

3 DAY PERSONAL GROWTH weekend



Where I Begin and You End

ON BOUNDARIES with Dr. Kate Hudgins, Ph.D., T.E.P.

Friday, May 24 & Saturday, May 25

10:00 am to 5:30 pm

Sunday, May 26

9:30 am to 2:30 pm

2019

Fee \$600.00 after April 15th, 2019

Early bird Rate \$550.00

Lunch will be provided

Who Should Attend

This is a healing workshop for men and women who have experienced childhood trauma. We use the Therapeutic Spiral Model to create a safe space, build internal resources to confront the past from a place of healthy authority.

It is essential that those who attend this workshop have access to an individual therapist.

Location

70 Bongard, in the Collab Space building,
Second Floor, Merivale Industrial Park area.
FREE PARKING IN FRONT AND BACK OF THE BUILDING

*Daring to set boundaries
is about having the courage
to love ourselves even when
we risk disappointing others.*

~ Brene Brown

Name

Title

Address

Phone

Make cheque payable to: Monica Forst
Send form to: 300 March Road, Suite 410
Kanata ON K2K 2E2

METHODS OF PAYMENT

CHEQUES | ETRANSFER | CREDIT CARD | CASH

Pay by credit card: call Monica Forst. 2.75% charge

For info contact Monica Forst 613.823.3848
monforst@gmail.com

About this Training

For those who have experienced sexual, physical and/or emotional abuse in childhood, boundaries have been violated. These early experiences make it particularly difficult for many to stand up for themselves, say "no" when needed, and not take on others' pain or problems. ***This 3 day workshop will focus on building appropriate authority over one's life***, which is the ultimate goal of therapy, whatever the issue/issues.

In a community of like-minded men and women, we will use safe action methods of the ***Therapeutic Spiral Model*** to develop a path for post traumatic growth to experience standing in your lighted true selves.

The Therapeutic Spiral Model was created and developed by Dr. Kate Hudgins specifically to work with those who are in recovery from childhood trauma. This is TSM's 18th year of bringing post traumatic growth to the Ottawa area.

Boundaries define us. They define what is me and what is not me. A boundary shows me where I end and someone else begins, leading me to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom. ~ Henry Cloud

About the Presenters

Monica Forst, R.P., M.Ed., C.C.C., I.C.A.D.C. has been working as a health care professional for over 25 years. She is a psycho-therapist in private practice since 1997 and is the co-founder of Choices in Action Counselling Services. **Specializing in Addictions and Childhood Trauma**, Monica does individual, couples and group therapy. Monica works under the supervision of a registered psychologist, Dr. Brenda Saxe.

Dr. Kate Hudgins, Ph.D., T.E.P. is a clinical Psychologist who is an international expert on Post-Traumatic Stress Disorder and a frequent speaker at international conferences. She is Director of Training and **creator of the Therapeutic Spiral Model**, an experiential therapy specific for P.T.S.D. She resides in Charlottesville, VA.

This is Monica and Kate's 18th year of bringing TSM to the Ottawa Community.

Choices in Action (CIA) Counselling Services Provides individual, couples and group therapy. The primary modalities are Transactional Analysis, Psychodrama and Schema Focused Therapy. CIA also offers training, personal growth and team building workshops using action methods.