

Workshop Facilitators



Dawn DeLisa Novotny MSW, LCSW, MTS, CDP, CP, is a clinician, teacher, author, spiritual director and workshop leader. She is in private practice in Sequim, WA. Since 1987, She has specialized in systems theory focusing both on the “external” (family, cultural, roles) as well as the “internal” family

system (internalized roles, parts, archetypes, ego states, internal conflicts, etc.). As a clinical practitioner of psychodrama, sociometry and group therapy, Dawn utilizes a variety of action methods. She conducts workshops in CA. and WA. She holds Masters Degrees in Clinical Social work, Theology and is State Certified in the field of chemical dependency. She was an adjunct professor at Seattle University and past instructor at Peninsula Community College. She is a nationally certified psycho-dramatist and completed the advanced Internal Family Systems training in 2004.



Jeanette Rodriguez, Ph.D., is a theologian, teacher, clinician, and author. She is a well-known speaker on issues of culture, identity, gender, and justice. While a “Shaman” at heart, her spirituality is well grounded in the wisdom of the ancient mystics. She currently chairs the Religious Studies

Department at Seattle University and holds a license in Marriage and Family counseling in the states of Washington and California. She is a bi-lingual, bi-cultural, and bi-cognitive psychospiritual therapist. Two of her more well-known books are Our Lady of Guadalupe, and Cultural Memory: Resistance, Faith, and Identity.

How to Set Up a Workshop

- 1). We will need a minimum of 10 participants.
- 2). One black board or white board.
- 3). We will need a location (a large living room, community center, church, or school room).
- 4). Over 15 participants and I will bring a second facilitator which will necessitate a price increase. Both men and women are welcome.
- 5). One half of the total amount will be required in advance.
- 6). I will need transportation to and from the nearest airport to the site of the workshop.

TIMES: Friday night 6:00-9:00
Saturday 9:00-4:00 (with one hour for lunch)

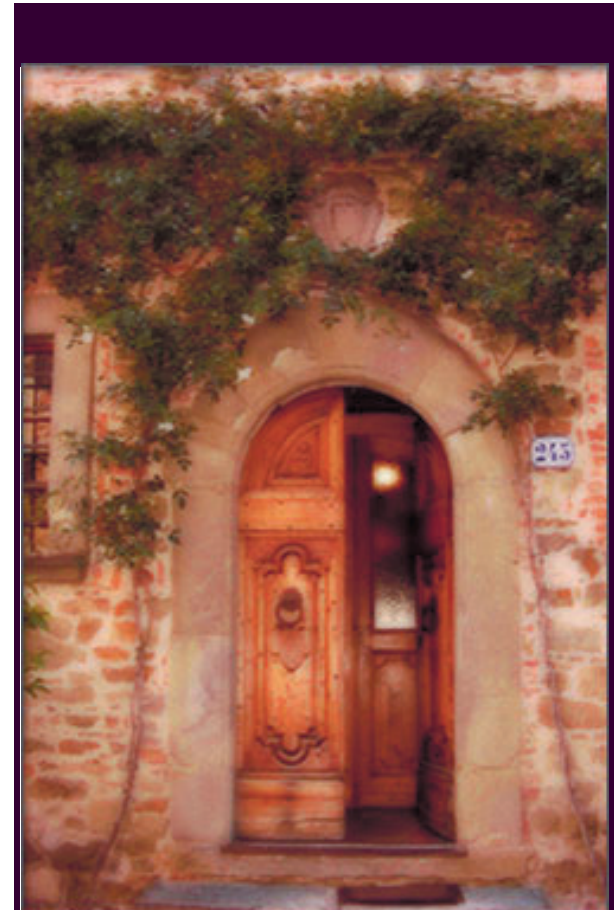
COST: \$150.00 Per Person

I will provide handouts, teachings methods, exercises and information to help facilitate the process during and after the workshop.

Possible Workshops

- ◆ Accessing the Essential Self
- ◆ Making the Implicit Explicit Through Action Method
- ◆ The Story Teller Within
- ◆ Self Awareness Through Ritual
- ◆ The Human Collage I’ve Become

For the Healing of Self and All Our Relations



Dawn DeLisa Novotny LCSW, MTS, CDC, CP

Jeanette Rodriguez, Ph.D.

THE SELF

The self...is not born. It does not die. It is neither cause nor effect. This Ancient One is unborn, imperishable; though the body be destroyed, it is not killed...Smaller than the smallest, greater than the greatest, this Self forever dwells within the hearts of all.

The Katha Upanished

(One of India's wisdom traditions dating back to between 1500-5000 b.c.)

I am this one (walking beside me)...
Whom I do not see,
Whom at times I manage to visit,
(And) whom at other times I forget...
Who remains calm and silent when I
talk,
(And) Forgives gently when I hate...
Who walks where I am not,
.....Who will remain standing
when I die.

Jaun Ramon Jimenez

(from the book of poems and prose: "Light and Shadows")

Workshop Orientation

Some of us have grown up with enormous challenges and/or abuses. Conversely, others have grown up in basically happy, secure environments. Still others grow up in silent homes, learning little about communication skills or how to form intimate relationships. The **HOW** of how we arrived at **WHOM** we are and **WHAT** we do with what we have become is ultimately up to us to accept, change, or transform. It makes little difference whether we are burdened with conflicts, beliefs, old wounds, defenses, assigned roles, shadow sides or counter productive behaviors. Caretaking, controlling, perfectionism, judging, binge-eating, alcohol abuse and just plain old idiosyncrasies. Regardless of how we arrived at these aspects of ourselves they are now solely ours to deal with one way or another. These are **PARTS** of us or **aspects** of ourselves that often run our lives without our explicit permission. For example, a person may not want to be negative or judgmental but does so in spite of themselves, then berates themselves for having done precisely what it is that they do not want to do. We each have a myriad of aspects that make up this thing called "a self"; however, we are not solely these aspects.

The crux of our work and the focus of the workshops are: 1). to identify and make explicit the aspects/parts of oneself that endeavor to constrain or restrict the self. 2). Demonstrate how to maintain enough internal space or differentiation from these aspects/parts so that the deeper **Self** or "inner conductor" can balance internal wants and needs with the external expectations and life's demands.

By incorporating Dr. Schwartz's model of internal family systems into action methods, we demonstrate concretely how aspects of oneself seem to overwhelm and control us. Participants will gain mastery over the ability to chose actions and behaviors from a profoundly more conscious or volitional place. With gentleness, compassion and humor the workshop will guide participants through a variety of life's internal and external conflicts

FOR MORE INFORMATION CONTACT:

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