

# *Renew Psychotherapy Center Summit*



**Join us in breathtaking Peru**

April 8–12, 2026

Registration: <https://renewdr.org/ce>



# SOULFUL RENEW CENTER





# SUMMIT THEME and LOCATION

**SUMMIT THEME** EMDR & BEYOND: The  
Science of Connection  
A Continuing Education Program on  
Trauma-Informed Care for Youth, Adults,  
and Families

**LOCATION** The Summit will take place  
at the Renew Center, Beach El  
Peñascal, San Bartolo, Lima, Peru  
15856.



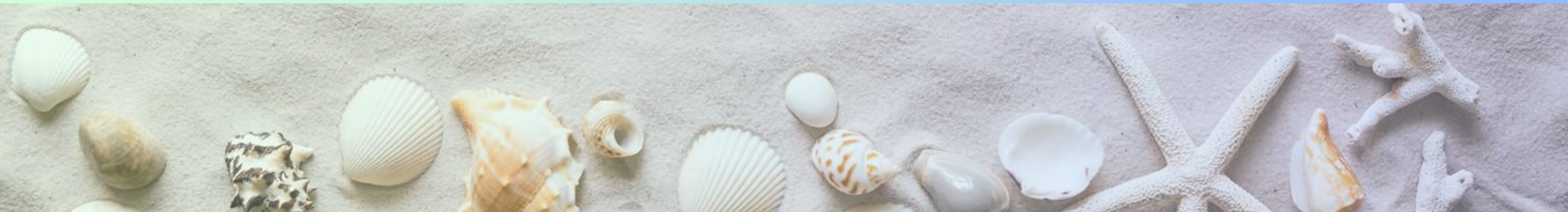
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# WELCOME, BEHAVIORAL HEALTH PROFESSIONALS!

We are proud to offer courses designed specifically for professionals in the behavioral health field, including:

- Social Workers
  - Psychologists
  - Counselors
  - Marriage and Family Therapists
  - Mental Health Clinicians
- 





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# MEET THE TRAINERS AND HOST

## A Warm Welcome to Everyone!



**Dr. Linda Timme**

Integrated EMDR &  
EBT for Neurodiverse Healing



**David Timme, PA**

The Mindful Host: A Guide  
to Awareness



**Dr. Rocio Hernández**

Understanding Child  
Trauma for Grown-ups



**Sarita Molinar, LPC**

The Power of Imagery  
in Four Therapies



# CONTINUING EDUCATION (CE)

This Summit Features the Following CE Sessions:

- Understanding Child Trauma for Grown-Ups (6.5 CEs)
- Seeing is Healing: Imagery in Trauma Therapy (4 CEs)
- EMDR for Neurodiverse & IDD Clients (4 CEs)



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## CE TOPIC: EMDR & BEYOND: THE SCIENCE OF CONNECTION A CONTINUING EDUCATION PROGRAM ON TRAUMA-INFORMED CARE FOR YOUTH, ADULTS, AND FAMILIES

### PROGRAM DESCRIPTION

This continuing education program is designed to enhance the professional competencies of graduate-level counselors and licensed mental health professionals by integrating such as Eye Movement Desensitization and Reprocessing (EMDR) therapy, Accelerated Resolution Therapy (ART), Art Therapy and somatic therapy with trauma-informed care principles. The training emphasizes neurobiological, developmental, and relational frameworks that support evidence-based treatment of trauma across the lifespan.

Rooted in both theoretical knowledge and applied techniques, the program supports professional development, personal reflection, and a strengthened sense of clinical purpose. A collaborative and supportive learning environment encourages meaningful dialogue and connection among participants.

Participants will gain practical skills and clinical insight through structured lectures, experiential activities, and case-based discussions. This program promotes a deeper understanding of trauma responses, mechanisms of healing, and the importance of therapeutic attunement in fostering lasting change.



# DAY 1 OF THE SUMMIT

## APRIL 9–10, 2026



- **Meet the speaker: Dr. Rocio Hernandez, PhD, LPCC, LMFT**
- **Topic: Understanding Child Trauma for Grown-Ups**
- **Total CE Credit Hours Available: 6.5 CE Credits**
  - April 9, 2026 | 9:00 AM – 1:15 PM (with breaks)
  - April 10, 2026 | 11:15 AM – 2:15 PM (with breaks)





# MEET YOUR TRAINER: DR. ROCIO

## **Dr. Rocio Hernández, PhD, LPCC, LMFT**

Dr. Rocio Hernández is CEO and founder of Got This! Inc. and The Be It Foundation. She is a psychotherapist in California, Texas, and Hawaii where she specializes in goal-getting, anxiety, relationships, safety through connection, childhood and trauma. In her private practice, she offers EMDR and other modalities to replace haunting memories with a new outlook on life or to help people reach a positive life goal...any goal...

