



## CARE FOR CROSS-CULTURAL HEALTHCARE PROFESSIONALS

**Alongside**

6701 Alongside Lane  
Richland, MI 49083  
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info@alongsidecares.net  
www.alongsidecares.net

## The Program

This 9-day program is designed specifically for healthcare personnel serving cross-culturally. Each day begins with a relevant topic followed by group debriefing sessions. In addition to the 12 seminars and 6 group debriefing sessions, there will be time to unplug, relax, and enjoy the beautiful 125-acre campus of ALONGSIDE. Spouses are most welcome, and we offer a program for children at their level for an additional fee.

### A Program with YOU in Mind!

At ALONGSIDE we have been caring for cross-cultural workers for over 15 years. We offer counseling-centered retreats where people can refocus, recharge and be renewed for service. People's reasons for attending ALONGSIDE are unique, but they often include burnout, depression, marital difficulty, relational issues, trauma, compassion fatigue and more. Several cross-cultural workers have noted that healthcare professionals overseas have challenges unique to them and need "an **ALONGSIDE just for us!**" *You asked. We heard. We responded. Here it is!*

A Sampling of **WORKSHOPS**—expressly for YOU:

- Compassion Fatigue: Burnout and Secondary Trauma
- Medical and Missionary Cultural Values that Put Us at Risk
- Sabbath: God's Own Design
- Sacred Rhythms: What a Shalomic Life Looks Like
- Countering Lies that Keep Us from Taking Care of Ourselves
- Managing Medicine's Challenges to Relationships
- "I Want Us All to Thrive!" (Negotiating Personal and Group Boundaries)





## Staff

Our staff are fully licensed, professionally trained personnel with many years of experience. They have frequently sat with cross-cultural workers and know some of the challenges faced by healthcare professionals in that setting. The program will be headed up by burnout survivor Stan Haegert M.D., who has been in practice for 30 years both in the US and overseas, along with his wife Deb. They are frequently asked to conduct trainings on promoting wellness among healthcare professionals. Stan will be joined by Frauke Schaefer M.D., who has also spent many years overseas, as well as members of ALONGSIDE's staff.

## You are Worth Investing In!

Invest in your well-being, your marriage, your sanity! To gain the most from this experience we recommend fully unplugging from your practice and other commitments for the duration of the program. Cost for the program is \$2300 per couple or \$1750 per individual. This includes seminars, group debriefing, one personal debriefing session, and accommodations. Additional personal debriefing or counseling is available for an additional fee.

For more information or to register, contact ALONGSIDE:

(269) 447-2100 or (866) 944-3011  
info@alongsidecares.net

or go to [www.alongsidecares.net](http://www.alongsidecares.net) and click "APPLY"

