












Have you ever considered... how to tune your heart... for the *practice of presence*?
Join us for a *Benefit Mini-Retreat for Psychotherapists*
SINGING & HEALING
Sunday November 10, 2019
Triple Crane Monastery, Chelsea 2-4 pm

We will sing songs together that we hope will inspire you to relate to your work, your voice, your life, and our world with a present-mindedness and spirit that is uplifting and restoring even in the most challenging of times!

No prior singing experience necessary at all. All are entirely welcome - whatever your comfort or experience level. We'll be singing short songs in the oral tradition, easy to remember and share - some sung in unison and some in harmony. Singing together can be particularly resonant when we sing different parts. If you're not sure if you prefer singing higher or lower parts, you'll easily find out, and you can also opt in and out of singing at any moment to go inward and listen as we go.

Singing was our language before humans knew how to speak. Four therapists invite you to join us in this ancient connecting language, sustaining, nourishing, and transforming ourselves and one another through this restorative practice - learning simple short songs we hope you will take with you - to restore you in the shower; in meditation; on your walks, drives, or bikes to work; in session; and beyond. Possible songs may include,

***You are not alone** *
***Fear not the pain** *
***Let love wash over you** *
***The way knows the way** *
***May only love surround you** *
***So I said to my soul be still and wait** *
***Come, come, whoever you are** *
***I Am me, I am courageous** *
***Now is the only moment** *

Who? We hope you will join us... [Carrie Hatcher-Kay](#) whose heart and voice have been uplifted since discovering this type of healing singing a few years ago, is a psychotherapist and psychotherapy consultant who has been finding benefit in occasionally incorporating songs when the moment calls for connection at a heart level in therapy and consultation with clients and other therapists. [Lindsay Passmore](#), clinical social worker and oncology counselor at St Joe's and the Cancer Support Center, is a member of the Threshold Singers of Ann Arbor which honors the ancient tradition of singing at the bedsides of people who are struggling, some with living, some with dying. [Tatianah Thunberg](#) a psychotherapist and yoga teacher, fell in love with singing in childhood and rediscovered the power of singing through the oral tradition in 2010. She shares songs of affirmation and mind protection with her clients and her students, and currently sings with the Full Moon Kirtan ensemble, the All of Us ensemble and oral tradition song circles around the country. [Carisa Wilder](#) is a clinical social worker / psychotherapist in private practice who utilizes song, meditation, yoga, and NVC to support her healing practice. All four of us find joy and solace and overlap in several singing circles and look forward to sharing in creating a circle of healing with our colleagues. We hope you can join us!

Where? Triple Crane Monastery, 7665 Werkner Rd, Chelsea, MI 48118

When? November 10, Come by 1:45 to get comfortable. Our retreat will begin at 2 and end by 4.

Does it cost money? There is no fee for this gathering, but donations are welcome for [Michigan Immigrants Right Center \(MIRC\)](#)

RSVP: Please RSVP to Carrie chatcherkay@gmail.com, Lindsay linsdell@umich.edu, Tatianah tatianah.thunberg@gmail.com, or Carissa cmkwild@gmail.com

Questions: Please email Carrie, Lindsay, Tatianah, or Carisa at the addresses above.

"To love someone is to learn the song in their heart and sing it to them when they have forgotten." - Arne Garbourg

We also look forward to seeing many of you at our Partners in Healing Winter Workshop on January 25th also at Triple Crane Monastery: "A Practical Introduction to Parts Work: A Day-Long Workshop with Tom Holmes!"