

## REGISTRATION FORM

Balance in Action

July 9-11, 2015

Cost: \$195.00

Name \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please note any special dietary requirements:  
\_\_\_\_\_

*Please return this form with the registration fee of \$50.00. This fee is non-refundable, confirms your registration, and is applied to the cost of the retreat. Please mail to St. Scholastica Retreat Center, 1205 S. Albert Pike, Fort Smith, AR 72903. Payment may be by check or credit card, if credit card please call the Center 479.783.1135 with credit card information. We accept Discover, Master Card, and Visa. Payment by PayPal is available on the website. Register online at [www.stscho.org/retreat-registration/](http://www.stscho.org/retreat-registration/). Please register by June 25, 2015.*

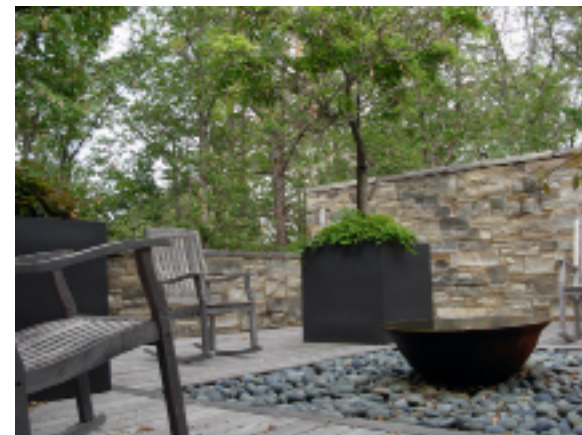


*Although the world is full  
of suffering, it is also full of  
the overcoming of it.*

-- Helen Keller

# Balance in Action

A retreat for  
healers and caregivers



*presented by*  
*Jillian Guthrie, MSW, LCSW*  
*Thursday, July 9 -*  
*Saturday, July 11, 2015*

*St. Scholastica Retreat Center*  
*1205 S. Albert Pike*  
*Fort Smith, AR 72903*  
*479.783.1135*  
*retreats@stscho.org*  
*[www.stscho.org/retreat-registration](http://www.stscho.org/retreat-registration)*

This is a retreat specifically for those in the helping field and caregivers who, as we know, can lose track of their own needs and unfortunately experience physical, mental, emotional and spiritual sicknesses while offering their gifts to others. The workshops "On the Humanness of Healers" and "Therapeutic Labyrinth: daily use and challenging times" are geared towards issues specific to Healer experiences in order to foster healthy, effective processing and responses, teaching participants to help others at their (dropped "own") healthiest, and therefore highest capacity - while they enjoy what they do and lead full lives! Format is unique and uplifting, presenter is engaging and down-to-earth, includes humor, stimulating stories, enjoyable and meaningful activities, music, and audience interaction and participation. Relaxing, meditative activities are also included in the schedule for real-time practice and experience in Retreat. Come immerse yourself in a Retreat with a passionate seasoned mental health professional who has lived through imbalance and now thrives in her work.

To ensure a rich experience,  
this retreat is limited to 35 people.

10 CEU's (and room and board) for \$195!

[www.healersinbalance.com](http://www.healersinbalance.com)



## OUR PRESENTER



Jillian is a mental health therapist and Founder of the organization Healers in Balance. HiB was created to identify and address the challenges faced by those in the helping professions while fostering health in healers and in their work environments. Working in the field for the past 25 years, she has a range of experience that includes State and Private Counseling Clinics, Child Welfare/Juveniles, Homeless, Emergency Services, Adjunct Professor, and Clinical Supervisor/Trainer. In addition to providing presentations/workshops, consultation, interviews, and literature through her organization, she has a successful private practice in Eureka Springs, AR. Workshop participants have described Jillian's speaking style as open, insightful, interactive, challenging, humorous, genuine, and real-world experienced.

*The retreat will begin at 9:30 Friday morning and end after lunch on Saturday, July 9. You are invited to arrive and register on Thursday evening, July 7 and enjoy a quiet evening at the Center.*

*Stay and Pray - Arrive a day or two before the retreat or stay a day or so longer. This allows for time to prepare for or to take to heart the message of the retreat. Please call the Center office for more information.*

*The Center's environment is casual. All linens are provided. Our campus is smoke free. We do our best to accommodate dietary restrictions.*

*In keeping with the Rule of Benedict governing hospitality, those who have been blessed with more may wish to contribute more, and those who have less give less so that "all may be at peace in the house of God." Scholarships are available. To inquire about a scholarship, contact the Center office.*

*Enjoy exploring our Labyrinth and strolling through sixty-six acres of scenic grounds shared by the Center and St. Scholastica Monastery.*

*St. Scholastica Monastery has a book and gift shop in the monastery building. Please check with the retreat center staff for operating hours.*

*For further information:  
call - 479.783.1135*