

The Living in Process® work is about living - spiritual living and living spiritually. The Living in Process paradigm is one of living our lives fully.

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. Participants will have an opportunity to learn about living in a paradigm which draws upon old wisdom and new ways.

The Intensive Workshops Offer...

- **New learning:** You have the opportunity to focus on being present to yourself and others in the moment, owning your own "process," and working through past or present feelings that have been denied, suppressed, or distorted. You can experience deep process work in a safe environment, and learn about honoring your internal process moment to moment;
- **Opportunities to notice** and name addictive behaviors and processes, see how they affect your life, and support new levels of honesty and recovery for yourself and others. You have the possibility to see how you can use addictive behaviors to avoid your feelings, escape from intimacy and know your own truth, and block your spirituality and creativity;
- **An opportunity to explore** spirituality, live in community, and honor your internal process as alternatives to isolation and operating out of the addictive system and addictive 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 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 or call (406) 225-9171.

LIVING IN PROCESS® Intensives in North America 2023



The purpose of Living in Process® Intensives is 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 psychotherapy, nor is it based on the scientific model out of which psychotherapy 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.

Dates

January 21 – 27, 2023
Boulder Hot Springs,
Montana

Contact: Kerri Kumasaka
(406) 225-9171
wsa@gte.net

June 18 – 24, 2023
Boulder Hot Springs, Montana
Contact: Kerri Kumasaka
(406) 225-9171
wsa@gte.net

November 5 – 8, 2023
Boulder Hot Springs, Montana
Contact: Kerri Kumasaka
(406) 225-9171
wsa@gte.net

Tuition, Food, & Lodging:

Tuition for a seven day intensive is \$425 (US).
Tuition for a five day intensive is \$395 (US).
A nonrefundable deposit is due two weeks prior to the intensive.

There is an additional charge for food and lodging. The cost varies depending on location and type of accommodations. For Boulder Hot Springs rates contact Kerri Kumasaka at bhs@boulderhotsprings.com

Intensives are offered in comfortable and natural settings.

The intensives begin on the evening of the first date listed and end after lunch on the last day.

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.

Background Resources: Anne Wilson Schaeff's newest books are **Daily Reminders fo Living a New Paradigm** and **There will Be a Thousand Years of Peace and Prosperity and They Will Be Ushered in by the Women.** We also recommend these other books for background resources for the intensives.

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