

# Sustaining Our Souls: Parenting the Child Within November 6-8, 2009

**Who of us wouldn't want more meaning and satisfaction in our lives, be in better shape and feel more energized and well nourished?**

The CLE Fall Retreat is designed to help you learn the skills and provide you with the support you need to live a more meaningful and abundant life. We are building on the work of Eric Berne, the founder of Transactional Analysis and the Parent-Adult-Child Ego States, to more effectively parent our inner Child.

As we take an inventory of our current strategy for self nourishment and rely on our feelings to identify our core hungers we will develop a more intimate relationship with our inner Child and learn how to self-parent in constructive and compassionate ways.

By more fully understanding the core hungers of our inner Child, the ways we are robbing ourselves of nourishment through Soft Addictions will begin to surface. These soft addictions are seemingly harmless activities, moods and ways of being, that block us from the true sustenance our souls crave.

On the retreat we will be challenged to take responsibility for providing our inner Child with the proper amount of love, nurture, and support to be our most whole, complete and Christ-like selves.



## Speaker:

Rich Blue, M.A.,  
LCPC, NCC, IBCC,  
founder and clinical  
director for Center  
for Christian Life  
Enrichment.

\*See Judith Wright, [The Soft Addiction Solution](#),



**When?** Friday, November 6th at 6:30pm through  
 Sunday November 8th at 1:00pm

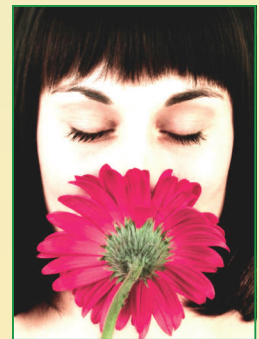
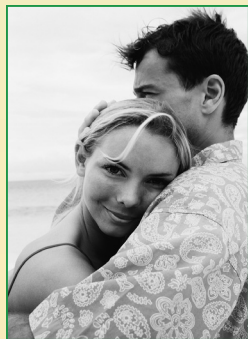
**Where?** The DeKoven Retreat Center,  
 Racine, Wisconsin

**Registration fee:** \$695 (\$595 if a non-refundable deposit  
 of \$295 is paid by October 14th)

Sign up by contacting your therapist or email  
 info@cle.us.com.

**We will be:**

- Taking an inventory of our internal self nourishment
- Using our feelings to identify our core hungers.
- Developing a more intimate relationship with our inner Child.
- Learning how to self-parent in more constructive and compassionate ways.
- Looking at our internal family system in order to more effectively encourage our psychological and spiritual development.



Registration Form:

Nourishment and Self-Care

CLE's Fall Retreat

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Check Number: \_\_\_\_\_ Total: \_\_\_\_\_

*For Further information: [www.cle.us.com](http://www.cle.us.com) or call 847.272.3684*