

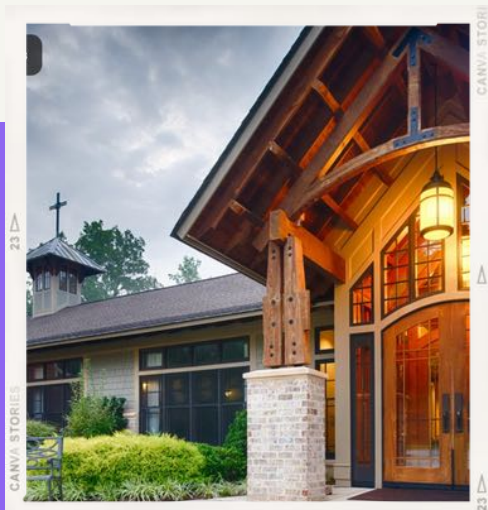


TRAUMA
HAPPENS IN THE
CONTEXT OF A
RELATIONSHIP,
AND IT'S HEALED
IN THE CONTEXT
OF A
RELATIONSHIP.

Dr. Kristen Zaleski, PhD, LCSW

[REGISTER](#)

**ST. FRANCIS SPRINGS
PRAYER CENTER
477 GROGAN ROAD
STONEVILLE, NC
August 22-25, 2024**



ARE YOU & YOUR
SPOUSE BOTH
STRUGGLING WITH
HURTS FROM YOUR
PAST?

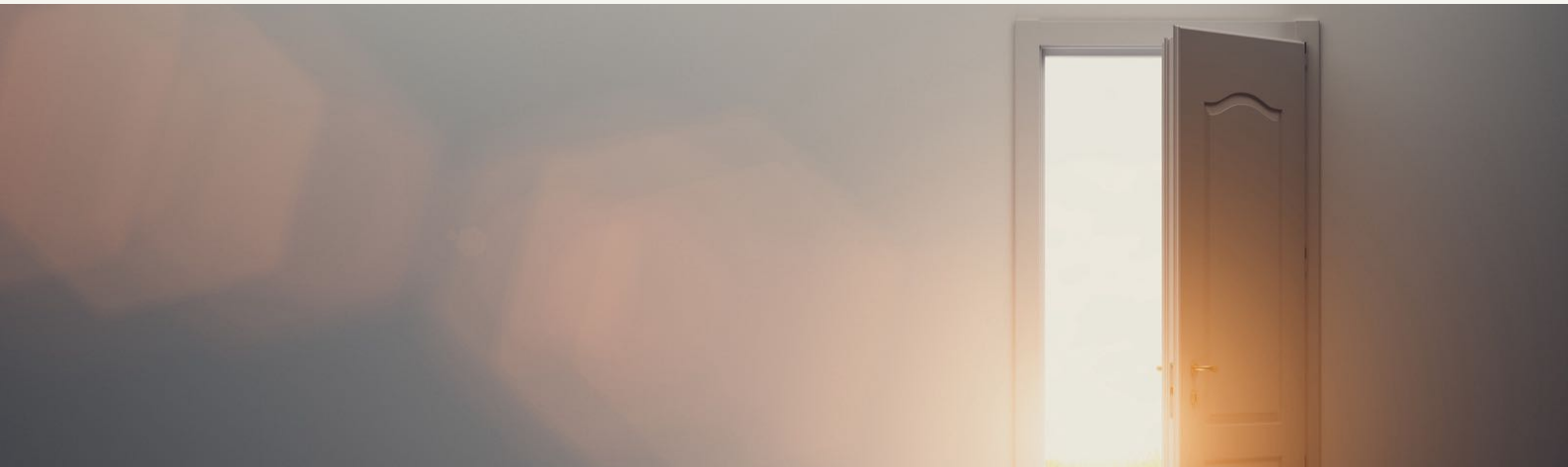
IS YOUR RELATIONSHIP
CHALLENGED BY YOUR
OR YOUR SPOUSE'S
TRAUMA WOUNDS?

