Track Descriptions – 2025-2026

Dates subject to change

SATURDAY HOURS:
MORNING HOURS: 10AM-12:30PM (EST)
BREAK FROM 12:30-1:30PM
AFTERNOON HOURS: 1:30PM-4:00PM(EST)

SUNDAY HOURS: 10:00AM-1:00 (EST)

All tracks are Virtual

December 6, 2026 - David Gilroy & Donna Baker- Gilroy– The Impact of Mindfulness on Healing Trauma - THIS IS A ONE DAY TRACK- SATURDAY ONLY

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.

February 7 & 8, 2026- 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

March 7, 2026 - Tina Walsh –. Body Centered Psychotherapy and Embodied Spirituality. THIS IS A ONE DAY TRACK- SATURDAY ONLY

By blending body-centered psychotherapy and spirituality, this online workshop empowers participants to access their inner wisdom, strengthen their intuitive abilities, and embark on a transformative journey toward healing and self-discovery.

We will explore the profound connection between body-centered psychotherapy and spirituality. We will engage in experiential exercises to help us understand the concept of embodied spirituality, highlighting how our bodies are vessels of wisdom and conduits for spiritual experiences.

March 28 & 29, 2026 – Stuart Alpert – Animal 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

April 11 & 12, 2026 – 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