For over 20 years she has worked on public health policy, led many community initiatives, served as a bilingual Public Information Officer, been on the Kaiser IRB research board, taught continuing education, and has served as a First 5 Children and Families Commissioner for over 16 years.

Dr. Rocio lives her values of ubiquitous synchronicity by tackling whole person care and health parity from the individual to the inclusive collective. She is the President and Founder of Levelation International, a nonprofit whose mission is to promote world resilience. Her health care leadership doctoral research in test-anxiety using her first version of Got This! App has now been applied to university and academic strategies to increase the professional pipeline for health and other fields. Her corporate plans have been sought to improve the almost 50% of the workforce struggling with personal issues that get manifested in the workforce. Cio sees a world where coping is elevated for all, to promote playful co-existence in a safe and connected world. Although Cio believes in making work a playground for growth, she loves to play too. She runs half-marathons around the world, enjoys exploring new spaces, and loves talking to strangers.



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# LEARNING OBJECTIVES

- **Course 1: Understanding Child Trauma for Grown-Ups (6.5 CEs)**
- **Presenter: Dr. Rocio Hernandez, PhD, LPCC, LMFT**

Upon completion, participants will be able to:

- Identify 10 key brain structures and nervous system components involved in managing anxiety, safety, and trauma.
- Recognize three core principles of Polyvagal Theory and differentiate between ventral and dorsal vagus nerve functions in trauma response.
- Identify 12 essential legal and ethical considerations in assessing and treating childhood trauma.
- Demonstrate 15 research-backed interventions to regulate anxiety, process trauma, and foster emotional connectedness.
- Apply the AIP Model through EMDR's eight-phase protocol, ensuring effective trauma processing for children.
- Evaluate at least two ethical and legal considerations when working with traumatized individuals.



# SUMMIT SCHEDULE

Day 1: April 9, 2026



Time	Subject	Methodology	Content
9:00 – 9:15 AM	Introduction & Program Overview	Lecture	<ul style="list-style-type: none"><li>• Introduction/Overview of the Program Learning Objectives</li><li>• Overview of learning outcomes</li></ul>
9:15 – 9:45 AM	Understanding Childhood Trauma	Lecture	<ul style="list-style-type: none"><li>• Defining childhood trauma and its spectrum</li><li>• Recognizing early signs and clinical presentations</li></ul>
9:45 – 10:15 AM	Child Brain Development & Trauma	Lecture	<ul style="list-style-type: none"><li>• How trauma impacts brain development</li><li>• Introduction to Adaptive Information Processing (AIP) and memory processing</li><li>• Preparing for Phase 3 of EMDR: Connecting to the body</li><li>• Social-emotional development and history-taking in Phase 1 EMDR across developmental stages</li></ul>



# SUMMIT SCHEDULE

Day 1: April 9, 2026



Time	Subject	Methodology	Content
10:15 – 10:45 AM	Integrative EMDR Applications	Lecture & Discussion	<ul style="list-style-type: none"><li>• Reinforcement of AIP and trauma’s neurological impact</li><li>• Connecting somatic awareness with EMDR preparation</li><li>• Case examples across childhood stages</li></ul>
10:45 – 11:00 AM	Break	—	Note: Break is not included in CE credit hours
11:00 – 12:00 PM	Understanding Trauma & The Brain	Lecture	<ul style="list-style-type: none"><li>• Defining trauma through a neuroscience lens</li><li>• Polyvagal Theory and EMDR: Understanding nervous system responses in healing</li></ul>
12:00 – 1:00 PM	Legal & Ethical Considerations	Lecture	<ul style="list-style-type: none"><li>• Mandated reporting and child abuse laws</li><li>• Ethical responsibilities when working with traumatized children</li></ul>
1:00 – 1:15 PM	Q&A / Group Discussion	Interactive Discussion	<ul style="list-style-type: none"><li>• Addressing participant questions</li><li>• Clarifying clinical applications</li></ul>



