological trauma, and sometimes death."

—National Coalition Against Domestic Violence

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Torie's Story inspired a short film entitled *If You Loved Me* and a women's testimonial video.

Either or both can be shown at any speaking engagement with express permission.



Torie Amarie Dale

SURVIVOR. AUTHOR. ADVOCATE.

"You can only change the world if you make an effort to do so."

—Torie A. Dale

Education & Experience



- Bachelor of Arts from the University of South Carolina Upstate in Interdisciplinary Studies, with a focus on Law and Journalism and a minor in English.
- Associate of Science from Mercyhurst College in Legal Office Management
- CareNet Certificate Emergency Intake Crisis Counseling
- Trained Victim's Advocate for Greenville County Rape Crisis
- Lifetime member *Sigma Tau Delta* International English Honorary Society

Torie Amarie Dale's writing is a

Author Reviews of *Pieces of Me*

reminder that domestic violence has a face. Sometimes it's a well-practiced mask, but beneath that innocuous façade, it's like a rat waiting for the darkness to scuttle out and indulge its twisted appetites. Dale applies a deft touch to her work, one that not only articulates its subject matter efficiently, but also inspires the reader and gives wings to the solace of resilience.

Bob Strother—author of *Love Among Greeks*, *Scattered*, *Smothered*, and *Covered*, and *Shug's Place*, and winner of the 2012 Hub City Writers/Emry's Foundation Fiction Prize.

Torie Amarie Dale will take you places you may not want to go, but if you take this ride you won't soon forget it. To follow her story is to teeter on the edge of a precipice, one step from disaster, one step from salvation. Torie meets the most difficult of circumstances with courage and creativity. Her terse, nuanced prose allows the reader a close, personal look at her struggle, which at its heart informs everyone's desire for the establishment and defining of "self".

Gregory Lobas—author of over eighty news articles, features, essays, and humor pieces in local, regional, and national magazines and newspapers.

Every nine seconds in the U.S., a woman is
assaulted or beaten—

domesticviolencestatalias.org

Awards & Achievements

- First place winner of the 2013 *Carrie McCray Memorial Literary Awards* for short fiction
- Finalist in the 2013 *William Faulkner Wisdom-in-Writing Poetry Competition*
- Second place winner of the 2012 *Carrie McCray Memorial Literary Awards* for non-fiction
- Finalist for an independent poem and semi-finalist for a co-authored poem in the 2012 *William Faulkner Wisdom-in-Writing Poetry Competition*
- Nominated for the *Pushcart Prize* in 2011 and 2012



While the signs of physical abuse are obvious, the indications of mental abuse may be easier to hide. This doesn't mean, however, that they are any less damaging. For, while cuts and bruises may fade, mental scars remain, in some cases for a lifetime.

—Joseph Pittman, *What's Worse: Physical Scars or Mental*