

# Registration Form

## Grief: Letting the Tears Flow

Sept 22 - 24 2017

Name: \_\_\_\_\_

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

Telephone: ( \_\_\_\_ ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Card#: \_\_\_\_\_

Exp: \_\_\_\_\_ Card Type: \_\_\_\_\_

### PAYMENT METHODS

#### Mail Cheque to:

300 March Road, Suite 410  
Kanata, Ontario K2K 2E2

**Make cheque payable to:** Monica Forst

E-mail \$ Transfer to: monforst@gmail.com

Credit Card: fill out above

#### Cancellation Policy:

Cancellation at least two weeks prior to the workshop will receive full refund less \$50.00 administration fee. Less than two weeks cancellation are non-refundable unless workshop is cancelled by the leaders.

Please fill out this form and mail or e-mail to:  
300 March Road, Suite 410,  
Kanata K2K 2E2

## Choices in Action Counselling Services



We provide both individual, group therapy and couples therapy. Our primary modalities are Psychodrama, Sociometry and Transactional Analysis.

Choices in Action also offers training, personal growth and team building workshops using experiential methods.

Check out our website for upcoming events:

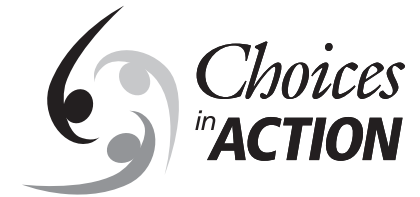
[www.choicesinaction.ca](http://www.choicesinaction.ca)

“

We all want to do something to mitigate the pain of loss or to turn grief into something positive, to find a silver lining in the clouds. But I believe there is real value in just standing there, being still, being sad.”

~ John Green

**For further information contact:**  
Monica Forst at 613.823.3848 or  
monforst@gmail.com



Grief:  
Letting the  
Tears Flow  
AN  
EXPERIENTIAL  
WORKSHOP with  
Dr Kate Hudgins  
& Monica Forst

A  
3  
DAY  
PERSONAL  
Growth Workshop

SEPT  
22 - 24 | 2017

## 3 DAY Personal Growth Weekend

**This 3 day personal growth workshop will focus on grieving both past and present losses.**

You will have the opportunity to experience and express the pain of loss while being held with compassion by a team of highly skilled therapists and a group of like-minded individuals. We will provide a means of deepening your awareness to the defenses that get in the way of grieving... the grieving that is necessary in order to move into a place of renewal.

The Therapeutic Spiral Model is the experiential model we will be using for this workshop. This model was created and developed by Dr. Kate Hudgins specifically but not exclusively, to work with individuals who are in recovery from childhood trauma. The Therapeutic Spiral Model is a Team approach. This three day personal growth workshop will be co-led by Dr. Hudgins and Monica Forst, along with the Ottawa Action Trauma Team.

## Parking

You may park anywhere up the ramp as all 40 parking spaces are for visitors. As you enter the building, there will be a poster near the enter phone with a ring number for the party room along with directions as to how to get to the room (i.e. B-2 lower level).

## Grief: Letting the Tears Flow

**Friday, Sept 22**  
6:30 pm – 9:30 pm

**Saturday, Sept 23**  
9:30 am – 5:30 pm

**Sunday, Sept 24**  
9:30 am – 5:00 pm

**POTLUCK LUNCHES**  
SATURDAY & SUNDAY  
Coffee, tea, water and snacks will be provided throughout the day.

**WHERE:** 415 Greenview Ave  
Ottawa ON K2B 8G5

**FEE:**  
\$495.00

Paid one month prior to workshop

This workshop will be limited to 20 participants

## The Leaders

The Therapeutic Spiral Model was created by Dr. Kate Hudgins who is an internationally renowned Trainer and Educator of Psychodrama as well as an expert in the treatment of Post-Traumatic Stress Disorder. She has published several books on experiential treatment of P.T.S.D. including: *Experiential Treatment for P.T.S.D.: The Therapeutic Spiral Model*, 2002; *Psychodrama with Trauma Survivors: Acting Out Your Pain*, 2002; and *Healing World Trauma with the Therapeutic Spiral Model: Psychodramatic Stories from the Frontlines*, 2013.

## Who Should Attend?

This is a healing workshop for men and women who have unresolved past and/or present grief. We use the Therapeutic Spiral Model to create a safe space to build up the resources needed to address both past and present losses. This is an experiential workshop for fast and effective change. It is recommended that those who attend this workshop have access to an individual therapist.

Please note: if you have not attended a workshop with Monica Forst or Dr. Hudgins before, you may be required to have an individual assessment with Monica Forst. This assessment is not covered under the workshop fee, however, your private insurance plan may cover the cost.

Please fill out registration form and mail or e-mail to: 300 March Road, Suite 410, Kanata K2K 2E2

**For further information contact:**  
Monica Forst at 613.823.3848 or  
monforst@gmail.com

**The Ottawa Action Trauma Team:**  
We are a group of therapists from Ottawa and the outlying areas, who are fully trained by Dr. Kate Hudgins in the Therapeutic Spiral Model.