# AGENDA AT A GLANCE

Day 2: April 10, 2026



Time	Subject	Methodology	Content
11:15 – 12:15 PM	Childhood Trauma in the Workplace & Relationships	Lecture + Case Discussion	<ul style="list-style-type: none"><li>• How childhood trauma impacts adult relationships and professional functioning</li><li>• Recognizing trauma-informed approaches in organizational, therapeutic, and relational contexts</li></ul>
12:15 – 1:45 PM	Practical Interventions for Traumatized Children	Lecture + Interactive Discussion	<ul style="list-style-type: none"><li>• EMDR therapy across the lifespan: Addressing trauma from infancy to adulthood</li><li>• Developmentally appropriate trauma-informed strategies for children</li><li>• Clinical considerations when applying EMDR with young clients</li></ul>
1:45 – 2:00 PM	Q&A and Closing Reflections	Group Discussion	<ul style="list-style-type: none"><li>• Open discussion and participant reflections</li><li>• Final thoughts on integrating EMDR and trauma-informed care into clinical practice</li></ul>
2:00 – 2:15 PM	Completion of Evaluations	—	Note: Not included in CE credit hours



## DAY 3 OF THE SUMMIT APRIL 11, 2026



- Meet the speaker: Sarita Molinar, ATR, LPC, EYT-200
- Topic: Seeing is Healing: How Imagery Reshapes the Mind and Body in Four Therapeutic Modalities
- Total CE Credit Hours Available: 4 | 8:45 AM – 11:00 AM (with breaks)





# MEET YOUR TRAINER: SARITA MOLINAR

## Sarita Molinar, ATR, LPC, EYT-200

Sarita Molinar is an integrative mental health professional who strives to combine therapeutic modalities in a creative and holistic way. Her experience in education, art therapy, and yoga have allowed her to apply, first hand, the techniques that bring flow to self-discovery in herself and her clients.

In 2007, Sarita acquired a Bachelor's degree in Studio Art at Texas State University which launched her career as a Visual Artist in painting and fiber sculpture. In 2015, while perusing her Master's at Saint Mary-of-the-Woods College in Indiana, she offered art therapy in public schools for Life Skills students as well as Dell Children's Medical Hospital in Austin, TX. She then went on to train in Vinyasa, in 2021, with Black Swan Yoga for her own health and exploration of somatic therapy.

Sarita saw a need for enhanced group work in the community when working with at-risk youth in high school. She began her private practice in 2022, offering Art Therapy, Accelerated Resolution Therapy, and iRest Yoga Nidra to teens and adults. She was accepted for the Be It! Foundation award to train in Advanced LENS Neurofeedback and most recently Francine Shapiro's EMDR. Sarita will continue with EMDR Consultant training track to advance toward her own EMDR training program in the future. It is her goal to provide the most up to date and effective applications of EMDR to her community in South Texas and virtually.

Through an art therapy LENS, Sarita has explored and discovered numerous ways to spark her client's creativity. In doing so, she feels that this can expand all threads of awareness and enhances the innate healing experience. Sarita recently won runner up for 2024 Austin's Best Mental Health Professional in Austin Fit Magazine, bringing her increased notoriety for her unique approach to working with attachment, identity, family, anxiety, depression, and chronic pain, among many other issues, by applying a holistic approach to psychotherapy.



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# LEARNING OBJECTIVES

- Course 3: Seeing is Healing: Imagery in Trauma Therapy (4 CEs)
- Presenter: Sarita Molinar, LPC, Art Therapist, EYT-200

Upon completion, participants will be able to:

- Understand how imagery affects emotional and physiological responses, influencing stress and trauma processing.
- Explore how drawing, visual storytelling, and creative expression enhance emotional regulation and trauma resolution.
- Learn how bilateral stimulation and visual desensitization rewire distressing memories.
- Understand ART's Voluntary Image Replacement (VIR) technique to replace distressing images with positive imagery.



# AGENDA AT A GLANCE

Day 3: April 11, 2026



Time	Subject	Methodology	Content
3:25 PM – 3:40 PM	(10–15 Minute Break)	—	—
3:40 PM – 4:30 PM	EMDR & Desensitizing Traumatic Imagery	Lecture + Experiential Exercise	<ul style="list-style-type: none"><li>• Introduction to EMDR Therapy and its use of imagery to process trauma</li><li>• Explanation of bilateral stimulation for nervous system regulation</li><li>• Experiential Exercise: Guided EMDR practice using imagery-based desensitization</li></ul>
4:30 PM – 5:20 PM	ART & Replacing Traumatic Imagery	Lecture + Guided Exercise	<ul style="list-style-type: none"><li>• Overview of Accelerated Resolution Therapy (ART) and Voluntary Image Replacement (VIR)</li><li>• How ART helps reset the nervous system by replacing distressing images</li><li>• Guided ART Exercise: Participants will practice VIR techniques through art or guided imagery exercises</li></ul>



