



Author of Transforming Anxiety, Transcending Shame

●
Guest expert on Sally Jessy Raphael & KOMO TV in Seattle, WA

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Yearly speaker at the Anxiety Disorders Association conferences since 1986

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Credentials for continuing education units

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Lodging nearby

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The Black Hills abounds in winter sports and activities. Ski at nearby Terry Peak, cross country ski over 600 miles in the national forest service trails, or rent a snowmobile and enjoy scenic Spearfish Canyon.

***"Transforming Anxiety, Transcending Shame,"
an intensive workshop
facilitated by
Rex Briggs, M.S.W.***

Transforming Anxiety, Transcending Shame:
Rex Briggs will facilitate an intensive 5-day workshop January 29 - February 2, 2001, 8 a.m. to 4:30 p.m. at the Black Hills Retreat Center, Piedmont, South Dakota in the relaxing Elk Creek Valley.

Participants will identify attitudes and belief systems that contribute to their anxiety, learn behavioral techniques to better manage their anxiety, discover how shame is the key contributing dynamic to causing excessive anxiety, and acquire proactive living skills necessary in eliminating unnecessary anxiety and looking forward to living life confidently and excitedly in the future.

Spouses of participants attend for free.

Professional Participants will learn how to provide total recovery from anxiety instead of "symptom management." Therapists will watch as Rex Briggs provides his program to anxiety sufferers, helping them to move from a reactive and avoidant lifestyle and evolve into more proactive and competent people in a period of a week.

Location and Directions: Black Hills Retreat Center is located 10 miles north of Rapid City in the peaceful Elk Creek Valley, I-90 exit 46, 1.3 miles east on Elk Creek Road, Black Hills Retreat Center sign to the left. Major airlines at Rapid City Regional Airport.

To register call Black Hills Retreat Center
605/787-9416 or 605/786-0163 (fax)

visit us at www.blackhillsretreat.com or email at retreat@hills.net