

Beyond Type: Finding Wholeness with the Enneagram

This 3-part series is intended for advanced students wanting to explore and experience greater freedom from the confining patterns of type. It will provide an opportunity to take your personal understanding of the enneagram to a deeper level through the vehicle of your triad's and your type's most-used core strategies.

- What is your triad's and your type's core strategy for dealing with life's challenges? How does it influence your perception of reality?
- In what ways does it work well for you? When does it fail you? How do you know this?
- What might the other triads' and types' core strategies offer you to more fully know your truth to discover a new path through a specific challenge?

These three evening sessions will offer opportunities to explore these questions, to go deeply with some participants into specific challenges they choose to work with in this setting, and to provide opportunities for all to share their wisdom with each other.

The evenings will be facilitated by Cathy Hitchcock, Minda Redburn, and Liz Bothwell, representing the head, heart and gut triads. Please join us for insight, an opening heart, and probably some belly laughs as well, which often tell us we're on the right track.

Who should attend: Advanced Enneagram Students

When: Three Tuesday evenings-- June 29th, July 13th, July 27th – 7:00 - 9:30 pm

Where: Portland Subud Center, 3185 NE Regents Drive in Portland.

Preregistration Required:

- complete series paid and postmarked by May 21, 2010 is \$135;
- complete series after May 21, 2010 is \$150;
- one session is \$65

HOW TO REGISTER:

PLEASE MAKE YOUR CHECK OUT TO: TREE RINGS, INC.

AND MAIL TO: Minda Redburn
4520 SW Water; Suite 202
Portland, OR 97239

PRINT, FILL OUT & MAIL FORM

NOTE: Fees are nonrefundable and no credits will be carried to future classes. Payment for classes is not transferable to another attendee.

Your first and last name:		
Address:		
City:	State:	Zip
Day Phone:	Evening Phone:	Email:
Workshop / Class you wish to take:		
Amount enclosed: \$	Your type and subtype:	

Please contact Liz Bothwell with any clarification questions you might have at:
liz@lizbothwell.com or 503-227-5278

Facilitators



Cathy Hitchcock, MSW, is now semi-retired and living in Galveston, Texas after 25 years in private practice as a psychotherapist in Portland. In 2004, she co-founded EnneagramPortland with Dale Rhodes. She is a Certified Enneagram Trainer in the Narrative Tradition of Helen Palmer and David Daniels, M.D. and also a graduate of the Spectrum Training and Certification Program with Jerome Wagner, PhD. She trained with Bob Martin, DSW, a founder of the Gestalt Institute of L.A. Cathy has led many support, therapy, retreat, and personal growth groups over the years. She is a breast cancer survivor and co-author of *Breast Cancer -- What You Should Know (But May Not Be Told) About Prevention, Diagnosis, and Treatment*.



Minda Redburn employs a holistic model for career development that incorporates in-depth self-assessment, a humanistic approach to personal growth counseling, and the strength-based, action-oriented focus of life coaching. She has provided career development counseling to adult clients in private practice at LifeLong Career Options since 1993.

Prior to opening her practice, Minda worked in training and human resource development in the corporate world. She holds a Masters in Counseling Psychology from Lewis and Clark, and she has also completed training in Life Coaching from Maria Nemeth. In addition, she has received extensive training in personality typing using both the Myers-Briggs Type Indicator and the

Enneagram, as well as in other instruments and models that she uses to help her clients clearly identify the specific shape of their ideal work life.

Minda has been an active member in the Enneagram Portland community since its inception in 2002, and has participated in a number of courses from leading Enneagram trainers, including Helen Palmer, David Daniels, Jerome Wagner, Tom Condon, Andrea Isaacs, Peter O'Hanrahan and Terry Saracino. In 2008, she became a certified Enneagram instructor in the Narrative Tradition through Helen Palmer's and David Daniels' Enneagram Professional Training Program.



Liz Bothwell is a personal growth consultant helping individuals develop authentic relationships, navigate life transitions, and create fulfilling lives. She combines an eclectic set of interests and training from psychology, spirituality, and science with tools such as hand analysis and the Enneagram to help each person align with—and thrive in—their life purpose. Liz's professional path has also included management, adult development, and consulting in non-profit organizations, the software development industry, and higher education, all of which built a foundation for understanding the ways we try to find meaning in our work and our lives. Liz brings 20 years of experience to her transpersonal consulting practice, and she offers a unique blend of intuition and practical application in her work with clients. Liz has a Master's degree in Transpersonal

Studies from the Institute of Transpersonal Psychology in Palo Alto, California; she is a certified hand analyst with the International Institute of Hand Analysis in San Rafael, California; and she is enrolled in the Enneagram Professional Training Program. Liz is completing a graduate certificate at Portland State University in Interpersonal Neurobiology: the study of how relationships change the brain and how the brain impacts relationships. www.lizbothwell.com