# AGENDA AT A GLANCE

Day 3: April 11, 2026



Time	Subject	Methodology	Content
5:20 PM – 6:15 PM	iRest Yoga Nidra & Guided Imagery for Relaxation	Lecture + Guided Practice	<ul style="list-style-type: none"><li>• Introduction to iRest Yoga Nidra and its use of imagery for deep relaxation</li><li>• Sankalpa, Body Sensing, and Breathwork to calm the nervous system</li><li>• Guided iRest Yoga Nidra Session: Participants will experience deep relaxation techniques to support clients with anxiety, PTSD, and chronic stress</li></ul>
6:15 PM – 6:30 PM	Closing Reflection & Integration	Group Discussion	<ul style="list-style-type: none"><li>• Discussion on integrating imagery-based techniques into clinical practice</li><li>• Participants share insights on applying Art Therapy, EMDR, ART, and Yoga Nidra</li><li>• Final reflections &amp; Q&amp;A session</li></ul>

## DAY 4 OF THE SUMMIT APRIL 12, 2026



- Meet the speaker: Dr. Linda Timme, DSW, MSW, LCSW, LCSW-C
- Topic: Integrated Trauma-Informed, EMDR, and Evidence-Based Approaches for Neurodiverse Adults and Individuals with IDD with Co-Occurring Disorders
- Total CE Credit Hours Available: 4 | 8:45 AM – 11:00 AM (with breaks)





# MEET YOUR TRAINER: DR. LINDA

## Dr. Linda Timme, DSW, MSW, LCSW, LCSW-C

Dr. Linda is a transformational leader and a passionate advocate for global wellness, dedicated to holistic mental health care. With over 15 years of experience, she has helped countless individuals through her innovative therapeutic approaches, immersive retreats, and professional development programs.

As a Certified EMDR Therapist, Advanced Trainer, and EMDRIA-approved Consultant, Dr. Linda specializes in trauma recovery, couples therapy, and organizational leadership. Her work blends evidence-based therapies like EMDR, CBT, DBT, and SFT to empower clients and clinicians to tackle complex challenges and create meaningful, lasting change.

Dr. Linda's journey is truly inspiring. As a first-generation immigrant and dual citizen of the USA and Peru, she began her career as a psychologist in Peru, supporting Latinx and BIPOC/AAPI communities. After moving to the United States, she earned her Master's and Clinical Social Work license and a Doctorate in Social Work: Leadership and Education. Her story embodies resilience and a deep commitment to enhancing mental health and wellness around the world.

As a thought leader, Dr. Linda loves to foster growth and resilience in others. She organizes and leads wellness retreats, including her signature Global Renew Retreats, which provide transformative experiences combining advanced therapeutic training and personal renewal. These retreats focus on connection, professional development, and personal growth, featuring engaging workshops on modern modalities, mindfulness, eco-therapy, and leadership skills. She tailors her workshops to meet the unique needs of therapists, clinicians, and leaders, equipping them with valuable tools for both their personal and professional lives.

Beyond her clinical and educational efforts, Dr. Linda is also an enthusiastic writer and researcher. She has shared her insights on telehealth, EMDR therapy, grief, and trauma recovery through various publications, and she is deeply committed to community and global wellness initiatives. Her contributions to the mental health field have earned her recognition, including the prestigious Candela Award.

At the heart of Dr. Linda's mission is a desire to inspire healing, resilience, and connection. She guides individuals and professionals toward greater well-being, purpose, and fulfillment. Whether through her therapeutic work, leadership programs, or uplifting retreats, Dr. Linda is dedicated to making a positive and lasting impact on the lives she touches and the communities she serves.



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# LEARNING OBJECTIVES

- **Course 4:  
EMDR for  
Neurodiverse &  
IDD Clients (4  
CEs).**
- **Presenter: Dr.  
Linda Timme,  
DSW, MSW,  
LCSW, LCSW-C**

Upon completion, participants will be able to:

- Identify at least five examples of traumatic events and describe their short- and long-term adverse effects on mental, emotional, and physical well-being.
- Explain at least three ways trauma affects neurodivergent populations, including individuals with intellectual and developmental disabilities (IDD) and co-occurring mental health conditions.
- Summarize at least two neurobiological effects of trauma and explain how prenatal alcohol exposure affects brain development and behavior.
- Choose at least three appropriate evidence-based intervention strategies for person-centered planning in Fetal Alcohol Spectrum Disorder (FASD) cases and justify their effectiveness.
- Describe Motivational Interviewing (MI) principles and neurodiversity-affirming modifications to Eye Movement Desensitization and Reprocessing (EMDR) therapy.
- Demonstrate at least two sensory integration applications and Eco-Somatic Approach techniques in simulated scenarios, integrating them with EMDR to enhance trauma healing.
- Distinguish between evidence-based treatments such as EMDR, CBT, and DBT by categorizing their core methodologies and evaluating their treatment outcomes.



