

encouraged to work with what's live for them and also be shown techniques to support others while learning and maintaining their own safe listening and supporting boundaries. Some participants may choose to include art in the dialogue process...creativity is welcomed as are the safe, honest exploration of big, uncomfortable feelings. The facilitator will also share how using this process of meeting herself with love has led her to witness the unfolding and blossoming of gifts and talents beyond her wildest dreams and to keep meeting the unknown with curiosity, faith and joy that has been sustainable, fulfilling and keeps creating spaces of generosity.

### Track Three: Parts Play

**Hats Off to Us!** Many of us wear several hats throughout our lives, even over the course of one day. During this workshop you can choose which hat you want to wear in the present moment and create it using the art supplies that will be provided. After making our hats, there will be an opportunity to share our work and survivor experiences that go along with wearing that hat with other participants. Parts of all ages are welcome, so bring your rebellious teenager, your crazy twenty-year-old, your perfectionist and your magical preschooler. All are welcome!

**Play to Heal: Improvisation & Recovery** - This experiential workshop is designed to allow the child within to play and discover in a safe and supportive collaborative environment. As trauma survivors many of us did not feel safe enough to laugh and play which allows our inner kid(s) to let go, take risks, make mistakes, connect safely with others and heal. This workshop is designed to reintroduce us to the essence of our magnificence.

**Inner Kid's Walk, Talk, Sing, Shout, & Dance About** - In this movement and expression workshop participants will individually and collectively play with a variety of survivor experiences and emotions. Everyone will be given the opportunity to flow between a variety of emotional states and discover more about what they need to express, honor and let go of.

**Butterfly & Hummingbird Dreams** - In this art therapy workshop you'll make a mobile that you and your kids can take home with you. Using a number of pre-made butterfly and hummingbird forms, you'll write what you want to let fly away from your life and on the other side you'll write down what you want to have fly in and you'll attach these forms to a series of premade wire forms. After constructing our mobiles, depending on the size of the workshop, we'll gather in small groups or a group of the whole and we'll talk about what we want to release, bring in and why.

### Other Fun Activities

#### At the retreat:

- ☆ 3 open share SIA meetings daily
- ☆ Talent show
- ☆ Featured keynote speaker
- ☆ Yoga
- ☆ Sing-a-long
- ☆ Readers' theatre production of a play about being a survivor in recovery
- ☆ Inner kids' story hours
- ☆ Survivor documentary screenings
- ☆ Quiet time meditation corner
- ☆ Inner kids' play area and library
- ☆ Group games

#### At the hotel:

- ☆ Gym, pool, & Jacuzzi
- ☆ Our own private event balcony for viewing the nightly 20 minute Disneyland fireworks display
- ☆ Splash zone playground with water cannons, water jets, giant flowers & 16 foot tall helicopter
- ☆ Terrific food (their salads and stuffed burgers are fabulous!)
- ☆ Private indoor and outdoor sitting areas for visiting or journaling

For more info go to [www.siasocalretreat.org](http://www.siasocalretreat.org)  
or call (562) 595-2114

Survivors of Incest Anonymous (SIA)  
Southern California (SoCal) Retreat

# Destination Inner Kids!

## Putting Our Parts to Play

Feb. 6-8, 2015



Go to  
[www.siasocalretreat.org](http://www.siasocalretreat.org)  
for registration, map,  
directions, & more!



# Workshop Descriptions

Choose workshops from any of the three tracks

Go to [siasocalretreat.org](http://siasocalretreat.org) for info on additional workshops!

## Track One: Parts Process

**Unknotting the Triggers that Bind Us** - Ever feel like you hate your loved ones when they do something you don't like? You may be triggered! Learn a process to get to the source of your intense feelings. The process allows for parts of self that are triggered to express their thoughts and emotions. Then the adult self can use the insight gained to help vulnerable parts direct anger and hurt at perpetrators, not those we interact with in our present lives. This tool can be used for growth individually or with a partner and gives us somewhere to go with reactions that feel out of proportion.

**Sculpting Positive Out of the Negative** - "Sculpture" is not only made with clay. Rather, sculpture can occur with one's body, thoughts and memories. This interactive workshop will help you take the energy out of a negative memory and sculpt it into a more positive experience. Using psychodrama techniques, you will pick people to play various family member roles and they will give you the support and type of experience you never received from your family. No one will play negative roles or act like your family members actually did. Instead, you will craft a new experience and in the process bring more light to the night your inner child may still be lost in.

**Making the Unmanageable Manageable: Negotiating Inner Conflicts** - Each of us experiences internal conflicts that lead to unmanageability. Part of the self wants to run and hide, part of the self wants to be busy in the world, part of the self wants to pretend that everything's okay while another part of self feels under attack and wants to die or attack in return. Still another part of self wants to protect the rest of self from feeling or remembering because another part of self will experience an emotional flashback or PTSD response if feelings are allowed to occur. These are but a few of the parts of self that come into conflict with one another as a result of childhood sexual abuse.

Internal family systems therapy makes space for understanding the nature of these conflicts and for finding means of resolving them. Many of us in SIA have incorporated internal family systems parts work into our step work as a result and have found tremendous benefit in doing so. In this interactive workshop you'll learn more about the different types of parts that comprise the psyches of survivors, identify some of your parts that may be in conflict and through a guided inventory and sharing process explore means of resolving some of the internal conflicts that continue to keep your life unmanageable and slow down your healing processes.

