

3<sup>rd</sup> annual s.i.a.

# SoCAL Retreat

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June 16-18, 2017 \* Joshua Tree Retreat Center, CA

## Schedule

### Friday

Time	Activity & Leader	Room
1:00-7:30pm	Registration	Friendship
	Dinner on your own	
7:30-9:00pm	Open Share SIA Meeting	Friendship
9:00-11:00pm	Bonfire	Outside
Music, storytelling, s'mores, burning of "burdens"		

### Saturday

Time	Activity & Leader	Room
8:00-9:00am	Breakfast	Friendship
9:00-12noon	Registration	Friendship
9:00-10:30am	Workshop Block #1	
	<b>Parts Just Wanna Have Fun: Improv Games - Rosa</b>	Friendship
Many survivors develop parts of ourselves who are fearful of the unknown and work really hard to protect us from being vulnerable. Improv games can be a great way to practice being in the moment and experience our younger parts in a safe, fun environment. By saying "yes" to what is - accepting reality - and getting curious about, rather than fearing the future, we can experience more healing. You may find out...some parts just wanna have fun!		
	<b>Vision Boards - Denise C.</b>	Harmony
As trauma survivors we lost what should have been our birthright - to dream about a bright future for ourselves. Come explore the possibilities of what we want for our futures. The workshop will start with a quick talk, then a 5 minute guided meditation (optional) followed by working on collaging out visions and dreams on boards using magazines and art supplies.		

### Other things to do & places to visit:

- \* Arts & Crafts Table / Quiet Space, Friendship Hall Library
- \* Outdoor Pool and Jacuzzi
- \* Meditation Labyrinth
- \* Outdoor sitting areas for meditating & introspection

### Saturday cont.

Time	Activity & Leader	Room
10:45-12:15pm	Workshop Block #2	
	<b>Creative Parts Play: User Friendly Ways to Explore What Parts Have to Say - John†</b>	Friendship
Often, when communicating with parts, mutual cooperation and support does not come easily. Sitting with parts' emotional expressions, memories or need to control those responses can be difficult. At such times a roundabout, creative method is often helpful. In this workshop you will be provided with, and practice several creative writing methods for getting at individual parts' truth, and the challenges that your adult healing self has with that showing up process. You will also be provided with time to process your writing with another survivor. Although showing up for and working with parts' challenges is often painful, creative methods often bypass a portion of the pain, by making acknowledgment, normalization and support easier and less triggering.		
	<b>Sculpting - Kellie</b>	Harmony
Relive a painful experience from a positive perspective. Modify the storyline of your experience to have the realistic positive outcome you deserved and that you would have preferred. Experience that positive outcome in a way that you will never forget and can grow from. This is a powerful technique for neutralizing negative experiences and finding new inner abilities to handle past memories.		
12:30-1:30pm	Lunch	Friendship
1:30-3:00pm	Workshop Block #3	
	<b>Inner &amp; Outer Parenting - Mike G.</b>	Friendship
If you are a parent and find yourself challenged or triggered by your (outer) kids' behavior at times, it may be that your inner kids are attempting to get your attention via your outer kids. Parents and non-parents are welcome to attend this workshop where we will explore the aspects of parenting that trigger us, begin to identify and understand these triggers, and use them to connect more deeply with ourselves and inner parts for a more loving, supportive inner and outer system of relationships.		
	<b>Emotions/Anger Release - Kit</b>	Harmony
All emotions are welcome during this open share SIA meeting. Safety guidelines are clarified at the beginning of the meeting, along with a stretching out period. A punching bag, tennis racket, and baseball bat are available for letting out strong feelings. A cool down period follows. This is a chance to express strong emotions physically while being witnessed and supported by others survivors who understand and can offer support.		
3:15-5:15pm	Workshop Block #4	
	<b>Art Therapy - Jeannine</b>	Friendship
Whether you're looking for a safe space to explore and express difficult emotions through starting your own healing art journal or you just want to play with clay, watercolor, make a puzzle, a collage of images or words that call to different parts of your self, or just color with crayons....this is your space to explore or ground.		
	<b>Psychodrama - Arianna</b>	Harmony
Psychodrama offers a creative and action-based way in which people can explore issues and find solutions. Through the use of role playing and storytelling, participants will be able to use their own imagination and voice to heal old wounds.		
6:00-7:00pm	Dinner	Friendship
7:00-7:30pm	Keynote Speaker: Tina	Friendship