# AGENDA AT A GLANCE

Day 4: April 12, 2026



Time	Subject	Methodology	Content
8:50 – 9:05 AM	Introduction/Overview of the Program Learning Objectives	Lecture	<ul style="list-style-type: none"><li>• Overview of the training structure and learning objectives</li><li>• Quick poll and interactive icebreaker</li></ul>
9:05 – 9:35 AM	Part I: Foundations of Trauma-Informed Care and Neurodiversity	Lecture & Case-Based Discussion	<p><b>A. Overview of Trauma-Informed Care</b></p> <ul style="list-style-type: none"><li>- Principles, applications, and impact</li></ul> <p><b>B. The Impact of Traumatic Events</b></p> <ul style="list-style-type: none"><li>- Types of traumas and their effects</li></ul> <p><b>C. The Brain and Body on Trauma</b></p> <ul style="list-style-type: none"><li>- Understanding physiological and psychological responses</li></ul> <p><b>D. Core Principles of Trauma-Informed Care</b></p> <ul style="list-style-type: none"><li>- The Six Pillars for Success</li></ul> <p><b>E. Neurodiversity and Trauma</b></p> <ul style="list-style-type: none"><li>- Understanding Autism, ADHD, PDA, FASD, and IDD as natural variations in human cognition</li><li>- Intersection of neurodiversity with trauma-informed care</li></ul> <p><b>Case Study 1:</b></p> <ul style="list-style-type: none"><li>- Analyze a trauma-informed approach scenario: Identify TIC practices in their work</li><li>- Discuss how trauma affects behavior and coping</li><li>- Create a collaborative trauma-effects map</li><li>- Guided Imagery: Understand trauma responses</li><li>- Experiential Exercise: Act out trauma responses</li><li>- Body Scan Exercise: Demonstrate grounding techniques</li><li>- Matching Activity: Participants align TIC principles with real-world cases</li></ul>

# CONTINUING EDUCATION CREDIT AVAILABLE

PARTICIPANTS WILL RECEIVE 16.5 CONTINUING EDUCATION CREDITS (CES) UPON SUCCESSFUL COMPLETION OF ALL COURSE MATERIALS and required evaluations:

- NBCC – Approved to award up to 16.5 NBCC credit hours. Participants must attend the full program (or the specified number of hours) to receive credit.
- CAMFT CEPA – Approved for 16.5 CE hours (Provider #146123).
- The California Association of Marriage and Family Therapists (CAMFT) grants CEPA status to qualified providers, authorizing them to offer continuing education (CE) courses that meet the standards for license renewal established by the California Board of Behavioral Sciences (BBS).
- CEPA-approved courses are recognized for the following professionals:
- Learn more: [🔗 camft.org/CEPA](https://camft.org/CEPA)
- EMDRIA – Approved for 6.5 EMDRIA credits (EC Program Approval Number: #20011-01).
- Special Offer – Includes 5 complimentary EMDR consultation hours toward certification.



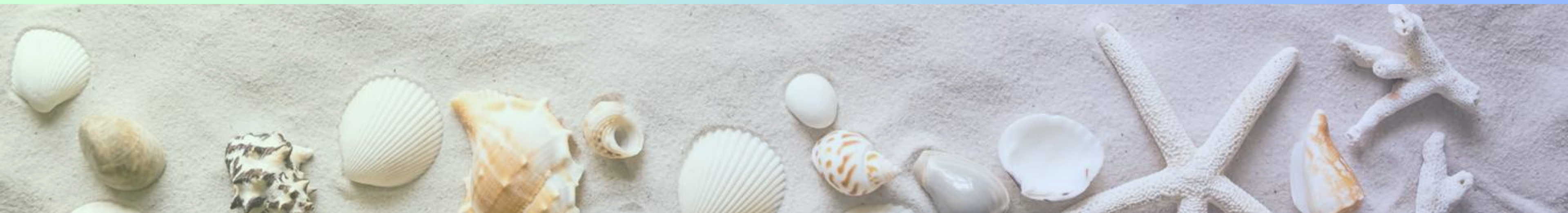
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## CRITERIA FOR COURSE COMPLETION

To be eligible for a Continuing Education (CE) certificate, participants must attend the full duration of the course and submit a completed course evaluation.







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# WHAT IS INCLUDED

## **Oceanfront Serenity**

- 4 nights and 5 days in tranquil accommodations with infinity pools and private beach access.

## **Inspiring Workshops**

- Covering EMDR Therapy , Expressive Arts, Eco-Therapy, Expriential therapy, CBT, DBT, and more.

## **Continuing Education Credits**

- CE's and EMDRIA certifications provided.

