

Upcoming Retreats and Workshops **with Ingrid Bloom for 2014-2015**

Please call or email to be placed on a waiting list for one of the following workshop series or retreats.

Phone: 612 845 3221 ibloomcounseling@gmail.com

After the Loss of a Loved One

A one day retreat of healing and releasing grief; or four 2 hour workshops.

“Spiritual Responses to Grief, Loss and Change”

- *Understanding your own grieving process.
- *Being intentional to relieve stress.
- *Engaging in Spiritual responses to loss.
- *Transforming fear into faith, trust, and confidence.
- *The power of resiliency, resourcefulness, and noticing the sacred.

- *Claiming the joy of the relationship.
- *Claiming the healing power of forgiveness.
- *Intentional self care in the midst of change and loss.

Remember your loved one and all he or she meant to you.. This workshop will allow you to remember both the strengths and challenges of your relationship. It will lift you up with support and reclaim the gifts of this relationship. Forgive and let go of times that were difficult. Deepen your understanding of the one you lost, and claim what will live on in you. You will be given journaling reflections, poetry, art and meditations to help with grieving and healing.,

The following is a two day retreat or six 2 hour small group workshops:

Leadership retreat and workshops

- *Managing anxiety.
- *Navigating conflict.
- *Assisting community members to be intentional instead of reactive.
- *Developing an attitude of creativity.
- *Changing complaining, blaming, gossip, or indifference, to resourcefulness, mindfulness, and mutual support.
- *Identifying good boundaries.
- *Being at peace in the tragic gap between the hard realities around us and what we know is possible.
- *Developing sacred responses to the everyday stressors.

Spiritual Writing

How to listen to what is inside you. Staying true to your deepest Self. Restoring peace and balance when demands and stresses of daily life pull you away from your center. How to use art, music, dreams, poetry, in your spiritual writing. Using spiritual writing to make the right choices that will be life giving choices for you, your relationships, and your work. You will receive spiritual growth exercises and reflections to continue spiritual writing after this workshop. Instructor Ingrid Bloom is a psychotherapist, spiritual director, poet and artist.

Forgiveness

Learn how forgiveness can impact how much anxiety, depression and anger is stored in our memories and body. Learn to transform memories so you will be able to forgive or be forgiven. Learn how to let go of harmful memories and hurt that may be robbing you of energy and time. Experience how forgiveness can improve your immune system and physical health.

Relationships that Work

Review what traits create healthy relationships. Come to understand differences in expectations, personality, styles and communication. Discover what is behind your communication and how to work through anger, conflicts, disappointments, and histories. Increase your skills in navigating difficult relationships. Increase skills of limit setting, affirming listening skills, truthful affirmation, techniques for understanding and accepting yourself and the other person, while also getting what you need in relationships.

“Spiritual Responses to Post Traumatic Stress”

A one day retreat on Healing Memories; or
Six workshops on spiritual responses to Post Traumatic Stress
for those
who have experienced trauma or family members of a trauma survivor.

- Understanding post traumatic stress
- Dealing with Depression
- Healthy responses to anxiety
- The courage not to avoid or give up
- Overcoming fear. (or panic)
- Strengthening everyday skills to live in hard realities.
- Dealing with nightmares and sleeplessness.
- Recognizing addictions and the road to recovery
- Healthy grieving
- The many ways of telling our stories

- Healing and transforming memories

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