

Restore

An Intensive Counselling Experience For Cross-Cultural Workers

15-27 July 2018
TCC, Nairobi, Kenya

All the Details

Restore is a two-week opportunity for cross-cultural workers to address pressing concerns in a supportive, confidential and professional environment. The format is a blend of both preventative and restorative elements. Preventative care is about increasing understanding to thrive in the day to day. Restorative care focuses on how to return to a vibrant life and ministry.



This on-field intensive experience is a wise and cost-effective step to address spiritual, relational, psychological, emotional, marital, or trauma issues. It is geared toward those who would like to invest concentrated time in spiritual, family, or emotional needs.

That prioritizing of spiritual and emotional health is good stewardship of ministry calling. On-field support and intervention are effective, less expensive and more convenient than returning to a passport country.

Restore is a ministry of TCC. The clinical staff are cross-cultural workers themselves as well as credentialed mental health professionals. Serving other cross-cultural workers is their full-time commitment. Combined they have decades of experience journeying with others toward health and wholeness.

"I arrived ... bursting with pain, disappointment, and broken dreams. My life and work in the — world had been costly in so many ways ... [this] has been a haven to me."

The components of the program combine in a way that creates a **wholistic experience** that is more than the sum of its parts. The **seminars** offer relevant material and identify matters to explore in group or personal counselling. The **group sessions** offer a sense of community and reduce the feelings of isolation. **Counselling** gives individuals and couples the opportunity for more in-depth exploration of specific challenges they are facing. The overall sense of **community** provides encouragement and helps restore the ability to trust others.

"The most helpful was the seminars feeding into the personal counseling, so the combination of those two supported one another."

Location

The seminars, groups, and counselling sessions will take place at TCC in Karen, Nairobi, Kenya. Lunches will be set in the beautiful gardens. Participants will lodge at a nearby guesthouse, just a short walk from TCC. The guest house will serve breakfast and an evening meal each day. There is a small swimming pool at the guest house. Volleyball and basketball are available at TCC.

Retreat Format

- Morning worship and brief devotional
- Two seminar sessions each morning on topics such as stress-management, burnout, joy, depression, conflict resolution, anxiety, forgiveness, loss & grief, goal-setting, and others
- 60 minutes of group counseling daily
- 9 hours of couple or individual counseling
- Lodging and 3 meals per day (Mondays – Fridays)

On the weekend, there are no scheduled activities. Participants will receive two meals at the guest house like other days, but the third meal you will need to arrange. For example, you may choose to dine at nearby Galleria mall or arrange with the guest house about adding a meal.

Childcare Program

Unfortunately, for our 2018 program we are unable to offer a childcare program. We will be able to offer child care for babies and children up to age 4.

Cost

Included in the Restore Retreat package:

- 20 seminar sessions
- 10 group therapy sessions
- 9 individual or couple counseling sessions (check with your insurance company for coverage)
- 12 days of lodging at a nearby guesthouse
- 34 meals including chai/coffee and lunch served in the beautiful TCC Gardens.

"In the past two years the demands of [our work] caught up to us."

	Per individual	Per couple	Children 0-4
TCC-sponsoring agencies*	\$1700	\$2750	\$100
Other agencies	\$1975	\$3175	\$100

\$100 discount for registration before [1 June](#)

* AIM, GMMT, and DMG provide counsellors to work at TCC, so a discount is given to members of these organizations.

Financial Considerations and Support

We recognize that the cost of the retreat is high in terms of both finances and time invested. But the potential downside of not addressing serious concerns is much higher in terms of possible loss of ministry, marriage, spiritual distance, or ongoing physical or mental health needs.

We encourage you to seek financial assistance from supporters or from your sending agency. The retreat is already heavily subsidized with all the therapists serving as volunteers.

Cost Details

- \$100 discount for registration before 1 June
- 50% deposit due with registration (see cancellation policy below)
- En suite rooms, (2 family rooms available with double bed & bunk bed. Baby cot available)
- Some organizations will allow you to use work funds
- Please check with your insurance agency to confirm coverage
 - o Please confirm insurance coverage of mental health and therapy costs
 - o Check requirements for M.A. counselor, psychologist, or psychiatrist as your therapist

Essential Information and Dates

- Retreat 15-27 July with arrival Sunday afternoon, and departure after lunch on Friday 27 July.
- 12 participants maximum; 6 participants minimum
- 50% deposit due to hold registration
- 1 June – deadline for early registration, \$100 discount
- 1 July – final registration deadline.
- 16 July – balance of payment due on first full day

"We were at a place where we needed soul care."

Payment

Visa or MasterCard as debit or credit for can be used. Email conferences.tcc@gmail.com for further information and an online payment link, as well as details about cash or check payments (US \$, British pounds, or Euros) or mPesa. Some agencies may be able to do a direct transfer of funds.

Cancellation Policy

- Before 15 June – refund minus \$100/person
- After 15 June – refund minus \$200/person
- Full refund if minimum 6 participants is not reached

"Taking two weeks to focus on this means that there was time to deal with more of the root issues that need healing and change. I think... there will be more lasting change in actual practice as I go back to the field."

Additional Services

Evaluations for adults or children may be available at additional cost, depending upon therapists and specialties present in the staff.

Tourist Opportunities

With the free weekend, you may wish to enjoy some of the great tourist opportunities in the Karen area. Sheldrick Elephant Orphanage, Giraffe Park, Kazuri Pottery, Karen Blixen House, Kitengela Glass or Nairobi Game Park are nearby.

For Further Retreat Information

Email: conferences.tcc@gmail.com

Tel: +254 733 687050 or +254 0728 606911

"This gave me tools, but also an avenue to process and invitation to share my story and to receive healing, understanding, and encouragement. It has been restorative and something I can use to encourage others in their journey."