

# LOSING YOUR RELIGION?

It's not the end of the world.

Join us at a recovery retreat.

## “RELEASE AND RECLAIM”

***A workshop for letting go of religious indoctrination and reclaiming your life.***

Led by Marlene Winell, Ph.D., psychologist and author of ***Leaving the Fold, A Guide for Former Fundamentalists and Others Leaving Their Religion***

Authoritarian religious training can seriously impact your ability to live a full life. Recovery involves reclaiming your right to your own thoughts and feelings. But it's not easy and leaving one's faith often creates intense feelings of confusion, grief, anxiety, and anger. Moving on can be difficult if the issues are not clear and you feel alone in the struggle.

This workshop is designed to support you in this process of healing and growth. The weekend is a powerful group experience of sharing personal history, examining key issues, and exploring new liberating concepts. We'll use dance, art, role-play, guided imagery. . .and we'll have fun too as we learn to enjoy THIS life now.

**WHEN:** FRIDAY, **May 4**, 7PM until SUNDAY, **May 6**, 3PM.

**WHERE: OAKLAND, CA**

The setting is a large wonderful house with space for group meals, massage, art, music, and dancing.

**COST:** \$320 for the workshop, \$120 for room and board (\$45 for just meals) A deposit of \$100 will secure a space. \$20 discount for payment by April 18. \$20 REBATE for written exercises completed before the workshop.

**To register**, send an email to **mwinell@gmail.com** with your contact information. Or call **510-292-0509** **Register soon to save a place.**

*Financial need will be considered - installments, volunteer work, and partial scholarships available.*

For more information, including quotes from past participants, visit Dr. Winell's website: **www.marlenewinell.net**

About Dr. Winell: Marlene Winell is a psychologist and Ph.D. in Human Development and Family Studies. She has worked in human services for 30 years and has a general private practice in Berkeley, CA. She specializes in group work, communications training, and recovery from religious indoctrination. She also consults by telephone.



**Future workshop scheduled: "Religious Recovery Training" for helping professionals and mentors. May 11-13, 2007**