

Sexual Orientation & Our Spirit: Recovering Our Soul Self

An experiential retreat to explore personal and spiritual wounding as a result of identifying as LGBTQ.

Friday, November 7 & Saturday, November 8, 2014

Imagine being punished for something you couldn't change about yourself, like your hair color or having blue eyes. Although this seems unimaginable or unfair, it is a daily experience for many of those who identify as lesbian, gay, bisexual or transgender...

"Having worked in the LGBT community with Kate for over 7 years, I am always impressed with her dedication and compassion to our community. Kate understands the needs of our community and her healing work as a therapist is based on the best interest for each individual's health and well-being."

(Sherrill Wayland, MSW - Executive Director, SAGE-STL)

Living a LGBT lifestyle in a culture that is strongly heterosexual and condemns a person's identity is difficult at best. When family disapproval and alienation are added to that, it can be devastating. Relationships suffer, energy reserved for pursuing life, being creative, thriving in careers and having families of one's own is affected, often stymied. Coping behaviors to keep this "secret" become paramount, resulting in many feeling as if they are living with a "black hole" inside, into which all kinds of things are thrown in an effort to fill the hole.

Join us in a day of self-discovery as we explore how these experiences have impacted our lives causing us to live out of a false sense of self at times. Even though many have come to terms on a cognitive level with their sexual orientation, subconsciously there are still hidden messages and "programs" about what is "ok" in this world.

When and Where

Friday, November 7 6:30-9:00pm

Saturday, November 8 9:00-4:00pm

First Congregational Church -WG
10 West Lockwood Avenue
Webster Groves, MO 63119

Saturday will be split up into a morning session and an afternoon session. We will take a lunch break from noon to 1pm. You may bring a lunch or enjoy one of the many Webster Groves restaurants nearby. Parking is available behind building.

"Kate's group sessions were always focused and meaningful. Using guided imagery and other techniques, Kate led us to greater awareness of, and compassion for, the wounded child within each of us. Through Kate's calm, wise, skillful guidance we opened doors to our inner selves that led to the sharing of memories and insights; tears and laughter; validation and compassion..." (Client, INFP-9)

Retreat Registration Form: *Sexual Orientation & Spirit*

Name _____

Address _____

Phone _____

Email _____

Emergency Contact _____

Contact Number: _____

Registration Fee: \$95 Total included: _____

Register early as space is limited!

To reserve your space, mail this registration form and payment to:

Transformation Counseling, LLC
Attn: Kate Schroeder
8084 Watson Road, Suite 226
Saint Louis, MO 63119

Payment of check or cash only. Please make all checks out to:

Transformation Counseling, LLC