

Honoring Our Stuck Places: Making Room for All Parts of Ourselves

Facilitated by:

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



Saturday, April 22nd, 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 \$150.00

Space is limited, please plan to register in advance.
To reserve your space, mail \$50 deposit of cash or
check to: **Transformation Counseling, LLC.**
Deposit refunds up to April 13th, 2017.

Together, we will...

- ❖ Discuss the needs meeting/satisfaction cycle in human relationships (self/others)
- ❖ Explore the ways we interrupt or interfere with our own needs satisfaction
- ❖ Introduce and work with ways we can unblock stuck places and enjoy more satisfying lives



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.