Exploring the Shadows Within

A Workshop Series with Cassie Salewske (Therapist, Hypnotherapist, Shamanic Practitioner)

Our shadows are connected to nearly every personal and collective problem in the world, and often bring up deeply negative emotions and associations. However, our personal shadows are actually gateways to healing and transformation.

This series of workshops is an opportunity to begin exploring personal shadows in a safe and grounded small group environment. Each class will include discussion, guided visualization/active imagination, light trance work, journaling, group activities, and/or somatic exercises. Whether you join for one or participate in all three, you will learn to identify and interact with your own shadow parts, and begin to understand their source, trigger, and medicine.

Part 1

Shadow and Light: Archetypes and Parts Work

The first workshop will give you some structure: a brief history and exploration of the archetypes and characters that bring our shadows to life. What the heck is a shadow, and how do we uncover it? Where do they live, and how are they formed? How do we begin to understand these parts of ourselves, let alone their signature energies, stories, and emotions? You will come away with a better understanding of how to identify and interact with your own shadows. The context of archetypes and parts work makes shadow exploration accessible, relatable, and even a little fun (I promise).

Part 2

The Victim Triangle: The Shadow of Codependency

This second workshop is one of the most important: a dive into the shadows of victim, rescuer, and persecutor, and how this triangle creates dysfunction and codependence wherever it shows up (and it shows up everywhere). To know the triangle is to know dynamics that are unhealthy, unhelpful, and steeped in old patterns of hurt and harm. Once we are able to recognize it, our awareness gives us the choice to engage with others in more conscious, interdependent, and healthy ways.

Part 3

Projecting and Protecting: Overcoming Shadowy Behaviors

After identifying and exploring the shadows that reside within you, this workshop gives you an opportunity to choose one shadow that you want to work on in more depth. Discover how the coping strategy of projecting gives you valuable insight into the protection your shadow is (usually) seeking. How does this shadow show up in your behaviors? How has it caused issues in your lifetime? And what might it need to move into a healthier state of integration and light?

Registration Details:

Each workshop is 2.5-3 hours. Space is limited.
Cost: $100 per session, or a discounted rate of $250 to register for all three.
Location: 2528 Wheaton Way, Suite 204, Bremerton WA 98310
To register or ask a question, contact Cassie by email: cassie.salewske@gmail.com.