

HOW SHIFT HAPPENS

FOUR DAYS OF TRANSFORMATIONAL TRAINING

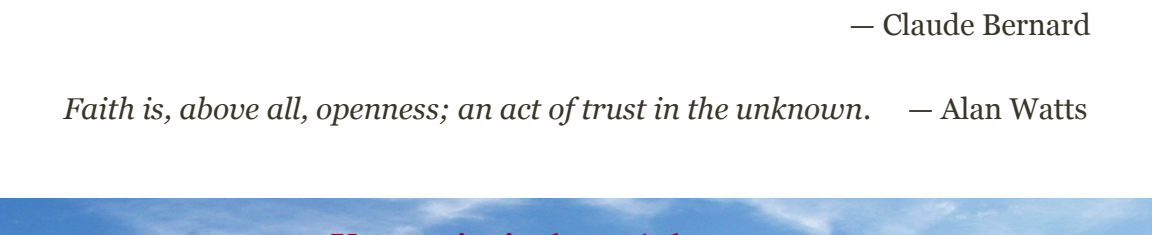
Concurrently with our Shift Happens workshop, we are offering a special program for professionals who would like to receive training in the modalities that we are employing there. For the most part, your experience would be similar to that of the participants. However, you may also have the opportunity to help facilitate certain processes. In addition we will offer a "staff" meeting each day where you can ask questions about what happened, explore your own issues about facilitation and counter-transference, and receive coaching on any interventions you offer. We intend to offer some grounding in the following topics:

- How to facilitate group process and run a workshop
- How to integrate IFS into your Breathwork practice
- How to integrate Breathwork into your IFS practice
- Integrating other approaches, such as Core Energetics, mindfulness, journaling, etc.

You are eligible for this program if you already have training in Breathwork (Integration Concepts Level 1, three modules of Holotropic Breathwork training, or completed trainings in Transformational Breathwork, Rebirthing, or another Breathwork modality), IFS (Level 1), or Core Energetics (one year).

We have applied for 18 CEU's through NASW, for which there would be an additional cost of \$25. Please let us know if you are interested in this.

The flyer for Shift Happens follows:



People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar. — Thich Nhat Hanh

Man can learn nothing unless he proceeds from the known to the unknown. — Claude Bernard

Faith is, above all, openness; an act of trust in the unknown. — Alan Watts

You are invited to a 4-day retreat designed to deeply transform your life.

Whether you want to gain clarity on the next phase of your life, or need deep healing of childhood wounds, you can feel safe in the expert hands of Ted, Monique, and Jane — three therapists and workshop leaders with over 60 years of combined experience.

By working together, we can offer you a toolbox full of today's most powerful transformative techniques, which we will tailor to your needs.

Join us on an exciting journey to the unknown.

January 13 - 16, 2012

Friday 10:30am - Monday 3:30pm

Cost: \$325

Early registration discount

\$75 off if registered by Nov 27

\$45 off if registered by Jan 2

Retreat fees: \$340

Single accommodations: \$50 surcharge

THIS EXPERIENCE INCLUDES

Holotropic Breathwork™
(see below for more info)

Internal Family Systems Therapy
including working with self-sabotage, decision making, inner criticism, and shame (see below)

Group Processing
utilizing a smorgasbord of techniques such as Gestalt, Core Energetics, Reichian Process, Guided Imagery, Emotional Anatomy, Shamanism, Transpersonal Psychology, Inner Child Work, etc.

Mindful processing of emotion

Journaling, artwork, dance, music

A balance of community and personal time

Creation of goals & intentions going forward

FACILITATORS



Monique Lang, LCSW is trained in Internal Family Systems, Sensorimotor Psychotherapy, EMDR, Psychoanalysis, and Gestalt therapy. She is on the faculty of the Trauma Studies Center at the Institute for Contemporary Psychotherapy, and has written books on trauma and on meditation. Monique has also studied Reiki, Zen Mindfulness practice and meditation, South American Shamanism and Native American Vision Questing.

