

**Wellness Counseling Inc.**

**Presenter Name: Arilda Surridge, MA, LMFT**

**Retreat Name: GLOW Retreat – Gain Lots of Wisdom Retreat**

**Upcoming Retreat: June 21st to 28th, 2025 in Panama– Training on Assessing, Managing, Treating, and Preventing Vicarious Trauma**

Wellness Counseling Inc. is excited to offer this wonderful destination retreat to mental health providers of all different specialties and backgrounds. This retreat is providing you with the opportunity to provide yourself with much-needed self-care, you will also be able to connect with other mental health providers and gain wisdom by attending workshops and having experiential activities to further reinforce what is being taught in the training. The training will be on how to Assess, Prevent, Manage, and treat Vicarious Trauma. You will certainly go back home GLOWing after this retreat.

**Objectives:**

- Describe and define Vicarious Trauma, and Types of Vicarious Trauma
- Identify how Vicarious Trauma has changed over time.
- Identify screening and assessment tools for vicarious Trauma
- Apply assessment/screening tools for vicarious trauma
- List individuals/populations that can be impacted by vicarious trauma
- Identify what puts individuals at risk of vicarious trauma
- Identify 5 Symptoms of Vicarious Trauma
- Identify 3 methods/tools of Preventing Vicarious Trauma
- Apply tools/methods of Preventing Vicarious Trauma • Describe 3 approaches to treat vicarious trauma
- Apply 3 approaches to treat vicarious trauma
- Describe a trauma informed workplace/practice
- Identify 3 practices to have a trauma informed workplace/practice

## **Outline**

**Retreat Name:** GLOW Retreat – Gain Lots of Wisdom Retreat

**Retreat Focus/Title:** Assessing, Managing, Treating, and Preventing Vicarious Trauma

**Instructor Name:** Arilda Surridge, MA, LMFT

**Dates:** June 21<sup>st</sup> to 28<sup>th</sup>, 2025

**Location:** Panama – Selva Terra Resort

### **Description:**

Wellness Counseling Inc. is excited to offer this retreat to mental health providers wanting to gain wisdom and practice self-care. In this retreat you can expect to learn be able to describe Vicarious Trauma. Topics that will be covered are signs and symptoms of vicarious trauma and how to assess, identify who is at risk of vicarious trauma, and how to prevent, manage, and treat vicarious trauma. You will also have hands on experience on practicing tools that prevent and manage vicarious trauma.

### **Retreat/Program Agenda \*Subject to Change\***

#### ***Day 1:***

Arrival (Various Times)

7 pm: Welcome Dinner, Introductions

#### ***Day 2:***

6 am to 8 am - Breakfast

7 am Yoga

9 am to 12 pm - Training

12 pm to 2 pm – Lunch

1 pm Experiential Exercises

7 pm Dinner

#### ***Day 3***

6 am to 8 am - Breakfast

7 am Yoga

9 am to 12 pm - Training

12 pm to 2 pm – Lunch

1 pm Experiential Exercises

7 pm Dinner

#### ***Day 4***

6 am to 8 am - Breakfast

7 am Yoga

9 am to 12 pm - Training  
12 pm to 2 pm – Lunch  
1 pm Experiential Exercises  
7 pm Dinner

***Day 5***

6 am to 8 am - Breakfast  
7 am Yoga  
9 am to 12 pm - Training  
12 pm to 2 pm – Lunch  
1 pm Experiential Exercises  
7 pm Dinner

***Day 6***

6 am to 8 am - Breakfast  
7 am Yoga  
9 am to 12 pm - Training  
12 pm to 2 pm – Lunch  
1 pm Experiential Exercises  
7 pm Dinner

***Day 7***

6 am to 8 am - Breakfast  
7 am Yoga  
9 am to 12 pm - Training  
12 pm to 2 pm – Lunch  
1 pm Experiential Exercises  
7 pm Good-Bye Dinner

