



UNIVERSITY OF  
**SOUTHERN MAINE**  
Center for Continuing Education

## **Loving What Is: The Work of Byron Katie**

"In Loving What Is, you have the key. Now use it." Eckhart Tolle

The Work is a simple yet radical and life-changing process that involves questioning the thoughts that are causing you stress. "My partner doesn't appreciate me." "My children are disobedient." "I hate my job." "My life would be better if..." Thoughts like these pass through our minds throughout the day, causing stress, anxiety, fear, anger, and depression.

You can learn a simple way to clear the mind and move from fear to freedom, from anger to joy, and from confusion to clarity. Anyone with an open mind can do The Work, and in this 2-day workshop, clinicians can learn how to use The Work in their own lives and how to use it as an effective tool with and for clients. The Work can help you and your clients:

- manage stress no matter how intense it is
- receive criticism from others without feeling attacked
- repair relationships in all walks of life
- experience greater joy and peace in your life

During this program you will:

- learn to identify and question your stressful thinking
- consider and experience the opposite of your stressful thinking
- learn how to facilitate yourself and others using The Work's four questions and turnarounds
- take home a powerful tool that can help you and your clients live with clarity and integrity

*Instructors: Jennifer Deraspe, MS and Jeri Lynn Schroeder, M.S., M.A. Both instructors are graduates of and have staffed Byron Katie's 9 Day School for the Work.*

**Thursday, April 9, and Friday, April 10, 9 a.m.-4 p.m.**  
\$265 (12 contact hours/ 1.2 CEUs)

88 Bedford St, PO Box 9300, Portland, ME 04104-9300  
207 780 5900, TTY: 207 780 5646, Fax: 207 780 5954  
cce@usm.maine.edu

A Member of the University of Maine System