

POSSIBILITIES IN WHOLENESS 2011

**An
Experiential
Weekend
for
Women
to Explore
their
Aliveness**

**and
Claim
More Joy,
More
Freedom,
More
Personal Power!**



*When I dare to be powerful -
to use my strength
in the service of my vision,
then it becomes
less and less important
whether I am afraid."*

Audre Lorde

POSSIBILITIES IN WHOLENESS is for women who want to integrate their personal healing and growth into a new sense of wholeness and possibilities. The weekend will focus on honoring your boundaries while safely stretching your abilities, and imagining possibilities to create new pathways for vibrancy and awareness in your body and your spirit.

Using incredible music, movement, art, metaphors, spirituality, and group process, we will offer an opportunity to find the places you've stayed stuck (in spite of great movement and healing in your recovery) and open to possibilities to expand your potential.

The POSSIBILITIES IN WHOLENESS weekend can be a timely adjunct to participants' ongoing recovery work, twelve step programs, and individual spiritual journeys. It will be an opportunity for women together to move each other forward—powerfully, joyfully, deeply. Join us.

Led by nationally recognized
therapists
Joanna Colrain, LPC
and
Mikele Rauch, LMFT



www.mikerauch.com

www.joannacolrain.com

Joanna Colrain, LPC, CGP, has been in practice for 32 years, specializing in dissociative disorders, in Atlanta, GA. She provides clinical supervision for psychotherapists who want to bring mindfulness, collaboration, and use of self to their work. Joanna was a trainer and clinical supervisor for the Survivor Support Program of Prevent Child Abuse Georgia for 13 years. Since 1998, she has been teaching “The Art of Clinical Supervision: Facilitating A Discovery Process”™ and “Mindful Presence in Psychotherapy.”™ She has published a number of articles and treatment manuals, including a manual for the treatment of torture survivors and the landmark chapter (1990) “Abreactive Work with Sexual Abuse Survivors: Concepts And Techniques.”

Since 1983, Mikele Rauch, LMFT, has worked with individuals and groups specializing in the areas of sexual and physical trauma, utilizing authentic movement, music and art. She has treated survivors of religious and clergy abuse across the gamut of religions. Mikele has served on the Clergy Sexual Abuse Victim's Rights Committee of Boston. She has written for CANDID, the Missouri Review, the National Catholic Reporter, Cross Currents Magazine, Healing Ministry, and The New Therapist. Her book, Recovering the Soul after Religious Abuse: The Dark Heaven of Recovery, Praeger Publications, was released Spring 2009. She works, writes and does her art near Brookline, MA.

Mikele and Joanna are both members of the Core Facilitator Team for the MaleSurvivor International Weekends of Recovery.

Possibilities in Wholeness 2011

March 11-13, 2011

Santa Barbara, California



Located on 160 acres, 20 minutes above Santa Barbara, Laurel Springs Retreat staff are dedicated to sharing this sacred land with those who have interest in facilitating personal and community growth.

With stunning views of the Pacific Ocean, the Channel Islands, Los Padres National Forest, and Santa Barbara, Laurel Springs Retreat is blessed with a fresh perspective on the world. Even on a cloudy day, one can enjoy the spacious lawns, tasteful landscaping, organic gardening, spring-fed pond and pervasive quietude that compose the main campus. Beyond that are miles of hiking and local wildlife, both on our property and into the Los Padres National Forest.

www.laurelspringsretreat.net



WHAT SOME OF THE 2010 ATTENDEES HAVE TO SAY
ABOUT THEIR EXPERIENCES:

I had a meaningful experience at the Possibilities retreat. It was a pivotal weekend for me and an important investment in my personal growth. I was "holding" myself a little too tightly, and needed to break-out of my stuckness. The giftedness of the facilitators drew me out and inspired me to sing, dance, pray and play all my Possibilities. Highly recommended for anyone seeking to explore the Possibilities within.

"My Possibilities in Wholeness weekend contributed to my on-going journey of gently moving toward an awareness of myself from the inside out. Meeting in a beautiful, simple setting in a small group with two dynamic and caring facilitators touched a part of me that yearns for opening a way to go from mourning to morning. The creative projects we shared are important reminders of our emotional resilience at the heart of the empathy I felt."

