

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



BOUNDARIES & BEYOND

**ADVANCED PRACTICAL TOOLS TO GUIDE CLIENTS THROUGH
COMPLEX EMOTIONAL SPACES AND BOUNDARY REPAIR**

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

12th-15th April 2026
@ Women's Healing Sanctuary
Port Stephens region, NSW, Australia

AUD Fees: 2050 per participant for the
workshop
(does not include Boarding, Lodging,
Transportation)

CONTACT DETAILS

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WORKSHOP TAKEAWAYS FOR PROFESSIONALS

Practical Tools for Every Client Pathway

- Learn grounded, actionable techniques to support clients across all trajectories — those staying, those separating, and those navigating the deep unknown immediately after discovery.

Trauma-Informed Boundary Frameworks You Can Use Immediately

- Master tools like Safety–Empowerment–Values, CISR (Capacity–Intent–Skill–Resources), ICE–R, and “Me vs Not Me” to help all clients build clarity, self–trust, and functional boundaries.

Clear Guidance for Ethical Work with Couples and Individuals

- Understand how to hold safe structure for couples working toward repair, and how to support individuals rebuilding alone — without pushing reconciliation or separation.

Support Clients Without Overstepping Your Clinical Frame

- Learn how to maintain your therapeutic boundaries, avoid collusion or blame, and stay steady and ethical when clients are highly dysregulated or in high-conflict relational dynamics.

Ready-to-Use Scripts, Worksheets & Clinical Templates

- Walk away with practical tools to help any client articulate needs, stabilize emotions, decide their next steps, and build sustainable boundaries rooted in their identity and values.



ACCOMODATION

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

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.

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 ERCCEM (Early Recovery Couple’s Empathy Model) Supervisor, Aarti has helped both individuals and couples navigate the tricky road from Discovery to Recovery.

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.

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SEE YOU THERE!