

# ShadowWork®

## Seminar



**October 24-26  
2008**

**1230 Liberty Bank Lane Suite 210  
Louisville, KY**



*“Your vision will become clear  
only when you look into your heart.” Carl Jung*

This non-residential seminar offers each participant an opportunity to work with his/her shadow and to reclaim gifts and talents that have been unconsciously disowned. It is open to any adult interested in ShadowWork®, and provides a good setting for learning how to:

- increase your ability to make powerful choices and feel appreciated for who you are
- develop new solutions for old problems; understand the origins of persistent patterns
- deepen your capacity for intimacy; activate your creative talents
- improve your ability to set boundaries, deal with money, and follow through on projects

### **Comments about ShadowWork® Seminars facilitated by Jeff Baugher & Becky Schupbach**

*“I won’t forget this, ever. It has been the transforming event of my life. I would not have believed it possible.” B.A.*

*“As facilitators, you guys were awesome. You hold and carry so much peace and acceptance that how could I **not** feel safe to do my work?” M.O.*

*“The weekend was great for me! I felt safe and cared for by the participants and facilitators. You are very skilled and work well together.” A.M.*

*“Fantastic - Words can’t express the profound work I experienced. They (the facilitators) are both truly a blessing. Thank you.” M.R.*



**Call for a free copy of “ShadowWork Basics,” an audio CD that discusses the ‘shadow’ and ShadowWork®.**

During the weekend, all participants will experience a series of group processes carefully designed to help with accessing the full range of emotions. Some participants may choose to work individually in the center of the group. *Centerwork* provides the opportunity to explore a life issue with the help of facilitators and the support of the group. For those who choose to do *Centerwork*, your intention guides the process. Using ShadowWork® tools, the facilitators help you symbolically reconstruct your issue so the shadow can be viewed objectively. They suggest perspectives and offer powerful techniques for reclaiming the energy in the shadow. You will have a choice at each step of the process. There will be time for 6-7 participants to do a *Centerwork* process.

You can also be a part of the Shadow Work® experience without the pressure of working your own issue individually in the center of the group. As you watch and support *Centerwork* done by others, you can share in the transformation of wounds similar to your own.

## THE FACILITATORS

**Jeff Baugher** is a Certified Shadow Work® Group Facilitator and Shadow Work® Coach since 2003, and has been active in men's work since 1992. He has served as a Director on the Board of the Mankind Project of KY, Inc., and as a facilitator for New Warrior integration group trainings. Since 1996, he has operated a consulting firm helping clients understand the cycles of their life or business via consultations, workshops, and classes. Jeff holds a Masters Degree in Electrical Engineering, and has worked as a project engineer for both Eastman Kodak and the U.S. Navy.

**Becky Schupbach** is a Certified Shadow Work® Group Facilitator since 2003 and has been actively involved in inner growth work since 1998. She is the Executive Director for Women In Power. She completed her Woman Within weekend in 1999. Becky serves on the Leadership Circle of Woman To Woman Kentuckiana and has also served on the Board of Woman To Woman Midwest, Inc. She has guided Empowerment Circle trainings, and is currently on the Woman Within facilitation track. A practicing attorney since 1981, Becky also exhibits her handmade frameworked glass jewelry in various galleries and art fairs.

<b>Schedule:</b>	Friday	October 24	6:00pm - 10:00pm Eastern Time
	Saturday	October 25	9:00am - 6:30pm
	Sunday	October 26	9:00am - 4:00pm

**Cost:** \$295 (if deposit paid by 9/24); \$345 (if deposit paid after 9/24). Advance registration required. (The seminar is non-residential; you are responsible for your own lodging and food. Snacks and drinks will be provided.)

**Information:** Jeff Baugher at 502-459-4690 or [jbaugher@bellsouth.net](mailto:jbaugher@bellsouth.net), or [www.shadowwork.com](http://www.shadowwork.com).  
(Upon receipt of your registration, we will send you an information packet.)

**Send registration with either a \$100 nonrefundable deposit or the full fee to:**  
Archetypal Arts, LLC 1701 Windsor Place Louisville, KY 40204

Check or charge card (MasterCard, VISA) accepted

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ShadowWork Seminar Registration 10/24/08

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Amount paid \_\_\_\_\_ Visa/MC \_\_\_\_\_ exp. \_\_\_\_\_ Signature \_\_\_\_\_