

# THE OKLAHOMAN

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## Consider a Green Shoe retreat

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Was your childhood more non-nurturing than nurturing? Is life a struggle? Is there a marriage in your future? Hit the pause button.

Consider a Green Shoe five-day retreat. More information is at [www.greenshoe.org](http://www.greenshoe.org), or by calling 405-697-2109.

This retreat is not for someone in crisis. It is for men and women of any age who are willing to take a look at how their childhood experiences may be influencing their lives and relationships as adults.

You do a telephone interview with them and if you are appropriate for their retreat, you choose a week and make a deposit of \$475.00. If you

complete the five days, your money is refunded. You do not need a referral from a therapist.

The following is feedback from some of my friends.

- I can say without a doubt that Green Shoe has changed my life for the better. I was nervous and a bit skeptical about attending, but those concerns were quickly laid to rest. I learned that I am not alone in my challenges and was given the wonderful opportunity to forge strong, ongoing friendships over the week. It started my life on a new path, and I can't wait to see what comes next! — **a 25-year-old male**

- I have been in counseling all my adult life searching for a better life. This retreat has raised my awareness so I can work on personal growth. I have joy knowing I am breaking free! — **a 65-year-old female**

- Until I completed the 5 days I didn't realize how deeply ingrained my past experiences were, and the damage I was still holding on to. It was like I had been holding my breath all these years and the physical release of that pain was tremendous. — **a 54-year-old female**

Psychologist and Green Shoe board member Dr. Katrina Bright Cochran says think of it as a five-day period to consider emotional baggage that can be unpacked and left behind.