

Have you experienced the loss of living that comes from unresolved grief associated with major life changes such as divorce, death of a loved one, loss of a job?

Is your anger isolating you from co-workers, friends and family and taking a toll on your physical and mental well being?

Are you sick and tired of the unhealthy dynamics in your close relationships?

Do you feel blocked by traumatic events from your past?



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4110 West Sweetwater Drive
Tucson, Arizona 85745

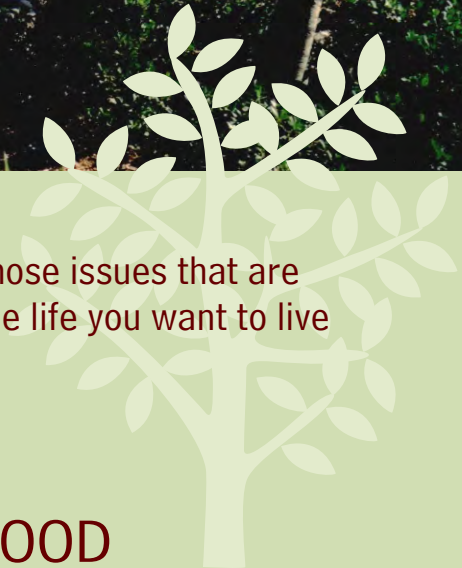
1-800-877-4520

cottonwoodtucson.com



An opportunity to focus on those issues that are preventing you from leading the life you want to live

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Rokelle Lerner is one of the most sought after speakers and trainers on relationships, women's issues and addicted family systems. She has inspired audiences throughout the world with her ability to address difficulties with insight, humor, and astounding clarity.

She has received numerous awards for her work with children and families including Esquire Magazine's "Top 100 Women in the U.S. Who Are Changing the Nation." Rokelle has been an advisor and consultant with foreign governments, US agencies, corporations, schools and hundreds of individuals on relationships, boundary issues and addiction. She is also co-founder and consultant to Children Are People, Inc., a program used in thousands of schools throughout the county. Rokelle has appeared as a guest consultant on numerous television shows such as Oprah, Good Morning America, CBS Morning News and 20/20. Her articles and interviews have been featured in the Washington Post, New York Times, Newsweek, Time, People Magazine and Parents Magazine.

Rokelle has published the best selling books: [Living in the Comfort Zone: The Gift of Boundaries in Relationships](#), [Affirmations for Adult Children of Alcoholics](#) and [Affirmations for the Inner Child](#).

Rokelle's latest book is: [The Object of My Affection is in My Reflection: Coping with Narcissists](#).

InnerPath's life-changing programs feature a unique interaction between participants and our staff.

In the secluded tranquility of the Nash House – adjacent to Cottonwood's 35-acres in the beautiful foothills above Tucson – you can concentrate on continuing the work necessary to be a full, productive participant in your own life. While attending the programs at the Nash House, group and one-on-one discussions are held in a safe, respectful and fully-confidential environment.

InnerPath's programs are unique in that we use various types of experiential therapy to help you reach a deep level of awareness with relative ease:



- Group Therapy
- Education
- Psychodrama
- Expressive Arts
- Meditation/Yoga
- Stress Management
- Journaling
- Anger Management
- Equine Assisted Counseling
- Challenge Course

InnerPath's intensive four and five-day programs – under the inspirational leadership of Rokelle Lerner – help those who want to make healthy changes in their lives.

Beginnings and Beyond

This five-day intensive retreat is tailored to meet the needs of those individuals who want to make healthy changes in their lives. Whether you are just beginning the journey of self-exploration or someone who has hit a 'road block' in your journey, this program is designed to motivate change and encourage self-growth. Beginnings and Beyond offers a series of non-threatening, safe, and proven experiential techniques as well as traditional group and cognitive behavior therapies. This retreat includes list work, a powerful tool for releasing 'stuck' feeling from the past.

Women's Retreat

This five-day retreat has been designed especially to meet the needs of women who are re-evaluating their relationships, their priorities, and their sense of self. This retreat examines the effects of trauma on women's lives and how it affects their physical, emotional, and spiritual well-being. The Women's Retreat moves beyond the mere awareness of problems and focuses on tools to support women in establishing healthy boundaries, examining relationship patterns and letting go of old images and memories that contaminate self esteem. In a beautiful desert retreat, women will learn to make peace with their own personal history and take the steps in order to move into a life of freedom and joy.



Developing Healthy Relationships

This four-day retreat focuses on learning what constitutes a healthy relationship and how to attain it. This retreat is appropriate for individuals, couples, a parent and child (18 years or older), siblings, friends, or any type of relationship that isn't working or could use improvements. Topics include communication styles, boundary conflicts, how childhood issues surface in relationships, recreating passion, and staying connected without being consumed by another.

Developing Healthy Families

Addictions and psychiatric disorders can create chaos in a family. Stress and tension rise, frustration builds and communication turns to anger. Families do not know what to do. This workshop can bring relief to a family in crisis. Our five-day program offers education, new ways of relating, developing a healthy lifestyle and individual strategies to work towards solution and recovery.

InnerPath retreats focus on critical life issues as well as explore strategies to balance body, mind and spirit...in a safe, supportive environment.

If you have experienced any kind of serious loss – the death of a loved one, the end of a marriage, the loss of a job – InnerPath can help you deal with unresolved grief.

Possibly you feel blocked by past, traumatic events. Or your anger issues isolate you from your family, friends and co-workers. Maybe you are tired of the unhealthy dynamics in your close relationships.

These are just some of the issues for which InnerPath is designed to offer you a safe path... a path that can change your life:



- Relapse Prevention
- Anger and Rage
- Co-dependency
- Family of Origin
- Addiction
- Grief and Loss
- Relationships
- Spirituality
- Trauma
- Wellness

InnerPath 2011

Beginnings & Beyond • Mon 9 am – Fri 4:30 pm
Cost: \$2200. Includes meals and lodging.

Jan 24-28	Feb 14-18	Mar 21-25
Apr 18-22	May 23-27	June 27-Jul 1
Aug 1-5	Sep 19-23	Oct 17-21
Nov 14-18	Dec 5-9	

Relationship Retreat • Thur 9 am – Sun 4:30 pm
Cost: \$2800 per couple. \$1400 for individual. Includes meals and lodging.

Feb 10-13 Dec 1-4

Women's Retreat • Mon 9 am – Fri 4:30 pm
Cost: \$2200. Includes meals and lodging.

Jan 10-14	Apr 11-15	Jun 20-24
Jul 25-29	Sep 12-16	Oct 10-14

Developing Healthy Families • Mon 8:15 am – Fri 3 pm
Cost: \$1500 per family. Contact us to schedule.

Prices and dates subject to change.

A \$500 registration fee is required. If cancelled 15 days or more prior to the start of a program, this money is fully refundable. If cancelled less than 15 days prior, the money is not refundable but is transferable to another program for up to 12 months.

Contact:
Jana Zeff for information
and registration.

800-877-4520 ext. 2141
or 520-743-2141

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