

RECLAIM 1 Trauma Intensive



A Transformative 4 Day Healing Trauma Workshop for Men with Childhood Trauma, including neglect.

Thursday 23rd October (12 noon) - Sunday 26th October 2025 (2pm)



Immerse yourself in the tranquillity of a private retreat nestled within nature's embrace.

The spacious accommodation and serene surroundings create an ideal environment for reflection and healing.

Port Stephens, New South Wales

A 25-minute drive from Newcastle Airport and a 2 hour drive from Sydney

Welcome from Michael Rooney Clinical Psychotherapist Certified Sex Addiction Therapist



RECLAIM Your life Through Healing the Past

Are you on the path to recovery but find that childhood trauma continues to cast a shadow over your journey?

- The **RECLAIM 1** experiential trauma workshop is based on the work of Pia Mellody, Bessel van der Kolk, Peter Levine and John Bradshaw. It will also incorporate Somatic Experiencing (a body awareness approach to healing trauma).
- Participation is limited to a maximum of 7 attendees.

This brochure provides you with information on

- Accommodation and venue details.
- Investment cost, including early bird discounts.

I look forward to supporting you on your healing journey.

A handwritten signature in black ink that reads "Michael".



[Intimacy Healing](http://www.intimacyhealing.com)



[Relational Recovery Centre](http://www.recoverycentre.asia/pacific)

What You Will Gain



Heal from trauma.
Reclaim your life.

This intensive workshop is geared to help participants not just learn but **experience** the following:

Understanding the Link:

Explore the profound connection between childhood trauma and sex addiction.

Building Resilience:

Develop resilience and empowerment on your path to recovery.

Safe and Confidential Environment:

Connect with other men who share similar experiences in a confidential and judgment-free space.

Empowerment through Expression:

Engage in therapeutic processes to release the negative messages and emotions rooted in painful experiences from the past in order to RECLAIM the authentic self and move forward in freedom.

Community Building:

Forge meaningful connections with fellow participants, building a supportive network of understanding and encouragement that extends beyond the workshop.

Practical Coping Strategies:

Acquire practical coping strategies and skills to navigate triggers and challenges on your recovery journey.

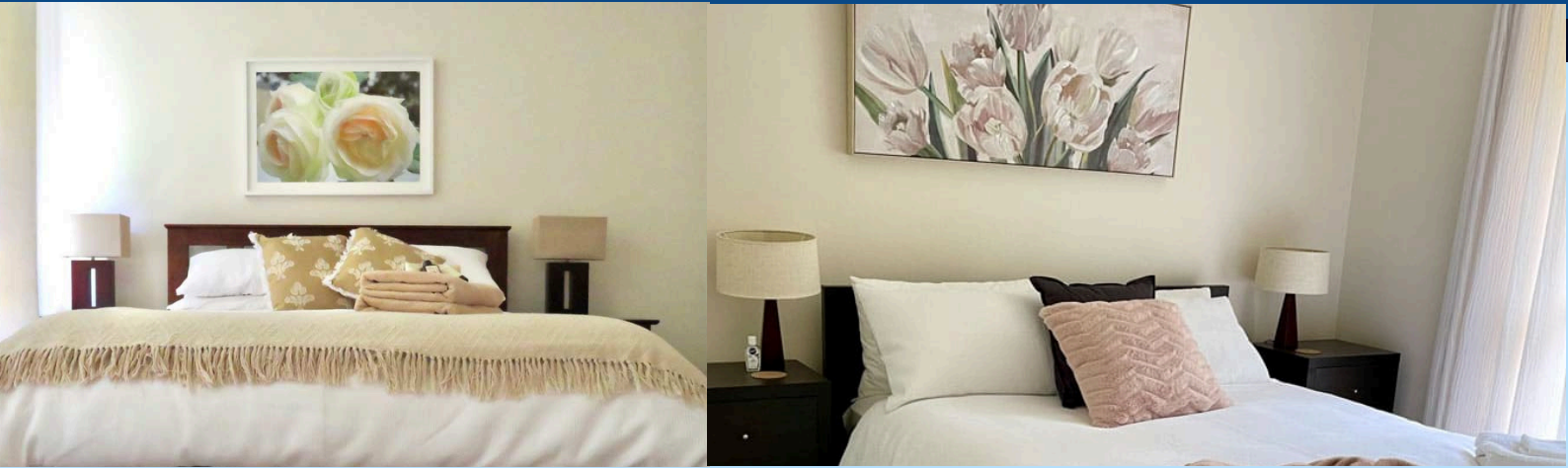
Technology Free Environment



In our technology-free "Sanctuary Bubble" workshop:

- Participants must hand over all electronic devices, including phones, laptops, and smartwatches.
- No calls are allowed, and participants must handle work and home responsibilities before arriving.
- Complete disconnection from work and home is required, even overnight.
- If you are unable to fully disconnect, attending a future workshop is advisable.
- For communication with minor children, leaving notes or video messages is suggested.
- Emergency contact information will be provided for serious family emergencies, however, staff won't interrupt the workshop for work-related matters.

Travel , Accommodation & Meals



The workshop will be held at the Women's Healing Sanctuary nestled in Port Stephens, encompassing a spacious, secluded property spanning 6 acres adorned with trees, gardens and lawns.

Conveniently located with Newcastle Airport merely a 25-minute drive away, and only a two-hour drive from Sydney.

Day 1 Thursday 23rd October

- 12 noon. Arrive and settle in
- 1pm. Lunch
- 2 pm. Workshop begins

The workshop will conclude on Sunday 26th October at 2pm.

All essentials including accommodation, meals, linen, towels, and more will be provided throughout the duration of the workshop.

Each room ensures privacy and security, boasting serene views and amenities such as tea/coffee-making facilities. Private and shared bathroom facilities are also available for your convenience.

Once your workshop application is approved, you then book your accommodation directly with the venue

[Click here to book accommodation](#)



Your Investment in Your Healing



- Your investment for the 4 day healing intensive is \$2,700 (plus GST). Accommodation is not included in this price. You will need to handle payment and booking for your accommodation and meals directly through the Women's Healing Sanctuary.

Your investment includes

- 1 virtual group session pre the workshop and 2 virtual group sessions post the workshop with Michael Rooney.
- Communication and partnership with your current therapist or treatment provider.
- **Early Bird Discount (5%)** if you book and pay in full by Tuesday 30th September 2025 - Investment reduces to \$2,565 (plus GST).
- **Current clients Discount (5%)**. Investment reduces to \$2,565 (plus GST).
- **Current clients who book and pay in full by Tuesday 30th September 2025 (10% discount)** - investment reduces to \$2,430 (plus GST) A no-interest payment plan is also offered.
- A non-refundable deposit of \$1,500 is payable to secure your spot

Limited spaces available. Secure your spot today!

To arrange a pre screen appointment to assess your suitability for the workshop, please email Michael Rooney
michael@intimacyhealing.com

www.intimacyhealing.com