## **Interactive Learning**

- Engage in lectures, role-playing, case studies, and mindfulness workshops.

## **Outdoor Activities**

- Enjoy hiking, swimming, surfing, paddleboarding, and more.

## **Creative Expression**

- Arts, crafts, journaling, and inspired writing activities.





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# WHAT IS INCLUDED

## **Mindfulness Practices**

- Daily yoga, breathwork, and meditation sessions.

## **Gourmet Cuisine**

- Meals crafted by professional chefs blending local and international flavors.

## **Sound Baths & Ceremonies**

- Participate in traditional Peruvian rituals for renewal and connection.

## **Networking Opportunities**

- Build meaningful and lasting professional relationships.

## **Complimentary Airport Transfers**

- Relax with thoughtfully arranged group transportation.



## LOCATION AND VENUE

- Ocean Reef at Beach El Peñascal offers stunning, all-inclusive accommodations in a serene coastal retreat. Surrounded by the beauty of the Pacific Ocean, it's the perfect setting for reflection, renewal, and connection.

### Amenities:

- Infinity pools with panoramic ocean views
- Fitness center and relaxing sauna/spa facilities
- Playground, game rooms, and on-site dining
- Private beach access and islands for ultimate tranquility



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# Flight Information

We recommend arriving on April 8, 2026, the day before training begins.

Daily flights arrive at Jorge Chávez International Airport (LIM). From the airport, the Renew Team will provide a group shuttle service to the Renew Center.

A private transfer from the airport to the Renew Center is also available at an additional cost of \$35. The drive takes a little over one hour.

For assistance with transportation or further details, please contact us directly.



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## PACKAGE: ALL - INCLUSIVE

This comprehensive package provides everything you need for a seamless and enriching retreat experience.

### **Includes:**

- Comfortable accommodations at the Renew Center
- Daily breakfast, lunch, and dinner
- Access to pools and wellness spaces
- Guided walking tours and cultural experiences
- Full access to all trainings CE certificates for eligible participants

### **Group Transportation:**

- Group Round-trip from the airport to the hotel and activities



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## **Accommodation Option 1: Balcony Ocean View**

**Enjoy breathtaking ocean views and a relaxing environment designed to nurture learning and connection. Perfect for solo travelers, colleagues, or friends attending together.**

### **Investment**

**Single Room: \$2,500 per person**

**Shared Room (Two Beds – Both Attending the Program): \$2,100 per person**

**Guest (Guest not attending sessions): \$1,500 total. Ideal for couples, colleagues, or friends**

### **Package Includes**

**Full access to all trainings  
Daily meals, snacks, and beverages  
Group activities  
Experiential exercises  
Wellness and integration sessions  
Community connection opportunities**

### **Room Details**

**Balcony with ocean view  
Double bed or twin beds available  
Single bed or sofa bed options  
Shared bathroom  
Shared by group travelers**



## Accommodation Option 2: Balcony Ocean View Master Room

*This option is ideal for couples, colleagues, or friends who want to share a serene and transformative retreat experience in a spacious, ocean-facing master room.*

### Investment

Single Participant: \$3,000 USD

*Includes full CE training access, daily meals, activities, and wellness sessions*

Shared Room (Both Attending the CE Program): \$2,600 USD per person

Second Participant (Guest or Optional Training): \$1,500 USD

### Room Details

One single bed with ocean view

One sofa bed with ocean view

Shared bathroom with shower

Available for single or couples/colleagues occupancy

### Package Includes

Full access to all CE trainings and experiential learning

Daily meals, snacks, and refreshments

Guided wellness practices and cultural experiences

Opportunities for rest, connection, and reflection







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## Accommodation Option 3: Ocean View Master Room

### All-Inclusive Package | Comfort, Privacy & Breathtaking Views

Enjoy the luxury of your own ocean-view master room—perfect for solo or couple participants seeking peace, renewal, and a restorative experience.

### Investment

**Single Participant:** \$3,000 USD

*Includes full CE training access, daily meals, activities, and wellness sessions*

**Couple / Friend Add-On:** \$1,500 USD

*Includes shared room, meals, activities, and optional access to CE training*

### Room Details

King-size bed with panoramic ocean view

Private bath with shower

Designed for single or couples/colleagues occupancy

### Package Includes

Full access to all trainings and experiential sessions

Daily meals, snacks, and refreshments

Guided wellness activities and cultural experiences

Spacious, private setting perfect for relaxation and renewal





## **Investment: Option 4: Ocean View Master Room**

### **All-Inclusive Package**

Enjoy the comfort and privacy of your own master room. Perfect for solo participants who want a quiet, restorative experience.