The Possibilities weekend was my first women's retreat and I approached it with the intention that I would get out of it what I needed. Joanna and Mikele made sure everyone felt safe throughout the great variety of activities they had planned, I felt fine opting out of anything I wasn't ready to do, and all the women made it a very comfortable time for me. The weekend was a profound experience for me even though I still can't express exactly why. I just know I was a changed person by the time I left on Sunday afternoon, and I continue to confidently work on reaching MY Possibility.

"Safe! Supportive! Powerful!!! My Possibilities experience came at a critical time in my life's journey when I had just been inexplicably abandoned by my 10-year partner in life and business. The work we did that weekend was so powerfully healing that I came home with true HOPE and PEACE about LIFE! I say "we" because each person present contributed exponentially to the power of this experience. I am forever changed, clothed in my new garment of possibilities and forever grateful to each woman involved.

REGISTRATION INFORMATION

\$775 before Jan.21

\$895 after Jan.21

(INCLUDES WORKSHOP FEE, ROOM,
MEALS, AND ALL MATERIALS)

For more information, contact

Joanna Colrain
at
770-220-4059

or

Mikele Rauch
at
MikeleRauch@gmail.com

To register, print page 6
of this document, complete
information, and mail.

Please contact us
if you have any questions!

*In a time of global struggle, we continue to
commit ourselves to individual growth and
healing as the basis for communal and
global harmony. So we gather as a
community to empower each other and
celebrate our journeys.*

Mikele and Joanna

REGISTRATION: POSSIBILITIES IN WHOLENESS 2011
March 11-13, 2011

Please PRINT:

Name: _____

Address: _____

Address Line 2: _____

City: _____ State/Province: _____ Zip Code/Postal Code: _____

Phone: Day: (_____) _____ Night (_____) _____

Cell: (_____) _____ Birthdate: ____/____/____

Email: _____

Are you currently in therapy? ___no ___yes ___individual ___group ___both ___had therapy in past

In case of emergency, please call: (this is required of all participants and is NOT a release for confidential information)

Name: _____

Phone(s): _____

I understand that my registration is subject to a short phone interview with Mikele Rauch or Joanna Colrain. Please initial _____

(You will receive confirmation of registration within one week of receipt and we will schedule the phone interview with you. Please do not make travel reservations before the interview.)

I am available for a phone interview generally during the following times:

_____ day /time range at Phone: _____ or

_____ day/time range at Phone: _____

Travel:

Please do not purchase travel tickets until you have completed the phone interview. If you are traveling into Santa Barbara by airplane, please let us know if you would like to share a rental car, a ride, or have any other transportation needs. If you wish, we will connect you with someone who is traveling to the weekend, and with your permission, share your email address so you can arrange to travel together. Directions to Laurel Springs Retreat are on the website: www.laurelspringsretreat.net.

The retreat is from 12:00 on Friday, March 11 to 4:00 on Sunday, March 13, 2011.

Laurel Springs Retreat will not be available on Thursday or Sunday night. If you are coming into the area on Thursday evening or planning to stay until Monday, you will need to make other arrangements.

Please let us know your travel plans, and whether there is any way we can help you get to the retreat.

Payment:

Regular Registration: \$895.00 if received **after January 21, 2011**

Early Registration Discount: \$775.00 if received **by January 21, 2011**

You will receive confirmation of your registration by email. In order to hold your registration, you must send a **deposit of at least \$150 at the time of your registration**. If we do not receive any payment with your registration, we will not consider you registered. The balance of the fee will be due by February 26, 2011. We must receive your *complete* payment by February 26, 2011 in order to receive the **early** registration discount.

Fee includes: all workshop sessions and materials, room for Friday and Saturday nights, and all meals and snacks from Friday dinner to Sunday lunch.

Rooms: Most rooms have a private bathroom. Some rooms are singles and some are doubles. The single rooms will be assigned on a first come/first serve basis!

Cancellation Policy: For cancellations *in writing* received before February 10, a fee of \$50 will be charged and all other payments will be returned. For cancellations *in writing* received after February 10 and before February 27, a fee of \$150 will be charged and all other payments will be returned. For any cancellations received February 28 or later, all payments will be forfeited.

Questions? Call Joanna at 770-220-4059.

TOTAL ENCLOSED BY CHECK: \$ _____

Please make payment to **Joanna Colrain-POSSIBILITIES** and mail with this form to:

Joanna Colrain, LPC
150 E. Ponce de Leon Ave.
Suite 350
Decatur GA 30030