



Bullied at School?

Join us for the workshop for survivors

Bullying, both at school and between siblings, is increasingly understood as a form of trauma, the effects of which can remain for years. These often include difficulties in forming friendships and relationships, belonging to groups, dealing with authority figures, expressing anger, anxiety, thoughts of revenge, depression and shame. Many survivors continue in adulthood to experience the world as unsafe and to respond to others as if they were still being bullied.

At this workshop for adult survivors of bullying, you will

- Join other survivors to learn that you are not alone in suffering an abuse that no child or adolescent should endure.
- Learn strategies to reclaim your power and to live the life you are meant to live.
- Take a significant step to put your school-time past behind you.

When: Saturday May 14, 2011, from 9.00 am to 4.00 pm.

Where: Integral Counseling Center, 1782 Church Street, San Francisco CA 94110.

Who: women and men welcome of all ages, backgrounds, orientations and ethnicity.

Cost: \$120 per person. (Early bird rate of \$90 if registered by April 23, 2011)

This workshop will be led by Nicholas Carlisle MFT, survivor of school bullying and director of *No Bully*, a San Francisco non-profit dedicated to making schools bully-free. Nicholas is a licensed psychotherapist, who has been running workshops for survivors of school bullying since 2001. The co-leader will be Bill Burmester MFT who has worked in private practice in Berkeley since 1994, primarily with adults healing from childhood abuse and neglect. To find out more, call 415-820-3970, e-mail Nicholas@coachingsf.com or visit www.coachingsf.com.

Register now!

Space will be limited to make this a safe and welcoming experience. To secure a place, send check with your name and contact information to *Nicholas Carlisle MFT*, 3389 22nd Street, San Francisco, CA 94110. Or register online at www.nobully.com/workshops. Pre-registration required.