



# Healing the Past & Creating the Life You Want

with Morgan Goodlander & Ruth Boerger

**DATES:** June 3 & 4  
**TIME:** 10 am - 5 pm  
**PLACE:** 333 Miller Avenue, Suite 3, Mill Valley, CA 94941  
**COST:** At the Door: \$290.00  
Early Registration by May 27: \$250.00  
Grad Students New to the Institute First Workshop: \$200.00  
**REGISTER:** 415.752.7251 or email [ruthbb@sbcglobal.net](mailto:ruthbb@sbcglobal.net)

Everybody has issues from their past. What is important are not the issues themselves, but how we deal with them. Our ability to be creative with what has happened to us has more power than what actually happened. If we are healthy, we artfully respond to life challenges with creativity, grace, and grit. However, if our creativity disappears, we get the feeling of being trapped; life starts to feel boring and repetitive rather than dynamic and fruitful.

This weekend we will learn how to:

- Use Gestalt processes to complete Unfinished Business.
- Let go of unfulfilled desires that keep you from moving on.
- Forgive ourselves and others for not meeting our expectations.
- Invision a new empowered future for ourselves.
- Regain our creative spirit and start fresh.
- Be aware if we are repeating past mistakes.
- Accept and move past the loss in our lives.
- Give ourselves permission to live fully again.

Participants will have the opportunity to inventory their past, create tools for their present, and design a vision for their future.

The first day will focus on inventorying and working through our past issues. The second day will focus on creating new and exciting visions for our future development. Key to this process will be the identification of thematic issues and their repetition in the life of group members. Once the emotional blocks contained in the personal themes are identified and expressed, new possibilities for creative adjustment become available and new visions for the future spontaneously appear in the life of the participant.

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Morgan Goodlander, M.A., G.P.W., is the Director of the Gestalt Institute of San Francisco and an international Gestalt trainer leading programs in more than five countries. He is particularly known for his sense of humor and deep respect for each person's process.

Ruth Boerger, B.S., G.P.W., is a graduate of the Gestalt Institute of San Francisco and also Assistant Director. Ruth has a lifelong background in education. She practices Gestalt from the larger context of Transpersonal Psychology and is known for her warmth and skill in establishing a safe environment.

This weekend will be 80% experiential and 20% theoretical for people interested in training and personal development. In addition, you will have an opportunity to work with Morgan or Ruth on specific issues that you bring to the group.