



[wellnesscounselinginc.com](http://wellnesscounselinginc.com)

# Wellness Counseling Inc. Continuing Education Therapists Retreats

Being a therapist is undeniably fulfilling, yet it comes with its own set of challenges. Without proper self-care, we risk falling into the trap of burnout.

Too often, we prioritize our clients' well-being at the expense of our own, underestimating the emotional toll their experiences can take on us.

This is an invaluable opportunity to not only expand our knowledge but also to embrace self-nurturing practices. By doing so, we can sustain our passion for helping others while maintaining our own mental and emotional health.



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## An opportunity for Self-Care

**Arilda Surridge, M.A., LMFT**, is a Hispanic-Bilingual mental health professional with extensive experience and specializations. She is a Certified EMDR Therapist, an EMDRIA Approved Consultant, and an EMDRIA Advanced Credit Provider. Arilda also values co-facilitating EMDR Basic Trainings. Additionally, she is an approved Clinical Supervisor, a trainer and continuing education provider, and a Level 3 trained therapist in Gottman Couples Therapy.

Arilda's expertise spans a broad range of mental health issues, with a particular focus on trauma, anxiety, depression, and couples therapy. She brings a specialized understanding to her work with early trauma, complex PTSD, and recent and ongoing traumatic stress. Her skills extend to addressing trauma and treating affairs within couples, as well as providing therapy for other mental health providers.

Arilda is also adept at creating therapy intensives and retreats for clients, incorporating an integrative and holistic approach to their treatment. Additionally, she has organized local and destination Wellness Retreats for couples, individuals, and mental health professionals, promoting the importance of integrative care.

## Meet your Retreat Leader and Organizer

[asurridge@wellnesscounselinginc.com](mailto:asurridge@wellnesscounselinginc.com)

## Unique Way to Earn Continuing Education Credits



# GET YOUR BAGS READY FOR OUR RETREATS



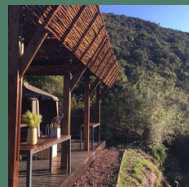
## Selva Terra, Panama - A Private Island Resort

June 22nd - June 27th,  
2025



## Ayung Resort Ubud, Bali Indonesia

March 7th - March  
14th, 2025



## Nyosi Wildlife Reserve, South Africa

August 1st-8th, 2025



## Aegina Island, Greece

September 19 - 26,  
2025



## Machu Picchu, Peru

November 9 - 14,  
2025



**ALL INCLUSIVE  
RETREATS IN  
BEAUTIFUL  
DESTINATIONS  
THIS COMING  
YEAR 2025**

## Gain Lots of Wisdom (GLOW) Retreats

- All-Inclusive Resorts, Private Island Resorts, or Luxury Villas with private chefs
- Valuable Continuing Education Trainings and experiences, personalized service, group excursions
- Downtime for personal connection and relaxation.





# Selva Terra, Panama - Private Island Resort

**June 22nd - June 27th,  
2025**

- 5 Nights All-Inclusive Accommodation
- Privates Beaches, Beach Bar and Pool
- Surfboarding, Kayaking and Paddleboarding
- Group Activities and Adventures Included

## Therapists Retreat

This retreat is designed for mental health providers seeking to gain valuable insights and practice self-care.

Participants will learn to understand and describe Vicarious Trauma. The retreat will cover topics such as the signs and symptoms of vicarious trauma, how to assess and identify those at risk, and strategies for prevention, management, and treatment.

Additionally, you will gain hands-on experience with tools and techniques to prevent and manage vicarious trauma.



# Gain Lots of Wisdom (GLOW) in this Retreat



## Retreat Pricing

- Single (private) occupancy rooms/casitas – \$3,950 per person
- Shared (twin) occupancy rooms/casitas -\$2,950 per person (Shared with CE Attendee)
- The Beach House – \$2,750 per person
- Non-Attending Guest Charge - \$2,000 per person (must share with an attending guest)

\*Space is Limited! Only 9 Casitas Available, and a Beach House that can sleep up to 6 people\*

**To Secure your Spot: \$500 USD** (non-attending guests are also required to pay the deposit) is Required, afterwards remaining balance is divided equally depending on the number of months left for the final balance due date.

**Early Registration Discount: \$200** (only for CE attending Guest) – Until January 1st

**Additional \$100 off if you identify as being from a marginalized group.**

# Ayung Resort Ubud, Bali Indonesia

March 7 - March 14,  
2025

- Training with Experiential Exercises focused on an Integrative Approach to Treating Trauma
- 7 Night All Inclusive Accommodation
- Experiential Group Activities Included
- Special Welcome Gift



## Therapists Retreat

This unique experience offers the chance to earn valuable continuing education credits while rejuvenating and practicing self-care in a serene and inspiring environment.

Immerse yourself in a transformative journey that will enrich both your professional and personal well-being. With incredible speakers, including the internationally renowned Dr. Sandra Paulsen as our keynote speaker, this retreat promises to be an unforgettable experience.



# Gain Lots of Wisdom (GLOW) in this Retreat

## Retreat Pricing

- ✿ \$2,500 USD for shared/double room (shared with another CE attendee)
- ✿ \$3,250 USD for a single/private room
- ✿ Non-Attending CE guest Cost \$1,750 USD (private room would need to be booked for this option)

All the retreats offer \$100 discount for this that identify as being from a marginalized group, are students, interns, or unlicensed therapists/associates or working in community mental health.



