

Couples in Recovery 2014 Retreat



When: October 10-12, 2014, Friday 5:00 p.m. - Sunday 11:00 a.m.

Carolina Creek Christian Camp

Where 84 Wimberly Ln, Huntsville, TX 77320

Phone: 936-594-4446 | URL: <http://carolinacreek.org>

Cost: \$275.00 per couple

Contact: If you have any questions or would like more information about the retreat, please contact Ivan Z. at (713) 569-2509 or email at zheraldi@aol.com

Deposit: Registration is due by September 1, 2014. A deposit of \$150.00 is due by September 1, 2014, and is non-refundable. The balance of \$125.00 is due by October 1, 2014.

The 2014 Couples in Recovery Retreat will be located at Carolina Creek Christian Camp. There are 12 lodge rooms booked; we will book one couple per room.

The retreat schedule of activities will include (*see back for details*):

- 🍁 Saturday guest speaker Jeanna Gomez, LCSW, LADAC, CPC, SEP (*see back*)
- 🍁 Workshops around communication and Couple's 1st Step
- 🍁 Recreation, relaxation and plenty of time for couples and to socialize with other couples

Please complete the registration form below. Include the form with your check made payable to: Ivan Zheral'dovich (8907 Aspen Place Dr., Houston, TX 77071.)

REGISTRATION FORM:

Name : _____

Phone : _____

Email and/or Home Address: _____

\$150.00 for deposit

\$275.00 for entire amount

About the Therapist

Jeanna Gomez, LCSW, LADAC, CPC, SEP is a Trauma and Relational therapist. Her practice focuses on models that address the Mind, Body and Emotional connection necessary in healing from trauma. She has found three models to provide the most lasting impact in a client's life and recovery.

She offers private counseling to individuals, couples, and groups utilizing Pia Mellody's Post Induction Treatment (PIT) therapy model to heal developmental trauma, relational trauma, codependence, anxiety disorders and addictions. In addition to her training with Pia Mellody, she is certified as an Eye Movement Desensitization and Reprocessing (EMDR) therapist through Francine Shapiro, Ph.D. and is a Somatic Experience® Practitioner (SEP), adding Peter Levine's model of trauma therapy to her practice with clients who have experienced shock trauma, including developmental trauma.

She conducts seminars and presentations on various subjects and has a monthly informational blog called "Psych Topics".

Agenda for the Couples in Recovery 2014 Retreat (tentative)

Friday, October 10, 2014:

5:00 PM	6:00 PM	CIR registration
6:00 PM	7:00 PM	Dinner
7:15 PM	8:00 PM	CIR introduction and meditation
8:15 PM	9:15 PM	CIR workshop: <i>Communication</i>
9:15 PM	-----	Couples activities and free time

Saturday, October 11, 2014:

8:00 AM	9:00 AM	Breakfast
9:15 AM	12:00 PM	Therapist workshop
12:00 PM	1:00 PM	Lunch
1:00 PM	6:00 PM	Couple's free time
6:00 PM	7:00 PM	Dinner
7:15 PM	8:30 PM	CIR session: <i>Process therapist's workshop</i>
8:30 PM	-----	Bonfire or Movie -- and free time

Sunday, October 12, 2014:

8:00 AM	9:00 AM	Breakfast
9:15 AM	10:15 AM	CIR workshop: <i>Couple's 1st Step</i>
10:30 AM	11:00 AM	Reentry
11:00 AM	-----	Pack up and depart