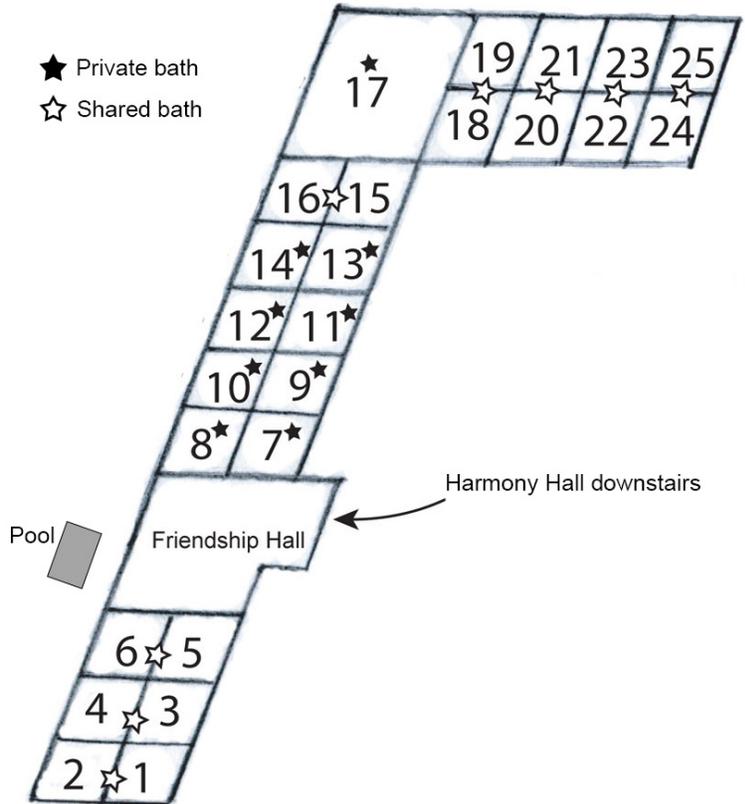
## Saturday cont.

Time	Activity & Leader	Room
8:00-9:00pm	"No-Talent" Talent Show	Friendship
Please sign up at registration desk to perform. Time limit is 5 minutes. We will have time for approximately 12 performances.		
9:00-11:00pm	Board games, Shame Busters, Karaoke, etc.	Friendship
9:00-11:00pm	Bonfire? (if attendees want to)	Outside
11:00pm-??	Stargazing with Chris	Outside

## Sunday

6:00-8:00am	Joshua Tree Hidden Valley Guided Hike with John+	Outside
<p>Hidden Valley is a beautiful hike full of incredible rock formations and beautiful views. It is a 1.25 mile, hike with approximately 200 feet of elevation gain over the course of the entire hike. At a gentle walking pace, the hike will take approximately an hour and hikers should be back to the retreat facility before the breakfast hour ends. Please bring water, any snacks you may want, and a camera or cell phone if you'd like to take pics as there are many beautiful photo opportunities.</p> <ul style="list-style-type: none"> <li>Meeting Place: To be announced at retreat.</li> <li>John+ has room for up to 5 people in his car; if more people decide to go another driver will be required.</li> </ul>		
8:00-9:00am	Breakfast	Friendship
9:00-10:30am	Workshop Block #5	
<b>Pledge Writing - Tina</b>		Friendship
<p>This is a writing workshop in which we will write a pledge to and/or from someone. It could be to ourselves, to our parts, to our higher power; or from higher power, from one part to another, from a perpetrator to a victim, from ourselves to our process of recovery, etc... The who, what, when, why, how is up to you. The prompt will be: I _____ hereby pledge _____.</p>		
<b>Camp Crafting - Chris</b>		Library
<p>Arts and Crafts is a way to heal wounds of the mind or spirit, often employed by art therapists. The rejuvenating, stress-busting results of crafts can help ground, calm, as well as allow you to spend time with your inner parts. Choose between making a glitter bouncy ball, a stress squeeze toy, or a plastic lace lanyard. If you have parts, you can make all three!</p>		
<b>Incest, Childhood Trauma &amp; Toxic Stress: A Medical Perspective - Mona</b>		Harmony
<p>This talk will address the physiological impact toxic stress has on the body and brain, the ACE Study, and what the research shows about long term health outcomes.</p>		
10:45-12:30pm	Closing Circle	Friendship
<p>Group check-out meeting. Everyone will have a chance to share on how the retreat has affected them.</p>		
12:30-1:30pm	Lunch & Raffle Drawing	Friendship
<p>Raffle ticket winners will be drawn and announced after lunch. If you can't attend please give your tickets to someone who is attending so they can pick up your prize for you.</p>		
1:30-3:00pm	Clean-up	

## Room Map:



**Note:** Please have all belongings cleared out of your room by 12:30 on Sunday.