

Restoring Embodied Awareness, Compassionate Connection and Hope

Are you interested in feeling more comfortable with yourself? Do you want to feel more secure in your close relationships? Would you like to heal past relationship wounds? Do you want to live more wholeheartedly?

The REAC²H workshop is designed to address these fundamental human desires! Building on years of education, training and clinical experience in the field of trauma recovery, Dr. Jon Caldwell, DO, PhD, has developed a scientifically based workshop to help people better understand how early *attachment relationships* with caregivers contribute to patterns of thinking, feeling and relating to others in adulthood.

The REAC²H workshop encourages the use of time-honored *mindfulness techniques* to bring gentle awareness and *compassion* to the memories, beliefs and emotions associated with experiences in close relationships.

Through a harmonious blend of rich instruction and practical mindfulness exercises, participants can heal past relationship wounds, live more wholeheartedly in the present moment and enjoy true intimacy with others. Healing is in REAC²H!



<u>REAC²H Workshop Details:</u>

Place: Franciscan Renewal Center (FRC), Scottsdale Arizona (<u>www.thecasa.org</u>)

Date: August 9th, 10th, and 11th, 2013 (Friday–Sunday), 9:00am–5:30pm (Fri/Sat), 9:00am–4:00pm (Sun)

<u>Price</u>: \$300 (price includes twice daily fresh snacks, but <u>does not</u> include lunches or accommodations)

Register for this workshop online at <u>http://www.healingisinreach.com/reach/schedule/august-9-11-2013/</u> You can also register by contacting Dr. Caldwell at <u>drjoncaldwell@gmail.com</u>

At the time of registration, you can request to stay at the Franciscan Renewal Center. Rates are \$118 per night, single occupancy, and \$90 per person/per room/per night double occupancy. These rates include lunch each day at the FRC cafeteria. There are many other options for meals and accommodations near the FRC.

Registration is limited to 30 participants, so book now! Past REAC²H workshops have filled to capacity!

Dr. Caldwell is a psychiatrist, clinical researcher and speaker for The Meadows, a world-renowned treatment center for addiction and psychological trauma, located in Wickenburg Arizona. Learn more about Dr. Caldwell at <u>www.drjoncaldwell.com</u>. Learn more about the REAC²H workshops at <u>www.healingisinreach.com</u>.

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