

Heart Lessons of the Journey:

A Workshop Retreat for Therapists and Counsellors

with Cece Sykes LCSW



Friday, Sept 21st –
Sunday, 23rd Sept, 2018

at the

**Penny Brohn Centre
Bristol, UK**

What led you to become a therapist.....?

How can new awareness of your story deepen your work?

Life as a therapist is interesting, challenging and deeply rewarding. We listen to narratives, we attune to emotions and offer support and guidance. Our own deep feelings and storyline remain firmly in the background. Yet, *life* is evolving for us too.

Who is listening to *our* story? How did our early family life impact our choice to be here? How might encountering personal struggles impact our professional journey? Have we taken enough time to tune into our own *heart lessons*??

Join other therapists in this quiet, peaceful setting near Bristol to explore these important questions. Relax and enjoy this opportunity for sharing, reflection, journaling, walking, napping and laughter*. We've found that rediscovering our story often reveals inner strengths, and appreciating our sorrows and triumphs becomes a roadmap to unexpected healing.

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

*(*plus exercises to take back to your clients)*

The Penny Brohn Centre is a tranquil place set in 4 acres of beautiful gardens. It offers delicious, nutritious food, catering for all diets, and there are comfortable en-suite bedrooms for those who wish to stay. The Centre is easy to get to by car, bike, plane or train, and the building is wheelchair accessible.



Cece Skyes

Cece has over 40 years of experience of clinical work with individuals, couples and families, specializing in recovery from trauma and addictive processes. She is a Senior Trainer of Internal Family Systems (IFS) and travels internationally teaching, lecturing and consulting. She developed this workshop retreat as part of an ongoing worldwide project to explore the personal narratives of therapists and the impact on their work. Cece lives and works in Chicago and this is a rare opportunity to work with her in the UK.

For more information about Cece, see her website:
www.cecesykeslcsw.com.



COSTS

Early bird – **before 1st June - £280**

After 1st June - £295

This payment includes the workshop, and all food and refreshments during the 3 days. (3 lunches - Friday, Saturday, Sunday – and 2 dinners - Friday, Saturday).

*You may wish to make this a weekend retreat and stay at the Centre. Comfortable en-suite double bedrooms (no twin or single rooms) can be booked directly with the Centre. The cost is **£60 per night for B&B**. Further details when booking.*

TO BOOK, OR FOR FURTHER INFORMATION:

Please contact Liz Martins

Email: lizmartins2@gmail.com or
phone/text: 07977 932066

Places are limited to 20 and likely to go fast, so don't delay.

