

# WOMEN GATHERING

Is this retreat for you?



## An Invitation

To women who

- Have been involved in the process of understanding yourselves through therapy, bodywork, journaling, spiritual direction.
- Have spent time doing personal inner work
- Believe in the body-mind-spirit connection
- Have a thirst to know what is bubbling up in your unconscious

Come and give yourself the gift of time and space

- To do some deep inner soul work
- And come away renewed and refreshed

## What you can Expect

Your unconscious will have a chance to speak to you through

- Gathering dreams each day in group and with psychodrama
- Exploring the Myth of Psyche and Aphrodite to gain a better understanding of the deep feminine and a woman's individuation journey
- Listening to poetry and seeing what touches you
- Letting the music move you in ways that helps you to know what your body is holding, feeling, and wanting
- Expressing your experience through artistic expression
- Experiencing ritual that gives space for the soul to hold all the feelings that have been churned up.

## Ann Dobbertin and Josette Nard

Ann and Josette met in 1994 at a "Journey into Wholeness" Conference, bonding instantly. Josette lives in Chicago and Ann lives in Washington, DC. They share their dreams over the telephone many mornings while eating breakfast and putting on makeup. Each year they travel to Ireland together to nourish body, mind and spirit. Paula Reeves became a mentor who has often provided them a place in Ashville or Ireland to deepen their understanding of the dream world, mythology and the feminine spirit. They decided to pass on to the women they knew the same kind of experience that Paula has provided for them to do deep inner work in the context of a community of women. So they each travel to Chicago or Washington, DC to lead "Women Gathering".

## Ann Dobbertin, LCSW\_C

Ann's life long journey of self exploration and personal growth has been aided by her involvement with Jungian Analysis, Women's Dream Group, Bodywork, Energy Healing Work, Imago Relationship Therapy, Voice Dialogue and much more. Ann is passionate about helping women learn to take care of them self and explore their inner world both individually and in groups. She loves using Voice Dialogue with clients and training therapists in Voice Dialogue.

## Josette Nard, LMFT, CGP

Josette is a lover of poetry, myth, and a fantastic storyteller. She has trained in Gestalt therapy, EMDR and has given numerous workshops and trainings on Family Reconstruction. Working with survivors of childhood sexual abuse and women's groups has always been a passion. Her intuitive sense and broad knowledge of mythology enables her to help people delve deeply into their dream world. She is a master at using psychodrama with dreams.

## Concerns that may get in the Way

Money . . . .

It is a lot of money to spend on yourself. But aren't you worth it? I have found these times away are priceless

Time . . . .

Precisely! That is why it is so important for you to carve out time to be with yourself!

Not believing that you deserve this time for yourself . . . .

You do!

## Therapists

Social Work Continuing Education Units = 18 units

## More Information

Contact:

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