

Generations Dialogue Workshop

For Parents and Adult Children



November 2-4, 2018
Austin, Texas

Presenters

M. Dorsey Cartwright, LMFT and Wendy Byrd, LMFT

"I attended a Generations workshop with my adult daughter and felt it was the gift of a lifetime! Her trust and honesty with me was a gift for sure, but the greatest gift was in learning how she experiences me today and receiving that message as an invitation for growth and a deeper connection. Before each process there was a full explanation of what each dialogue intended to achieve, with lots of examples, so that I felt well guided and got the most out of the weekend. I highly recommend the experience to any parent/adult-child combo ready and open for a deeper connection." J.G. (mother)

Visit www.GenerationsDialogue.com to learn more.

Workshop concept created by the renowned Viennese psychotherapists
Drs. Roland and Sabine Bösel. For more about the Bösels work see:

<http://www.generationen-dialog.com/a-contribution-to-peace>

What is Your Family's Emotional Legacy?

Problematic family patterns can sabotage individual growth, affect romantic relationships, and negatively influence parenting styles. Whether you and your parent or adult-child have a difficult relationship or a good one, all families have intergenerational patterns that no longer serve them.

This workshop is for pairs of a parent and an adult-child who would like a more mutually satisfying relationship. Through guided dialogues and a structured, supportive process the parent/adult-child pair experiences the safety to explore relationship dynamics, begin the healing process, and uncover new sources of strength. In this atmosphere, they can rewrite old family patterns and create a new legacy of loving and supportive relationships.

In this workshop you will:

- Practice a kind and respectful way of interacting so you can create a mutually satisfying relationship.
- Safely give voice to unspoken feelings, clear up misunderstandings, and heal old hurts.
- Begin the process of resolving family issues and building new patterns that will benefit your relationships today and for future generations.

This workshop is for you, if you would like to:

- Improve your relationship with your parent, your adult-child, or stepchild.
- Free yourself from old family patterns.
- Safely address an issue you have carried for a long time.
- Enter into an adult-to-adult relationship with each other.

You can expect to:

- See a demonstration of each structured dialogue and have assistance when you do these dialogues, including help in finding the best words to express yourself if needed.
- Find understanding, and commonalities within your own peer group of parents or adult-children.
- Learn the concepts underlying healthy families from childhood through adulthood.

No experience is necessary. Many of our participants have never been in therapy or attended a workshop before.

What Participants Have Said About the Generations Dialogue Workshop

"The generations workshop is the best thing I have ever done. I had the opportunity to listen deeply to my daughter and validate her experiences. We are much more open with each other, we laugh a whole lot more--the eggshell walking is gone.

I will be forever grateful to the creators of this workshop as well as the leaders and staff for providing us the space to let go of the past and create a magnificent present and future." M.K. (mother)

"I arrived at the Generations workshop feeling like a child and left feeling adult. Now, when I interact with my mother, I no longer have the shadows of childhood weighing on my shoulders. While she will always be my mom, I experience us more as two growing individuals in an evolving relationship." W.K. (son)

"Conversations I never had with my parents, and they never had with theirs, are now possible with my daughters. Much gratitude." N.M. (father)

"It was a very freeing experience for me to let go of some of the things I've been carrying." I.S. (daughter)

"The Generations workshop last year has done so much and is still doing so much for us. It has changed our family dynamics all the way to the roots and has brought a new openness and honesty that is so amazing to all of us. (And sometimes very difficult!) I am still at awe." R.C. (father)

"A carefully, wonderfully structured workshop which enables a safe clearing of old patterns between parent and adult child." D.S. (mother)

"It was alchemy. You took something so fraught and broken and melded it with hope." J.K. (daughter)

What would you like your story to be?

THE LEADERS



M. Dorsey Cartwright, M.Ed., LMFT, LPC

Dorsey is a certified Imago Relationship therapist, a Voice Dialogue trainer, and a past-president of the Austin Association of Marriage and Family Therapy. A deep desire to heal lingering wounds with her own adult sons guided her to the [Generations Dialogue Workshop](#), which provided a safe, empowering structure for their healing and growth. Now certified by Dr.'s Roland and Sabine Bösel, Imago workshop presenters, and creators of the Generations Dialogue Workshop, she has been providing this healing opportunity to other parents and adult sons and daughters in a number of countries - most recently New Zealand. *"I love watching the joy and liberation they experience as they go through this process together."*
www.MDorseyCartwright.com

Wendy Byrd, MA, LPC-S, LMFT-S

Wendy is an Imago Certified relationship therapist with a private practice in Austin, TX and is a facilitator of the Eye Movement Desensitization and Reprocessing (EMDR) technique at the Institute for Professional and Creative Development. She currently holds a Director position on the EMDR International Association board. Wendy trains therapists to use Imago processes and EMDR tools to help their clients. After learning about the Generations Dialogue workshops she realized that many of her own clients would benefit from this work and began the process to become a presenter. As part of her training she recently had the opportunity to attend the workshop with her mother. *"I am now even more excited to have this resource to share with my clients and others."* Wendy
www.wendybyrd.com



REGISTRATION for GENERATIONS DIALOGUE WORKSHOP

LOCATION: 1715 Norris Dr., Austin, Texas 78704

DATES & TIMES:

Friday, November 2 2:00 pm – 9:00 pm
Saturday, November 3 9:30 am – 7:00pm
Sunday, November 4 9:30 am – 3:00pm

FEE: \$450.00 per person

EARLY BIRD OFFER: \$400.00 per person
if purchased by September 14, 2018

Book Now! Space is limited to just 7 pairs.



Register by email at Mdcartw@aol.com or send this form, and a check or money order made out to M. Dorsey Cartwright, to 1715 Norris Dr., Austin, TX. 78704

Name 1 _____ Email _____

Name 2 _____ Email _____

Address _____

Country _____ Home phone () _____ Work phone () _____

PAYING BY CREDIT CARD: (add a \$35 credit card fee)

MC/Visa: Number _____ Exp. Date ___/___ Amount _____

Name (as it appears on credit card) _____

Signature _____

Please include the billing address of your credit card (if different from above)

REFUND POLICY: We are only able to offer a refund if a replacement can be found to fill your space. Credit card fees are non-refundable.

ANY QUESTIONS: Email Dorsey at Mdcartw@aol.com or call her at 512-466-3637

THANK YOU