

Arrive Already Loved™

Creating Sacred Attachment With Yourself

Mariah Fenton Gladis, LCSW, BCD
With Dori Middleman, MD and Mark Putnam, MD

Friday, November 18 to Sunday, November 20, 2016



"Many people ask me how to have a fair shot at developing a healthy relationship with another human being. I advise them to arrive already loved. That means the essential foundation of being loved is to first love yourself. That doesn't mean a narcissistic pride, preoccupation with self, or conceit. It does mean that the inner life that's taking place in your body is a comfortable, loving, compassionate, and enjoyable place to be. It is a home where you can always turn to receive your own solace, support, and unconditional acceptance. This prepares your internal environment to accept love from the outside, and prepares you to arrive anywhere already loved. Remember, when it comes to needing love, you cannot expect more from someone else than you are able to give to yourself." — Mariah Fenton Gladis

Join renowned psychotherapist Mariah Fenton Gladis as she blends her unique style of individual and group Gestalt work with her effective and innovative use of music to enrich the workshop experience. You will learn to:

- Provide love and compassion for yourself
- Realize that what's inside is outside; you can attract what you are
- Understand thinking as a personal conversation with yourself
- Develop an active and rich inner dialogue
- Create an abundance of emotional resources
- Turn your meditations from detachment towards intimate meditation by exercising Sacred Attachment

Fee: Individual Work Space—\$495 Group Space—\$350 Healthy meals and snacks included.

Individual workspace participants have a time to do one-on-one "open seat" work with Mariah and the group. Group participants share in the group exercises and are involved as supporters of "open seat work".

When: Friday at 7:30pm, through Sunday at 5:00pm

Location: Temenos Retreat Center outside of West Chester, PA. Healthy meals and snacks provided

Reservations: Call the Center at 610-251-0945 or send to pagestalt@comcast.net. A deposit of \$200 reserves your space. Please indicate whether you want an individual or a group spot. **Limited number of overnight accommodations are available at \$150 for the weekend, double-occupancy.** For more info, go to <http://gestaltcenter.com>.

CEUs: This program has been approved by the Pennsylvania Board of Social Work Examiners for 21 contact hours of continuing education toward PA/LSW licensure renewal.

Recommended Reading: *Tales of a Wounded Healer* – Mariah Fenton Gladis. Go to www.wounded-healer.com



Mariah Fenton Gladis, LCSW, BCD, is the Founder and Director of the Pennsylvania Gestalt Center and is on the faculty of Esalen Institute. Mariah has over 35 years experience as a psychotherapist and Gestalt Trainer.



Dori Middleman, MD, is Founder/Director of the Center for a Healthy World, a volunteer-driven psychotherapy and training cooperative. Dori is a board-certified psychiatrist seeing children, adults and families.

Mark Putnam, MD, is Medical Director for the Department of Psychiatry at St. Joseph Medical Director, and for Haven Behavioral Hospital in Reading, PA. Mark is a board-certified child and adult psychiatrist in private practice seeing children, adolescents, and adults in his practice, Berkshire Psychiatric and Behavioral Health Associates.



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