

3RD ANNUAL SAVANNAH FAMILY INSTITUTE RETREAT



HAVE FUN, RELAX, LEARN “UNDERCURRENTS”

LEAD BY SCOTT P. SELLS, Ph.D.

BECOME MORE PROFICIENT AT IDENTIFYING CLIENT UNDERCURRENTS:
LEARN HOW TO MOVE YOUR CLIENT TOWARD DEEPER HEALING
AND LASTING CHANGE

Hello SFI Alumnus:

As our way of saying “thank you for your past support,” we at Savannah Family Institute want to invite you and your whole family to join us for the Savannah Family Institute 3rd Annual Retreat. Join us aboard the *Celebration*, one of Carnival Cruise Line’s beautiful cruise vessels, for a 4 day cruise from Jacksonville, FL to the Bahamas! The dates are October 13-17, 2005.

Combine a family vacation with the opportunity to gain a more thorough knowledge and application of undercurrent work with your clients, for a total of 7 CEU credits at only \$150.00.

In addition, the cruise itself will cost less than \$100 per day for food, lodging and entertainment!

The two goals of this retreat are simple:

- **To Have Fun and Relax With One Another and Your Family.**

We want to nurture, reenergize, and rejuvenate you. We will allow ample time for this by ending promptly at 12 noon on Friday and scheduling no training on Saturday. This schedule will allow you and family to bask in the sun, get a massage at the spa, go ashore in the Bahamas, or just sit by the pool. Please [click here](#) go to the Carnival Cruise website to see what an incredible trip this will be! For further information, contact Susan Disney at Edgewood Travel. (800) 966-2779 or (912) 351-0570, or email her at susan@edgewoodtravel.com.

- **To Gain an In-Depth Knowledge of Healing the Secret Wounds of Kids and Adults.**

We want you to leave with an in-depth understanding of what is called “undercurrents”. Please [click here](#) for a brief article written for *Psychotherapy Networker*.

When therapy bogs down with kids or adults, the most likely reason is that we’ve missed “undercurrents”—secret wounds such as unmentioned losses, abandonment, violence, and other family secrets—all the things no one wants to talk about. On this workshop, you’ll learn how to decipher the secret language of undercurrents, and how to ask the questions that will bring them to the surface. Via videotaped case examples and a live family session, Dr. Sells will demonstrate techniques to help disarm parent, child, and adult defenses, generate therapeutic intensity, and choreograph enactments that bring avoided issues into the open.

Please [click here](#) to go to our web site to view pictures from our last retreat.

Because we received such great pricing....The deadline to register is May 6, 2005.

I do hope you can come to the Retreat!

My Very Best,

Scott



SAVANNAH FAMILY INSTITUTE RETREAT: HAVE FUN, RELAX, LEARN UNDERCURRENTS

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JOIN US ON DAY #1 Thursday, October 13 for our group Sail-Away Cocktail Party, 5:30pm to 6:30 pm.

**Day #2 Friday, October 14 - Learn the 7 Steps of Undercurrent Therapy
9 am to 12 pm**

Learn the 7 Key Steps of Undercurrent Therapy to un-stick your impossible kid and adult cases by identifying the “undercurrents” or underlying themes, such as wounds, abandonment, fear, violence, family secrets, role confusion, or suicidal thoughts, which lead to the re-birth and maintenance of horrific symptoms (conduct disorders, ADHD, eating disorders, substance abuse, and depression).

- Step #1- Discovering the Undercurrents Origin**
- Step #2- Eyes and Ears to Locate Undercurrents**
- Step #3- Start Where the Client Is!**
- Step #4- Reveal and Fill in Missing Undercurrents**
- Step #5- Process Therapy Change Undercurrents**
- Step #6- Predicting the Fallout of Change**
- Step #7- Undercurrents and Spirituality**

Day #3 Saturday, October 15 – Free Day for Fun in Nassau, Bahamas

**Day #4 Sunday, October 16 – Locating the Opposite Healthy Undercurrent
9 am to 12 pm & 3 pm to 4:30 pm Live Family Therapy Session**

I will demonstrate the “Rosetta Stone,” or code breaker of therapy by illustrating how you find the origin of your client’s symptoms (acting out, depression, eating disorder, etc.) and then fill in the missing healthy undercurrent in the “here and now” to lead to deep healing. You will see this process demonstrated first hand with a live family therapy session. Here is a table of some of the healthy undercurrents you will see.

