

📍 WHERE?

[Corner of Rossiter Parade and Racecourse Road, Hamilton, Brisbane QLD, 4110](#)



REGISTRATION COSTS

Registration \$200

\$180 Early bird booking (before 16th August)

Registration includes lunch and morning and afternoon tea.



FINANCIAL HARDSHIP?

Contact us; don't let it be a barrier.

info@cifs.org.au



DETAILS OF

ACCOMMODATION

There are many hotels close to the venue. Air B&B and stayz offer many options

The Hamilton town hall is only 6km from Brisbane CB, offering many hostel option.



HOW TO REGISTER

Email: info@cifs.org.au stating your intention to attend the seminar. If you are not currently known to CIFS Please include your name, phone, and any other relevant information such as the name of the group you were in and how long since you left etc. We may require a short phone call if you are not known to us to verify your identity and to maintain a safe space for all.

Bank transfer via our website: www.cifs.org.au

Or Westpac:

BSB 032069

A/C No. 215882.

Use your first name and 'workshop' as reference identifier.

Please Note: Due to the nature of the group process we regret that we cannot have people attend for one day only and dependent children cannot attend. We will email further details closer to the event time.

CIFS

Cult Information & Family Support Inc.

Walking Free from Coercive, Cultic and Spiritual Abuse

Sat 5th Sun 6th October 2024

This 'weekend workshop' is for ex-group members only, and not family or friends. If you have left an abusive group or religion, this weekend is for you! The weekend is non-religious and accepting of all belief systems.

A UNIQUE OPPORTUNITY NOT TO BE MISSED!

A WEEKEND WITH GILLIE JENKINSON PhD

Gillie Jenkinson, PhD is a psychotherapist accredited in UK. Gillie has studied cults at Masters and PhD level and asked the question of former members 'what helped you recover from an abusive cult experience?'. Her book 'Walking Free from the Trauma of Coercive, Cultic and Spiritual Abuse: A Workbook for Recovery and Growth' published by Routledge in 2023 is based on all her research and years of working with first second and multi-generational former members. Gillie was a member of a cult herself a long time ago. Gillie has worked with former members for more than 25 years and has facilitated many former member recovery groups and is very much looking forward to coming to Brisbane and meeting whoever attends.

Read more about Gillie here: <https://www.hopevalleycounselling.com/>

TOPICS DISCUSSED WILL INCLUDE:

- A roadmap to recovery-introducing Gillie's book 'Walking Free.'
- Who are you?
- Introjects- beliefs and behaviours that we have swallowed whole without chewing them over (resulting in a cultic instead of authentic identity)
- Healthy boundary setting 'Assertive Anger'
- The difference between anger and rage
- Healthy Self-Love
- Understanding Post Traumatic Stress
- Grounding

