



Healing the Healer Weekend Workshop Schedule

Total CE's = 12 (including 3 CE's of Ethics)

Friday, April 5, 2019 (6 CE's)

- 8:00 – 11:00 Meet in Boise/Nampa to Caravan
- 11:00 – 12:00 Arrive at Monastery - *Note* This Is Pacific Standard Time -- We Lose an Hour
- 12:00 – 1:00 Welcome! – Lianna Erickson Trembath, IDASERVIC President
- 1:00 – 2:00 Tour of the Monastery
- 2:00 – 3:30 ***Session #1: “The Answers Are Within – But What Are the Questions? A Spiritual Self-Exploratory Life Mission Pilot.” - Stephanie Alvarez, LMFT, LPC, NCC - (1.5 CE)***
- 3:45 – 5:15 ***Session #2: “Ethical Considerations while Integrating Spirituality into the Counseling Session – Part 1” - Heather Tustison, LCPC, NCC - (1.5 CE)***
- 5:30 – 6:00 Supper
- 6:00 ***Session #3: “Using Art Therapy to Create a Safe Place for a Gestalt Journey” - Heather Tustison, LCPC, NCC - (3.0 CE)***
- 9:00 Free Time and Optional Guided Sleep Meditation

Saturday, April 6, 2019 (6 CE's)

- 7:30 – 8:00 Breakfast
- 8:30 – 9:30 Wake up Yoga Appropriate for All Bodies
- 10:00 – 11:30 ***Session #4: “Poetry and Journaling as a Creative Tool for Greater Awareness - Heather Tustison, LCPC, NCC - (1.5 CE)***
- 12:00 – 12:30 Lunch
- 1:00 – 2:30 ***Session #5: “The Power of the Breath” – Sharon Hammer, LPC (1.5 CE)***
- 2:30 – 5:00 Free Time
- 5:00 – 5:30 Supper
- 5:30 – 7:00 ***Session #6: “Ethical Considerations while Integrating Spirituality into the Counseling Session – Part 2” - Heather Tustison, LCPC, NCC - (1.5 CE)***
- 7:00 – 8:30 ***Session #7: “Improve your Sleep, Improve Your Health – Sharon Hammer, LPC (1.5 CE)***
- 8:30 Free Time and Optional Guided Sleep Meditation

Sunday, April 7, 2019

- 7:30 – 8:00 Breakfast
- 8:00 – 9:00 Wake Up Yoga Appropriate for All Bodies
- 9:30 – 11:00 ***Session #8: “Intention of Gratitude” – Lianna Erickson Trembath, LCPC, ACADC***
- 11:00 – 12:00 Wrap Up Session/Evaluations
- 12:00 – 12:30 Lunch
- 1:00 Leave for home