



The Institute for Relational Harm Reduction & Public Pathology Education

Therapists Training January 26-30, 2012

General Info

Your Time at The Retreat in Hilton Head Island

I am so excited that all of us will be gathering together to further our skills related to pathological relationships! You will soon be arriving for your training in January and if you have never been with us before we would like to prepare you for your time here with us.

IMPORTANT: Because over 50% of the women asking for help from Pathological Love Relationships will have PTSD, this is an issue that requires professional mental health approaches. Therefore, we **ONLY** train those qualified to offer these services. Those accepted for training are:

- Any licensed status in the mental health field (Could include mental health counselors, marriage & family, social workers, addiction professionals, pastoral, psychologists, school counselors, psychiatric nurses, etc.)
- Those who have completed a bachelor's degree or higher in a mental health related field but are not yet licensed, or interns, etc. but come from an accredited college program
- Those who are credentialed or have bachelor's degree or higher in a mental health field from another country
- Those who have a paid staff position with a Domestic Violence Agency/Shelter or other paid staff position with a women's organization.
- Credentialed law enforcement and/or legal fields.

Those **NOT** eligible are those who:

- Do not have a bachelor's degree or higher in a related field
- Have a degree but the school is not accredited for licensure
- Life/relationship coaches are not the same thing as mental health professionals and are not equipped to deal with PTSD.

This year our training is going to be held at a condominium on Hilton Head Island, SC. We felt like January on Hilton Head would be pretty appealing and condos would offer more comfort than just a hotel room.

The condo is located on a private beach that is a nature preserve. Mornings are exceptionally beautiful on the beach with lots of birds and other wild life. (There are more photos of the area on the magazine site).

The condos are two bedroom two bath condos and are 900 sq ft. The condos are owned individually but rented through a rental pool of which we have acquired several for the training. They are all laid out identically although decorated to the owner's tastes. The condos are on three floors in different locations. There are no elevators so pack light. Due to the limited amounts of condos rented we do not have the availability to pick and choose condo locations as far as where they are, what floor they are on, etc. We have secured what we could from the rental pool so assume there are stairs involved.

The master bedroom has either a full/queen/king bed and an en-suite bath. The second bedroom has two twin beds and a bathroom immediately next door in the hallway. It's a split plan. All units have an outdoor porch/balcony. Some of them are open air, some are screened in, some are glassed in. There is no smoking in any of the units and the entire complex is pet-free. Because we are expecting the training to be full, we doubt that we will be able to accommodate only one person in the rooms with a twin. (Bring ear plugs!) We are a small staff so we ask that you make this as easy on us as possible for simply rooming people together and not requesting things we can't accommodate. There are not many condos in the rental pool so we have to utilize to the best possible configuration what we have available to us.

The condo complex is located on Port Royal Sound however each condo is likely not to face the beach. Anywhere you are on the condo property you will be within a few buildings to the beach. The location also has two outdoor pools, an indoor pool, whirlpool, sauna and workout room. There are porch swings facing the beach, outdoor BBQs beach side, and a pier. The meeting room is located right on site with a small kitchen within it.

The Training

The topics of the training are listed on the website so we will refer you back there for what we will be teaching. For those of you who have attended a Healing the Aftermath Retreat, you will notice that the topics are very similar to what we cover in the retreats. While you are in the personal retreat, the information of course is applied to your personal relationship situation. During the Treating the Aftermath, it is applied in a clinical approach. The consistency of our message is carried through out to both clients and therapists so

you will hear an overlap. For those re-attending, we find the repetition is effective for hearing on a deeper level.

** For those therapists who are also survivors, please note this is a *TREATING* the Aftermath not a *HEALING* the Aftermath. We ask that your situation not be discussed in a professional training. You are showing up as a therapist not as a patient/client. If you need healing prior to offering these services (which we highly recommend!) then please attend a Healing the Aftermath retreat in Feb or March and then come back for the training. Those who continue to return to the subject of their own pathological love relationship will assume to be not recovered and will not be listed as a resource for others. Please bring your most professional self to the training!

The Facilitators

Sandra L. Brown, M.A., the founder of *The Institute* and author of most of their materials will be teaching many of the subjects. You can read Sandra's bio on the magazine site.

Jennifer Young, M.S. has been with *The Institute* for several years now. She writes for the magazine and is Director of Client Services and handles the majority of our tele-support groups and phone coaching. She will be teaching on the Super Traits of the women as defined in our research.

