

Restore

An Intensive Counselling Retreat For Cross-Cultural Workers

18-30 June, 2017

Tumaini Counselling Centre, Nairobi, Kenya

<http://tumainicounselling.net/nairobi/restore/>

All the Details

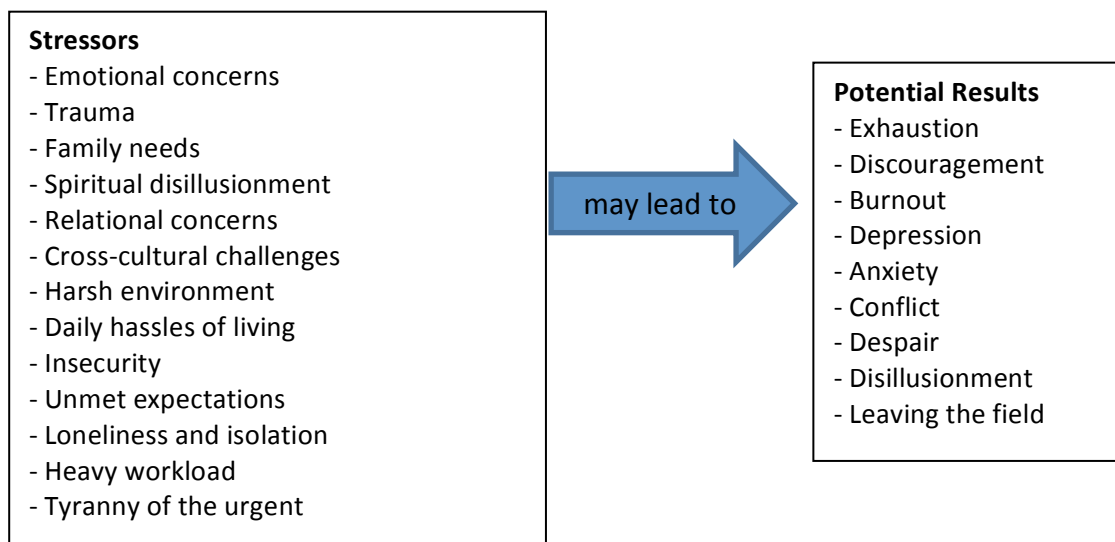
The two-week Restore Retreat provides an opportunity for international workers to address pressing concerns in a safe and nurturing environment. The intensive format is intended for those who desire a program of counselling along with an opportunity to receive focused teaching on spiritually healthy emotions and relationships, as well as a healing group time to process experiences. An on-field intensive retreat is a very wise and cost-effective step to address spiritual, relational, psychological, emotional, marital, or trauma issues. The retreat is geared toward those who would like to invest concentrated time in spiritual, family, or emotional needs.



Caring for the spiritual and emotional health of His servants is good stewardship of the worker's call, training, cultural acclimation, language-learning, and experience. On-field support and intervention are additionally effective in healing and restoration, and are much less expensive and more convenient than a return to the home country.

"I arrived at Alongside bursting with pain, disappointment, and broken dreams. My life and work in the --- world had been costly in so many ways ... Alongside has been a haven to me."

Tumaini Counselling Centre is sponsoring Restore in the format of an AlongsideUSA Retreat (www.alongsidecares.net). The staff members are all cross-cultural workers themselves and are well-experienced in the care of unique challenges faced by fellow workers.



The components of the program play off one another in a way that creates a **total experience** that is more than the sum of its parts. The **seminars** bring up issues to examine in group or personal counselling. The **group sessions** facilitate a sense of community and reduce the feelings of isolation which many people experience. **Counselling** gives individuals or couples the opportunity for more in-depth exploration of their personal issues. The sense of **community** provides encouragement and helps restore the ability to trust others which may have been damaged in other relationships.

"The most helpful was the seminars feeding into the personal counseling, so the combination of those 2 supported one another."

Location

The seminars, groups, meals, and counselling sessions will take place at Tumaini Counselling Centre in Karen, Nairobi, Kenya. Lunches will be set in the beautiful gardens. Participants will be lodged at Scripture Mission, a 5-10 minute walk from Tumaini. Scripture Mission has a small swimming pool; volleyball and basketball are available at Tumaini.



Retreat Format

- Daily devotional and worship
- Two seminar sessions each morning on topics such as stress-management, burnout, depression, conflict resolution, soul-care, boundaries, Sabbath, joy, loss & grief, goal-setting, and others
- 60-75 minutes of group counseling daily
- 9 hours of couple or individual counseling
- Lodging and 3 great meals per day (Mondays – Fridays)
- Childcare program provided

"In the past two years the demands of ministry caught up to us."

