



Adult Relationship Consulting
Chicago, IL 60610
Phone: 312.335.1428
Hedytan.com

TRAUMA WORKSHOP

Please call for dates: 312.335.1428

The Trauma Workshop is a four day workshop that investigates the origins of adult dysfunctional behaviors. In this revolutionary educational and experiential process, participants discover, identify and address those early childhood issues, which have inadvertently led to addictions, depression, eating disorders and painful relationships. **The Trauma Workshop** is about getting in touch with the feelings that follow any aspect of childhood that was somehow hurtful and resulted in grief and anguish in our adult lives. **The Trauma Workshop** is separated into three phases:

Informational Phase – Participants learn about boundaries and how, as a child, boundaries may have been violated. Participants begin to understand the relationship between the child and the adult as perceived by the child.

Debriefing Phase – Participants delve into the past and recollect childhood experiences and identify the (often painful) feelings that are associated with those experiences.

Experiential Phase – Participants will be encouraged to reexamine their childhood relationships in a safe and nurturing environment through the application of Pia Mellody's techniques for addressing childhood relational trauma issues. This phase typically serves to release painful emotions, with participants beginning the process of reclaiming their rights and personal power.

Thursday through Sunday 9:00 am – 6:00 pm **\$1,200**

A \$500 deposit will reserve your space.

The **balance is due 3 weeks prior** to the workshop

Lunch on your own

For schedules of dates or to Register, please call **312.335.1428**

Hedy Tan, CADS, CSAT, RLT has extensive experience in areas of individual, group and couple counseling, as well as facilitating intense, experiential workshops. She has been in private practice since 1987, and has consulted for ABC, NBC, CBS, FOX, WGN-TV, Jenny Jones and TIME magazine. Hedy completed her CSAT at The Meadows Institute with Patrick Carnes, Ph.C., CAS, Post Induction Training with Pia Mellody, RN, CAC.; RLT with Terry Real, as well as a facilitator for the "We Came to Believe" couples workshop. Hedy and her partner, John, started the Chicago RCA Fellowship in 2004.