

## Panama Therapist Retreat — Preliminary Agenda

5 Nights | Selva Terra Island Resort – Isla Boca Brava, Gulf of Chiriquí, Panama

A rejuvenating 5-night immersive retreat crafted exclusively for mental health professionals—featuring continuing education, retreat-building training, cultural immersion, creativity, and unforgettable island adventures.

### Key Highlights

#### Expert-Led CE Trainings

**Day 2:** Arilda Surridge — *The Ethical Imperative of Self-Care*

**Day 3:** Julia — *Breaking the Cycle of Burnout*

**Day 4:** Bonnie — *Integration of Art Therapy*

**Day 5:** Charity — *Bottom-Up Processing*

#### Retreat-Building Workshop (Non-CE | 6 Hours Total)

**Led by Arilda Surridge, MA, LMFT**

Designing Your Signature Transformational Retreat

Pricing, Planning & Seamless Logistics

Marketing & Enrollment Strategies for Sold-Out Retreats

### Additional Highlights

Pottery studio workshops

Yoga & meditation

Infinity pools & private beaches

Kayaking, paddleboarding, surfing

Mangrove tours & jungle hikes

Snorkeling & island-hopping excursions

All meals included

#### Day-by-Day Schedule (Preliminary)

##### Day 1 — Arrival & Welcome

Arrival & check-in

Orientation & welcome circle

Group dinner

##### Day 2 — Arilda's CE Training & Cultural Experience

Morning Training: *The Ethical Imperative of Self-Care*

Afternoon: pottery, kayaking, hiking, snorkeling, spa

Cultural experience in early evening

Dinner

##### Day 3 — Julia's CE Training & Retreat-Building Session #1

Morning Training: *Breaking the Cycle of Burnout*

Afternoon: hike, paddleboarding, pottery

Retreat-Building Session 1

##### Day 4 — Bonnie's CE Training & Retreat-Building Session #2

Morning Training: *Integration of Art Therapy*

Afternoon: mangrove tour, snorkeling, pottery

Retreat-Building Session 2

Day 5 — Charity's CE Training & Retreat-Building Session #3

Morning Training: *Bottom-Up Processing*

Afternoon: island-hopping, pottery

Retreat-Building Session 3

Farewell dinner

Day 6 — Departure

Breakfast & closing circle

Check-out

Onsite Activities

Pottery workshops

Yoga

Infinity pools & private beaches

Water sports & hikes

Snorkeling & island-hopping

Spa services (additional cost)