ARE YOU FEELING TRAPPED
IN YOUR MARRIAGE?
LOOKING FOR RELIEF?

IS THE WEIGHT OF PAST
HURTS PULLING YOU AWAY
FROM YOUR PARTNER?

WHAT TO EXPECT

- GAIN CLARITY ON HOW CHILDHOOD WOUNDS ARE AFFECTING YOUR PRESENT RELATIONSHIP.
- ADDRESS THE ROOT CAUSES OF LONELINESS, SADNESS, AND FRUSTRATION IN YOUR MARRIAGE.
- BREAK FREE FROM NEGATIVE PATTERNS AND REPETITIVE ARGUMENTS.
- RECONNECT WITH YOUR SPOUSE ON A DEEPER LEVEL.
- REDISCOVER THE JOY OF DREAMING AND PLANNING TOGETHER.



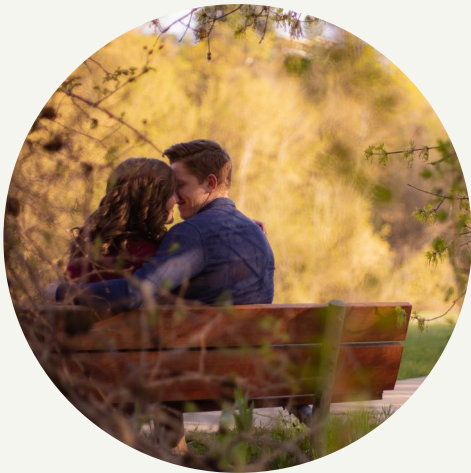
THREE-DAY ALL-INCLUSIVE THERAPEUTIC INTENSIVE IN A TRANQUIL WOODED SETTING IN CENTRAL NORTH CAROLINA.



OUR OFFERINGS



- COMPREHENSIVE ASSESSMENTS TO IDENTIFY PERSONAL AND MARITAL TRAUMA TRIGGERS.
- PERSONALIZED WORKBOOK FOR ONGOING REFLECTION AND GROWTH.
- ARTICULATION OF MARITAL GOALS AND TRANSFORMATION OF PAIN POINTS INTO AREAS OF CLOSENESS.
- DEVELOPMENT OF A CUSTOMIZED PATH FORWARD FOR YOUR RELATIONSHIP.
- COUPLES SESSIONS, INCLUDING EMDR SESSIONS, LED BY EXPERIENCED, LICENSED THERAPISTS.
- OPTIONAL POST-RETREAT CONSULTATION FOR CONTINUED SUPPORT.



***ALL INCLUSIVE FEE: \$4900/COUPLE**

***LODGING, 3 MEALS/DAY, ALL MATERIALS & SESSIONS. EXCEPT OPTIONAL POST-CONSULTATION. DOES NOT INCLUDE TRAVEL.**



Sharon Sheppard, LMFT-S

Sharon is a licensed therapist and trauma specialist. From her practice in Wake Forest, NC, she provides individual, couple and family therapy for clients struggling with the impact of traumatic experiences.

She is an EMDR practitioner and has seen hundreds of individuals, families and couples find hope and healing and a future free of the weighty burden of trauma.



Nancy Brito, LMFTA

Nancy is a therapist who works with individuals, couples and families struggling from trauma. She uses therapy to help people make sense of their pain, challenges, relationship dynamics, and of themselves as they work toward resolution and healing.

She is an EMDR practitioner, skilled at helping people discover how their story can unfold in a new healthy and engaged way.

**TO REGISTER OR REQUEST MORE INFORMATION
CONTACT US AT**

INFO@HOPEENCOUNTERTHERAPY.COM

**TO ENSURE PERSONALIZED AND CUSTOMIZED CARE,
THE WEEKEND IS LIMITED TO FIVE COUPLES.**

