



Healing the Healer Weekend Workshop Schedule

Total CE's = 12 (including 1.5 CE's of Ethics)

Friday, May 1, 2020 (4.5 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! – Stephanie Alvarez, IDASERVIC President
- 1:00 – 2:00 Tour of the Monastery
- 2:00 – 3:30 ***Session #1: "Yoga Introduction" - Sharon Hammer, JD, MPA, LPC, RYT 500 (1.5 CE)***
- 3:45 – 5:15 ***Session #2: "Ethical Considerations Regarding the Practice of Self Care" - Stephanie Alvarez, LMFT, LPC, NCC - (1.5 CE)***
- 5:30 – 6:00 Supper
- 6:00 – 7:30 ***Session #3: "Exploring & Experiencing Labyrinths as a Tool to Integrate and Validate Client Spirituality" - Heather Tustison, LCPC, NCC - (1.5 CE)***
- 7:30 Free Time and Evening Meditations

Saturday, May 2, 2020 (4.5 CE's)

- 7:30 – 8:00 Breakfast
- 8:30 – 9:30 Wake up Yoga Appropriate for All Bodies
- 10:00 – 11:30 ***Session #4: "Performance Psychology." – James Warner, LPC - (1.5 CE)***
- 12:00 – 12:30 Lunch
- 1:00 – 2:30 ***Session #5: "Self-Care Laughter" – Sharon Hammer, JD, MPA, LPC, RYT 500 (1.5 CE)***
- 2:30 – 5:00 Free Time
- 5:00 – 5:30 Supper
- 5:30 – 7:00 ***Session #6: "Using Gestalt Art Therapy to Enhance Spiritual Awareness and Development." - Heather Tustison, LCPC, NCC - (1.5 CE)***
- 7:00 Free Time and Evening Meditations

Sunday, May 3, 2020 (3.0 CE's)

- 7:30 – 8:00 Breakfast
- 8:00 – 9:30 ***Session #7: "Advanced Yoga for Self-Care." - Sharon Hammer, JD, MPA, LPC, RYT 500 (1.5 CE)***
- 9:30 – 11:00 ***Session #8: "Self-Care Action Plans" - Stephanie Alvarez, LMFT, LPC, NCC - (1.5 CE)***
- 11:00 – 12:00 Wrap Up Session/Evaluations
- 12:00 – 12:30 Lunch
- 1:00 Leave for home