- | | |
|---|---|
| <input type="checkbox"/> Role Confusion -- Role Clarity/Correct Hierarchy
(Child is the parent or one parent acts like the child) | <input type="checkbox"/> Depression -- Happiness, Joy, Peace, Not Lonely |
| <input type="checkbox"/> Unresolved grief and loss -- Grief Education | <input type="checkbox"/> Violence -- Peace, Playfulness |
| <input type="checkbox"/> Betrayal or abandonment -- Security/Love | <input type="checkbox"/> Family Secrets -- Openness/Reveal Secrets |
| <input type="checkbox"/> Drugs or alcohol -- Sobriety & Fill in What’s Missing | <input type="checkbox"/> Un-forgiveness and Bitterness -- Forgiveness |
| <input type="checkbox"/> Sexual Abuse or Rape -- Healing, Forgiveness | <input type="checkbox"/> Drawn out Medical Illness/Brain Injury -- Support |
| <input type="checkbox"/> Preoccupation with Death/Suicide -- Love, Security | <input type="checkbox"/> Seen as a Patient/Mental Case -- Normality |
| <input type="checkbox"/> Lack of Intimacy -- Creation of Intimacy, Closeness | <input type="checkbox"/> Anxiety -- Security & Safety |

INDIVIDUAL RESERVATION FORM

Carnival *Celebration* Sailing from the Port of Jacksonville, FL Ports of Call: Nassau and Freeport, Bahamas

Please fill out the following for each passenger traveling and return to Savannah Family Institute:
(912) 826-2369 (fax) EMAIL: Susan@difficult.net or Call 1-800-735-9525 with questions

Because we received such great pricing....The deadline to register is May 6, 2005.

Group Name: Savannah Family Institute Retreat at Sea
Arrival & Departure Dates: Thursday, 10/13/05 (sailing 4:00 p.m.) through
Sunday, 10/17, 2005 returning 9:00 a.m.
Meeting Dates: October 13 – October 17

Individual Name and Number of Family Members Attending: _____
Street Address: _____
City, State, Zip: _____
Telephone (office/home): _____
E-mail Address: _____

TREMENDOUS Group Pricing – Free children programs from age 3 to 17 aboard ship.

Pricing includes: \$130 Port charges and taxes
Cruise pricing: \$390 per passenger one and two in an inside room, category 4 cabin
\$250 per passenger 3 and 4 inside, category 4A cabin

Cruise pricing: \$450 per passenger 1 & 2 in an outside cabin (picture window) cat.6A
\$270 per passenger 3 & 4 in outside cabin “ “

Tuition cost: \$150 (7 ceu's) per individual

First Deposit: \$50 per person due May 6, 2005. (Need immigration form filled out)

Second Deposit: \$125 per person due June 1, 2005.

Final Payment: Due August 1, 2005

Options: Round trip transfers Jacksonville Airport/Cruise Terminal \$20 per person
Secured parking at Jacksonville Terminal \$10 per day
(Drive time from Savannah area: 2 hours)

Cancellation Penalties: \$25 for name change or cancellation plus Carnival's cancellation penalties beginning June 15, 2005.

All cruise passengers must fill out Immigration Information at the time of your cruise deposit of \$50.00 per person. Deposit Due: May 6, 2005. Credit/ Debit Cards/Cash or Check. *NOTE** Your Credit Card will not be processed until May 14, 2005***

- To Travel you must have a **VALID PASSPORT** (valid for 6 months after your cruise) **or A BIRTH CERTIFICATE** with a RAISED SEAL. If traveling with birth certificate, adult travelers will ALSO need photo identification, such as valid driver's license. Children traveling do not require photo identification.
- If you are traveling with a PASSPORT please fill in the name line with first and last passport name.
- If traveling with a BIRTH CERTIFICATE please fill in the name line with your first and last name on your driver's license name and indicate that you are traveling with a birth certificate.
- **MARRIED** women whose identification documents are retained in their maiden names but who are traveling under their married name should also carry their marriage certificate or a certified copy as further proof of identity.

Please Complete this Form for Our Records

PART 1

PASSENGER LEGAL NAME: _____
Last First Middle

ADDRESS: _____
Street Address

City State Zip code

PHONE: H _____ W _____ CELL _____

EMAIL: _____

DATE AND PLACE OF BIRTH: _____
Date City State

DRIVER'S LICENSE NUMBER AND STATE: _____
Number State

OCCUPATION _____

EMERGENCY CONTACT: _____
Name Phone

PAST CRUISE PASSENGER _____
Cruise Line Date Sailed

PART 2

TRAVELING WITH BIRTH CERTIFICATE _____ YES _____ NO

If yes please fill out the following:

NAME AS WRITTEN ON BIRTH CERTIFICATE: _____

TRAVELING WITH PASSPORT _____ YES _____ NO

If yes please fill out the following:

PASSPORT NUMBER: _____

NAME AS WRITTEN ON PASSPORT: _____

PLACE OF ISSUE: _____ DATE OF ISSUE: _____

DATE OF EXPIRATION: _____