



Class ~ ON DEMAND CLASS-  
Transformation

## GRIEF / FAMILY STRUCTURE/ GESTALT THERAPY



### Family Structure- See how it can strengthen the bonds between you & your loved ones.

In this engaging workshop each member will represent their original family in a real time sculpture. Each participant will have an opportunity to see first hand where they fit in the sculpture and how our particular position falls within prescribed roles. Once we discover the 'roles' have very little to do with who we really are, we embark on a journey to our true selves. We will hear from ourselves what we need to do to accept where we are and respect the challenges of being in a human body. And we will come to see that we have everything we need to be creative and live a life of purpose and meaning. This process is simple but not easy. We trade in our need for easy and prepare for the revolution of deep meaningful change in our lives.

Through this interactive and creative process we will gain a better understanding of our own and other's perspectives and develop a deeper sense of empathy.



Biography visit  
[www.vhmec.com](http://www.vhmec.com)



### Gestalt Psychotherapy

Are you struggling to overcome addiction or codependency? Do you feel overwhelmed or stuck in your day to day life? If you are seeking a path to personal growth and transformation, Gestalt therapy, maybe the answer you've been looking for?

Gestalt can take you from the past to the present moment where your true power resides. This workshop for anyone who is seeking to find a way through trauma, grief, or just a feeling of being stuck in their lives. Gestalt is a fresh, exciting way to discover that we are so much more than we think. Gestalt is like a bridge over troubled water that takes us safely to the shore. As a group we will gain a deeper self-awareness and perspective, we will learn to trust ourselves in all situations, and trust the inner voice that propels us forward towards our development of our authentic self.

Trudy uses the two chair method to give the client an opportunity to talk to their specific dilemma(s) in real time. This process frees up our energy and moves us from hollow to vital by integrating the dilemma(s).

- Learn how to work with the patterns that were set up in childhood.
- Explore, deeply, our past traumas, unconscious fears that often play havoc with our lives.



Dates \_\_\_\_\_ (8 weeks)

Time \_\_\_\_\_

Hands on & Material

PRICE

\$480\* LIMITED SEATING TO 8  
CLIENTS



### CLASS

Date \_\_\_\_\_, 2023



3hrs a day  
Preferably once a month

### PRICE

Total  
\$60.00

### Grief, how has loss impacted our lives? Practitioner, Trudy has studied with Dr Kubler Ross, author of the book: 'On Death and Dying.'

What does dying have to teach Doctors, nurses, clergy and their own families? Trudy's keen insight and humour in the face of loss is fresh and at times shocking. Death is the one thing everyone on planet earth has to face, yet few are prepared for the shock of loss and the pain of bereavement.

This workshop offers, each member to develop a deep connection to other group members who are also suffering, mostly in silence rather than feel they are a burden to others. We will learn that we are not burdens and those who love us will certainly support us in any way they can, however to be in a place where grief is the subject, there is a feeling of freedom to connect to and express our deepest pain. In this group we will realize we are not alone in our suffering and we will hold space for each other.

- Explore how loss has impacted our lives
- Express our deepest feelings of grief without any fear of our grief having a negative impact on others
- Learn to take it one moment at a time, while empowering ourselves



Date \_\_\_\_\_, 2023

2hrs for 8 week workshop limited  
seating\*

Hands on & Material

### PRICE

Total  
(\$60.00 for 8 weeks  
\$480\*)



REGISTER

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All educational courses/workshops are non refundable. Full payment is needed in order to secure your spot. A confirmation email will be provided with further details after approved registration.