

Alongside

MEDRETREAT

2021

July 25 - Aug 5, 2021

A Program with YOU in Mind!

We have been caring for cross-cultural workers at ALONGSIDE for over 15 years. We offer counseling-centered retreats where people can refocus, recharge, and be renewed.

Are you a cross-cultural healthcare professional?

Are you experiencing burnout, depression, marital difficulty, relational issues, trauma, or compassion fatigue?

If so, our MedRetreat might be the next step you need.



This program is designed specifically for healthcare personnel serving cross-culturally. Each day begins with a relevant topic followed by debriefing and counseling in small groups. In addition to plenary sessions, group debriefing/counseling sessions, and personal/couple counseling times, there will be plenty of opportunity to unplug, relax, and enjoy ALONGSIDE's beautiful 125-acre campus. We encourage spouses to come as well!



A Sampling of Plenary Sessions:

Burnout and the Cycle of Works

Medical and Missionary Cultural Values that Put You at Risk

Stewarding Body and Mind in Cumulative Stress Environments

Trauma and Moral Injury in Medical Missions

From Conflict Management to Principled Negotiation: Balancing Advocacy and Inquiry

Our Staff "Gets It"

All of ALONGSIDE's professional staff—both guest and permanent—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. The guest staff for this program have been specially chosen. This retreat is headed up by Stan Haegert, M.D., who has been in practice for 30 years both in the U.S. and overseas and who survived burnout himself, along with his wife Deb. They are frequently asked to conduct trainings on promoting wellness among healthcare professionals. Stan and Deb will be joined by another carefully chosen couple, Charlie (Ph.D. psychologist) and Frauke (M.D.) Schaefer, who have also served many years overseas and have worked extensively with cross-cultural workers, including healthcare professionals. The faculty will be rounded out by several members of ALONGSIDE's permanent staff.

You Are Worth Investing In!

Invest in your well-being, your marriage, your sanity! To profit the most from this experience, we recommend fully unplugging from your practice and other commitments while you are here. Cost is \$3,900 per couple, \$2,750 per individual, and \$500 per child. Included in the cost: 17 plenary sessions, 9 group sessions, 8 personal counseling sessions per person/couple, and accommodations.

Visit www.alongsidecares.net/our-programs for more information.
For additional inquiries please call (269) 447-2100
or email info@alongsidecares.net