



Hearing the Heroine/Hero's Call

Workshop: 4 – 6 May 2018

10 a.m. – 5 p.m. Each Day/Bring your own lunch, or eat at nearby restaurant.

At this historic Time of paradigm shifts, upheavals, and what some might describe as a 'Wasteland' experience, our Best Selves are being called forth to Step Up and support each other in 'Seeding the Chaos' with the values, visions, and compassionate energy we need for a Healing Emergence into a New Story. The Journey of the Heroine/Hero stands as a model for how we might identify, accept, and move through this critical, yet exciting, challenge.

In a 2018 series of two workshops and a retreat, participants will explore that mythic model in community with others, following the three primary phases of this transformational process: Call, Journey, and the Return.

Starting with the **Call**, this first three-day non-residential workshop draws upon action methods and expressive arts to explore how Myth calls us to a Spirituality in that includes:

- Facing Life, Death, and the Feminine in Self and Society;
- Discovering the cycles and challenges embedded personally and collectively in the journey of the heroine/hero; and
- Learning how to deepen our compassion for self and others in preparing for this transformational process.

Participants will have the opportunity to:

- Identify and reflect upon their most recent Call;
- Interact compassionately with others in understanding that Call and the challenges inherent in it;
- Work with the Sociometric Wheel to explore their place in this process;
- Access roles that can deepen their understanding of and experience with action methods and their use; and
- Reflect on how their learning might be incorporated personally and/or professionally after the workshop.

Though helpful, it is not necessary to attend all three events. There are no pre-requisites for any of them, and the overall heroine/hero's journey is incorporated into all three.

FACILITATOR: MaryCatherine (Cathy) Burgess, PhD, LPC, TEP (Bio – See 'Events' on website)

LOCATION: 122 S. 39th Street, Apt. 601/606, Omaha, NE 68131-3034

CEUs for LMHP and Training Hours applicable to certification by the *American Board of Examiners in Psychodrama, Sociometry and Group Psychotherapy (ABE)*: 18 hours

COST: \$385

To Register: Go to link on Registration and Payment option under 'Events' at

www.whitebuffaloassociates.com.