

# Soul Care for Therapists:

*An IFS Advanced  
Training Retreat to  
Deepen and Expand*

Hosted by **Risa Adams &  
Sarah Jarvis**

## Description

This advanced-level training retreat is designed to bring focus and care to your whole therapist Self - bringing clarity and alignment to your parts and life purpose.

Ample time will be spent in deep process - in intimate dyads with each other and in full group dynamic sculpting. We will pay particular attention to the legacy burdens that follow us into - and sometimes lead - our work in the therapy room and our life. As we loosen the knots and follow the threads we will begin to see more of the beautiful tapestry that is YOU and the invisible weavings of intention at play.

If you feel called, please join us for a time of inner discernment, connection, joy, soul care and skillful practice.

*Eligible for 20 IFS CE credits towards certification or recertification.*



**June 7-11, 2023**

**Clarksburg, Ontario**

**\$1800 including all food &  
accommodations\* (Early Bird)**



*Risa Adams, MD* is a physician, mother, and Level 3 Certified IFS Therapist & Consultant. She has embraced IFS since she found it 8 years ago, and to her surprise found she has been embraced back. She continues to find her way home to herself, others, and an ever-emerging spiritual connection. Risa finds great joy in sharing the learnings and path of IFS with others. She is thrilled to be offering this body & soul loving training retreat with Sarah, whom she has been walking with since Level 3 in 2019. [www.risaadamsmd.com](http://www.risaadamsmd.com)

*Sarah Jarvis, MA, RCC* is a psychotherapist and Level 3 Certified IFS therapist and consultant. She has been deeply influenced by IFS for the past 8 years and continues to draw from its wellspring of inspiration in work, life, and love. With a background in mindfulness, self-compassion, yoga, trauma expertise, and energy healing, she has a particular passion for offering spaces of respite and soul-nourishment for therapists and helpers. Sarah has a group practice in Vancouver, BC., and spent her childhood summers in Clarksburg. She is delighted to be returning with Risa and others for an immersion into Self-Energy, community, and nature. [www.compassionwithin.com](http://www.compassionwithin.com)

## Requirements & Boundaries

Designed for therapists, coaches and practitioners who have training and personal experience of IFS and regularly use it in their practice, and are open to spiritual dimensions of the work.

Maximum 12 participants.

For any inquiries please reach out to Risa ([risa.adams@protonmail.com](mailto:risa.adams@protonmail.com)) or Sarah ([sarah@compassionwithin.com](mailto:sarah@compassionwithin.com)).



## Cost

\$400 CAD non-refundable deposit required to secure your spot.

**Early Bird:** Registration before March 15.  
Final payment \$1400 + hst.

**Regular Fee:** After March 15.  
Final payment \$1550 + hst.

All final payments are due by **April 15**. Final payments refundable until April 15 and 50% refundable until May 15. No refunds after this date. Payment plans available upon request.

## Registration

Please complete this [application form](#) and we will be in touch with you within a few days to answer any questions and ensure this retreat is a good fit for you.



## Accommodations & Meals

Clarksburg Retreat Center is located in the picturesque Blue Mountain region. The center is on 5.5 acres of park-like nature, surrounded by orchards, and close to the Beaver River and walking trails.

Meals will be catered and include: Wednesday night dinner, breakfast, lunch, and dinner on Thursday, Friday and Saturday, and breakfast and lunch on Sunday. There will be ample tea, coffee, and snacks available throughout. Accommodations can be made for most allergies and vegetarian/vegan preferences.

## Covid Risk Management & Cancellation Policies\*

**Vaccination:** not required

**Testing:** all participants and staff are required to send results of a rapid test taken 1-2 days prior to the retreat, and with any new testable symptoms. If positive you will not be able to attend or continue.

**Masking:** optional

*\*all of the above are based on the current situation and public health guidance, and may change over time.*



**Cancellation:** If you are unable to attend for ANY reason after May 12 including Covid-related and the retreat **is** happening you will not receive a refund unless we can fill your spot from a waitlist, in which case you will receive a refund of your final payment less \$100 admin fee.

## A Note on Diversity, Equity & Inclusion

We are both white, cis/het and economically privileged women. We welcome diversity of race, gender, and sexuality and are actively engaged in our own process of learning/unlearning biases & privilege.

*\*Front page art by Susan Cohen Thompson*