

PTSD / PTSI / MORAL INJURY / BURNOUT

FORREST WELLNESS RETREAT

for

First Responders and Health Care
Workers

HEALTH AND HEALING IN FORREST, VICTORIA



Calm your Nervous System.

Connect with yourself.

Replenish your Energy.

Begin to Regulate your Emotions.

Reduce Stress & Enhance your Well-Being.

with

**2.5 Days of Connection with Your Tribe &
Restoration in Nature**

Experiential Workshops

hosted by Psychologists

Dr Shona Tudge and Co-Facilitator

For further details and registration please contact Shona :

M: 0433 553 689 or shona@gellibrandcounselling.com.au

Give yourself the opportunity to:

- Learn to process your Trauma & Emotions with Support
- Use Nature as a Resource
- Gain New Understandings of PTSD
- Feel Empowered and Replenished with lasting Strategies to take home

What to Expect?

- Join max 10 other willing people in group reflection
- Knowledge of PTSD & the healing effects of nature
- Immersion in Nature (Silent Walking and Mindfulness)
- Supported Processing of undesirable Emotions
- Healthy & sustainable meals (GF options)
- Transport & Accommodation Options
- Evening strolls and Comraderie around the fire pit

Requirements:

Ability to walk for 2-3 hours (slow pace)
Courage to show up and be willing to engage
An openness to new information and ways of thinking

A little bit about Dr Shona Tudge...

Shona is a Registered Psychologist specialised in Complex Trauma with decades of experience in Evidence Based Approaches (Polyvagal, DBT, ACT, EFT) .

With extensive training in group therapy, her mission is to invite people to experience the powerful Healing effects of engaging in Real Relationships and Nature as a place for confronting fears, calming emotions, finding beauty, and unearthing inner wisdom, peace, and security.



To Register or seek further Information:
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