

The Healing Heart Seminar

Living with Grief



Big Brothers Big Sisters
of Ventura County



Saturday, April 29 | 10:00am - 4:00pm
VCCF Board Room at 4001 Mission Oaks Blvd, Camarillo 93012

Designed to heal the mind, body, and spirit. This special one-day seminar has been created for anyone who has experienced the loss of a loved one.

The day features our keynote speaker, **Peter Maduro, Psy.D** along with corresponding breakout sessions:



- ♥ **MIND: Healing tips for getting through loss effectively, Cristina Billingsley, MA, LMFT**
- ♥ **BODY: Healing from within Proper Nutrition, Edie Ruge, CHHC, AADP**
- ♥ **SPIRIT: Healing the mind & soul through guided meditation & yoga, Diana McDaniel, Certified Hatha Yoga & Kundalini Instructor**

Peter N. Maduro, JD., Psy.D
Keynote Speaker
Clinical Psychologist & Psychoanalyst

\$45 early registration before April 22
\$50 general registration after April 22
Includes Gourmet Box Lunch

Tickets available on

Eventbrite.com Keyword: The Healing Heart

Proceeds benefit Big Brothers Big Sisters of Ventura County
and M.O.M.S. Military on Motorcycles Safety

MEET THE SPEAKERS



Keynote Speaker **Peter N. Maduro, J.D., Psy.D.** **Psychotherapist**

Along with its wonders, life will present us all with difficult challenges—losses, for example—that evoke painful emotional experiences, such as grief, heartbreak, and anxiety. Sometimes these life challenges and the painful emotional experiences they evoke, are "everyday" and tolerable, while sometimes they are "traumatic" and overwhelming. In his therapeutic work,

Peter offers such a relational home in which he welcomes the suffering, traumatized person and helps them to integrate their pain into a sense of loving of oneself.

Breakout Speakers:



Edie Ruge, C.H.H.C., AADP

Edie is an Integrative Health and Wellness Coach offering unique strategies for guiding people to lead healthier, happier and more balanced lives. Our relationship with food is tied to our feelings, our state of mind, and our ability to feel hopeful. People often use eating or not eating as a way to feel some sort of control in a world that feels out of control, especially when they have loss in their life. Edie's programs empower people to make lasting, lifestyle changes that truly work.



Cristina Billingsley, MA, LMFT

Cristina is a licensed Marriage and Family Therapist who provides psychotherapy for adults, teens, kids, and families. As a clinician, she has experience in a variety of therapeutic modalities, such as Cognitive Behavioral, Solution Focused, Client-Centered and Somatic Experiencing, emphasizing the mind-body connection in her therapeutic work. Cristina believes in the importance of exploring and addressing the issues each client wishes to work on within a collaborative and empathetic setting.



Diana McDaniel, Certified Hatha & Kundalini Yoga Instructor

Diana is a Certified Hatha Yoga and Kundalini instructor. She has been teaching multilevel classes and personal instruction for over eight years. She and her experienced teachers will guide you in the Hindu spiritual and ascetic discipline, including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation. Other instructors include Liz Aitken-O'Brien, Certified Yoga and Usui/Holy Fire Reiki Master and Meditation Instructor, and Lauren Silverstein, Meditation and Health Consultant.