

MANIFEST YOUR DREAM PRACTICE
Inspiration for the Intentional Healer



TRANSFORMING YOUR WORK & LIVING YOUR DREAM PRACTICE

Nurture Your Healer Self
Stand on the Edge of Your Unknown
Activate Your Journey

A 4-Day Retreat in Scenic Moab, Utah
June 29 - July 2, 2008

Facilitated by **Joanna Colrain, LPC & Jim Struve, LCSW**
Teachers of Mindful Presence in Psychotherapy™

- Do you wish your professional practice were more congruent with your dreams and personal values?
- Are you ready for a healing practice that manifests your dreams?
- Are you equipped with the tools to realize a more personally gratifying healing practice?
- Do you want to explore your unknown while surrounded by the grandeur of nature?

WHO SHOULD ATTEND

This retreat is open to licensed professional healers (psychotherapists, physicians, chiropractors, nurses, pastoral counselors, social workers, etc.) who engage in on-going client-healer relationships that are grounded in healing skills, mindful presence, and ethical boundaries.

IN THIS RETREAT YOU WILL HAVE AN OPPORTUNITY TO:

Learn in an experiential way

Engage in deep reflection and dialogue

CONNECT MORE DEEPLY WITH YOURSELF AND NATURE

Nourish your healer spirit in a majestic setting

Play, laugh and celebrate

RISK TAKING THE NEXT STEPS TO REACH FOR YOUR DREAM PRACTICE...

WITH THE GOALS OF:



Practicing your healing art in a way that is congruent and current with who you are in the world

Stirring your passions

Setting your intentions

Manifesting your dream practice into an action plan

RETREAT FORMAT

“Manifest Your Dream Practice” is grounded in three premises:

- (1) it is possible for healers to achieve a balance of ethical client care and personal self-care,
- (2) maintaining this kind of balance deepens the healing relationship and is life affirming for both the client and the healer, and
- (3) it is possible to create a practice that is congruent with the healer’s personal realization, spiritual growth, and professional integrity.

If you are interested in creating your dream practice, this retreat can be an “incubator” in which you can explore your desire for a more personally congruent and balanced clinical practice.



Throughout this 4-day gathering of professional healers, Jim and Joanna will cultivate an environment that balances rich and in-depth working sessions with ample time for personal nourishment.

The format of the retreat will weave together a tapestry of approaches that are designed to challenge, support, and promote your “dreamer self.”

- Experiential mindfulness exercises will help you to articulate your dreams and identify obstacles that challenge your efforts to realize your dream.
- Didactic teaching sessions will help you to assess the feasibility of reaching aspects of your dreams.
- Creative modalities will encourage you to stretch “beyond your familiar” in seeking alternative possibilities for moving beyond your obstacles.
- Guided physical activities will stimulate you to explore your dreams through an expanded sense of self.
- Skills building tools will strengthen your resolve to implement your dreams.
- Finally, a blending of approaches will help you develop specific action steps for moving forward in creating your dream practice.

The retreat program will be organized with learning sessions being conducted during the hotter, mid-day hours of the day. This schedule will allow an opportunity to enjoy outdoor activities during the early morning, late afternoon, and evening hours. There will be plenty of free time to adventure or relax on your own or with family and friends.

We invite you to take the whole week off and explore this magical part of the country. Let yourself be pampered at the Red Cliffs Lodge on the Colorado River. To find out more about what is available in the Moab area, check the website:

www.moab-utah.com



ABOUT THE LODGE

Red Cliffs Lodge is located in the heart of Utah's Red Rock Country, on scenic Highway 128, 14 miles from Moab, Utah. The Lodge sits adjacent to the Colorado River and is surrounded by Red Rock Cliffs and Buttes. The physical setting for this workshop is spectacularly beautiful and provides the perfect setting for professional reflection and personal challenge.



Ample leisure time will be integrated into the workshop schedule. If you enjoy being active during your break times, there will be plenty of opportunities for structured or optional activities for your enjoyment. The Lodge has a swimming pool, exercise room, tennis courts, and much more. Horseback riding, mountain biking, river rafting, golfing, hiking, and just about any outdoor activity you can imagine are just a phone call away. Most outfitters will even pick you up at the Lodge!

