



## Healing Therapy Practitioner Retreat

April 4, 2013

Honoring the Wounded Healer

Mercy Medical Center

Registration Fee: Free

### Agenda

- 9:00 AM Gathering  
Introductions  
What would I like to get out of the day?  
Reflection (Carl Middleton)
- 9:30 AM Identifying our Woundedness (Carl)
- 10:00 AM Reflection Time: Self Assessment
- How do you report to yourself and your life?
  - How do you typically react to life's difficulties?
- 10:30 AM Self-Assessment Sharing Circle
- 11:00 AM Science of Compassion (Pam Kircher)
- 11:30 AM Free Time
- 12:00 PM Lunch will be provided in RM A.
- 1:00 PM Healing our Woundedness Through our Self-Compassion (Carl and Pam)
- 1:30 PM Self Appreciation Exercise
- 2:00 PM Self Appreciation Exercise Sharing
- 2:30 PM Break
- 2:45 PM Gratitude and Savoring Walk
- 3:15 PM Sharing Circle: How will I continue the healing process?
- 3:45 PM Retreat Day Evaluation
- 4:00 PM Adjournment