**Single Room – \$3,500 USD (One Participant)**

**Shared Single Room (1 Bed) – \$3,500 + \$1,500**

Ideal for couples, guest, colleagues, or friends who wish to share the experience.

### **Room Details**

King-size bed with breathtaking ocean view  
Ensuite private bath with shower  
Single or couples occupancy

### **Package Includes**

Full access to all trainings  
Daily meals and refreshments  
Wellness activities and cultural experiences



## Extend Your Journey

- **Barranco and Costa Verde:** Discover Lima's vibrant artistic district, renowned for its bohemian charm and creative atmosphere.
- **Miraflores & South Beaches:** Savor scenic ocean views and enjoy leisurely walks along picturesque trails.
- **Paracas National Reserve:** Encounter diverse wildlife and marvel at Peru's natural beauty.
- **Pachacamac Ruins and Hacienda Secrets:** Delve into ancient secrets at this fascinating archaeological site, followed by a visit to a prestigious hacienda.



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# THE BENEFITS OF PERU: LEARNING, WELLNESS, AND RENEWAL

Peru is more than a destination—it's an experience that transforms the way you learn, grow, and connect. Imagine deepening your skills with world-class training while surrounded by **the soaring Andes, serene rainforests, and Peru's breathtaking Pacific beaches.**

- This retreat blends professional development with cultural immersion and renewal:
- **Expand your expertise** with evidence-based therapeutic tools.
- **Earn CE credits** that support your ongoing professional growth.
- **Recharge in nature**, whether hiking mountain trails, reflecting in sacred valleys, or relaxing by the ocean.
- **Connect with peers worldwide** in an inspiring, supportive environment.
- The landscapes of Peru—from **majestic Andean peaks to coastal sunsets on untouched beaches**—create the perfect balance of adventure, reflection, and professional enrichment.
- **Learn, rejuvenate, and return home renewed—with lasting skills and unforgettable memories.**

Learn, grow, and enjoy Peru—while making it a tax-deductible professional investment!



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# PERSONALIZED PERUVIAN ADVENTURES



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## Itinerary Highlights

### Cusco, Sacred Valley & Machu Picchu

- Cusco: Immerse yourself in the city's rich history and take a day trip to the vibrant Rainbow Mountains.
- Sacred Valley: Explore breathtaking landscapes and connect with Peru's vibrant culture.
- Machu Picchu: Embark on scenic hikes and witness the awe-inspiring Inca masterpiece.

### Puno & Uros Islands

- Puno: Adjust to the high altitude and explore this enchanting city (1 day).
- Uros Islands: Visit the floating islands on Lake Titicaca and engage with their unique cultural heritage.

### Arequipa & Colca Valley

- Arequipa: Wander through the city's charming historic center, known for its unique white volcanic stone architecture.
- Colca Valley: Marvel at Andean condors and the breathtaking beauty of one of the world's deepest canyons.

### Peruvian Amazon: Tambopata National Reserve and Manu National Park

- Discover the heart of the Peruvian Amazon and immerse yourself in unparalleled biodiversity, serene tranquility, and the magic of the rainforest.













