

Retreat: Reconnect & Restore

A weekend retreat focussed on the journey surrounding involuntary childlessness.

If you are going through the journey of IVF, surrogacy, adoption - including miscarriage, baby loss and grief - this is the retreat for you. Whether you are an individual, or part of a couple, and whatever your sexual orientation - you are welcome.

As a Psychosexual and Relationship Therapist, I often work with couples and individuals around the impact of childlessness on their relationship and sexual intimacy. I help and support individuals and couples to navigate the complex feelings of loss, grief, hope, despair, happiness, jealousy, anger and ostracisation. I work within the NHS and in private practise.

Relationships impact us all and ensuring that we take the time and space to concentrate on how we feel about this very difficult subject in a connective environment is something we should all prioritise, if we can.

As well as my professional expertise, on a personal level, I am also a woman that is childless involuntarily, so I have in-depth knowledge of the subject-matter and the journey of IVF, physical barriers for both men and women, as well as miscarriage.

I am passionate about my work and would anticipate that you will leave the retreat feeling restored and connected, able to take the next step in your journey with a renewed sense of strength and purpose, whatever part of the journey you are on.

What to Expect

The weekend will be a chance for couples to talk with a specialist Psychosexual Therapist about the impact of this subject on their relationship and on themselves as individuals. I will help to navigate this complex journey, offering support with tools and techniques for moving forward.

Depending on the clients in attendance, and consent, group therapy may also be included.

...continued overleaf



THE Y XOLOGIST

Workshops included will be around:

- Emotions felt, feel your feelings - how to talk about it with each other, and others
- Grief and hope - the dichotomy of the highs and lows
- Intimacy & connection - the importance of touch and staying connected
- Communicating needs and the impact of conflict
- Brakes and accelerators: how childlessness impacts desire
- Support and where to get it, both inside and outside of the workplace
- Connective energy body work - tools and techniques

What's Included?

- 3 nights luxury accommodation at The Wilderness Reserve, set in the Suffolk countryside, in a private room with ensuite.
(Joining another six like-minded couples/individuals on the retreat)
- Two x 1 hour couples therapy sessions off the premises (5-minute walk) with your Psychosexual & Relationship Therapist. Plus, one therapy session at a later date, post the retreat.
- Two x 1 hour group therapy/discussion sessions *(opt in or out)*
- Connective sound bath
- £150 credit per couple to use toward yoga, paddleboard yoga, guided nature walk, wild swim, afternoon tea, wine tasting or couples massage
- All breakfasts, lunches and dinners plus wine provided and includes a 'Fire Feast' event with a private chef on the Saturday evening
- Use of spa facilities - steam, sauna, swim, and hot tub
- The Why Xologist complimentary journal with tools, techniques, and couple's workbook to take home

Dates and Price

Thursday 3rd, Friday 4th and Saturday 5th July 2025
(3 nights)

£3,299 per couple

(£549 per person, per night, with everything included and specialist focus)

For all enquiries and bookings please contact info@theyxologist.co.uk