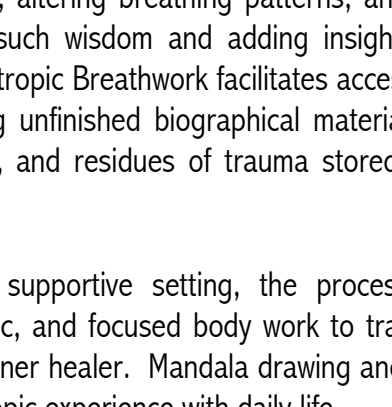
Ted Riskin, LCSW is a psychotherapist specializing in relationship issues and cognitive therapy. Along with certifications in Core Energetics, hypnotherapy, Breath Therapy, Internal Family Systems, and EMDR, he is certified in Holotropic Breathwork by Stanislov Grof, MD. He served for five years as President of the Association for Holotropic Breathwork International and eight years as the music editor for The Inner Door. Ted is currently on the Institute of Core Energetics faculty and assists at IFS trainings. He has practiced meditation for the past 33 years and has been active in the human development movement for the past 28.



Jane Martin, MA, LAC is a Master's Level Breath Therapist in Integration Process Therapy and has been in private practice for ten years. She works as a psychotherapist at Volition Wellness Solutions in Princeton, NJ. Her MA in Psychology is from Goddard College, specializing in Child Psychology and Transpersonal Psychology. She has also completed trainings in Imago Couples Therapy as well as Social Inclusion. She has been practicing meditation for 38 years.

The only way to gain power in a world that is moving too fast is to learn to slow down. And the only way to spread one's influence wide is to learn to go deep.

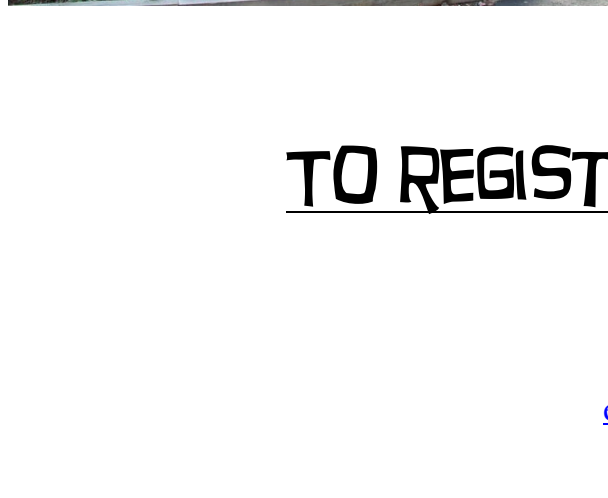
The world we want for ourselves and our children will not emerge from electronic speed, but rather from a spiritual stillness that takes root in our souls.



Then, and only then, will we create a world that reflects the heart instead of shattering it.

--Marianne Williamson, The Gift of Change

FACILITY



This workshop will take place at the Holmes Conference Center in the beautiful glass room in Agape Center, 60s Denton Lake Rd, Holmes, NY. The natural setting of Holmes, with forests, lakes, cliffs, and peaceful walks in the woods, is the perfect place for your own rejuvenation.

TO REGISTER

CONTACT

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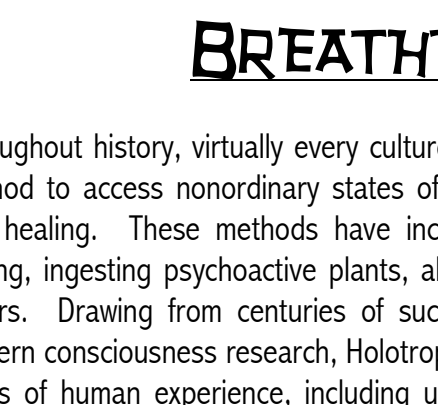
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The Breath is the meeting ground between the conscious and unconscious minds. It is the access point that bridges the connection to body, mind, emotions and spirit.

— Deepak Chopra

WHAT IS HOLOTROPIC BREATHWORK?

Throughout history, virtually every culture has provided an opportunity and a method to access nonordinary states of consciousness for inner exploration and healing. These methods have included drumming, chanting, dancing, fasting, ingesting psychoactive plants, altering breathing patterns, and many others. Drawing from centuries of such wisdom and adding insights from modern consciousness research, Holotropic Breathwork facilitates access to all levels of human experience, including unfinished biographical material, birth memories, transpersonal phenomena, and residues of trauma stored in the body.

