

RECLAIM 1 Trauma Intensive



A Transformative 5 Day Healing Trauma Workshop for Men with Childhood Trauma, including neglect.

Friday 30th October (3pm) - Tuesday 3rd November 2026 (1pm)

Scheduled across a long weekend to minimise time away from work while allowing full immersion in the process



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, connection and deep 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 Internal Family Systems (IFS) – Level 1 Trained



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** Trauma Intensive is grounded in the work of Pia Mellody, Bessel van der Kolk, Peter Levine, and John Bradshaw, and integrates Internal Family Systems (IFS), developed by Dr Richard Schwartz
- This approach recognises that we all have different “parts” shaped by our life experiences. Some parts carry pain from the past, while others work hard to protect us. Through this process, you will learn to understand and work with these parts in a way that fosters self-compassion, clarity, and lasting change.

This brochure provides you with information on

- Accommodation and venue details.
- Investment cost
- Participation is limited to a maximum of 7 attendees.

I look forward to supporting you on your healing journey.



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



[Relational Recovery Centre](http://www.relationalsolutions.com)

What You Will Gain



Heal from trauma.
Reclaim your life.

This intensive workshop is designed to help you not just learn—but experience meaningful and lasting change.

Understanding the Link

Gain insight into how early experiences continue to shape patterns and protective responses.

Understanding Your Inner World

Begin to recognise and work with different parts of yourself, developing greater awareness and self-compassion.

Building Resilience

Cultivate a more grounded, steady sense of self.

Safe and Confidential Environment

Experience a respectful, supportive environment where you can do this work openly.

Emotional Release and Integration

Gently process and release what has been held, allowing space for something new.

Community

Share the journey with other men and experience the power of being understood.

Ongoing Support

Leave with practical tools to support continued growth and integration beyond the intensive.

Technology Free Environment



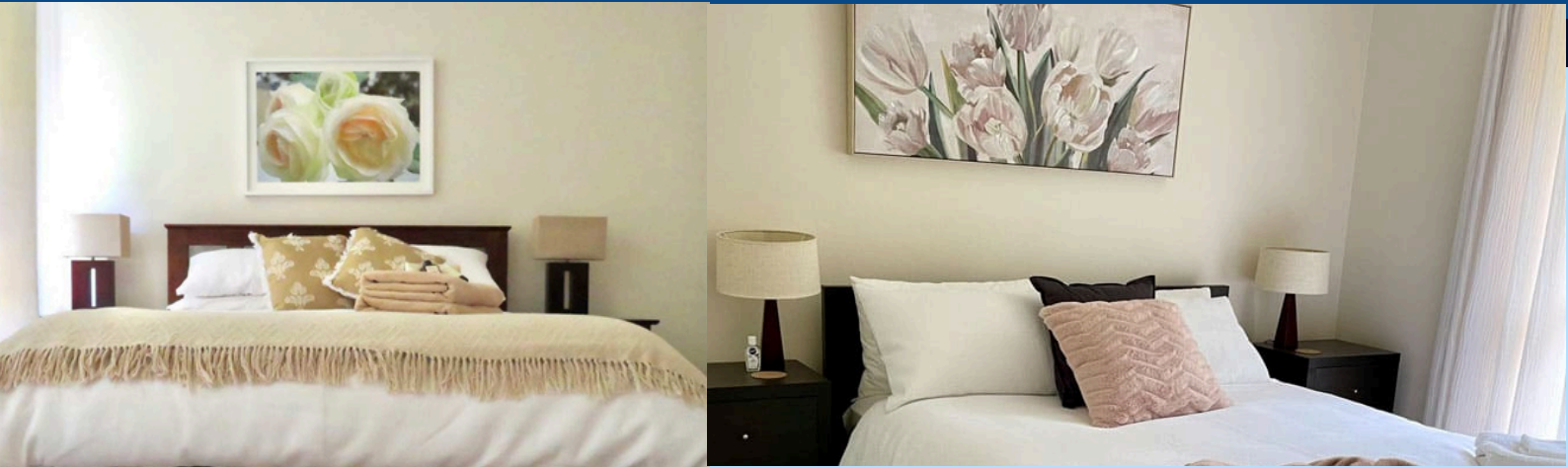
To support the depth of this work, the intensive is held within a technology-free environment.

Participants are asked to hand in all electronic devices on arrival and step away from work and external responsibilities for the duration of the workshop.

This creates a protected space—free from distraction—where you can fully engage in the process.

Emergency contact details will be provided for urgent family matters.

Travel , Accommodation & Meals



The workshop is held at a private retreat in **Port Stephens, NSW**, set on peaceful, secluded grounds surrounded by nature.

- 25 minutes from Newcastle Airport
- Approximately 2 hours from Sydney

Day 1 Friday 30th October

- 3-5pm Arrive and settle in
- 6pm Dinner
- 7 pm Welcome to the workshop and activity

The workshop will conclude on Tuesday 3rd November at 1pm.

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 5 day healing intensive is \$3,450 (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:

- The full 5-day intensive experience
- One pre-workshop group session (online)
- Two post-workshop integration sessions (online)
- Collaboration with your existing therapist where appropriate

A payment plan is available.

A non-refundable deposit of \$1,500 secures your place.

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

www.intimacyhealing.com