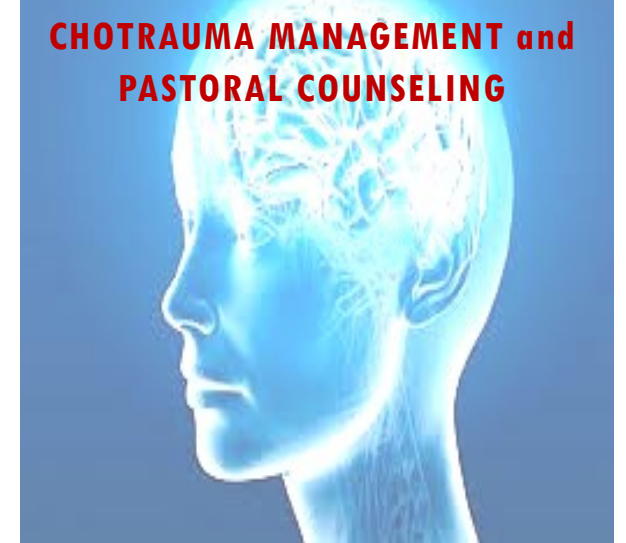


# Summer Seminar / Workshops 2013

OFFERED BY :

**THE PORTA COELI CENTER FOR PSY-  
CHOTRAUMA MANAGEMENT and  
PASTORAL COUNSELING**



**Trauma Release Seminar (TRE)**

**Common Psychological / Personality and  
other Mental Disorders**

**Effective Accompaniment of Persons  
with Psychotrauma Experiences**

**Anger Management**

**Spirituality of Care and Compassionate  
Accompaniment**

**Stressed? Anxious? Down? S.A.D Detoxi-  
fication Program**

*For more information/reservation  
you may call:*

Sr. Elvie Camilion, fcj

or

Bituin Quinto

Tel. Nos.: 9320343 to 44; 932-9820

**VENUE :**

**Institute for Consecrated Life In Asia(ICLA)**  
ICLA # 526 Tandang Sora Avenue, Culiat  
Quezon City

## **TRAUMA RELEASE SEMINAR ( TRE )**

Date: April 1, 2013 (Monday)

Time: 9:00am – 3:00 pm

### ***Facilitators:***

**Ma. Lourdes C. Medina, PhD Cnd., RGC, BCETS, PD, ADS, EMDR Therp.**

**MM Pangilinan, MA Cand., Trauma Counselor, Psychologist**

We all experience stress – big or small and if they linger or persists, that is an indicator it is/was a traumatic experience. This trauma is registered in our body and if left unaddressed cause various psychosomatic symptoms that may lead to serious illnesses. We offer a most effective One-Day Seminar-Workshop that would facilitate the release of trauma registered in the body through a simple guided exercise. This is already used in many countries and has been proven to be very efficient.

**Seminar Fee: P 500/pax, minimum of 10**

*\* Wear comfortable clothes and bring mat*

## **COMMON PSYCHOLOGICAL / PERSONALITY AND OTHER MENTAL DISORDERS**

Date: April 18-19, 2013 (Thurs-Fri)

Time: 9:00 am – 3:00 pm

### ***Facilitators:***

**Ma. Lourdes C. Medina, PhD Cnd., RGC, BCETS, PD, ADS, EMDR Therp.**

**Cherry Raneses, Alterntive Medicine, Phd, CEFAM, MA  
Dr. EdgieGonzaga, MD, Psychiatrist**

Many times in your relationships you wondered what went wrong, was it about what you said? What you did? Was It you?

Did you ever wonder why there are criminals, swindlers, rapists, child molesters, addicts, clinging vines and emotional vampires?

The 2-day seminar aims to:

Identify the disorder in layman's language

Empower the relatives and friends

Provide tips on how to deal with these kind of individuals

**Seminar Fee: P1,200. minimum of 50 pax**

## **Effective Accompaniment of Persons with Psychotrauma Experiences**

***(Highly recommended for Superiors/Formators)***

Date: April 22-24, 2013 (Mon-Wed)

Time: 9:00 am- 3:00 pm

### ***Facilitators:***

**Fr. Victor Sadaya, CMF,**

**Ma. Lourdes C. Medina, PhD Cnd., RGC, BCETS, PD, ADS, EMDR Therp.;**

**Cherry Raneses, Alterntive Medicine, Phd, CEFAM, MA;  
MM Pangilinan, MA Cand., Psychologist**

A 3-Day Seminar-Workshop for Religious Formators/ Teachers offering an unforgettable experience of various tools/ techniques in determining/ identifying/ dealing with factors that affect the psychological wellness of formandees such as traumatic experiences symptoms of which still persists thus affecting the way they think, feel and behave.

**Seminar Fee: P 3500/pax, minimum of 10**

## **ANGER MANAGEMENT**

Date: May 2-3, 2013 (Thurs-Fri)

Time: 9:00 am – 3:00 pm

### ***Facilitators:***

**Ma. Lourdes C. Medina, PhD Cnd., RGC, BCETS, PD, ADS, EMDR Therp.**

**Cherry Raneses, Alterntive Medicine, Phd, CEFAM, MA**

Anger, an emotion that consumes the body, mind and spirit. Recognize the core of your anger. Help yourself manage anger . A 2-day seminar-workshop, which includes the following:

- Assessing your emotions
- Release manipulations and massage
- Coping skills
- Recommendations
- Progress Booklet

**Seminar Fee: P2,500. Minimum of 10 pax, Maximum of 15**

## **SPIRITUALITY OF CARE AND COMPASSIONATE ACCOMPANIMENT**

Date: May 8-10, 2013 (Wed-Fri)

Time: 9:00 am – 3:00 pm

### ***Facilitator:***

**Fr. Victor F. Sadaya, CMF**

The workshop will help one to understand, maintain and engage more genuinely in the care of the self, others and the world. It answers the question why care, who care, how to care, why we fail to care, the need for commitment to care, God's care. At the same time participants will develop the art in compassionate accompaniment in other's life journey crafted in joys and pains; successes and failures embracing the dynamics of the spiritual life with Jesus as the Model of compassionate accompaniment.

Seminar Fee: P 3,500

## **STRESSED? ANXIOUS? DOWN? S.A.D DETOXIFICATION PROGRAM**

Date/s: May 13,15,17, 20,22,24,27,29, 30

(Mon, Wed, Fri)

Time: 2:00 pm – 4:00 pm

### ***Facilitators:***

**Cherry Raneses, Alterntive Medicine, Phd, CEFAM, MA**

A 9-session ( three times a week) program to alleviate the symptoms of stress, anxiety and depression. The program starts with Ear Acupuncture Detoxification , a modality that allows the flow of bad Chi to balance. Ear Acupuncture Detox is endorsed by the National Acupuncture Detoxification Association in the United States as an effective means of releasing the heavy emotions in the body.

The S.A.D. Program also includes:

- Assessment
- Instructions in mastering coping skills
- Recommendations
- A Progress Booklet

**Fee per session is P500. Fee for the whole program is P3,500. Minimum of 20 committed pax**