RUMERTIME SUMMER CAMP
2019

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Abstract

This paper is about the effects of the RUMERTIME Process on my family. We attended the RUMERTIME Summer camp in June 2019, and at that time our emotions as a family were so unbalanced. We didn’t know how to manage our emotions, and this was affecting our relationship as a family. After attending this camp, we learned how to recognize and manage our emotions using the RUMERTIME process. Nowadays as a family we can manage our emotions, and our relationships have improved tremendously. My family has been transformed.
The Effects of the RUMERTIME ® Process on my family

In June 2019, I was invited by Dr. Larrier to attend the RUMERTIME Summer Camp together with my two children (11 and 13) at St. Michael Church. She invited us because in class she heard me saying that as a family we never had any counseling after my husband died. I accepted her invitation because I knew that my family was falling apart. We were five participants at the camp and all black women. We all came with our children and we attended camp twice a week. We had our own small group where we shared our stories. Our children attended camp for two weeks.

At the camp we learned about the Cultivating SEEDS System (CSS®) Framework and the RUMERTIME® Process. CSS® is a tool that gives meaning to the information obtained from a person. As participants we all shared our stories, and it was very emotional. From our personal stories, we discovered the root causes of our emotions and behaviors. The RUMERTIME® Process also helped us to recognize our thoughts, interactions, mindsets and emotions. We were also able to identify our challenging situations and how we were feeling at that time. We learned about safe awareness, and we were able to identify our beliefs about ourselves and others.

The RUMERTIME® Process is a five-step tool that helps individuals to live a balanced life by addressing the challenges that they experience within themselves or with others. It also helps individuals to gain self-awareness skills that helps them to understand their own emotions.
The RUMERTIME® Process is unique because it is simple to understand. It does not stigmatize someone, but it uses the agricultural concept which is very relatable. This process changed my thinking pattern and it does work. It was also unique because at this camp it did not feel like a typical counseling session, yet my life was transformed. It was so empowering.

At the RUMERTIME Summer Camp my family learned how to RUMERIZE. When a trigger that activates negative thinking occurs in our family, we use the RUMERTIME® Process to stop it. We use the RUMERTIME® Process every day in my family. The RUMERTIME® Process has transformed my life and my children. Every day we use this process to improve our relationships at home by managing our emotions.

Before attending the RUMERTIME Summer Camp, I had lost my husband eight months earlier. I was so sad because I had no one to share my painful story and I never went for grief counseling. I felt very lonely although I had people around me. I had so many emotions going on in my mind. I felt so miserable and defeated in life. My children had their own emotions too. My daughter was becoming so rude. My son was always angry. We didn’t talk much to each other because we would just end up arguing. The home environment was full of negative energy. My son’s grades were affected because at school he was not doing well. He refused to talk to the school counselor although he needed help. I was called to his school and they told me that they were so concerned about my son. They said he was shutting down and it would be better for him to go and see a doctor. They said he might have depression or a learning disability because
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he was not functioning well at school. He did not visit any doctor at that time because school was about to end.

By the grace of God, my son attended the RUMERTIME Summer camp, and his life totally changed. His attitude changed and he is not always angry anymore. He smiles a lot now, and he doesn’t need any medication. His grades improved so much, and his counselor testified that something amazing had happened to Joe. His life has been transformed and he can relate better now with the teachers and his peers. Joe can interact with his friends in a positive way. He is now a normal kid both at school and at home. My daughter is not rude anymore and my family has been transformed by the RUMERTIME® Process. This is a gift from God for us, thank you Dr. Larrier.