

# HOMEcoming

## A Therapeutic Intensive for Family Renewal, Connection & Growth

Whether your family has faced conflict, struggled with addictive patterns, or simply feels there is untapped potential for greater joy and intimacy—HOMEcoming is an invitation to renew trust, deepen belonging, and shape a living legacy across generations.

We guide families through a purposeful, transformative process. Families leave not with a one-time experience, but with a beginning. A path that continues long after the retreat itself.

### The HOMEcoming Journey

#### BEFORE (1 month)

##### *Assessment & Insights*

Insights from Home process for each family member designed to understand and prepare the family emotionally, relationally, and intellectually for the in-person intensive process.

#### DURING (3-5 Days)

##### *In-Person Intensive*

Bespoke, facilitated retreat to explore what is not working, leverage familial strengths, and shift dysfunctional patterns to ground each family in a more generative relational approach.

#### AFTER (1 Month)

##### *Integration*

Guided facilitation to apply and anchor new patterns in daily family life, so the transformation is supported and momentum is sustained.

### Rethinking Family Healing

Every family develops its own patterns of relating. Sometimes those patterns nurture connection, and sometimes they leave people feeling disconnected: going through the motions, repeating the same misunderstandings, or living with distance that no one quite knows how to bridge. Unresolved trauma, grief, anger, tension, and disappointment can leave families stuck in quiet cycles of hurt or superficial interaction, even when daily life appears stable.

Our approach, refined through years of day-to-day work with families, is designed to shift these dynamics. HOMEcoming offers practical tools and deep insights to transform unhealthy patterns into trust, joy, and a sense of belonging. The result is flourishing relationships with family at the center as your most valuable asset. That's why our approach to family is different:



#### Whole-System Healing

Treat the family as an ecosystem where every individual & collective story matters.



#### Intergenerational Focus

Honor the past, tend to the present, shape the future.



#### Mind-Heart-Body Integration

Engage the full human experience to create true intergenerational healing.



#### Legacy as a Living Practice

Ongoing commitment & way of life, not a one-time repair.

## The HOMEcoming Experience

At HOMEcoming, no two intensives are alike. Each retreat is custom-designed for your family's needs. The experience itself is alchemical: adapting practices and modalities in ways that create lasting transformation. And yet, every experience follows the same rhythm of support:

### **We walk beside you. Your family is guided by a deeply attuned team of practitioners who:**

- Weave together psychoeducational, relational, and somatic practices (mindfulness, rituals, movement, breath work, and sound healing to enhance trust and safety)
- Role model new relational skills and guide your family into meaningful connection
- Introduce playful practices that spark curiosity, joy, and a sense of wonder
- Listen with compassion and help family members discover new ways of relating and communicating with a spirit of generosity

### **We design each day to balance depth and renewal, offering both structure and spaciousness:**

- Meditation and embodied practices to ground and end the day
- Psycho-educational teachings using HOME's 11 Dyads to deepen relational well-being.
- Guided therapeutic exercises—interpersonal, creative, and embodied
- Somatic practices like yoga, breath work, movement, dance, and sound baths
- Nature-based experiences designed to remind us of the healing found when we slow down and become present to the rhythms of the natural world
- Nourishing and delicious meals prepared with care and intention
- Time for reflection, rest, and renewal
- Evenings of leisurely connection: conversations around the fire, music, shared meals, moments of laughter, and simple pleasure

### **We go beyond the intensive. Unlike many intensives, the work does not end when the retreat concludes:**

- Each family receives a full month of personalized follow-up and integration support
- Accountability toward new patterns taking root in daily life, so what began during the retreat is sustained, rooted, and galvanized in real time, in real life
- Ongoing therapeutic support is available beyond the integration phase for those who wish to extend their engagement, so healing deepens as a living practice

## What Families Receive



### 01 Stronger Relationships

- Trust is repaired and honored by creating healthy guardrails that enhance emotional safety
- A sense of belonging and intimacy beyond surface interaction
- New approaches for healthier parenting and co-parenting
- Doubling down on ways of being that support resilience and joy

### 02 Healthier Communication and Relational Hospitality

- Generative conversations and receptivity instead of reactivity
- A new perspective on conflict and safe ways through it
- Adapting observational skills that strengthen relational wisdom and discernment
- Somatic practices for regulation to invite more centered interactions
- Amplify ways of connecting through the power of empathy, wisdom, curiosity, and deep listening

### 03 Healing & Presence

- Recognition and integration of grief, trauma, and woundedness
- Welcoming emotions as messengers, not masters
- Awareness of self-medicating patterns and embracing practices that enhance presence
- Slowing down to choose connection over competition
- Celebrate elements of giftedness and strength

### 04 A Shared Future

- A living sense of legacy built on care, not achievement
- Ways to put love into action in daily family life
- A shared vision for flourishing across generations
- Reorienting beyond success toward care and generativity, goodness and beauty

## When should a family come HOME?

Families come to us at many pivotal moments, whether navigating hardship or seeking new growth.



### When Families Are Hurting

- Living with a loved one suffering with mental health challenges or addictive patterns
- Supporting someone entering or returning from a treatment program
- Navigating divorce or betrayal, when trust must be rebuilt and transitions traversed
- Following a death, transition, or loss, when grief feels overwhelming
- Facing family disintegration or conflict around wealth transfer, succession, or family enterprise complexity



### When Families Are Investing in the Future

- Recognizing that more connection, more intimacy, more joy is being sought
- Exploring the role money and power play in a family, so money becomes a generative energy instead of a corrosive one
- Feeling stuck, heavy, or shallow and wanting more grace, fun, depth, and intimacy
- Building a legacy of care and connection so current and future generations can flourish in the ways that truly matter and sustain collective well-being



## Location

We often facilitate HOMEcoming in the family home when the family's home feels safe and supportive for deep work. This can provide familiarity and comfort, with less disruption to daily life.

However, for other families, stepping into new environments can be very helpful. We also host across a range of gracious, welcoming, family-centric settings that provide an exhale, a change of scenery, a fresh perspective, and a profound experience.

## Come HOME. Together.

Call us to learn more about HOMEcoming or email us at

[welcomehome@homehealsfamilies.com](mailto:welcomehome@homehealsfamilies.com)

To learn more about HOME and our other offerings visit us at

[www.HomeHealsFamilies.com](http://www.HomeHealsFamilies.com)

HOME is a sacred place for transformation, wholeness, and truth. We welcome your family with reverence and care, hospitality and warmth.