



# SPEAKING FROM SILENCE



**For Adult Survivors of Childhood Sexual Abuse  
Residential Workshops on the Big Island of Hawaii**

**with Louise Wischild, Ph.D.**

**For Women: Sept. 24- 30 2010**

**For Men: Oct. 8 – 14**

**For Women and Men Abused by the Clergy: Nov. 5 - 11**

*"I came today not sure I had the courage to stay and am leaving feeling energy, hope and a sense of connection. I appreciate your kindness, wisdom and humour. Today turned out to be a gift, one I can hopefully pass on." Survivor*

## *Healing with Nature, Creativity and the Body-Mind*

The gifts of undertaking the journey to heal from childhood sexual abuse are life-changing -- increased self-awareness and confidence, more loving and satisfying relationships with the self and others, creativity, clarity, playfulness, authenticity, personal spiritual connection and compassion.

This week-long retreat supports survivors in honoring their own and each other's experiences. Drawing upon journal writing, song, visualization, drumming, toning, poetry, art, movement, and body–mind techniques developed in Louise's thirty years of work in transforming abuse, this retreat is a unique journey of affirmation and empowerment in a profoundly healing and rejuvenating location.

The retreat will specifically address safety and boundaries, recognizing and dealing with inner and outer critics, memory, somatic symptoms, emotions, grounding, body awareness, inner guidance and relevant communication skills. Nurturing the inner child (and adult!) is deeply supported – from the beauty of the private Ke Alo Lani retreat center, to floating in a volcanically heated warm pond, snorkeling in tide pools and witnessing the transformative power of Hawaii's volcano.

**Inclusive residential retreat** includes 6 nights lodging (single or double accom) and all meals (except Mon.dinner) at Ke Alo Lani retreat center; facilitation; exercises and supplies; all transportation including from and to Hilo airport, guided excursions in E. Hawaii and swimming pool. ***Because of the ongoing and often challenging nature of this work, access to continuing therapeutic support and a pre-screening application are required for attendance.***

**Before August 1 \$1400 (double accommodation, twin beds) \$1700 (private room, king or queen bed, shared bath)**  
**After August 1 \$1475 (double) \$1775 (private room)**

**\$400 pre-registration deposit**

**Information and registration: [louise@drlouisewischild.com](mailto:louise@drlouisewischild.com) or [www.drlouisewischild.com](http://www.drlouisewischild.com)**

**Louise Wischild, PhD**, is the author of *Obsidian Mirror: An Adult Healing from Sexual Abuse* and *The Mother I Carry: Healing from Emotional Abuse* as well as the editor of *She Who Was Lost Is Remembered: Healing from Incest through Art*. Her professional work draws on over thirty years experience as a therapeutic trainer, counselor, group leader, creative artist, musician and bodyworker. She has taught and lectured internationally and was most recently a professor at the University of Hawaii, Hilo. Louise brings experience, warmth, respect, skill, humor and compassion to her work and possesses a unique ability to facilitate meaningful group experiences.

