



Repair yourself

Online Summit 2023



Summit Program & Journal



GENERATION MINDFUL®



Reparent Yourself 2023

DAY 1

Day 1 Theme: Self (Past, Present, and Future)



Susan Stiffelman, MFT

Self Acceptance: The Power of Presence and Letting Go of Judgement

Key Takeaway:

Notes:



Ashley Patek, OOT

Empathic Witnessing: Healing From the Inside Out By Learning to Be With Our Grief

Key Takeaway:

Notes:



Dr. Victoria Dunckley, MD

Numbing Through Technology: Reparenting, Human Connection, and Healthy Tech Habits

Key Takeaway:

Notes:





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DAY 1

Day 1 Theme: Self (Past, Present, and Future)



Cathy and Todd Adams, LCSW

Questioning Your Stories and Developing a New Perspective

Key Takeaway:

Notes:



Hanan Sabry, MA

Early Memories: A Guided Approach to Radical Self-Understanding and Compassion

Key Takeaway:

Notes:

DAY 1 REFLECTIONS:





Reparent Yourself 2023

DAY 2

Day 2 Theme: Mindfulness & The Inner Child



Jason and Celia Hilkey

Communication: On Being a Couple and Reparenting as a Team Sport

Key Takeaway:

Notes:



Hanan Ezzeldin, MA

Neurodivergence and How to Bring Radical Self-Acceptance into Your Reparenting

Key Takeaway:

Notes:



Hunter Clarke-Fields, MSAE, RYT

Using Mindfulness Practices to Heal the Past and Live In the Present

Key Takeaway:

Notes:





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DAY 2

Day 2 Theme: Mindfulness & The Inner Child



Robert Jackman, LCPC

Boundary Setting and Your Inner Child: How to Find and Live From Your Authentic Power

Key Takeaway:

Notes:



Nadim Saad, MBA

Naming and Feeling Our Emotions: Breaking Free From Cultural Judgements and Limitations

Key Takeaway:

Notes:

DAY 2 REFLECTIONS:





Reparent Yourself 2023

DAY 3

Day 3 Theme: Showing Up For Ourselves



Deirdre Fay, MSW

Putting Your Pieces Together: Reparenting The Self to Become Solid, Steady, and Secure

Key Takeaway:

Notes:



Leslie Priscilla

Life Practices For Finding Freedom from Cultural and Inter-Generational Wounds

Key Takeaway:

Notes:



Abigail Feil PRYT, RYT

Your Unconscious Body Wisdom: Six Steps to Help You See and Celebrate Your Authentic Self

Key Takeaway:

Notes:





Reparent Yourself 2023

DAY 3

Day 3 Theme: Showing Up For Ourselves



Joy Page, RYT-500

Using Yoga, Meditation, and Embodied Experiences to Reparent the Self

Key Takeaway:

Notes:



Elizabeth Stallone-Lowder, MSW

The Sweet Spot to Self-Care: Sleep, Food, Energy, and Sex

Key Takeaway:

Notes:

DAY 3 REFLECTIONS:

