

MINDING the Light in OURselves and others: A retreat for quaker mental health professionals

Jean Berggren and Jane Van Landingham
March 16-18, 2012

*Program cost of \$180
includes program, meals
and accommodation
Friday dinner
through Sunday lunch.
Scholarships are
available - please ask!
For registration info:
www.woolmanhill.org
or 413-774-3431.*

NOTE:

*This program will
run concurrently with
a writing retreat,
“Tending the
Seeds Within.”*

WOOLMAN HILL
Quaker Retreat Center
107 Keets Road
Deerfield MA 01342
413-774-3431
www.woolmanhill.org
info@woolmanhill.org

This retreat is designed to provide an opportunity for renewal through worship sharing and consideration of self care, as well as to clarify our **thinking about how Friends’ values and practice informs our mental health work.** Specific content areas to be discussed will be influenced by concerns brought by participants. Through worship sharing, group discussion, and teaching points by leaders (and participants), we hope to consider questions such as:

How does our experience and spiritual practice as Friends inform our clinical work? How do we balance answering that of God in everyone **with maintaining professional boundaries and/or the need for ‘tough love’?** Can Friends be confrontive? What’s the role of kindness? Do we have a responsibility as Friends to direct our talents to the most unloved? How do we take care of ourselves when helping others? How do we manage scarce resources?

Jean Berggren MD taught individual and group psychotherapy at the Gestalt Institute of Cleveland for a number of years, and had faculty appointments at Case Western Reserve University School of Medicine in Psychiatry, Family Medicine, and Bioethics. For the last five years she has been a staff psychiatrist at a maximum security prison in New York State, and consulting psychiatrist at a residential addiction treatment program.

Jane Van Landingham MSW, LICSW, recently retired from clinical practice. She has worked in community mental health centers, inpatient psychiatric settings, and in private practice with a wide range of clients and issues, including addiction, hospice care, aging, developmental disabilities, women’s issues, and trauma, including with Vietnam War veterans. She is now a small-scale farmer in Jonesville, Vermont.

Jean and Jane are both convinced Friends from young adulthood (they’re now grandmothers). Both now live in northwestern Vermont, and are members of Burlington Friends Meeting.



WOOLMAN HILL Quaker Retreat Center
107 Keets Road Deerfield MA 01342 + 413-774-3431
www.woolmanhill.org + info@woolmanhill.org

COST & REGISTRATION

The standard rate for this retreat is \$180 (with a sliding scale of \$150-\$220). The fee includes program, lodging and food. Commuter rate is \$130. Please ask if you need additional scholarship funds. A non-refundable deposit of \$50 is required to hold a space for a program. If you need to cancel, the deposit can be applied toward a future workshop.

ARRIVAL & DEPARTURE

Plan to arrive after 5pm Friday evening, in time for dinner at 6:30. The workshop will end by 2pm on Sunday. We are centrally located in western Massachusetts, close to both I-91 and Route 2. For those arriving by car, **we will send directions when you register. Please let us know if you'd be interested in carpooling.** The nearest Amtrak train station is in Amherst. Vermont Transit and Peter Pan bus lines stop in Greenfield. Please contact us to arrange a ride from these stations.

ROOM & BOARD

Our 19th-century farmhouse has hand-hewn beams and wide pine floors, with simple dorm-style lodging. The meetinghouse and the first floor of the main building are wheelchair accessible. We serve nourishing, primarily vegetarian, home-cooked meals and always offer a vegetarian option. Please let us know if you have any dietary restrictions. Part of the community building at each retreat includes the joyful sharing of meal chores and clean-up.

WHAT TO BRING

Please bring your own toiletries, towels, and bedding (sleeping bag or sheets and blankets or comforter). Pillows are provided. Be sure to bring seasonally appropriate clothes and comfortable indoor and outdoor footwear. You might also like to bring a flashlight, journal, musical instrument... Please do NOT bring pets or candles. Cell phone reception is limited and we have limited internet access. We encourage guests to consider whether cell phone or computer use will detract from their experience of being fully present, here and now.

To register for this program, please fill out the information below and send it to us with a \$50 deposit made payable to Woolman Hill. The balance is due at the beginning of the workshop. For more details about our programs and facilities, please visit our website (www.woolmanhill.or) or use the above contact information.

<i>MINDING THE LIGHT March 16-18, 2012</i>	
NAME:	
E-MAIL:	PHONE:
ADDRESS:	
MONTHLY MEETING (if applicable):	
Enclosed is \$_____. I plan to pay a total of \$_____ on the sliding scale of \$150-\$220 (\$180 standard rate).	
DIETARY, HOUSING, OR OTHER SPECIAL NEEDS:	