

“I am struggling with changes that are happening in my life.”

It is normal to feel overwhelmed by thoughts and emotions during difficult crossroads in life? Group therapy offers an opportunity for confidential support during this time. Individuals gain deeper self-awareness, increased self-acceptance and an enriched sense of connection with others.

“I have trouble talking about my situation with others. How much will I be expected to share?”

Feeling this way is normal but does not mean one should avoid joining a group. It will always be up to you to decide when and how much you share with the group. Learning to express thoughts and feelings more openly and honestly can be key in overcoming stressful transitions and making difficult decisions.



Directions From Hwy 1:

Take Exit 58 (200th St. South) continue for 10 km. Turn Left on 40th Ave. We are located approximately 2 blocks on your left in Belmont Centre (next door to Ocean Park Pizza). There are a few entrances; use the entrance at the front end of the building closest to 40th Ave. We are in Suite #107.

Life Transitions through Life Review

Enactment Weekend



Enactment Weekend

COST: \$1150 (plus tax)

Early Bird: \$995 (plus tax)
(if registered by February 3, 2017)

- Registration includes \$600 deposit.
- Balance due February 10, 2017

Cancellation Policy: If you cancel with less than 1 weeks notice, you forfeit the full deposit. There will be no refunds after February 10, 2017.

Admin Fee for Cancellations: \$40



**BROOKSWOOD
COUNSELLING**

#107 20103 40th Avenue
Langley, BC V3A 2W3

Call: 778-278-3411

For future therapeutic groups

www.brookswoodcounselling.com

Enactment Weekend

*(Must have gone through Life Review or
Life Review –Sexuality)*

Dates: February 17, 18, 19 2017

Hours

Friday: 6pm - 10pm
Saturday : 9am - 5pm
Sunday: 9am - 5pm

It's a small group - seating is limited!

Call: 778-278-3411

Facilitators



Michael Dadson, Ph.D. has over 30 years caring for individuals, families and communities who face a range of life challenges. He has led workshops, facilitated symposiums, and presented papers in the government, community, and academic settings, Michael currently serves as the one of

Brookswood Counselling Services' directors and leads clinical groups for veterans with the Veterans Transition Network, a national non-profit organization that helps returning veterans recover from combat stress and transitional issues.



Laura Bull received her Masters Degree from UBC where she received training from one of the originators of the Life Review process. Laura has experienced Life Review from the perspective of both participant and facilitator which has resulted in a

personal depth of knowledge about the power of this process: future potential becomes unlocked by new awareness and understanding of the past.

“What does the Therapeutic Enactment Weekend offer?”

Therapeutic Enactments are able to address and transform pivotal and often painful moments in one's life.. The therapeutic enactment weekend is designed for participants who have already completed Life Review and are comfortable with therapeutic group experiences. The benefits of participating in a therapeutic enactment include reduction in anxiety and depression, an increase in self-esteem and self-efficacy and a sense of “freedom” from unfinished business.

“What will participation look like?”

The group setting offers objective, encouraging feedback with the aim of deepening the change that comes with participation in a therapeutic enactment. Attendees will be invited to participate in their own therapeutic enactment and to take on roles in the therapeutic enactments of others.

“What happens in the group?”

The group is designed to be both psycho-educational and experiential. Guided by two professional therapists, 5-8 members meet to explore their life stories and personal circumstances. Members support and encourage each other in the personal growth process.

“Is it confidential?”

Yes. Group members will be expected to keep all information about the group and its members confidential in order to build trust and create a safe place to explore issues.

“Is the group right for me?”

Interested individuals can call Brookswood Counselling Services at : 778-278-3411 to identify availability for the next group date and time. If the set time is a match with your schedule, we will set up an initial free interview with a group counsellor.

During the interview we will discuss your interest in the group, level of commitment, past therapy or group experience, what has led you to your interest in the group, and what you hope to offer to and gain from the group.

If, mutually, you and the group counsellor determine the group is a fit for your current needs and interests, the counsellor will inform you of your start date for the group or place you on a waitlist for the next available opening.