

WHERE?

Corner of Rossiter Parade and Racecourse Road, Hamilton, Brisbane QLD, 4110



REGISTRATION COSTS

Registration \$200

\$180 Early bird booking (before 16th August)

Registration includes lunch and morning and afternoon tea.



FINANCIAL HARDSHIP?

Contact us; don't let it be a barrier.

info@cifs.org.au



DETAILS OF

ACCOMMODATION

There are many hotels close to the venue. Air B&B and stayz offer many options

The Hamilton town hall is only 6km from Brisbane CB, offering many hostel option.



HOW TO REGISTER

Email: info@cifs.org.au stating your intention to attend the seminar. If you are not currently known to CIFS Please include your name, phone, and any other relevant information such as the name of the group you were in and how long since you left etc. We may require a short phone call if you are not known to us to verify your identity and to maintain a safe space for all.

Bank transfer via our website: www.cifs.org.au

Or Westpac:

BSB 032069

A/C No. 215882.

Use your first name and 'workshop' as reference identifier.

Please Note: Due to the nature of the group process we regret that we cannot have people attend for one day only and dependent children cannot attend. We will email further details closer to the event time.

CIFS

Cult Information & Family Support Inc.

Regaining Freedom of Mind

Recovery Workshop

Sat 5th Sun 6th October 2024

This 'weekend workshop' is for ex-group members only, and not family or friends. If you have left an abusive group or religion, this weekend is for you! The weekend is non-religious and accepting of all belief systems.

A UNIQUE OPPORTUNITY NOT TO BE MISSED!

A WEEKEND WITH DR GILLIE JENKINSON

Dr Gillie Jenkinson is a UKCP accredited psychotherapist, trainer, international speaker and published author. She is a Director of Hope Valley Counselling.

For nearly 30 years she has specialised, as a therapist, researcher and trainer, in the challenges faced by those who have experienced coercive, cultic and spiritual abuse.

She has created a counselling model, known as 'The Walking Free Model: Counselling for Coercive, Cultic and Spiritual Abuse' (formerly known as Post-Cult Counselling'), which has proved highly effective in supporting clients. This draws on her PhD research at the University of Nottingham, UK, which was entitled 'Freeing the Authentic Self: Phases of Recovery and Growth from an Abusive Cult Experience'.

Dr Jenkinson's book *Walking Free from the Trauma of Coercive, Cultic and Spiritual Abuse: A Workbook for Recovery and Growth* was published by Routledge in May 2023. She has contributed to numerous academic and professional publications, including a textbook for psychiatrists. She was awarded the Herbert L Rosedale award in 2023 in recognition of leadership in the effort to preserve and protect individual freedom, help victims, or inform society about ethical and legal dimensions of the cult phenomenon.

Read more about Gillie here: <https://www.hopevalleycounselling.com/>

TOPICS DISCUSSED TYPICALLY INCLUDE:

- A roadmap to recovery
- Conditions of thought reform programs
- Critical thinking
- Identity and the masks that we wear
- Post-traumatic stress disorder and the brain
- Decision-making