**To Secure your Spot: \$500 USD** (non-attending guests are also required to pay the deposit) is Required, afterwards remaining balance is divided equally depending on the number of months left for the final balance due date.

**Early Registration Discount: \$200** (only for CE attending Guest) – Until January 1st

**Additional \$100 off if you identify as being from a marginalized group.**



## Therapists Retreat

Embark on a transformative 7-night, all-inclusive retreat at Nyosi Wildlife Reserve, where the stunning natural beauty of South Africa meets unparalleled professional growth.

Earn 15 Continuing Education (CE) credits through the NBCC, APA, and EMDRIA with our course on “An Ethical Exploration of Culture and Environment in Therapeutic Practice.”

This retreat welcomes both EMDR and non-EMDR therapists. With only 26 spots available, this exclusive retreat promises an intimate and impactful experience, seamlessly blending professional development with cultural and ecological immersion.

# Nyosi Wildlife Reserve, South Africa

August 1 – 8, 2025

- Unique blend of educational workshops
- Immersive wildlife activities
- Game drives to observe elephants, cheetahs, and rhinos in their natural habitat
- Fynbos walk to learn about the medicinal uses of local flora, and a sea cruise to spot dolphins, seals, and whales
- Traditional South African braai night





# Gain Lots of Wisdom (GLOW) in this Retreat



## Retreat Pricing

- Standard Shared/Double Room (Shared with another attendee): \$3,000 Per Person
- Luxury Shared/Double Room (Shared with another attendee): \$3,200 Per Person
- Deluxe Shared/Double Room \$3,500 Per Person
- Standard Single/Private Room \$3,700 Per Person
- Luxury Single/Private Room \$3,900 Per Person
- Deluxe Single/Private \$4,200 USD Per Person

**To Secure your Spot: \$500 USD** (non-attending guests are also required to pay the deposit) is Required, afterwards remaining balance is divided equally depending on the number of months left for the final balance due date.

**Early Registration Discount: \$200** (only for CE attending Guest) – Early Registration Discount Until February 1, 2025

**Additional \$100 off if you identify as being from a marginalized group.**

# Aegina Island, Greece

September 19 -26, 2025

- 7 nights All Inclusive Accommodations
- Culturally Immersive Experiences, Connection to Nature, Hiking, Snorkeling
- Visiting Archeological Sites on the island and in Athens
- Yoga, Meditation, Art process, Eco-Art, interactive experiences with local people.
- Downtime for yourself.



## Therapists Retreat

Join us for an enlightening training on "An Ethical Exploration of Culture and Environment in Therapeutic Practice."

This program is open to both EMDR and non-EMDR therapists, offering a unique opportunity to enhance your skills and knowledge. Earn valuable Continuing Education credits from NBCC, APA, and EMDRIA, and take your practice to the next level.



# Gain Lots of Wisdom (GLOW) in this Retreat

## Retreat Pricing

- Single Bed/Private Room: \$4,950 USD and if you have a non-CE attending guest the cost for the guest is \$1,950 USD
- Double Bed/Shared Room: \$3,500 USD must be shared with another CE attending person
- \$300 discount of from a marginalized group or if you have attended a previous retreat before.

\*Only 3 more Accommodations left that can be shared/Double room or Private/Single Bed\*



**To Secure your Spot: \$500 USD** (non-attending guests are also required to pay the deposit) is Required, afterwards remaining balance is divided equally depending on the number of months left for the final balance due date.

\$500 USD non-refundable deposit, then remaining balance in a monthly payment plan.



# Machu Picchu, Peru

**November 9 -14, 2025**

- Explore Machu Picchu and Rainbow Mountain
- 5-night All-Inclusive Stay at Casa Raiz
- Yoga, meditation, hiking, art process, journal reflection, connection to nature and the energy of Sacred Valley Peru.
- Learn EMDR Phase 2 Grounding/Resourcing for use in the environment you are in as well as BLS tools to utilize within the environment.

## Therapists Retreat

Join us for an enlightening training on "An Ethical Exploration of Culture and Environment in Therapeutic Practice."

This program is open to both EMDR and non-EMDR therapists, providing a unique opportunity to enhance your skills and knowledge. Participants can earn Continuing Education credits from NBCC, APA, and EMDRIA, helping you advance your professional practice.



# Gain Lots of Wisdom (GLOW) in this Retreat



## Retreat Pricing

Single Bed room: \$3,550 USD (standard no Jacuzzi Tub, only 1 (\* No Longer Available\*\*))

Luxury Single Bed: \$4,150 USD

Non-Attending Guest are welcome for \$1,950 USD (for this option you would have to book single room).

Space is limited 7 rooms total in the Villa

\*Only 1 more room Left\*

Shared room with another CE attending Guest: \$2,950 USD

**To Secure you spot \$500 non-refundable** deposit and then remaining balance is on a monthly payment plan, final payment is due 30 days before start of the retreat.

**\$300 off** for past retreat attendees or if you identify as being part of a marginalized group.

Pick Your  
Date and

Begin Your  
Unique  
Retreat  
Journey,  
You  
deserve it.

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