**SIA Anger & Feeling Release Meeting** - Experience and learn how to conduct the new type of SIA Process Meeting: Anger & Grief Release! At this open share meeting you will not only be given the opportunity to talk about anger and grief—you will also be provided with the chance to express these feelings and have them witnessed by other survivors. Participants will have the opportunity to enter a safe space zone where they can yell, scream and flail on pillows with a bat. Participants may sob violently and express repressed grief with all their heart. Even if one chooses not to share, sitting and witnessing those who do can be profoundly healing for participants who have difficulty showing up for their anger and grief. At the end of the experience there will be a grounding and centering cool down period to help you safely tuck challenging feelings back inside.

## Track Two: Parts Grounding & Spirit Work

**Finding Your Loving Higher Power** - Finding a loving Higher Power is an essential aspect of 12-step recovery. Doing so helps survivors to grow strong, healthy loving inner parents that are capable for showing up in supportive ways for inner kids and other parts. But how does one find a loving Higher Power when various parts of self cannot agree on the nature of Higher Power? How does one find a loving Higher Power when one doesn't believe in a religion-based God? This workshop will provide participants with a means for uncovering and discovering a loving Higher Power that they can hang onto in the midst of challenge and emotional flashbacks. For those who already have a connection with a loving Higher Power, this workshop will help strengthen and deepen your connection to one of your most important partners in recovery.

**Growing a Grounded, Centered Self: Safely Exploring Our Feeling Selves** - We who have experienced trauma often have trouble tolerating emotions and feelings. Trauma shuts down our emotional selves — for many of us any emotion may be overwhelming, frightening and dis-regulating. When triggered we withdraw, isolate, disassociate, explode, act out, or self-medicate. For many of us every day is a cycle of getting triggered, shutting down, and waiting for the feeling storm to pass. We are too frightened and exhausted to spend time just exploring our feeling selves, so we fall into a kind of dead-while-alive state and remain numb. In this workshop we will gently encourage a reawakening of our emotional selves through a group exploration process. Using a "feeling wheel" and participating in a group exercise called a "feeling floor check," participants will practice identifying, articulating, and sharing emotions that may have been too frightening or painful to experience alone and be supported to identify, experience and talk about positive and self-affirming emotions as well. The more that we can safely explore our own feeling selves and tolerate our emotions, the more we will be able to bring ourselves back into balance when triggered, experience more real time emotional regulation, sense of order, balance, well-being, and connection, and receive comfort and affirm that all of our feelings are acceptable and worthwhile.

**The Treasure of Discomfort** - In this exciting, fast paced workshop, we'll explore the relationship between meditation, parts works, and compassionate communication. Like the Buddha, we will connect to our own unique personal Higher Power through meditation and open up a safe space to meet those dark parts of our psyche with illuminating safe unconditional love and compassion. This workshop will involve a "lab" component where we bring the tools of nonviolent communication aka compassionate communication to our parts work. Participants will be introduced to compassionate communication's feelings, needs and communications lists; various parts dialoguing techniques and tools, and a guided form of meditation where these tools can be applied. Participants are

**SIA So Cal Retreat Registration** Two ways to register: Go to [www.siasocalretreat.org](http://www.siasocalretreat.org) OR fill out following form and mail with your check to: SIA SoCal Retreat, 3553 Atlantic Avenue #1255, Long Beach, CA, 90807 Questions? Call Annie at (562) 595-2114

First name: \_\_\_\_\_ Last: \_\_\_\_\_ Nick: \_\_\_\_\_ ✂

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

For each box, choose 1 option & write cost in Subtotals column to right.	Subtotals	
<b>1. Registration fee: When are you registering?</b> <input type="checkbox"/> I already paid (early-bird) . \$0 <input type="checkbox"/> On or before Jan 14 . . . . \$75 <input type="checkbox"/> After Jan 14 . . . . . \$85	\$	<b>3. Extra nights at the hotel (does not include any meals):</b> <input type="checkbox"/> None . . . . . \$0 <input type="checkbox"/> 1 . . . . . \$89 <input type="checkbox"/> 2 . . . . . \$178 <input type="checkbox"/> 3 . . . . . \$267 <input type="checkbox"/> 4 . . . . . \$356
<b>2. Lodging (inc. 2 nights, 5 meals, &amp; taxes) / Hotel Day Use Fee (NO room, NO meals)</b> <input type="checkbox"/> Shared Room . . . . . \$150 Requested Roommate (optional): <input type="checkbox"/> Private Room . . . . . \$230 <input type="checkbox"/> 1 Day Hotel Use . . . . . \$10 <input type="checkbox"/> 2 Days Hotel Use . . . . . \$20 <input type="checkbox"/> 3 Days Hotel Use . . . . . \$30	\$	<b>4. Parking:</b> <input type="checkbox"/> No Parking Needed . . . . . \$0 <input type="checkbox"/> 1 Day . . . . . \$5 <input type="checkbox"/> 2 Days . . . . . \$10 <input type="checkbox"/> 3 Days . . . . . \$15 <input type="checkbox"/> 4 Days . . . . . \$20 <input type="checkbox"/> 5 Days . . . . . \$25 <input type="checkbox"/> 6 Days . . . . . \$30
<b>Total cost =</b> Reg. fee + Lodging/Day Use Fee + Extra nights + Parking		\$