

SUBJECT TO CHANGE

Track Descriptions - 2021-2022 - Saturdays 9:30 - 4:30 & Sundays 9:00am - 1:00pm

WORKSHOPS WILL TAKE PLACE VIA ZOOM UNTIL FURTHER NOTICE

October 16 & 17, 2021 - Naomi Lubin-Alpert & Stuart Alpert – Applying Indigenous Healing Practices in the Modern World.

We live in a culture where we are strongly conditioned to stay busy, work hard and improve ourselves. This workshop is an invitation, in these challenging times, to come and BE with others who long to rest into a deep inner quiet, listen with ears of their Heart, and be informed by the intelligence of Love. Our time together will include meditation, walking the labyrinth, exploring the West Gate on the Sacred Wheel, journaling, creating prayers, listening to spirit, and being on the land. Also included are lectures on how our negativity and our childhood trauma affect our connection to inner peace.

October 23 & 24, 2021 - Margaret Vasington – Healing through Native American Imagery

Throughout history, art, dreams, myths, and legends have intimately connected animals and humans. In this workshop we will invite an image of an animal to appear from each Chakra. With their special gentle humor, unexpected directness and startling wisdom these animals may guide us on crucial next steps for healing and moving forward. The workshop is experiential. There will be an opportunity to share journeys (if you choose) and discuss the parallels between this work and what you are learning from the theories of In-Depth Body Psychotherapy and Subtle Energy Healing. The ability to image and a fondness of animals is neither necessary nor required for the weekend!

Working with animal imagery will:

- Build a pathway to higher consciousness
- Learn to trust your own inner wisdom
- Create supportive connections with other participants for your own healing

In this workshop we will explore how our nervous system is deeply connected to our life layer's urge for connection and safety and how important it is to strengthen the moments when this foundation for well-being is being met. We will also explore how death layer and impasse are connected to our nervous systems fight to survive. We will explore how the tensions, collapses and dissociations in our bodies are connected to the defensive aspects of our nervous system and how intelligent and primitive these reactions are. Lastly, we will explore how these primitive reactions can get cemented inside us and leave us longing for more satisfying ways of living ourselves in the world.

January 15 & 16, 2022 - David Gilroy & Sylvia Gingras-Baker – The Impact of Mindfulness on Healing Trauma

The practice of mindfulness helps us develop and deepen a peaceful space of awareness where we can observe and welcome our moment-to-moment responses. These responses serve as our sense of direction in the work with clients in order to:

- Create a mindful practice where you can observe and welcome your moment-to-moment responses
- Maintain balance in the face of your client's imbalance
- Teach your clients mindfulness as a way to maintain center and ground

Give yourself and your clients a second chance at healthy attachment

January 29 & 30, 2022- Stuart Alpert - The Emotional & Energetic Roots of Physical Pain and Illness...The Pathways to Healing

Our life struggles include our illnesses and all of our aches and pains. In our culture, the most common view is that we "get" a disease or illness, as if it happened to us as some sort of accidental, bad luck. We tend to say "I got arthritis" or "I got tinnitus," or "I've developed a pain in my neck." This idea feeds the belief that we have no control and are a victim of whatever pain or illness happens to strike. The opposite extreme purports that we have created our own health problems, so we should be able, if we were aligned enough, to "un-create them." This latter concept can lead to self-blame and guilt. These feelings can be counterproductive, creating even more stress.

In truth, we are not to blame for the symptoms and illnesses we develop, nor are the symptoms accidental.

In this workshop we will:

- Explore abusive childhood bonding and its impact on DNA and the development of tension, pain and illness
- Learn how to work with clients to positively impact their physical symptoms

February 5 & 6, 2022- David Gilroy & Donna Baker-Gilroy - Bonding and Attachment...The Foundation of Healing

The bonding we received as children is the basis for how we attach and form relationships as adults. This workshop will help us understand the general nature of bonding and the specific bonding that you received that impacts every aspect of your life.

Through discussion and experiential work participants will:

- Learn to appreciate the impact of your early childhood bond on their lives
- Release old negative bonding
- Create the kind of bonding that supports aliveness, compassion and faith
- Understanding that positive bonding is essential in developing compassion for clients

March 5 & 6, 2022 - Donna Baker-Gilroy & David Gilroy — Conflict Resolution for Couples...A Buddhist Perspective

Conflict is an inherent and necessary part of all relationships. We will explore a Zen Buddhist approach to working through and growing from these conflicts. This process was developed by Thich Nhat Hanh and the monks and nuns at Plum Village in France.

We will:

- Practice creating peace between spouses, partners, friends, relatives, co-workers, and groups
- Learn the difference between blame and responsibility
- Learn how to integrate this approach in conjunction with what you are learning about embodied healing

March 12, 2022 – Sage Brody- Somatic Expressive Therapy- This is a one-day track

One of the beauties of HFI's Body Psychotherapy is its capacity to use language and non-verbal means of processing as a powerful way for the therapist to reach the client and the client to explore and express the truth of what they feel. Somatic Expressive Therapy helps people access the wounds and blocks that lives within our body-mind and move limitation towards freedom and painful or difficult emotions toward acceptance and transformation. In this workshop participants will:

- Learn unique, non-verbal means of processing developed as a part of Somatic Expressive Therapy.
- Experience an integration of mindfulness with the intuitive vehicle of the expressive arts as a way to open yourself up to the truth of what you feel.
- Experience a primary way of knowing your experience that is preverbal, that involves imagery, movement, sound and eventually words.

April 9, 2022 – Dori Gatter – Temple Of Success Private Practice and Abundance Building Course. This is a one-day track

This Business Course is like no other you have ever taken!

I will teach you all the nitty gritty concrete marketing and tech stuff you need to have a successful Private Practice AND help you clear your unconscious blocks that stop you and sabotage you from having the success you want. This combination is the ONLY way to have the business you want!