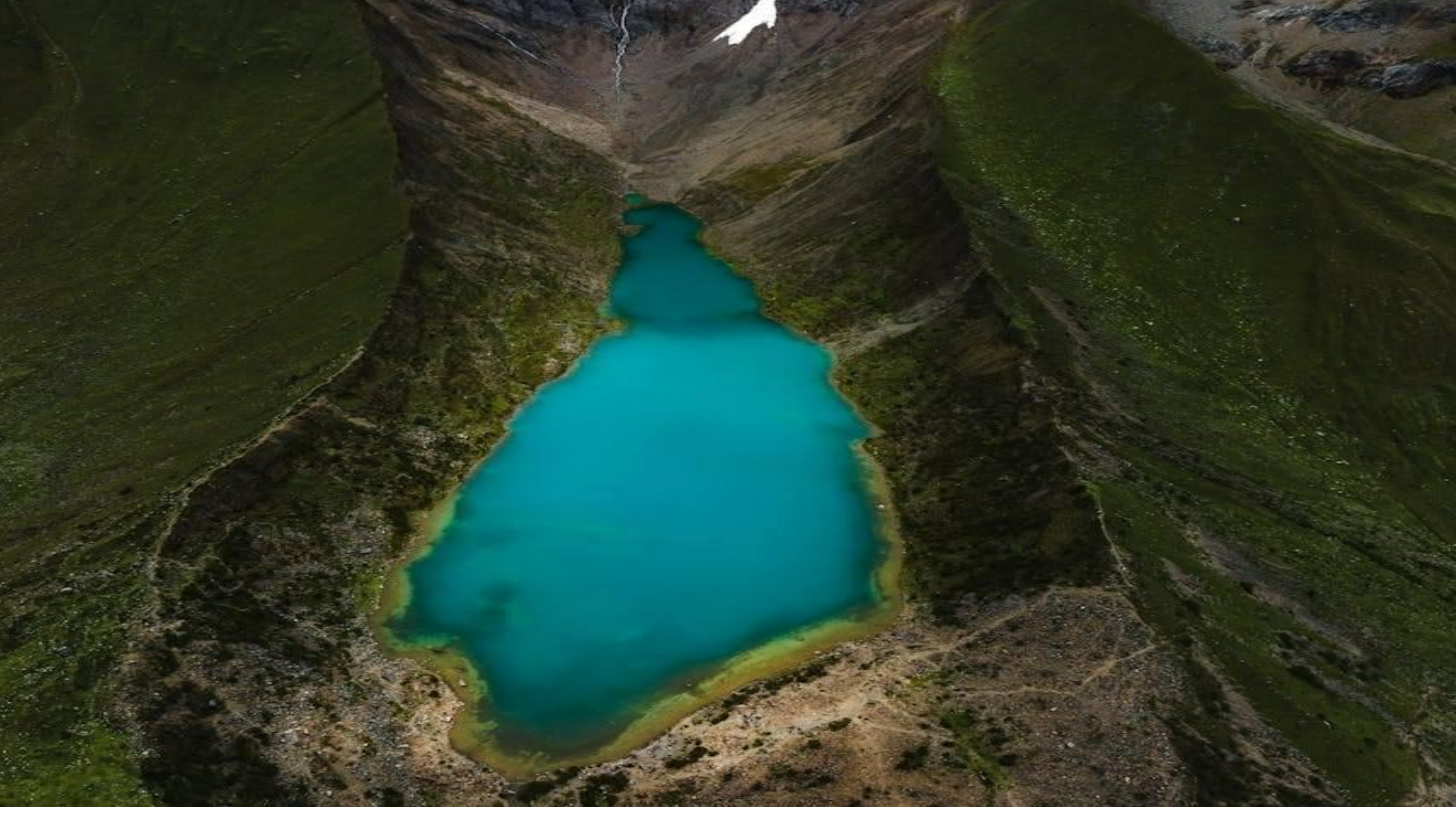


















# TERMS AND CONDITIONS

**Renew Psychotherapy Center is committed to offering high-quality continuing education trainings and retreats that meet professional standards for mental health providers.**

## **Accessibility & Special Needs**

Individuals with disabilities or special needs are encouraged to contact Renew Psychotherapy Center in advance to request reasonable accommodations. Every effort will be made to ensure full participation in our programs. Please note: Some international venues may not meet United States ADA standards.

## **Conflict of Interest Disclosure**

The educational planning committee members and presenters have no relevant financial or non-financial relationships with ineligible companies (those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients).





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# TERMS AND CONDITIONS

## **Cancellation & Refund Policy**

Cancellations must be submitted in writing to [admin@renewdr.org](mailto:admin@renewdr.org) no later than 150 calendar days. To secure my reservation, I agree to submit a \$500 non-refundable deposit, which will be applied toward the total retreat cost. I acknowledge that Renew Psychotherapy Center, LLC does not issue refunds for cancellations once any payment beyond the deposit has been made. If I cancel 150 days or more prior to the retreat start date, I will receive a full refund of all payments made, excluding the non-refundable deposit. The deposit will only be refunded in the event that the retreat is canceled by Renew Psychotherapy Center, LLC. If a training is canceled by Renew Psychotherapy Center due to unforeseen circumstances, participants will receive a full refund.

## **Grievance Policy**

All grievances must be submitted in writing to [admin@renewdr.org](mailto:admin@renewdr.org). A written response will be provided within 14 business days.

## **Recording Policy**

Audio and/or visual recording of the training by participants is strictly prohibited.

## **Program Review & Board Approvals**

All programs are reviewed for quality and alignment with continuing education standards. Trainings may be submitted for board approval as applicable, and approval details will be provided in courses and materials.

## **Additional Information**

Please see our Frequently Asked Questions (FAQ) page for further details on accommodations, travel, and program logistics.





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# HOW TO RESERVE

## Option 1 – Pay in Full (Best Value)

- Pay the total amount upfront.
- Receive a free early discount.

## Option 2 – Two Payments

- Pay a \$500 reservation fee to secure your spot.
- Pay the remaining balance by 30 days before the trip.

## Option 3 – Payment Plan

- Pay a \$500 reservation fee to secure your spot.
- Make 6 monthly payments.







## CONTACT US

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# Thank YOU!