

*Discovery to Recovery* along with  
*Relational Recovery Centre Asia Pacific* brings to you...

# BOUNDARIES & BEYOND



## ***Empowering Recovery Through Boundaries***

*A 3-Day Workshop for Healing and Growth conducted by  
**Aarti Chidambaram***

**22nd Sept'24- 25th Sept'24**  
@Women's Healing Sanctuary  
Port Stephens region, NSW, Australia

Fees : **AUD 1550 per participant**  
for the workshop  
*(does not include Boarding, Lodging, Transportation)*

## **CONTACT DETAILS**



**+65 97288044**



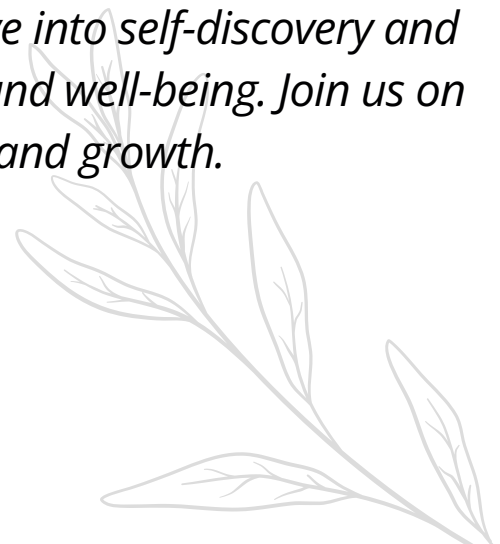
**aarti@discoverytorecovery.com**



# BOUNDARIES & BEYOND

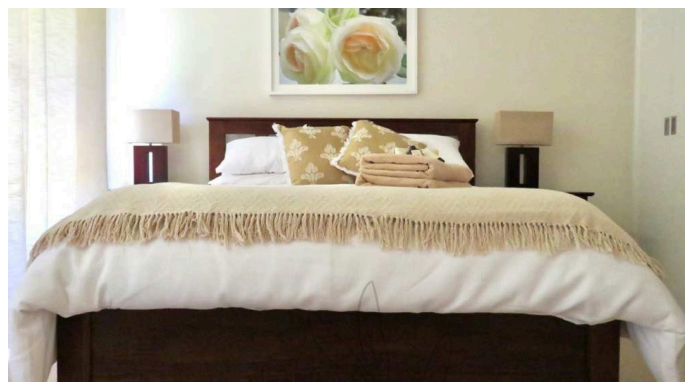


*Unlock the power of Boundaries and Beyond in our transformative workshop focused on setting and maintaining healthy boundaries in the wake of betrayal. Through practical tools and experiential exercises, delve into self-discovery and resilience as you reclaim control of your relationships and well-being. Join us on this empowering journey towards healing and growth.*



# ACCOMMODATION

*Located an easy two-hour drive from Sydney and accessible by car, train, bus or plane. (Newcastle Airport 25 minutes drive). Women's Healing Sanctuary is a large, private home on a secluded 6 acres of trees, gardens and lawns.*



*Amenities: Air Con, Linen/Towels, Mini Fridge, Privacy/Security, Tea/Coffee Making, Toaster, Desk, WiFi*

# OUR EXPERT



## ***Aarti Chidambaram***

Fondly nicknamed the "Partner Whisperer" by Robert Weiss, a renowned expert in sex addiction recovery, Aarti Chidambaram is a respected figure in the field of Betrayal Trauma. For the past decade, Aarti has dedicated her career to helping individuals navigate the challenging journey of healing and recovery.

Aarti's practical approach to addressing complex concepts such as boundaries earned her the title of "Boundary Guru" from Carol "the Coach" Sheets, a prominent figure in the field of betrayal trauma. Her ability to translate complex psychological concepts into actionable steps with compassion and understanding has made her a trusted resource for individuals seeking support and guidance. An APSATS (Association of Partners and Sex Addicts) Supervisor and ERCEM (Early Recovery Couple's Empathy Model) Supervisor, Aarti has helped both individuals and couples navigate the tricky road from Discovery to Recovery.

Her work on "Boundaries" specifically has attracted a lot of attention and she has presented on the topic in many international conferences, where her concept and use of boundaries have been very well received.

Based in Singapore, she has been actively facilitating partner support groups, offering a safe space for individuals to share their experiences, find solace, and gather valuable insights from others who have gone through similar challenges. Her dedication and commitment have led to the establishment of the longest-running partner support group in the country. Aarti believes in the power of connection and aims to create an environment that fosters healing, growth, and resilience.

Through her work, Aarti empowers partners to regain their self-worth and rebuild their lives after the devastating impact of betrayal. She helps them navigate the complexities of establishing healthy boundaries and rebuilding trust, while also emphasizing self-care and personal growth as crucial elements of the healing process.

Her work continues to make a lasting impact on the lives of partners, guiding them toward healing, growth, and renewed hope for a brighter future.

# CLIENT TESTIMONIALS



*"Aarti is the 'Boundary Queen'. She has helped me set and hold boundaries in the most difficult of times"....M*



*"The way Aarti interprets and works with boundaries is so unique, yet so simple—it is just what my trauma brain needed—simple, clear, and user-friendly. Thank you, Aarti!!"...A*



*"Working with Aarti on my boundaries has helped both my husband and I to forge a strong and respectful relationship. I always thought of boundaries being something that would divide us—but her way of working with boundaries has brought us so much closer. Its been a game changer in our relational healing"...V*



# BOUNDARIES & BEYOND



*See you there!*