



SELF-CARE THROUGH MINDFULNESS FOR HELPING PROFESSIONALS

~A WEEKEND RETREAT~

This experiential retreat is designed for helping professionals to learn how to deepen the qualities of wisdom, kindness, flexibility, and freedom in ourselves and others. There is a cost for being a helping professional (counselor, teacher, psychologist, social worker, nurse, etc.) where we bear witness and experience the distress of others day after day. It has been referred to as burnout, compassionate fatigue and vicarious trauma, but the accumulated exposure of working with others carries with it consequences for caregivers as well as those whom they serve.

This retreat will examine and provide suggestions to the physical, emotional, and spiritual signs and symptoms that indicate your level of need of self-care. Through an integration of Eastern and Western approaches and traditions, this retreat will help you restore your sense of self, maintain your balance, sustain your vitality and to better know your own limits and the limits of the situation.

The core teaching will be on using mindfulness for self-care and inner resiliency. Participants will be led through simple practices for relaxing the body and calming the mind as well as for expanding one's equanimity: the capacity for being ok within one's self while things are just as they are.

There will be periods of silent sitting & walking practice, guided mindfulness exercises and small discussion groups. The small groups will engage participants in a process of shared emotional inquiry practice wherein a sense of community and connectedness is accelerated via Social & Emotional Learning exercises.

There will also be optional presentations on two additional types of mindfulness practice:

- Passage Meditation for inspiring the heart and cultivating peace of mind using inspirational passages from the world's faith and wisdom traditions;
- Gentle morning stretching for releasing mental and physical tension, building inner strength and improving balance in body and mind.

You will leave the weekend with the tools from which to deepen or construct the foundation for your own mindfulness practice.

**SPONSORED BY THE
DEPARTMENT OF COUNSELOR EDUCATION, RADFORD UNIVERSITY
& INWARD BOUND MINDFULNESS EDUCATION, INC.**

Where: **Spirit Wind Retreat, Floyd, Virginia**
When: Friday, November 5 at 5:00 pm through Sunday, Nov 7 at 1:00 pm
Cost: Professional Rate: \$249.00. Student Rate: \$189.00 (includes lodging and delicious healthy meals and snacks for the weekend).

Workshop

Facilitators: Joe Klein, M.S., CSAC, LPC and Dr Alan Forrest, Ed.D, LPC

Lodging is in single or double occupancy rooms at the gorgeous Spirit Wind Retreat Center in Floyd County. All rooms have private bath and all but one have queen size bed. Ask about our **special couple's rate**. To achieve the total experience of this retreat, it is required that participants stay for the entire weekend.

Here is a web link for *Spirit Wind*; imagine the spectacular views.

http://www.spiritwindministries.org/index_files/Page1866.htm

CEU's: Available through Radford University - Cost \$15

Registration is limited to 20 participants.

For additional information, contact Alan Forrest at 540-831-5487 or afortrest@radford.edu or Joe Klein at (540) 239-2838 joeklein88@gmail.com

Make your check payable to **Inward Bound Mindfulness Education, Inc** and mail to:

iBme, Inc
P.O. Box 804
Floyd, VA 24091.