(** NEW) We will have a *neuro psychologist* joining us (we are finalizing the details now) to teach on the neuro effects of trauma and also the women's own unusual neuro aspects.

(** NEW) We have not confirmed yet, but we may have *Michelle O'Brien* with us who writes for our magazine on Holistic Approaches to Wellness, join us to lead yoga on the beach and some other holistic items we can integrate into the ways we care for ourselves.

The Schedule (Loosely....)

Arrive Wednesday the 25th

7:30 pm - ?? Meet and Greet

Thursday the 26th

8 a.m. Yoga on the Beach/Morning Walk

9:30 a.m Morning Training Session

12:30-1:30 Lunch & Break

1:30-4:30 Afternoon Training Session

Monday Evening: FREE (Tanger Outlet Mall? Great rib joint! Or gather in the hot tub?)

Friday the 27th

8 a.m. Yoga on the Beach/Morning Walk
9:30 a.m. Morning Training Session
12:30-1:30 Lunch & Break
1:30-4:30 Afternoon Training Session
7:30 Optional: Case reviews (Bring your client cases for discussion)

Saturday the 28th

8 a.m. Yoga on the Beach
9:30 a.m. Morning Training Session
12:30-2:30 (Extra long break—Lunch & Beach Walk)
2:30-4:30 Afternoon Training Session
7:30 Optional: Group Dinner Out

Sunday the 29th

8 a.m. Yoga on the Beach/Morning Walk
9:30 a.m. Morning Training Session (Small section on Pathology in the Scriptures as our spiritual focus Sunday morning)
12:30-1:30 Lunch & Break
1:30-4:30 Afternoon Training Session
7:30 Self Care As a Survivor/Therapist

Sunday the 30th

10:30 a.m. Gather for closing thoughts, sharing, wrap up, check out.

Since the condos and meeting room has a kitchen, we ask that you stop by a grocery and bring items that can be quickly made. We will plan on going out to dinner together as a group for during the day, there will not be time to eating out. Plan on going back to your condo to eat or eating in the meeting room.

Please buy something fast to prepare for the day you get there so we can jump right in and get orientation done without waiting on meal prep and clean up.

Arrival Time

Please plan on arriving on the 25th. If you are flying in, we provide air port pick up for Hilton Head Island Airport only. (Do not confuse this with Hilton Head Savannah airport which is over an hour a way).

Your name will be left at the entry guard's gate and they will give you directions to your condo from there. Please arrive only on the 25th. The condos are rented the 25th-30th and we do not have extensions on these. If you need additional dates, please contact a hotel.

Cell Phones, Wireless, Etc.

I do not know if all the condos have wireless. You should be able to pick up wireless somewhere in the complex. We do have it at our condo which is right above the meeting room.

APPLICATION

Name:

Address:

Cell Phone

Email:

Licensed in:

Not Licensed but have a degree in:

Name of accredited college it was earned from:

If need be, I can share a twin room and bath with one other person.

** Unless we have emailed you personally, please do NOT yet make payment until you hear from us that you were accepted into the training program. The information below is for when/if you are accepted and how to proceed with payment then.

Payment

The private master bedroom/bath (limited numbers available) + approximately 30 hours of training + The Model of Care Manual = \$735.00. You can pay in two installments if need be.

The twin room (you might have a room mate depending on how many sign up) plus a shared bath with your room mate (if applicable) + approximately 30 hours of training + The Model of Care Manual = \$635.00. You can pay in two installments if need be.

First payments are needed now to reimburse for the condos. Final payments should be no later than December 10. Since we don't have a specific item on the shopping cart marked for this:

Go to www.paypal.com

- Send Money
- Email addy sandrabrownma@yahoo.com
- \$ the amount you are paying
- Comment Section: YourLastName/TherapistTraining

We'll keep track of your payments.

Materials to Bring

A couple of reams of lined notebook paper, a 3 ring binder, pens, a compact cd player (optional), ear plugs, water shoes if you are going into the water as there are oyster beds out there, a sweat shirt/jacket, casual clothes, bathing suit, yoga or comfortable clothes, a camera (optional). I assume everyone has read How to Spot a Dangerous Man and Women Who Love Psychopaths (if you haven't please do prior as training is based off general concepts in those materials). Make sure you bring or get what you need while stopping at the grocery.

The Institute looks forward to providing training for you on the beautiful beach of Hilton Head, SC! Please make sure you have forwarded a copy of your airline itinerary to us.

If you have any questions, please contact me at safereationships@yahoo.com.

Sincerely,

Lindsay
Training Coordinator