

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW! SIGN-UP NOW!](#) Click to become a Member for Free!



Variety
VOICEAMERICA.COM



Crime Prevention 101 Archives Available

September 27th 2008: License to Heal, Part 2: Healing With Self Defense

This is the second in a series of shows about non-traditional methods for recovering from the debilitating consequences of crime, violence and physical or emotional abuse. Today, Crime Prevention Specialist Susan Bartelstone speaks with Joanne Factor—the self defense instructor voted "Best Feminist Butt-kicker of 2007" by the Seattle Weekly—about the therapeutic benefits of self defense and martial arts training. If you're a survivor of any kind of crime, violence or trauma looking to heal from your battle scars and regain some peace of mind; if you know or are living with someone who's a su

[Read more](#)



Tune in

Archives Available on VoiceAmerica
Variety Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Come See what the
VoiceAmerica
hosts are writing
on PRESSPASS