This facility is a 180-room ranch with the largest private outdoor pool in the area, a 12-foot outdoor hot tub, on-site massages, and an excellent exercise facility. You can choose from a variety of rooms and cabins, with either one King bed or two Queen beds available.



Each room is a suite with DSL, coffee maker, refrigerator, microwave, and small dining area. Each room also has a private outdoor patio that faces either the Colorado River or the Creek Side.

We have reserved a block of rooms and cabins at a special rate (\$139 for rooms and \$239 for cabins-single or double occupancy; additional persons = \$20 each). To make your reservation at this special rate, call the Lodge directly at 435-259-2002 and mention your participation in this “Manifest Your Dream Practice” retreat. CALL NOW, as your reservation for this rate will be on a limited space available basis only. Rooms may also be booked at this special rate for the days immediately prior to or following the retreat session.



We encourage you to book a room together with a colleague or with a friend/partner/members of your family who may want to enjoy this beautiful setting while you attend retreat sessions. An effort will also be made to match participants who are coming to this retreat alone but who wish to room share. If you need help in finding a roommate, contact Jim Struve (jimstruve@mac.com or 801-364-5700, Ext. 1).

ABOUT THE WORKSHOP **LEADERS**

From the teachers of Mindful Presence in Psychotherapy™



Joanna Colrain, LPC, CGP and Jim Struve, LCSW, have been teaching and supervising collaboratively for 23 years. Both Joanna and Jim were instrumental in the Survivor Support Program of Prevent Child Abuse Georgia, Inc. for many years, providing training, supervision, and leadership. With their clinical practice partners, they established Metropolitan Counseling Services, Inc., a non-profit agency (now in its twelfth year) that provides low-cost therapy services to those with inadequate or no insurance, and that is known as one of the best training facilities for therapists in the Southeast.

Together, they offer workshops on Mindful Presence in Psychotherapy™ and other experiential workshops for clinicians that emphasize the intersection of personal realization, spiritual growth, and professional integrity. Jim and Joanna are known for their warmth, creativity and on-the-spot responsiveness to participants' clinical and ethical questions.



Joanna Colrain, LPC

Joanna has been in practice for 30 years. Her practice is located in Atlanta, Georgia. For most of that time, Joanna has specialized in treating clients with dissociative disorders and providing consultation to other therapists with that interest. She has presented many workshops nationally on the treatment of dissociative disorders and has published articles, including the chapter "Abreactive Work with Sexual Abuse Survivors: Concepts And Techniques" in: Hunter, Mic (Ed.). ***The Sexually Abused Male, Volume 1: Prevalence, Impact, & Treatment.*** Lexington, MA: Lexington Books, 1990.

She provides on-going clinical supervision for seasoned psychotherapists who want to bring mindfulness, collaboration, and use of self to their work. Joanna also mentors healers, artists, and social change activists who are attempting to integrate their work into the rest of their lives in a way that feeds the soul, validates the authentic self, and builds community. Joanna enjoys working with couples, particularly those who are recovering from childhood

abuse or substance addictions. She incorporates various modes of working with clients, including art, mindfulness skills, and Neuro Emotional Technique (NET)®.



For many years, she has presented workshops on Mindful Presence in Psychotherapy™, self care of the therapist, ethics, clinical supervision, spirituality in psychotherapy, and working with dissociative and borderline clients. Joanna has developed a complete course for clinicians who want to supervise other therapists--
The Art of Clinical

Supervision: Facilitating a Discovery Process™, which provides 24 continuing education credits. She also teaches advanced continuing education courses for experienced supervisors. Her workshops always provide an experiential and reflective learning format.

Joanna works with refugee torture survivors at the Center for Torture and Trauma Survivors in Decatur, Georgia and has been a member of the Facilitator Team for the Male Survivor Weekends of Recovery

(www.malesurvivor.org) since 2006.

Over the years, Joanna has continuously shaped her practice to fit her life, including raising children, traveling, and even building a beautiful office and workshop space near her goats when she lived on a farm.

(For more information, go to www.joannacolrain.com.)

