

During this 5-day intensive workshop with Rex Briggs

Participants will practice...

- ◇ Building confidence in face of fear
- ◇ Setting parameters
- ◇ Healthy conflict
- ◇ Establishing and maintaining mutually nourishing relationships
- ◇ Identifying and expressing loss
- ◇ existential and spiritual issues necessary to total recovery...

Professional participants will ...

- ◇ See the important connection between the dynamic of shame and the development of excessive anxiety,
- ◇ Learn how to treat shame effectively
- ◇ Ultimately learn the significant skills and attitudes anxiety sufferers need to learn
- ◇ Resulting in successful recovery so clients may look forward with excitement and confidence ...

Register today for “Transforming Anxiety, Transcending Shame”

Total Cost of workshop includes lodging and all meals at \$1,100.00
Inquire about sharing lodging facilities and reducing total workshop costs.

Participants' spouses participate for free. Spouses stay in cottages at no extra charge and have complete use of the facility. (Spouses' meals are extra.)

Black Hills Retreat Center

- online www.blackhillsretreat.com or
- Email retreat@hills.net or
- Fax 605/786-0163 or
- Call 605/787-9416 or the old fashioned way...
- Write to us at HC 80 Box 765, Piedmont, SD 57769