

Title & Description for 2019 Advanced WOR

## “Calming the Conflicts Inside: Tools for Self-Compassion and Healing”

As men, and as survivors, we commonly find ourselves hijacked by the “emotional parts” of ourselves. It is often hard to understand the triggered responses that may deepen our sense of shame or cause a loss of control. What may’ve been crucial survival strategies from the past can now be disrupting our peace of mind, our relationships and our life. It’s common to be hard on ourselves, to hate these responses and try to rid ourselves of our internal parts that seem weak or crazy.

This Advanced weekend is designed to enhance your understanding of your inner “conflicting parts”. You’ll also gain valuable tools to create safety and peace. You’ll be challenged and inspired to let go of your shame and self-defeating thoughts and actions. Instead of fighting your parts, you’ll learn how to begin to care for each part of your greater self.

Through these achievements you’ll build skills and capacities for friendship, intimacy, and healthy sexuality. Within your community of male survivors you’ll be invited to develop a practice of self-compassion, self-worth, connection, and a calm, loving, empowered state, paving the way for your life ahead.