



HEALING OF MEMORIES WORKSHOP FOR HEALTHCARE WORKERS

Healing of Memories (HOM) workshops are designed to respond to the emotional, psychological and spiritual wounds experienced in the workplace.

Healthcare workers are frequently exposed to traumatic events, leading to a higher risk of developing post-traumatic stress disorder (PTSD) and other mental health challenges. Whether your trauma stems from witnessing patient suffering, experiencing workplace violence, or facing moral dilemmas, this Healing of Memories workshop provides a safe, confidential environment in which participants can begin to take steps toward healing.

The result: Participants find support, healing, increased trust, empathy, hope, relief, reassurance, and a sense of belonging.

RAVES FOR HOM - HEALTHCARE

"This helped me to release weighted emotional baggage, which will help me be a better nurse."

"Workshop was encouraging and reaffirming. Thank you."

"I felt connected and grounded. It was a healing experience."

WHEN

November 15 - 17, 2025

Saturday 6:00 pm - Monday 2:00 pm

WHERE

Spirit in the Desert

7415 E Elbow Bend, Carefree, AZ 85377

COST

FREE to Healthcare Workers

APPLY ONLINE AT

<https://spiritinthedesert.org/events/workshop-for-healthcare-workers/>

Or Call (480) 488-5218

WORKSHOP FACILITATORS



Lori Rubenstein, JD, PCC (L) a mediator, author and coach in the area of helping people heal from trauma, is a lead facilitator with the Institute for Healing of Memories. In her 21 years in the U.S. Air Force, **Lina Webb (R)**, also became a Sexual Assault Victim Advocate, Resilience Trainer and Crisis Intervention Unit Responder aiding victims of violent crimes and other mental health crises. Facilitator since 2022.



The Institute for Healing of Memories is an international organization that seeks to contribute to lasting individual and collective healing that makes possible a more peaceful and just future. Spirit in the Desert Retreat Center hosts programs and retreats for participants of all faiths and traditions to experience reconciliation, renewal, healing, and transformation.