Jim Struve LCSW

During his 31 years as a Social Worker, Jim has worked in a variety of professional settings, including child protective services, residential treatment for children and adolescents, and both clinical and administrative roles in psychiatric and chemical dependency hospitals.

For the past 26 years, he has maintained a private practice. Jim works with a wide range of issues: trauma (including male and female survivors of sexual victimization), relationship enhancement (including issues such as intimacy, assertiveness, identity, gender, self-esteem, and sexuality), addictions, healthy life choices, fostering resilience, and life transitions. He incorporates various modes of working with clients, including mindfulness skills, outdoor therapeutic activities, and Neuro Emotional Technique (NET)®.

His publications include "Dancing With The Patriarchy: The Politics of

Sexual Abuse", in: Hunter, Mic (Ed.). ***The Sexually Abused Male, Volume 1: Prevalence, Impact, & Treatment.*** Lexington, MA: Lexington Books, 1990 and ***The Ethical Use of Touch in Psychotherapy***, co-author with Mic Hunter, October 1997, Sage Publications.



Jim is a founding member (in 1988) of Male Survivor, an international organization for male survivors of sexual abuse and he has been a member of the Facilitator Team for the Male Survivor Weekends of Recovery (www.malesurvivor.org) since 2002.

Jim has a long history of pursuing life dreams and striving for congruence

between personal and professional aspirations. He has considerable experience with the art of challenging his dreamer self, ranging from helping to establish two communes, pioneering numerous grassroots social service projects, and accomplishing a variety of physical/athletic adventure goals. Most recently, Jim ended a very successful full-time psychotherapy practice in Atlanta, in the quest to re-balance his life: he embraced his dream to live in a mountain environment. Since, re-locating to Utah in 2003, he has reconstructed a private practice that allows ample free time for outdoor activities such as hiking and skiing. In addition, he has tapped into his creativity to integrate outdoor therapeutic activities into his clinical work with some of his clients.

As a teacher for the topic of "manifesting your dreams," Jim is able to access both personal and professional experiences.

(For more information, go to www.jimstruve.com.)

CONTINUING EDUCATION CREDITS

We have applied for 21 core CEU credits for LCSW's and LPC's. All other attendees will receive a certificate of attendance. (Often a certificate of attendance, along with a schedule and curriculum, can be used to apply individually for core credit from your professional organization.)



AGENDA OVERVIEW

Day One – Sunday, June 29th

- 8:00 a.m. – 11:30 a.m. Optional recreation—moderate hike (Advance sign-up required)
- 12:00 noon - 1:00 p.m. Official beginning of retreat - ***Lunch provided***
-Greeting and Orientation
- 1:30 p.m. - 4:30 p.m. Teaching Session
- 5:00 p.m. - 8:30 p.m. Dinner on your own - or-
Optional recreation with boxed dinner

Day Two – Monday, June 30th

- 6:30 a.m. - 8:30 a.m. Breakfast on your own
- 8:30 a.m. - 10:30 a.m. Teaching Session
- 10:30 a.m. – 11:00 a.m. Break
- 11:00 a.m. - 12:30 p.m. Teaching Session
- 12:30 p.m. - 1:30 p.m. Lunch on your own
- 2:00 p.m. - 5:30 p.m. Teaching Session

6:00 p.m.- Dinner on your own & Free Evening

Day Three – Tuesday, July 1st

6:30 a.m. - 8:00 a.m. Breakfast on your own

8:00 a.m. - 12:00 noon Outdoor Teaching Session

12:00 noon - 1:00 p.m. Lunch on your own

1:30 p.m. - 5:00 p.m. Teaching Session

5:30 p.m. - 7:00 p.m. Dinner & Socializing – ***Dinner Provided***
Family, Partners, Friends are invited to participate

7:00 p.m. - 9:00 p.m. Free Time/Optional Recreation

Day Four – Wednesday, July 2nd

6:30 a.m. - 7:30 a.m. Breakfast on your own

8:00 a.m. - 8:30 a.m. Optional Guided Meditation

9:00 a.m. - 12:00 noon Teaching Session

12:00 noon - 1:00 p.m. Lunch and Closing Session – ***Lunch provided***

1:30 p.m. - Optional River Rafting on the Colorado River (Sign up will be available on day 1 of the retreat)



WEATHER

Summer can be hot in the red rock country of central Utah. However, the low humidity helps to moderate the extremes of the heat. Expect temperatures during late June and early July to range from highs of 93 – 99 degrees and lows of 57 – 64 degrees. Nights are pleasantly cool after the sunsets. It is best to plan outdoor activities during the early morning, late afternoon, and evening hours. Retreat working sessions will mostly be conducted during mid-day hours, to allow participants to be inside during the heat of the day, enjoying the comfort of air conditioning.

