

The Deep River Within

Taming the To-do List and Finding Depth in Everyday Life

**A day-long workshop for women
led by Abby Seixas, M.Ed.,LMHC**

Beneath the busyness of our daily lives flows a deep river of creativity, passion, silence, and, among other things, a place of contact with ourselves and what matters to us. Although 'the deep river' is a powerful source of nurturance, the fragmentation and sheer pace of life in 21st century America often buries this deeper dimension under the perpetual-motion surface of our days.

This workshop is about slowing down. Based on her book, *Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life*, Abby will introduce the three preliminary doorways and six core practices that can support us in allowing our own deeper currents to flow through daily life.

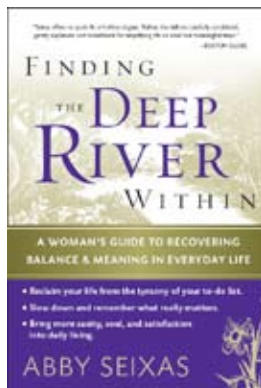
With the help of experiential exercises, discussion, journaling, creative expression, humor, and each other, we will explore ways to free ourselves from the tyranny of our "to-do's," and so to rest more in our deeper selves and in the gift of life itself.

SATURDAY, NOVEMBER 7, 2009, 9 a.m. to 4:30 p.m.

The Women's Well, West Concord, MA.

COST: \$ 115 early / \$125 regular

Abby Seixas, L.M.H.C., M.Ed., is an author and psychotherapist in private practice. Since 1994, her popular "Touching the Deep River"™ groups have helped countless



women reclaim their life-balance and bring more sanity and soul back into daily life. She has appeared on NBC's "The Today Show" and the Hallmark channel, and her work has been featured in national and local print media, including "O" The Oprah Magazine, Self, Body+Soul, Woman's Day and The Boston Globe. Abby has been in the mental health field for more than twenty-five years and has been a consultant and clinical psychotherapy supervisor



at training centers in the United States, England, the Netherlands and Russia. She is the mother of two grown children and lives with her husband near Boston, Massachusetts.

TO REGISTER:

www.womenswell.org

QUESTIONS: abby@deeperiverwithin.com or 781-647-4404

A day-long Deep River facilitator training follows this workshop on 11/08/09. Please see the other side or www.deeperiverwithin.com for more information

“Gather the Women...”*

Leading Deep River Groups

A One-Day Facilitator Training

Led by Abby Seixas, LMHC, M.Ed., creator of The Deep River Process™

Deep River groups have grown out of Abby's experience (and that of many others) that women in a circle of support are a source of untapped power. When this power is nurtured, it can fuel personal growth and help counter the effects of our speed-obsessed culture. This one-day training is offered to encourage the start of Deep River groups as places for women to learn how to separate themselves from the culture's drumbeat of go-go-go, and to make conscious choices about their own pace and priorities.

The day will include didactic training, discussion, experiential exercises, and some practice facilitation. **Attendance at the day-long Deep River workshop on November 7, 2009, or another Deep River group is a prerequisite.** (See other side for description of the November 7 workshop.)

Topics covered include:

- Design of a 7-week Deep River group
- How to introduce the six core practices
- Working with the practices: guiding experiential exercises
- Guidelines for creating safety and going deep
- The group 'field' and how to work with it/within it
- Balancing transparency and leadership as a facilitator

SUNDAY, NOVEMBER 8, 2009, 9 a.m. to 4:30 p.m.

The Women's Well, West Concord, MA.

COST: \$155 early / \$165 regular

Helping professionals in all fields are encouraged to attend (including but not limited to: psychologists, mental health counselors, social workers, nurses, doctors, clergy, teachers, coaches). If your work falls outside of these categories and you would like to attend, please contact Abby to discuss participation.

Comments from Deep River group participants:

“The balance between exercises, learning/listening and reflection was excellent! The many, many positive effects of my “Deep River” experience continue to resonate throughout my life.”

“I approached the group with skepticism and anxiety, both having vanished by the second meeting. I felt the organization and structure of the sessions were exactly enough for both comfort and learning to take place. Even if a concept wasn't new to me, the group context gave things a very different perspective, a new way to relate to the ideas...I feel so very lucky to have had this opportunity.”

“You're one of the best facilitators I've ever run across - it's an art and you do it extraordinarily well. I came into the group very skeptical and somewhat apprehensive about the experience, but the assembled group of women blew me away in terms of their authenticity, hard work and warmth. They have made a believer out of me re: women's groups. No small feat...”

TO REGISTER: www.womenswell.org

(Approved for 12 category I CE credits for LMHC's.)

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***From Jean Shinoda Bolen's book: *Urgent Message from Mother: Gather the women, Save the World.* (Conari Press, 2005)**