

Esalen®

Please join me for my five-day workshop at Esalen, Maximizing the Healing Power of Suggestion: Leading with the Heart in Hypnotherapy & Healing, November 25th- November 30th. With Michele Ritterman, Ph.D. Author of *Using Hypnosis in Family Therapy* *Woman's Wisdom* and *Hope Under Siege*

In this workshop, therapists, educators, bodyworkers, and other mental-health professionals will learn how to track couple-induced trances. Mysterious trances are broken down into the subtle, naturally occurring sequences of conscious and unconscious behaviors in client interactions, both with the therapist and with each other, in couples or families.

Dr. Michele Ritterman's premise is that just as a driver of a car can shift from first to neutral, therapy can help a couple, at a precise moment, to shift from a troubled set of associations into a calm, creative, resourceful working-meditation. She calls method "Stopping the Clock." She will demonstrate that there is a stream of life running through even the worst human dilemmas. If therapists follow their hearts and enter into that flow, as Goldsworthy does with art or a chi master with the body, therapists may help individuals, couples, and families to rebalance their behaviors and feelings naturally. Workshop attendees will learn that every human challenge is truly unique, and that it is in the details of this uniqueness that they will discover what Borges called the astonishment and the wonder needed for their clients (and themselves!) to produce transformation and healing. This workshop will consist of lecture and theory, experiential group inductions and couple inductions, and role-playing practice opportunities. Come ready to have fun.

For more information visit www.micheleritterman.com.

CE credit for psychologists, MFTs and LCSWs, and nurses.

Nourish your mind, body and soul,

Lots of free time for

Self-care, massage, And hot springs

Register on the web or call 831 667 3005

For additional information please contact info@esalen.org

Esalen Institute, founded in 1962, has long been recognized as a world leader in alternative and experiential education. The institute is dedicated to exploring work in the humanities and sciences that furthers the full realization of the human potential.



Dramatically situated on the Big Sur cliffs, Esalen is equally renowned for its transformational seminars and trainings, and its natural healing hot springs.

