

Self-Care, Mindfulness & The Mind/Body Connection for Helping Professionals

Mini Retreat & Support Group for MSWs, Coaches, Educators & Helping Professionals

- Create a community of support and dialogue around deepening the practice of mindfulness, self-care and self-awareness.
- Explore how to integrate a holistic approach to social work practice which incorporates the mind, body and spirit in to the assessment and treatment of our clients.



Engage with [Cia Ricco](#), a body-centered psychotherapist, author, group work leader, group work facilitator and meditation leader with over 25 years of experience.

Contact Us!

Cia Ricco, Facilitator: ciaricco@gmail.com

Becca Bradley, Organizer: beccabradleyphoto@gmail.com
203.313.2363

Watch Cia teach [here!](#)

Discover yourself, your greatest gifts, and the tools to help others do the same!

SELF LOVE/SELF CARE

So, what if you didn't have an upbringing which bathed you in love, compassion and understanding? Or, you had it but somehow forgot to give it to yourself? Are you willing to begin the self-healing journey which will enable you to heal others and the world? You may have heard the expression, "it is never too late to have a happy childhood". Re-parenting is possible. It is not too late to learn to give yourself the unconditional love and acceptance you crave. Once you fill yourself up with that delicious dose of self-love and the so very needed self-care, your cup will overflow and that same love and care will come brimming out of your very pores to heal the hearts of those whom you have the privilege to support.

CONNECTION

Most mental illness and suffering results from spiritual alienation. In cultures, both of humans and other animals, where community is the norm, where children are raised with unconditional love, and where connection and empathy are instilled at an early age, the majority of the ills we see in our current society are absent. The pathological view of the individual in isolation focuses on "curing" illnesses such as depression. In other words the focus is on the illness, rather than on the underlying cause. That cause is generally alienation - from the soul, self and others. Mounting evidence demonstrates that a focus on finding JOY through connection, compassion, and community creates physical, mental and spiritual health, well-being and longevity. How wonderful would it be if you could teach joy? The good news is you can. Find it first in yourself and then you will be able to give others a glimpse of it.

MINDFULNESS

Mindfulness is the pure practice of presence – a simple open-hearted awareness and deep listening to WHAT IS. It enables you to connect on the deepest of levels with yourself and those with whom you interact. It eliminates hierarchy in your interactions because it leaves no room for distinctions such as wrong or right, good and bad. It is the gateway to exploring exactly WHAT IS without the judging mind getting in the way. Accepting WHAT IS provides the platform for change. Acceptance and simply being BEING PRESENT is primary - not analysis or judgement which create separation and further disconnect. That mindful presence and non-judgmental acceptance will give you access to a limitless fount of your own inner wisdom – a wisdom which is not born of intellectual knowledge.

Taste self-love, joy, and deep inspirational learning!

PROGRAM DETAILS

LOCATION:

TBA

DATE/TIME:

Saturday Evening, Nov 14th:

We will meet from 6:00-9:00 to have a chance to get to know each other and have a general introduction. Please bring a bag supper for our break.

Sunday, Nov 15th:

We will meet from 10:00 – 6:00 with an hour and half for lunch to give you the time to go out to a nearby restaurant, or you are welcome to bring a lunch if you prefer.

PRICING:

\$125.00

Non-refundable (securely submit payment through PayPal to Cia Ricco at ciaricco@gmail.com)

Spaces are limited and your participation will not be confirmed until payment is received. Once payment has been made, please e-mail Becca Bradley at beccabradleyphoto@gmail.com for more details.

WHO WE ARE:

FACILITATOR:

Cia Ricco is a body-centered psychotherapist who has been a student and practitioner of Buddhist meditation for over 30 years and a dynamic group facilitator for almost as long. Cia has spent years teaching at the Kripalu Institute and Rancho Ricco, her own healing arts center in Costa Rica, as well as facilitating a number of groups via Skype from wherever she is in the world. She uses the principles of mindfulness and meditation in her work with individuals, couples and groups, along with the 12 Gateways outlined in her books. Cia Ricco is the author of "LIVING AS IF YOUR LIFE DEPENDED ON IT: TWELVE GATEWAYS FOR A LIFE THAT WORKS" and co-author of "FROM SELF-WORTH TO NET WORTH: 12 KEYS TO CREATING WEALTH INSIDE AND OUT" as well as five audio CDs.

ORGANIZER:

Becca Bradley is a recent LMSW graduate of the Silberman School of Social Work at Hunter College. She is passionate about the benefits of integrating MBS (mind-body-spirit) interventions into her social work practice with clients, as well as advocating for its inclusion in the education of social work students. She believes a MBS approach could help students and practitioners fully engage and embrace self-care and personal awareness, as well as benefit their work with clients. Becca has been a facilitator of group workshops for teens and adults at Kripalu Yoga and Wellness Center, as well as Visions and Dreams for Teens. She is also a Certified Reiki Practitioner, has her BFA in photography from the School of Visual Arts and has studied Art Therapy. Becca is excited to be a part of organizing this workshop because it directly correlates to her second year seminar topic, which was to create the opportunity for social work students and alumni to experience and explore the MBS approach through a retreat/workshop.