



June 10–15, 2012 (Sunday-Friday)

The Recovery Room: Somatic Therapeutics for Addiction and Mental Health Professionals

Kathryn C. Shafer

Freud was right! When you do a little R&R (relaxing and reclining), you are more likely to say what's on your mind, identify obstacles, and challenge yourself with new behaviors for mind-body health. Learn tools to transform your skills as a health-care professional in this YOGAFUN™ intensive led by innovative author and psychotherapist Kathryn C. Shafer.

Utilizing the ancient practices of yoga, breathwork, meditation, and mental imagery, you learn how to

- Integrate these tools into clinical practice and daily self-care and use them to complement other medical and psychotherapeutic protocols
- Employ stress-reduction practices to calm the emotions
- Practice age-appropriate body awareness and somatic relaxation
- Create yogic practices to remain in the moment and calm addictive/reactive mind chatter
- Design a self-care practice that addresses compassion fatigue.
- Revolutionize your approach to healing as you discover ways to impart these unique mind-body skills to others.

Note: Wear comfortable clothing.



Kathryn C. Shafer, PhD, LCSW, ACSW, CAP, E-RYT 500, CPT, is a certified addiction professional and play therapist and a registered yoga therapist. A psychotherapist, educator, author, and consultant on mind-body therapies for emotional and physical health, she conducts retreats on these and related topics. In psychotherapy sessions, yoga classes, and mind-body retreats Kathy introduces participants to the YOGAFUN™ program. Her individually designed programs challenge “dis-eased” thinking and beliefs about life, relationships, and stress. Utilizing a whole-person approach, she integrates mental imagery, proper diet and nutrition, exercise, and the YOGAFUN™ program into her work. www.funtherapist.com.



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