

The InterPlay Way

for Helping Professionals

Weekend Retreat • Thu–Sat, Oct 25–27, 2012

with **CathyAnn Beaty**, MDiv, InterPlay Master Teacher

Six 2.5-Hour Sessions to follow approximately every two weeks, TBD

with Certified InterPlay Leaders **CC King, MA**, **Lisa Laing** and **Dirkje Legerstee, MDiv, DMin**

A program providing transformational tools, ideas and practices for

therapists
social workers
spiritual directors
hospice workers
spiritual leaders

Gather with others in your field for personal support and professional development



InterPlay
unlock the wisdom of your body

www.interplay.org

The InterPlay Way is designed to provide tools, ideas and practices from the InterPlay system that can support the work of therapists, social workers, clergy, chaplains, recovery coaches, life coaches and counselors, and others in closely-related fields.

InterPlay provides **effective self-care tools** that can increase inner strength and stability when applied on a regular basis, enabling practitioners to bring their full resources to facilitate wellness and healing in relationship.

The InterPlay Way addresses several needs:

- In many settings there isn't sufficient community support for the challenging work that is being done. Practitioners may be working independently or in institutional settings where there isn't time to gather for support. InterPlay groups offer leadership, affirmation, and a consistent time and place to play with challenges and new directions.
- That health requires integration of body, mind, heart and spirit is a relatively new idea both in the helping professions and the culture at large. InterPlay provides a methodology that has been tested over 20 years for supporting and understanding that fullness.
- Given the complexity of human behavior and interactions, practitioners must be ready to respond in the moment to new and different situations. InterPlay provides tools for drawing on the professional's inner resources that can increase effectiveness.
- Many ideas and tools used in InterPlay to create health and wholeness can be shared with clients.
- InterPlay creates ways to understand and include the range of human experience that we might label as "spiritual" while respecting individual approaches to faith practice.

The Program

The **InterPlay Way** starts with a **weekend retreat** (October 25–27, 2012) followed by **six 2.5-hour sessions** (dates to be determined). The schedule for the initial weekend will be Thursday 7–9:30 pm and Friday and Saturday 10 am–12:30 pm & 2–4:30 pm.

www.interplay.org

Check out our full schedule of classes and events online!

“As a hospital chaplain, I need places to truly integrate body, mind and spirit, in order to be present to my patients and their loved ones. InterPlay provides that space for me in a way that is fun, creative and spiritually satisfying. It helps me to discover what's really going on in my own soul in a way that nothing else can do. I can't imagine my life and work without Interplay!”

Rev. Paula Biddle (UCC)

Master teachers with specific training and expertise in applying InterPlay to the helping professions give you a place to

- learn **fundamentals** of the InterPlay system, whether you are new to InterPlay or not
- **build strong connections** with other members of the group and
- **explore personal and professional questions** and concerns.

To change your life, change your practice

The weekend event is followed by **six gatherings** occurring every two weeks. Each of these 2.5-hour sessions is **limited to 8 participants** and insures individual attention for each person. The local leaders get to know you at the opening weekend and will design each of the ongoing sessions uniquely for your group.

Groups often choose to **continue** on with the local leader after the six gatherings end.

Cost

Tuition for The InterPlay Way is \$750. This includes the full weekend event and the six ongoing sessions. **Tuition for the weekend alone is \$350.** It is possible to attend the weekend event as a way of discerning whether to continue in the ongoing biweekly sessions.

Location

Grace Church

76 Salem End Road
Framingham, MA 01702

CEUs

This program meets the qualifications for **12-27 hours** for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences (#2583). The half-day gatherings include **3 ethics CEUs**.

Registration deadline October 12, 2012

Call the InterPlay/Body Wisdom office at **510/465-2797** for more information or to register using a credit or debit card. Visa, MasterCard, Discover and American Express are accepted. A full refund minus \$50 will be given if a participant cancels before the program begins.

CathyAnn Beaty, MDiv, is an InterPlay master teacher. She has been working with ongoing groups of therapists, clergy and other helping professionals for the past 10 years through her business SoulPlay, www.soulplay.org, and has developed new approaches to healing based both on her professional and personal experience.

Rev. Dr. Dirkje Legerstee has served churches in the United Church of Christ for 27 years. She is an Intentional Interim Minister, and adjunct at Andover Newton Theological School.

CC King, MA, is a certified InterPlay Leader and trainer, Boston-area coordinator and national board member. She is an expressive therapist, visual artist, teacher and community activist, and workshop facilitator.

Lisa Laing is a dancer, fitness professional and cancer exercise specialist. She has brought InterPlay to incarcerated women at York Correction Facility in CT, to spiritual groups and to elementary school aged children. Lisa has co-led the InterPlay Life Practice Program and Secrets of InterPlay.