



SELF-CARE THROUGH MINDFULNESS FOR HELPING PROFESSIONALS

~A WEEKEND RETREAT~

This experiential meditation retreat is designed for helping professionals to learn how to deepen the qualities of wisdom, kindness, flexibility, and freedom in ourselves and others. There is a cost for being a helping professional (counselor, psychologist, social worker, music therapist, nurse, etc.) where we bear witness and experience the pain of others day after day. It has been referred to as burnout, compassionate fatigue and vicarious trauma, but the accumulated exposure of working with others carries with it consequences for both client/patient and caregiver.

This retreat will examine and provide suggestions to the physical, emotional, and spiritual signs and symptoms that indicate your level of need of care. Through an integration of Eastern and Western approaches and traditions, this retreat will help restore your sense of self, maintain your balance, sustain your vitality and to better know your own limits and the limits of the situation.

Specifically, participants will be introduced to three types of mindfulness practice:

- one for emptying the overburdened mind/heart (Vipassana or Insight Meditation);
- one for infusing the heart/mind with inspiration from many of the worlds faith and wisdom traditions (Contemplative or Passage Meditation); and
- one for regulating the ongoing psycho-physiological functioning of the self (Qi Gong).

There will be periods of silent meditation, guided meditation, and discussion groups. Participants will leave the weekend with the tools from which to construct the foundation of their own mindfulness practice. Hence, participants may sustain their continued *going on being* as healthy, compassionate care-providers.

**SPONSORED BY THE
DEPARTMENT OF COUNSELOR EDUCATION
RADFORD UNIVERSITY**

Where: **Selu Retreat, Radford, Virginia**
When: Begins- Friday, February 12 at 5:00 pm; concludes Sunday, February 14 at 1:00 pm
Cost: Professional Rate: \$189.00. Student Rate: \$149.00 (includes lodging and healthy food for the weekend).

Workshop

Facilitators: Joe Klein, M.S., CSAC, LPC; Alan Forrest, Ed.D., LPC, LMFT.

Lodging is in bunk-bed cabins. To achieve the total experience of this workshop, it is recommended that participants stay at the *Selu Retreat Center* for the entire weekend. Here is web link for *Selu*; imagine the fall colors.

<http://conf-serv.asp.radford.edu/Selu.htm>

CEU's: Available through Radford University - Cost \$15

Registration is limited to 20 participants.

For additional information, contact Alan Forrest at 540-831-5487 or afortrest@radford.edu.

Make your check payable to **Western Virginia Public Education Consortium** and mail to:

Ms. Carolyn Quesenberry
P.O. Box 6994
Radford University
Radford, VA 24142.

