



The Healing Journey Nurture the Gift that You Are

Valuing and creating a healthy relationship with self is an important component of healing from emotional wounds. Less than nurturing experiences in childhood cause us to adapt and become who we think will please others, creating codependence and dissatisfaction in relationships.

The Healing Journey is a three-day dynamic educational and experiential process that will help you understand how your earlier life experience affects your current life. You will learn how to deal with emotions connected to less than nurturing events, and begin the process of resolving past hurts that have kept you stuck in unproductive and destructive patterns (depression, anxiety, addictions, eating disorders and painful relationships). The focus is not on blaming caregivers, but rather healing the trauma of any past events impacting adult life. This program is based on the

groundbreaking work of Pia Melody and utilizes her treatment model for healing.

Catherine Mollner, MA, LP, SEP works with adolescents, adults, and couples. She has received extensive training in Pia Melody's Model of personal healing. Catherine is also a Somatic Experiencing Practitioner and holds a level one certification in Relational Empowerment Therapy.

2020 Schedule

February 7th-9th - Women
February 28th-March 1st - Men
March 27th-29th - Women
April 24th-26th - Women
October 2nd-4th - Women
November 13th-15th - Men

Phase 1 - Educational
Participants will be presented with an overview of Pia's model regarding childhood trauma, and the impact unresolved trauma has on current relationships, including relationship with self. Participants will begin to understand the relationship between the child and the adult, as perceived by the child. It is from these relationships that children internalize their sense/source of value and worth.

Phase 2 - Debriefing
With the help of the therapist, participants will explore the less-than-nurturing and/or abusive recollected childhood experiences with a focus on the associated emotions.

Phase 3 - Experiential
Guided by the therapist, participants move through a series of specific processes developed by Pia Melody, which help to identify and heal childhood relational trauma issues. In this safe and nurturing environment, participants often release painful emotions and begin the process of reclaiming their rights and personal power.

Phase 4 - Ongoing healing
Participants will receive a set of strategies, tools and resources to use on a daily basis for ongoing recovery, self empowerment and healing.

Due to the intensive nature of the work, the workshop is limited to 4 participants. The Program takes place from 9am-approximately 6pm each day. Workshop rate is \$1400 per person. A nonrefundable deposit of \$300 is required at time of reservation. Balance is due one week prior to the workshop. Register at 651-647-1900. Questions?

cmollner@midwestcenter4u.com