

Targeted Audience

Women of all ages who are facing healthcare challenges, who carry unresolved emotional issues from their past or who feel like "life just happens" to them and they have no control over their own destiny.

Objectives

- To learn new language and techniques to express oneself in a positive way and to develop personal narrative to help one cope confidently with various issues.
- To use story narrative as a method to reframe the difficult conditions of one's life.
- To define "empowerment" and how to incorporate this new tool as a coping mechanism during challenging events and a way to attract health and happiness.
- To create individual "Empowerment Story" art cards which will provide a visual reminder of one's new sense of discovery and confidence. Experience the peace and strength the art card conveys by frequently meditating on this powerful visual tool.

About this Workshop

This three-hour workshop focuses on *storytelling for women's empowerment*. We all carry life experiences within our bodies, minds and spirits. This participatory workshop teaches how to tell our own stories and solicit freedom from fear, negativity, illness or whatever issue precludes our enjoying life to the fullest. After listening to worldwide healing and sacred folktales, we will discuss how these varied stories relate to our own personal story and to each other.

Included in the workshop will be writing opportunities, interactive exercises and group discussions to aid in finding our individual tales. Also, each student will create an "Empowerment Story" art card to keep. All learning styles - visual, auditory and kinesthetic - will be utilized to ensure each person's successful experience and ease in acquiring new information and skills.

Saturday
September 22, 2012
9:00 AM - 12:30 PM
UNM Center for Life
Registration Fee:
\$75/person

To register, please contact the

UNM Center for Life
Preventive & Integrative Medicine Specialty Clinic
4700 Jefferson Blvd. NE, Suite 100
Albuquerque, NM 87109

505.925.4551 or
mmcbain@unmmg.org

*If the Body Calls for Healing,
The Soul Calls for Story*

About the workshop leader:

For over 15 years Susi Wolf, CPC has used healing metaphor and storytelling within healthcare, including her own counseling practice and in behavioral health facilities. She is a skilled workshop trainer and will be presenting In Our Own Voice – Storytelling for Personal Empowerment in April at the CFL. Susi Wolf is a certified life coach, therapeutic storyteller, energy medicine and intuitive healer, EFT-Tapping practitioner and a nationally recognized workshop trainer.

Please visit the Center for Life website at www.unmcfl.org for additional information on this event as well as for other clinical and educational services.

