

# Soul Tending

## Cultivating Emotional Wisdom & Practice

Welcome! Thank you for your interest in this *Soul Tending* program that starts on **October 4<sup>th</sup>, 2021**. Your instructors, Sherry Olander and Jennifer Nate, are licensed *Dynamic Emotional Integration*® professionals and lead instructors at Empathy Academy.

### Tuition

Total tuition for this 4-month program: **\$1,200** USD total. If you pay in full before the program begins, you'll receive a \$100 discount: **\$1,100** USD total. If you prefer to pay in monthly installments, let us know.

Soul Tending Schedule & Reading List			
Module	Description	Dates (month/day/year)	Reading List
<p><b><i>Exploring the Language of Emotions</i></b> (4 weeks)</p> <p><b>Online Mini-Retreat</b> <b>Oct. 22<sup>nd</sup> – 23<sup>rd</sup>, 2021</b></p>	<p>Introductory module based on the material in <i>The Language of Emotions</i> and delving further into new work with emotions and empathy. Includes an integrated online retreat.</p>	<p>Mon 10/4/21 to Fri 10/29/21</p> <p><b>CE Units: 18</b></p>	<p><a href="#"><u><i>The Language of Emotions</i></u></a> by Karla McLaren</p>
<p><b><i>Delving Deeper</i></b> (5 weeks)</p>	<p>Deeper inquiry into <i>The Language of Emotions</i>, including the Initiation, Trauma Healing, and working with Panic, Rage, Suicidal Urges, Hatred, and Emotion Shrines.</p>	<p>Mon 11/15/21 to Fri 12/17/21</p> <p><b>CE Units: 25</b></p>	<p><a href="#"><u><i>The Language of Emotions</i></u></a> by Karla McLaren</p>
<p><b><i>Building Our Four Pillars</i></b> (5 weeks)</p> <p><b>3-Day Online Retreat</b> <b>Feb. 4<sup>th</sup> – 6<sup>th</sup>, 2022</b></p>	<p>Self-care and self-awareness exploration focused on incorporating the skills, practices, and knowledge developed thus far. Includes an integrated online retreat.</p>	<p>Mon 1/10/22 to Fri 2/11/22</p> <p><b>CE Units: 23</b></p>	<p>Select readings from:</p> <p><a href="#"><u><i>Wishcraft</i></u></a> by Barbara Sher</p> <p><a href="#"><u><i>The Art of Empathy</i></u></a> by Karla McLaren</p>

**Online Retreat Schedules:** All online retreats will be scheduled to accommodate your time zone.

**Reading List:** All reading materials should be read before each module begins. Empathy Academy is based upon an adult learning model, where students and instructors come together to deepen their shared understanding of the material. We will review and discuss the reading and explore deeper material in the curriculum.

**Break Periods:** There will be two rest and integration breaks.

1. October 30<sup>th</sup> to November 14<sup>th</sup>, 2021 (2 Weeks)
2. December 18<sup>th</sup>, 2021 to January 9<sup>th</sup>, 2022 (3 Weeks)

**Continuing Education Units** are provided by R. Cassidy Seminars for psychologists, counselors, psychoanalysts, marriage and family therapists, social workers, creative arts therapists, nurses, dentists, educators, and chemical dependency counselors for an additional \$40 per module.

### **How to apply for the *Soul Tending* program**

Please email your statement of interest by the application deadline of **Friday, September 24<sup>th</sup>, 2021**. Your statement should include:

1. Your name, contact information, mailing address, and time zone.
2. The extent of your experience with Karla McLaren's work.
3. Your experience with online learning.
4. What are your intentions for taking this program?

**Questions?** Contact us at [info@emotiodynamics.org](mailto:info@emotiodynamics.org). We look forward to hearing from you!

