

# Exploring the Layers of Process: Building Support for Wherever We Are

Facilitated by:

**Nikol Averbuch, M.Ed., LPC, MPT & Kate Schroeder, M.Ed., LPC, NCC**



**Saturday, August 26th, 2017**

**Workshop: 9am-5pm (2-hour lunch break)**

## **Workshop location:**

Transformation Counseling, LLC  
8050 Watson Road, Ste. 255  
Saint Louis, MO 63119

## **Cost of workshop is \$165.00**

Space is limited, please plan to register in advance.  
To reserve your space, mail \$75 deposit of cash or  
check, or full amount to:

***Transformation Counseling, LLC.***

Deposit refunds up to August 14<sup>th</sup>, 2017.

For more information, you can contact:

## **Together, we will...**

- ❖ Discuss the layers of process, and begin to locate where you are in your own process
- ❖ Explore the ways we interrupt or interfere with our own needs satisfaction in this place
- ❖ Introduce and work with building support for ourselves in all experiences of process



Nikol Averbuch is a Licensed Professional Counselor in the State of Missouri. Nikol started her professional career as a Physical Therapist where she developed a deep understanding of how body symptoms and emotional process are intertwined. She has advanced training in Body Centered Gestalt Therapy, an experiential holistic approach to psychotherapy, and she incorporates attachment and bonding theory into the healing process.



Kate Schroeder is a Licensed Professional Counselor in the State of Missouri. She specializes in working with adult survivors of childhood trauma and incorporates the use of the MBTI, Enneagram and Inner Child work in her practice. Kate uses an experiential body-centered approach in her work with clients. She has training in Body Centered Gestalt Therapy and 3Keys to Self-Understanding, holistic approaches to healing the body/mind/spirit.