



Heart Lessons of the Journey

A Unique Workshop for Therapists

How did you become a psychotherapist...??
How can new awareness of your story deepen your work??



Life as a therapist is interesting and very rewarding. We become specialists in providing emotional support, devoting thousands of hours to this role. Our own deepest feelings and personal storyline remain firmly in the background.

Yet our life is evolving, too...

story? How did our early family life impact our choice to be here? How might our personal struggles impact our professional journey? Have we spent enough time hearing our own voice, tending to our own heart lessons?

Join other therapists in this welcoming and relaxed setting to explore these important questions. Enjoy time for sharing, reflection, journaling, walking, resting and laughter. We've found that rediscovering our story often reveals hidden strengths; sharing our sorrows and triumphs can become a roadmap to unexpected healing.

You will leave restored, with a deeper appreciation of your journey and a closer connection to the real sources of your unique wisdom.

Included in the weekend are exercises for clients and Mindful Movement to facilitate resourcing, nurturing and grounding.

FRIDAY JUNE 26 – SUNDAY JUNE 28, 2020

Cost: \$395

(Includes lunch, coffee, tea, & snacks)

An intimate gathering for 10-12 participants

Training site:

Wendland Beach, IN 46360

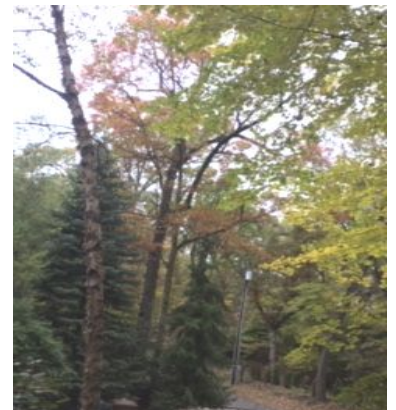
(15 miles from Chicago; walking distance to beach)

To learn how to register and to receive more information:

email cecesykes.workshops@aol.com or

contact Francine Passias, Organizer 847.332.1766

www.cecesykeslcsw.com





Cece Sykes, LCSW is an IFS Senior Trainer and Consultant with over thirty five years of clinical experience. She specializes in recovery from trauma and addiction and her chapter on addictive process appears in IFS: Innovations & Elaborations (Routledge, 2016). Cece also developed the Heart Lessons of the Journey retreat for an on-going international study of therapists exploring their personal narratives and the impact on their work. She lectures internationally on these and other related subjects. She lives and works in the city of Chicago. www.cecesykeslcsw.com

Testimonials

"This retreat opened up totally unsuspected depths on my path as a therapist and wove those threads together-loved it!" Claudia C.

"It was a safe, well-held experience for me. I'm so grateful to have had the opportunity to do this." Olivia L.

"This weekend has been a welcome nourishing experience. I have been able to reconnect with fellow professionals and have deep, fulfilling conversations. (It) enabled me to be more present with myself and my story." Jan. S.

"Cece is very gifted – I totally put my trust in the way she was able to facilitate and hold space." Una C.