ENRICHMENT EVENTS (Contact the Office for Schedules):

- Post-deployment Marriage Nights: “Coming Home After Coming Home”
- MER Follow-up “Date Nights”: “Returning to Our 7 Conversations…”
- ASIST Retreat Follow-up Lunches: “Understanding the Science of Loss” “Advanced Intervention Techniques”
- Parents’ Night Out / “Date Night”: “Our Attachment, Their Attachment”
- Care for the Caregiver Events (2-3 Hours) “Giving Self, Keeping Self, Being You” “Caregiver Ethics and Issues in Burnout”
- Personality in Leadership Events (2 Hours) “Adversity-Activated Personality Growth” “Avoiding Self-Deception in Leadership ”
- Continuing Education Events
  We offer monthly opportunities for community leaders interested in spiritual integrated discussions on topics in the behavioral sciences and in professional ethics to come together for lunch. Please contact the office for more information.

FOLLOW-UP CARE:
We offer limited opportunities for follow-up care for those who have participated in our retreats and workshops. Please contact our main office line to schedule an appointment.

1 OR 2 DAY CUSTOMIZED WORKSHOP OPPORTUNITIES:

Unit Resiliency Workshop (URW)
On a limited basis, CREDO can customize a 1 or 2 day resiliency workshop tailored to the specific needs and timetables of your unit. The core focus for the workshop includes fresh, active material on facing adversity as a team, understanding personality changes under stress, and working with adversity-activated development. No power-point whatsoever.

Leadership & Mentoring Workshop (LMW)
On a limited basis, CREDO can customize a 1 or 2 day senior or junior leadership workshop tailored to the specific needs and timetables of your unit. The core focus for the workshop includes evidence-based and award-winning material from the Arbinger Institute on mentorship and self-deception.

ASIST Workshop (ASISTW)
On a limited basis, CREDO can offer a two-day standard ASIST suicide intervention workshop to your organization. The ASIST curriculum has proven to be the most effective approach to intervention skills training in North America, and can quickly make a difference in your organization.

MCIPAC CREDO STAFF:

LCDR David Alexander – Director
LT Flournoy Phelps – Deputy Director
RP3 Brandon Cormier – LPO
Mrs. Juliet Johnson – Administrator
MARRIAGE ENRICHMENT RETREATS

Couples will take advantage of a 3-Day peaceful, supportive, and contained environment to focus on their particular struggles in order to see through to the stressors on their attachment bond. Through work in a large group, in couple dyads and triads, and by themselves, couples will experience growth in their ability (at least for a weekend) to stand open and empty-handed with each other, experiencing “communion” without hiding due to the anticipation of conflict.

UNIT / PERSONAL RESILIENCE RETREATS

Designed to provide Marines and Sailors with a 3-Day opportunity to reflect on where they come from, who they have become, and who they are becoming. The retreat focuses on character formation and understanding personality, uses teambuilding and experiential techniques, and gives warriors the opportunity to examine past adversities in the light of potential for human growth and excellence. Leadership and post-deployment emphases available.

FAMILY ENRICHMENT RETREATS

3-Day retreat designed to aid in positive family development in a variety of ways: in “breakout sessions,” parents will have a no-nonsense opportunity to examine attachment bonds in their family system, and to understand the needs of their children through the stages of their development. Teens and ‘tweens’ will use low ropes courses to understand the changes that take place in their families as they grow, and school aged kids will learn about birth order and how they are learning to “find a place” in family and school as they grow older. During family time participants will try to learn how to work together more effectively as a team, to look for their uniqueness as a family, and to consider how they would like to offer themselves to the world. During free time, families will have lots of chances to have fun together at a great retreat location by the beach.

A.S.I.S.T. RETREATS

3-Day retreat designed for RMTs, Corpsmen and Healthcare Professionals, and Marine and Navy leaders in the grade of E-4 or above who volunteer to become more competent first-aid caregivers for people actively thinking about suicide. Participants will become more comfortable rendering life-saving care and compassionate connection with persons at immediate risk of suicide through the use of high-quality, interactive work-shopping, small group discussion and interaction, and role play with real-time feedback. The ASIST curriculum is the most popular and effective evidence-based intervention curriculum available today.

CAREGIVER RETREATS

2-Day retreat designed for RMTs and other professional caregivers as an opportunity to re-examine professional and personal boundaries in a relaxed setting where physical, emotional, relational and spiritual well-being can be restored. Participants will be offered an interactive, experiential workshop on issues of burn-out, “rust-out,” professional boundaries, staying close to vocation in service, and protecting against one-way intimacy and ethical failures in care, while also finding ample time for stillness, rest, and interaction with peers.

SPIRITUAL GROWTH RETREATS

Can be designed to meet your group’s needs! Contact us for more information.