

## Living in Process® Intensives

The intensive is an educational and participatory experience of healing and community facilitated by those who have trained with Anne Wilson Schaefer, Ph.D., D.H.L.

The facilitators continue to do their own healing work and have participated in Living in Process community for many years.

The Intensive is an opportunity to learn about living in a different paradigm, which draws upon old wisdom and new ways to experience perceiving, thinking and relating.



### **The Intensive Workshops Offer...**

- **An opportunity to create and participate** in a respectful community environment where work on personal and professional issues proceeds at our own pace;
- **New learning:** We focus on being present to ourselves and others in the moment, owning our own "process," and working through past or present feelings that have been denied, suppressed, or distorted. We can experience deep process work in a safe environment, and learn about honoring our internal process moment to moment;
- **Opportunities to notice** and name addictive behaviors and processes, see how they affect our lives, and support new levels of honesty and recovery for ourselves and others. We will see how we can use addictive behaviors to avoid our feelings, escape from intimacy and knowing our own truth, and block our spirituality and creativity;
- **Exploring** spirituality, living in community, and honoring our internal process as alternatives to isolation and operating out of the addictive system and relationships;
- **Learning** about mechanistic science and western culture, holistic science and native cultures;
- **A flexible agenda** congruent with Living in Process that includes time for relaxation and reflection, group sharing, 12-Step meetings, play and laughter in a quiet, peaceful setting;

**Facilitators** are working active 12-Step recovery programs and have participated in Living in Process training with Anne Wilson Schaefer for a number of years. Additional support is provided by individuals participating in Living in Process work and their own recovery programs. Please visit the Living in Process Website for more information under workshop schedule: [www.livinginprocess.com](http://www.livinginprocess.com) or call (406) 225-9171.

Living in Process®  
Phone: 406-225-9171  
[www.livinginprocess.com](http://www.livinginprocess.com)

## Living in Process® INTENSIVES in NORTH AMERICA 2017



The purpose of Living in Process® Intensives are to learn about a way of life that focuses on healing and offer a path for spiritual growth. You will have an opportunity to live in process and in community while learning to confront your addictive processes and behaviors.

Our focus is on holistic healing. Anyone involved in their own life journey who wants to participate in a supportive learning and healing environment is welcome. Recovering addicts, their friends and families, survivors of incest and abuse, healthcare professionals, ministers, addiction counselors, and other individuals involved in personal growth may find Intensive Workshops helpful in their choice and ability to feel and to live more fully and joyfully.

Participants often comment on the respectful, non-controlling, non-judgmental environment they experience and the network of support they have developed from participating in Intensives. Healing and transformation are possible!

Living in Process® work is not therapy, nor is it based on the scientific model out of which therapy comes. It is a way of living that is based on holistic science, rather than the limited technological model of western culture. Connected with traditions of native cultures, it is community-based, participatory, safe, respectful, and spiritually-grounded.

## North American Intensives for 2017

### February 11 – 17

Boulder Hot Springs  
Contact: Kerri Kumasaka  
(406) 225-9171  
Boulder, Montana, USA  
wsa@gte.net

### August 19 – 25

Boulder Hot Springs  
Contact: Kerri Kumasaka  
(406) 225-9171  
Boulder, Montana, USA  
wsa@gte.net

### October 11 – 15

Alfred, Maine  
In Canada Contact: Jennifer Bishop  
(902) 542-0121,  
jen.bishop@ns.aliantzinc.ca  
In the United States Contact: Doug Brown  
(773) 561-7824  
brownd@metrofamily.org

### Nov 4 – 10

Boulder Hot Springs  
Contact: Kerri Kumasaka  
(406) 225-9171  
Boulder, Montana, USA  
wsa@gte.net

**Background Resources:** Anne Wilson Schaeff's new book is **Becoming a Hollow Bone**. These are the books we recommend for background resources for the intensives.

1. Beyond Therapy, Beyond Science
2. Living in Process
3. When Society Becomes and Addict
4. Escape From Intimacy
5. Meditations for Living in Balance
6. Women's Reality
7. Codependence: Misunderstood/Mistreated
8. The Addictive Organization
9. Native Wisdom for White Minds

**North American Tuition, Food & Lodging**  
**Four Day Intensive: \$325 (US) \$325 (CN)**  
**Five Day Intensive: \$395 (US) \$395 (CN)**  
**Seven Day Intensive: \$425 (US) \$425 (CN)**  
***The intensives begin on the evening of the first date listed and end after lunch on the last day. A nonrefundable deposit is due (2) weeks prior to the intensive. There is an additional charge for food and lodging. The cost varies depending on location and type of accommodations. Intensives are offered in comfortable and natural settings. We make every effort to provide healthy meals. We try to accommodate special needs food allergies and food plans. In some settings we prepare meals as a community.***