Conducted in pairs in a safe and supportive setting, the process uses accelerated breathing, evocative music, and focused body work to transcend normal limitations and empower the inner healer. Mandala drawing and group sharing allow integration of the holotropic experience with daily life.



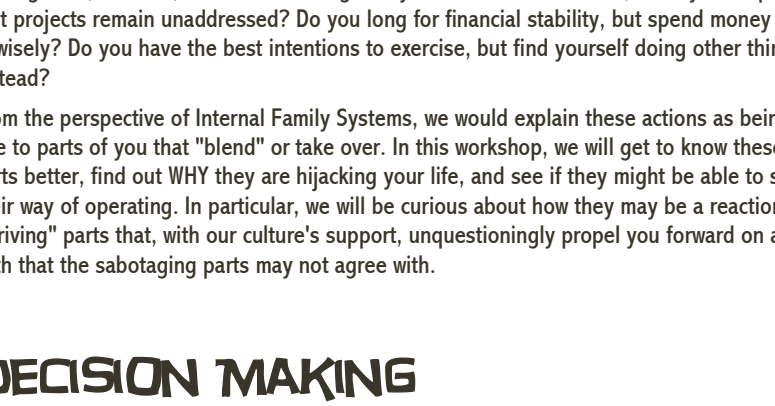
There are apparently few limitations either of time or space on where the psyche might journey, and only the customs inspector employed by our own inhibitions restricts what it might bring back when it reenters the home country of everyday consciousness.

-- Tom Robbins: Jitterbug Perfume

WHAT IS INTERNAL FAMILY SYSTEMS?

IFS is a model of psychotherapy that posits that we are born with a healthy core, known as Self, which we maintain throughout our lives. But in order to function in the world, we develop parts which help us deal with challenges that life brings us. ALL parts develop with positive intention. However, they may become arcons, or may actually be destructive to our system in their attempt to protect us from harm.

In IFS psychotherapy, we embark on a journey of discovery to get to know all of our parts and help those that no longer serve us, or who serve us through 'negative' behavior and thought, to morph into healthier more adaptive modes of being.



By integrating Breathwork and IFS we create a synergy through which parts that have been unknown may become known, and -- through the powerful insight provided in Breathwork's slight trance state -- parts that aren't serving us become healed or transformed into more effective allies.

SELF-SABOTAGE

Do you engage in activities that oppose your best interests, such as procrastination, unhealthy eating, chronic lateness, or substance abuse? Do you spend excessive time on TV, video games, solitaire, or internet surfing? Do you focus on small tasks, while your important projects remain unaddressed? Do you long for financial stability, but spend money unwisely? Do you have the best intentions to exercise, but find yourself doing other things instead?

From the perspective of Internal Family Systems, we would explain these actions as being due to parts of you that "blend" or take over. In this workshop, we will get to know these parts better, find out WHY they are hijacking your life, and see if they might be able to shift their way of operating. In particular, we will be curious about how they may be a reaction to "striving" parts that, with our culture's support, unquestioningly propel you forward on a life path that the sabotaging parts may not agree with.

DECISION MAKING

Yogi Berra famously said, "When you come to a fork in the road, take it." This advice is not as absurd as it sounds at first glance, as many of us, when we come to a fork in the road, don't take it. What causes us to hang out at the fork rather than choose one path?

Let's get to know these parts of ourselves, which may include fear of being wrong (and therefore vulnerable to The Critic), unwillingness to relinquish either potential path, and hopes that someone else will save us from the responsibility of choosing. We will also provide a framework for making good decisions by consulting with all stakeholding parts. We welcome you to bring your most important decision and we will do our best to forward the action.

INNER CRITIC & SHAME

Early in life, almost all of us develop a part whose job is to tell us when we could be better, to counteract our natural self-centeredness, and to protect us from external criticism. Somehow, in most of us, this part acquires excessive power and goes underground, becoming a destructive critical voice. As a result, various other parts organize themselves to minimize opportunities for the Inner Critic to attack, resulting in insecurity, perfectionism, overwork, social anxiety, indecision, people-pleasing, refusal to take risks, and many other problems.

During our time together, we plan to explore the motivations of The Critic and to find new ways for it to act, so that life can be more spontaneous, free, and joyful.

See you there!