



Mens Retreat: **Men's Retreat: Making Action Change in Your**

Steven Durost, Ph.D.
Gabriel Thibault, LMFT

Philadelphia, PA
Venue given upon registration

August 2-4, 2019

Friday 10 am - 1 pm
Saturday 2:30 - 6 pm
Sunday 9 am - 3 pm

Trauma Includes:

- abuse (emotional, physical, & sexual)
- violence (relational & collective)
- neglect
- abandonment
- grief & loss
- witnessing trauma

The Therapeutic Spiral Model is a trauma-focused psychodrama model developed for safe action-based therapy and personal growth work.

STEVEN DUROST, PhD, LCMHC, REAT, is the Founder and Director of C.R.E.A.T.E! The Center for Expressive Arts, Therapy and Education in Manchester, NH. He teaches psychodrama courses at Springfield College-Manchester and Lesley University-Cambridge; his work was nationally recognized in 2014 with an award from the American Society of Group Psychotherapy & Psychodrama. www.CastleCreate.com.

GABRIEL THIBAUT DE MAISIERES, MA, MFT, is a certified assistant leader in the Therapeutic Spiral Model, a marriage and family therapist, and an experiential therapist in private practice in San Francisco where he works with men and couples. www.gabrielthibautmft.com

Price: \$595- Early Registration Available

Hosted with: Unomas, Relational Development
www.unomasrelationaldevelopment.com

Register by emailing Maria at mmunozgrandes@gmail.com

Men today are facing a world that challenges notions of identity and what it means to be a 'man'. In order to find harmony in our life and society, we need to reflect on who we are within the world, strive towards accepting the various aspects of our own identity, while also building a more inclusive society. We must face the internal conflicts that tear us apart and block us from emotional intimacy, find a better footing in these challenging times as we define for ourselves who we want to be, and reawaken our wholeness after trauma.

This workshop explores various aspects of our experience and how it has impacted us in our work, in our relationships with others, and ourselves.

Potential topics to be explored will trauma, loss, addictions, recovery, culture, race, sexual orientation, gender, identity, disabilities, spiritual beliefs, ageism, inclusivity, and diversity.

Using action methods inspired by the latest healing knowledge, we invite you to join us in this men's group. Together, we will increase the strengths within ourselves, transform our defenses, and cultivate post-traumatic growth through experiential therapy, psychodrama, and the creative arts.

In examining the roles within ourselves, we can discern which ones contribute to us being the best men we can be, while also adding new roles to expand beyond the limits of our current selves. This workshop is experiential in nature, providing anyone who self-identifies as male with a safe place for personal work..