

Meet Our Team



Jackie Newman
LPCC-S, LPC,
CPTT, RAE



Pixie Jarvis
TI-EAL



Jenna Murph
BA, HTSM-CP
CCA, TI-EAL

Jackie Newman is the owner of Ampersand Recovery & Wellness and is a Licensed Professional Clinical Counselor and a Certified Partner Trauma Therapist. Through her own healing journey and recovery she is able to provide others with her experience, strength, and hope. Jackie has served on the clinical team at Bethesda Workshops and is currently a Guide at Onsite Workshops in Cumberland Furnace, TN.

Pixie Jarvis is the owner of Sole to Soul Horsemanship and is an equine professional with over 20 years of experience living with horses. It has long been her dream to help people find healing through equine relationships. She is excited to share the trauma-informed principles of Natural Lifemanship in her community. NL is a methodology to build better relationships and overcome stress and trauma.



Jenna Murph is the owner of Healing Pathways 4 U and is passionate about helping people shift into new ways of being so that they can move with more ease and joy in the world. She is a Certified Healing Touch Spiritual Minister Practitioner, Certified in Clinical Aromatherapy, trained in Light Body Alignment and trained as a Trauma Informed Equine Assisted Learning Professional.

Cost (& What's Included)

4 DAY RETREAT

\$2400

Includes:

- 3 nights-stay in a private room - Lodging specifics to be announced
- All meals, snacks, and drinks during the retreat
- Transportation to and from Sole to Soul Horsemanship
- Tailored welcome basket with supplies & extras for the weekend
- Seasoned clinicians & practitioners who live their own recovery stories as your guides
- The benefits of a group work with an intimate group size of six participants max

UPCOMING RETREAT DATES

November 12-15, 2023

April 14-17, 2024

June 9-12, 2024

October 27-30, 2024

Email us about early bird pricing!

How Do I Register?

- Email us unbridledconnectiongroup@gmail.com to set up a time to do a pre-screening to make sure this retreat is right for you.
- Upon approval you will be sent a form to register for the event and fill out an intake and preferences form.
- A non-refundable deposit of \$400 will be required upon registration. The remainder will be due 2 weeks before arrival.

"Jackie, Pixie, and Jenna have brought their expertise together to create a brave space for people to slow down; get in touch with what is stirring in their souls; and make discoveries about themselves. Beyond having the opportunity to reconnect with yourself, this group provides the chance to experience healing as you reconnect with others and nature. I would encourage anyone and everyone to participate!"

~Laura



Healing Betrayal Trauma Retreats

BOWLING GREEN, KY

WWW.UNBRIDLEDCONNECTIONKY.COM



What will it be like?

At Unbridled Connection's Healing Betrayal Trauma Retreat you can expect to be seen and heard by others who have experienced the heartbreak and complexity of what it's like to live as a partner of someone who struggles with sexual impulsivity and acting out. As a partner in recovery, Jackie (along with Unbridled Connection's AMAZING team) will guide you into new ways of living, engaging with the world and connecting with self and others. There will be a safe space to share stories, experiential work around the trauma of betrayal, restorative yoga, music therapy and relaxing free time, but most importantly you'll experience healing and connection.

At Unbridled Connection we are intentional to use the best modalities we know and have experienced to foster space for your healing and rejuvenation. You will be invited to relax, let us spoil you with our healing hospitality, make new friendships that will last a lifetime, and engage in self-care in ways you never knew you needed!

What you can hope to experience:

- ✧✧ Deep connections with others who share a similar journey
- ✧✧ An opportunity to have an extraordinary connection with a horse partner
- ✧✧ Connecting to your body's internal rhythm
- ✧✧ Connecting with nature and the essence of essential oils
- ✧✧ Restorative rest and relaxation
- ✧✧ Healing benefits of trauma-informed yoga
- ✧✧ Connecting with your imagination and your higher self
- ✧✧ The opportunity to learn to embody harmony in mind, body, and spirit
- ✧✧ Finding freedom from past hurts
- ✧✧ Learn to move beyond limited thoughts and feelings
- ✧✧ Experience our beautiful spaces, places, and healing hospitality

Unbridled Connection: Healing Betrayal Trauma Retreat is an experiential small group retreat designed with betrayal trauma partners in mind.

This retreat combines clinical care with integrative and supportive modalities including movement and breath, energy therapies, clinical aromatherapy and equine assisted learning. It is our desire to provide you with a safe setting & healing hospitality. We believe that healing from trauma comes from connection and a healthy relationship with self and others; including relationships with animals, nature, and a loving Creator as you understand Them.



An Important Note ✧✧

Participants must identify as a betrayed partner to attend and must have gone through/be involved in their own individual therapy for betrayal trauma. This retreat will offer additional tools and support for your healing journey. Though led by clinical professionals, it is not meant to be individual intensive trauma therapy and there will not be an opportunity for individual therapy. Participants must be able to self-regulate in a group. Before registration confirmation, a brief screening will be conducted to answer any questions and make sure this retreat will be beneficial for you.

Sole To Soul Horsemanship ✧✧

Some of our horse partners, and Bob!



Reviews

"I just want to say thank you. Thank you for offering something I couldn't get anywhere else. Thank you for creating this space. This is something I will never forget and always hold close to my heart... you all nurtured me in a way that I have truly never been nurtured and I am eternally grateful!" ~Emily J

"What a dream team. Not only was it visible that you guys make a great team. Your compassion for those hurting and your passion for serving in this arena is so apparent. The way you all listened, and filled us up with hope and courage to move forward was so encouraging. But also seeing you guys interact and care for each other the way you do was also such a beautiful thing to see." Mandy

"You all three were so welcoming, inviting, and you made me feel more comfortable than I ever have staying overnight somewhere. I got nurtured in so many ways I needed, and y'all blew me away with the details."

"Life changing. I'm a new person with new tools & a new perspective to carry with me on my healing journey. I was ready to do the work to release some of the trauma and after being home for just 2 days, I can say I feel lighter. The safe environment allowed me to be vulnerable and feel supported and accepted just as I was in each moment. Everything we did was so healing! Sign yourself up now!" ~Heather

Our Special Guests & Adjuncts ✧✧



Dr. Lecretia 'Cre' Dye
NCC, LPCC, RYT-500



Susan Polk
E-RYT-500, RPYT



Mo Tedder
HEALING HEARTSTRINGS
Healing Heartstrings believes that crafting the song in community curates and fosters empowerment and allows the participants to transform stories of struggle into a beautiful song.