

TUNING THE INSTRUMENT-REJUVENATING THE SELF: A RETREAT FOR PSYCHOTHERAPISTS

Retreat Description:

The work of a psychotherapist is deep and rich; it requires one's whole being if done with integrity. The demand for the psychotherapist to be self-aware, present, responsive, attuned both inward and outward, yet open to the spontaneous is a challenging dance. Being the container or witness for another's suffering affects us in ways that we are aware of, and also in ways we are not. If we are to continue being helpful to our clients/patients we need to take care of ourselves in the deepest way. This retreat provides structure in the forms of yoga, guided relaxation, art, ritual, massage, and Ayurvedic meals, to support our becoming more aware of the subtle layers that absorb what we take in. Through this awareness we are better equipped to see where we might be holding and need to let go. In that release, we create more space within our being to meet our clients from a more finely tuned and fresh place.

Retreat Leaders and Bios:

Michael Ruthrauff, MD, psychiatrist and psychotherapist for 25 years, has an interest in Eastern philosophical traditions and a grounding in Western psychological paradigms, providing an integrative "biopsychospiritual" perspective. Over 18 years of yoga and meditation practice inform his approach to his work with clients.

Dawn Loerch, MA has worked in the human services field since 1988 and is a psychotherapist in private practice. Her interest in and experience with complimentary healing modalities, 18 years of yoga and meditation practice, and participation in numerous retreats over the years provide a holistic understanding of self-care.

Date: Friday 9/28 to Sunday 9/30 2007

Retreat Schedule: Friday Check-in anytime after 3pm
Dinner 6-7pm
Opening Circle 7:30-9:00pm

Saturday Breakfast 8-9am
Yoga 10:30am-12noon
Lunch 12:30-1:30pm
Art and Reflection 2-4:30pm
Dinner 6-7pm
Renewal Ritual 7:30-9pm

Sunday Breakfast 8-9am
Yoga 10:30am-12noon
Closing Circle 12noon-1pm
Lunch 1-2pm
Check-out by 3pm

Retreat fee:

\$280. (Includes lodging, vegetarian meals, and classes)
Massage appointments available for an additional fee
8-10 Continuing Education hours available

How to register:

Email to: retreats@dawnloerch.com to receive an application or for further questions.

Phone: Michael Ruthrauff 206.325.1415
Dawn Loerch 206.632.0486

Visit: www.dawnloerch.com