

SPEAKING UP!

A COMMUNICATION REPAIR WORKSHOP

The first step in communicating well with others is to deeply & compassionately *Listen To Yourself*



Through guided explorations in:

- Mindful/Creative Movement
- Writing
- Drawing
- Facilitated Sharing

We will open our hearts to listen to the parts* of ourselves that long to be heard. By first allowing these parts to speak to us privately in spacious inner communion, we can then make conscious choices about how, what, when, where & if our parts want to speak out loud.

- Appropriate for those with any or no previous experience in movement, writing or drawing.
- * "Parts work" is based on the Internal Family Systems (IFS) counseling model created by Richard Schwartz which offers tools for working carefully with wounded, burdened & protective aspects of our psyches.

Saturday, June 4, 2011

1-5pm

Fee \$25**

**This is a pilot workshop

Low fee to cover costs & in exchange for constructive feedback

SomaSpace

4050 NE Broadway Street
Portland, Oregon 97232

Space is Limited

To register & for more info:

(503) 729-9662

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Deborah Orandon, MS, NCC, LMT

Counseling #R1426

Massage #6176

Deborah is a professional counselor, licensed massage therapist & dancer, specializing in high sensitivity, anxiety challenges & creative block, utilizing mindfulness & body-mind techniques.

Whether she is providing counseling to adults, teens, couples & groups, creative movement classes, integrative workshops or therapeutic massage, her emphasis is on helping individuals re-connect with their innate source of wisdom & renewal.