WHAT TO BRING

It is advised that you bring some comfortable hiking shoes (adequate for easy and moderate trail conditions); a water bottle (to avoid using plastic bottles for outdoor and indoor activities); sunscreen; and a brimmed hat and a long sleeve shirt for sun protection.

All rooms at Red Cliffs Lodge are furnished with coffee makers, microwave, and a small refrigerator, to accommodate efficiency meals. The Lodge also has a dining facility that serves breakfast, lunch, and dinner meals. Stores for shopping and additional restaurants are accessible in Moab, which is approximately 14 miles from Red Cliffs Lodge.

HOW TO GET THERE

Most of the major airlines service Salt Lake City: America West, American, Continental, Delta, Frontier, Jet Blue, Northwest, Southwest, United, and US Airways.

From the Salt Lake City International Airport to Red Cliffs Lodge: Exit the airport onto I-80 eastbound (Cheyenne/downtown); take I-15 towards Las Vegas – travel approximately 49 miles; exit #258 toward Price onto Hwy 6 – travel approximately 128 miles; take ramp onto I-70 eastbound – travel approximately 24 miles; take exit #182 towards Moab onto US-191 – travel approximately 28 miles; approximately 1 _ miles after the Arches National park entrance the road will cross the Colorado River; after crossing the Colorado River, turn left onto Scenic Hwy 128 – travel approximately 14 miles; Red Cliffs Lodge is the second entrance on the left side of the road (Milepost 14 – Hwy 128).

CANCELLATION POLICY

Any registrations that are cancelled within 45 days of the retreat (before May 15, 2008) will be eligible for a refund, minus a \$50 processing fee. Requests to cancel registrations that are received within 45 days of the retreat (after May 15, 2008) cannot be refunded.

Cancellation of lodging reservations must be done directly with Red Cliffs Lodge (435-259-2002).

QUESTIONS ?

Contact Jim Struve at 801-364-5700, Ext. 1 or jimstruve@mac.com

For questions or information about Red Cliffs Lodge, call the Lodge at 435-259-2002.

REGISTRATION FORM

Download this form & return to the postal address below or click here for on-line registration

SPACE IS LIMITED SO SIGN UP EARLY!!
Registrations must be received by April 29, 2008

Name: _____

Address: _____

City / State / Zip: _____

Phone – Day: _____ Eve: _____

E-Mail: _____

Degree/Licensure: _____ Number of Years of Clinical Practice: _____

Brief Description of Current Work Setting _____

Registration Fee (includes registration, 2 lunches, & 1 dinner):

\$575 postmarked by April 29, 2008 = \$ _____

of extra guests for dinner on 7/1: _____ @ \$30/person = \$ _____

\$10 if requesting 21 CEU hours for LCSW's or LPC's = \$ _____
(all participants will receive a Certificate of Attendance)

Total amount due = \$ _____

_____ I have enclosed a check or money order (payable to "Jim Struve") for the total amount

Note: you must reserve lodging for yourself and/or any guest(s) directly with Red Cliffs Lodge (435-359-2002). Red Cliffs Lodge cannot guarantee special rates for rooms that are booked after April 29, 2008.

Following receipt of your registration, you will receive follow-up confirmation that will include information and sign-up for the optional hike on Day 1 before the official start of the retreat and for the optional river raft trip on Day 4 following the conclusion of the retreat.

Return this completed registration form with check or money order payable to "Jim Struve" & mail to:

Manifest Your Dream Retreat
% Jim Struve
1399 South 700 East, Suite #2
Salt Lake City, UT. 84105

If you prefer, click here for on-line registration and payment by Pay Pal