On the weekend, participants will be on their own and may dine at nearby Galleria mall, purchase groceries and utilize the Tumaini kitchen, or take meals at Scripture Mission at their cost.

Childcare Program

Childcare is patterned after the Alongside Retreat for children age 0-12. Teens may wish to assist in the childcare program or participate in the retreat at adult cost.

Cost

Included in the Restore Retreat package:

- 20 seminar sessions
- 10 group therapy sessions
- 9 individual or couple counseling sessions (check with your insurance company for coverage)
- 12 days of lodging at a nearby guesthouse (first 12 registrants will be housed ensuite)
- For families, we will attempt to place you in an apartment to reduce cost. You will be charged only the exact cost of lodging, and lodging cost from the retreat package will be subtracted.
- 30 great meals with special treats, extensive salad bar; lunch served in the beautiful Tumaini Gardens.
- Enjoy theme lunches based on Olive Garden, Cheesecake Factory, or Panera.
- Meals over the weekend are by your own arrangement

	Per individual	Per couple	Children 0-2*	Children 2-4*	Children 5-12*	Teens
Tumaini-sponsoring agencies**	\$1450	\$2350	\$100	\$150	\$288	\$576/612***
Other agencies	\$1775	\$2775	\$100	\$150	\$288	\$576/612***

* Includes meals, lodging, and childcare program (lodging is free for children under 5s; \$138 for 5-12s in parents' room)

** AIM, SIL, GMMT, and DMG provide counsellors at Tumaini, so a discount is given

*** Meals & lodging only - teens in a double room or with parents - \$576; private room - \$612

\$100 discount
for registration
before May 15

Financial Considerations and Support

We recognize that the cost of the retreat is high in terms of both finances and time invested. But the potential downside of not addressing serious concerns is much higher in terms of possible loss of ministry, marriage, a wandering child, or ongoing physical or mental health needs.

We encourage you to seek financial assistance from supporters and fellowship groups or from your sending agency. The retreat is already heavily subsidized with all of the therapists serving as volunteers.

Cost Details

- \$100 discount for registration before 15 May
- 50% deposit due with registration (see cancellation policy below)
- First 12 rooms registered will be ensuite, (2 family rooms available with double bed & bunk bed. Baby cot available)
- Some companies allow you to use work funds
- Please check with your insurance agency to confirm coverage
 - o Please confirm insurance coverage of mental health and therapy costs
 - o Check requirements for M.A. counselor, psychologist, or psychiatrist as your therapist

"We were at a place where we needed soul care."

Essential Information and Dates

- Retreat 18-30 June with arrival Sunday afternoon, 18 June, and departure after lunch on Friday 30 June.
- 16 participants maximum; 6 participants minimum
- 50% deposit due to hold registration
- 15 May – deadline for early registration, \$100 discount
- 8 June final registration deadline. Registrations after 8 June subject to availability of accommodation, which might be at another nearby center & at a higher rate; please ask.
- 18 June – balance of payment due on arrival

Payment

You may use Visa or MasterCard as debit or credit for online payment. Email conferences.tcc@gmail.com for further information and an online payment link, as well as details about cash or check payments (US \$, British pounds, or Euros) or mPesa. Some agencies may be able to do a direct transfer of funds.

Cancellation Policy

- Before 15 May – refund minus \$100/person forfeited
- After 15 May – refund minus \$200/person forfeited
- Full refund if minimum 6 participants is not reached

Additional Services

Evaluations for adults or children may be available at additional cost, depending upon therapists and specialties present in the staff.

"Taking two weeks to focus on this means that there was time to deal with more of the root issues that need healing and change. I think... there will be more lasting change in actual practice as I go back to the field."

Tourist Opportunities

With the free weekend, you may wish to enjoy some of the great tourist opportunities in the Karen area. Sheldrick Elephant Orphanage, Giraffe Park, Kazuri Pottery, Karen Blixen House, Kitengela Glass or Nairobi Game Park. Amboseli National Park is also accessible as a day trip with a very early morning departure.

For Further Retreat Information

Email: conferences.tcc@gmail.com

Web: <http://tumainicounselling.net/nairobi/restore/>

Tel: +254 733 687050 or +254 0728 606911

"This gave me tools, but also an avenue to process and invitation to share my story and to receive healing, understanding, and encouragement. It has been restorative and something I can use to encourage others in their journey."