***Day 8***

Day of Departure (Various Times)

**The total cost of the Retreat Also Includes:**

- 5 Night ALL Inclusive Accommodations - All Meals (able to cater to DF, GF, vegetarian, and vegan preferences), Snacks, and Drinks are Included
- All Accommodations are Oceanview - Can be Double or Single Rooms
- Transportation from the Resort to David Airport Round Trip (under 1hr each way)- Ground transport from David Airport to the nearest marina, where you will be taken on a boat ride through the mangroves to arrive at the island
- The resort has an Infinity pool, 2 beautiful private sandy beaches, and a beach bar equipped with a brick-fired pizza and complimentary service at sea

- Unlimited use of surfboards, kayaks, and paddle boards (explore the coastline and mangroves at your own time, or paddle over to our private surf break)
- Unlimited use of the games room (ping-pong, darts board, and extensive board games offering)
- Open use of the Nature Trail
- Group Activities Included: Daily Yoga, Howler Monkey Hiking Tour, Kayaking Mangrove Tour, Sunset Cruise, Full-Day Snorkeling and Island Hopping Tour to Islas Secas, the option to scuba dive if already certified, Beach Bar BBQ farewell party on the last day/night. at our East Beach on your last day/night

### **Financial Requirements:**

The cost for participation in this Therapist Retreat in Panama-Selva Terra Island Resort, which is June 21<sup>st</sup> to June 28th, 2025. The Cost Includes (Includes Accommodations, Food, Drinks, Group Activities, Experiential Exercises, and Training).

Single (private) occupancy rooms/casitas - \$4,200 USD Per Person (Includes Accommodations, Food, Drinks, Group Activities, Experiential Exercises, and Training)

Shared (twin or king) occupancy rooms/casitas -\$3,200 USD Per Person

The Beach House - \$3,000 USD Per person

Non-Attending Guest Cost: \$2,800 USD Per person (discounts are not applicable to guests)

To Secure your Spot: \$500 USD (non-attending guests are also required to pay the deposit) is Required, afterwards remaining balance is divided equally depending on the number of months left for the final balance due date.

Early Registration Discount: \$200 (only for CE attending Guest) – Until January 1<sup>st</sup>  
Additional \$100 off if you identify as being from a marginalized group

\*Space is Limited! Only 9 Casitas Available, and a Beach House that can sleep up to 6 people\*

### **Cancellation Policy:**

\$500 Deposit is non-refundable

50% Refund if Canceled 60+ days before Start of Retreat,

25% Refund if Canceled

30+ days before start of Retreat,

No refund if canceled 29 days or less before the retreat

Option to re-schedule your attendance may be provided and considered if balance has been paid in full.

If the program must be canceled on the part of Wellness Counseling Inc. for unforeseen reasons, a full refund will be issued. In this case, Wellness Counseling Inc. holds no financial responsibility for changes to airfare and other miscellaneous charges

## **Remaining Balance**

Remaining balance is due 30 days before the retreat start date.

## **Additional Information**

- There are no known conflicts of interest for this training.
- Wellness Counseling Inc. has no part in the financial agreement between you, the participant, and the hotel
- Grievances: All grievances must be in writing to [admin@wellnesscounselinginc.com](mailto:admin@wellnesscounselinginc.com) , and will be replied to within 5 - 10 business days.
- This venue is located outside of the United States and may not meet the United States ADA standard.
- Audio and/or visual recording of the training is prohibited CE Information:



- CE-Classes.com is the provider of (CEs).
- Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form.
- Licensed Professionals should contact their regulatory board to determine course approval. CE-Classes.com is approved by:
  - The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
  - Florida Certification Board
  - The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025
  - The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
  - California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12- 174-0225 Expires 02-2025
  - The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
  - The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
  - Massachusetts Authorization Number: (TBD)

- Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2024 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.
- This training does not offer ASWB ACE credit to social workers.