

www.iasgw.org



info@iasgw.org

Slow, Settle, Soften with the

Illinois Association for Specialists in Group Work (IASGW) Retreat at Kishauwau Cabins on October 2-4, 2026

Slow

This intimate all-inclusive retreat is held at a property near woods and waterfalls; we'll put down the screens and reconnect to nature and humanity at [Kishauwau Cabins](#). Their "nostalgic vacation cabins... offer a blend of country charm with plenty of space to spread out. In addition to the fully stocked kitchens, each unit includes comfortable furnishings and central air... There is no WiFi access available in our cabins. Due to the beauty of nature on the property (large trees), there is very little cell phone reception."

Lodging options include a limited number of private bedrooms and public beds across three cabins; plus, this year, an option for a day pass or private cabins.

Settle

Group work, hikes, guided meditation, and art invitations will provide ample opportunities to explore your internal and external connections and intentions. WORKING, such as taking crisis calls or catching up on notes, will be EXPRESSLY PROHIBITED to ensure attendees the chance to truly rest and recover from demands of work. (Of course, learning, sharing, and networking are encouraged!)

Soften

Nutritious and delicious meals are included in the registration (dinner on Friday, breakfast lunch and dinner on Saturday, breakfast on Sunday). You'll receive a professional Yin Yoga session, a private one-hour massage and a professional group sound bath. By the time you head back home on Sunday morning, it is hoped you will feel refreshed throughout your mind, body and soul.

Approximate drive time to Kishauwau from...

Quad Cities: 1.5-2 hours
Rockford: 1.25-2 hours
Des Plaines: 2.5-3 hours
Navy Pier: 2 hours

Oak Park: 2-3 hours
Lisle: 1.5-2 hours
Springfield: 2-2.5 hours
Collinsville: 3-3.5 hour

All included:

- Five and one-half CE credits through Illinois Counseling Association 🎓
- Five home-cooked, communal meals 🍲
- Gourmet coffee, tea, and desserts ☕
- Plenty of nutritious (and non) snacks 🥕
- Immersion in natural surroundings 🌲
- Disconnection from digital world 🔥
- Connecting with like-minded professionals 😊
- Quality experiences in group work 💕
- Burnout-busting self-preservation practices 🧘
- A private, full one-hour table massage 🧖
- Gift bag of self-care supplies 🛍️
- Entry into two state parks 🌳
- 2 nights' stay with heat/air conditioning 🛏️
 - in a private room in a shared cabin with queen bed: **\$850**
 - in a public space—living room—in a twin bed: **\$650**
 - In a private cabin with a wood-burning stove and queen bed: **\$1000** (3rd night free—ONLY ONE AVAILABLE!)
 - ~~In a private cabin with wood burning stove and a whirlpool tub: **\$1100** (3rd night free—ONLY ONE AVAILABLE!)~~ **SOLD OUT (more available through property:**
- **NEW OPTION: DAY PASS** ☀️ all activities and meals but **no lodging**: **\$400** (you might reserve your own cabin at Kishauwau or a nearby campground or hotel... or live nearby)

Itinerary-

Arrival evening: Friday, October 2, 2026

Welcome to your slow retreat into the woods! We have the three biggest cabins on the grounds of [Kishauwau Cabins](#) in Tonica, Illinois. The biggest is “Grandma’s Cabin,” holding 4 private bedrooms and 6 public beds in shared space (complete with gas fireplace). This is where we’ll hold our community meals and much of the group work. The others are “Trading Post,” holding one private bedroom and 4 public beds, and “Illini Cabin,” holding two private bedrooms and two public futons. The closest private cabins, “Wilderness Cabin” and “Bridge Cabin” were reserved for retreaters as well. As we orient to our spaces and share dinner, we will begin to name our intentions and support each other's hopes for the retreat. A guided Yin Yoga session will be offered to help you relax into your weekend. We may even build some fires!

Morning One: Saturday, October 3, 2026

Breakfast will include freshly ground gourmet coffee, teas, and juices along with fruit, eggs, meats and breads. We’ll visit the state parks and do some hiking and exploration together. Massages will be scheduled for each participant in designated bedrooms (for privacy). Art invitations and time for private reflection will be offered. Laura Wolfe will begin her CE sessions on Dreamwork before lunch. Lunch options such as sandwiches and salads will be offered.

Evening Two: Saturday, October 3, 2026

Laura’s continued program will precede a home-cooked dinner. After dinner (along with some education), a healing sound bath will be offered. Group discussion will follow. Fire pits will be stoked! Those who are interested can participate in guided meditation before bed.

Morning Two: Sunday October 4, 2026

Sunday morning will bring a farewell breakfast, and closing group work with meditation.

******private cabins will include a **third night** for no extra cost—
However, no meals or programming will be provided after 12pm on Sunday!******

To register, visit this [registration form](#) .

*This retreat is only for members of ICA with IASGW division membership. For more information on membership, see www.ilcounseling.org (only \$20 to [add the division](#) to an ICA membership, or \$85 for the total [ICA/IASGW membership](#))

Payment plan options:

Registrants may elect to pay in three installments for an extra \$50 (except the day pass is only available in one single payment of \$400). **Beware: a missed payment results in a canceled reservation with no refund.**

P1: Public beds paid in full are \$650, or

P3:

1. Pay \$250 now
2. Pay \$250 on June 1, 2026
3. Pay FINAL PAYMENT for \$200 on July 1, 2026 (\$700 total)

B1: Private bedrooms paid in full are \$850, or

B3:

1. Pay \$300 now
2. Pay \$300 on June 1, 2026
3. Pay FINAL PAYMENT for \$300 on July 1, 2026 (\$900 total)

C1A: ONE private cabin BRIDGE CABIN paid in full is \$1000, or

C3A:

1. Pay \$350 now
2. Pay \$350 on June 1, 2026
3. Pay FINAL PAYMENT for \$350 on July 1, 2026 (\$1050 total)

~~C1B: ONE private cabin WILDERNESS CABIN paid in full is \$1100, or~~

~~C3B:~~

- ~~1. Pay \$375 now~~
- ~~2. Pay \$375 on June 1, 2026~~
- ~~3. Pay FINAL PAYMENT for \$375 on July 1, 2026 (\$1150 total)~~

D: NO LODGING DAY PASS paid in full is \$400

This retreat is a fundraiser for the [Community Based Group Counseling Grant](#), supporting Illinois clinicians in providing free groups in their communities. To find out more, visit www.iasgw.org/service-to-illinois .

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Illinois Association for Specialists in Group Work

ICA
ILLINOIS
COUNSELING
ASSOCIATION
www.ilcounseling.org/
PH 815-787-8787
ica@ilcounseling.org

presents:

DREAMSPEAK

A Group Experience
with the Modified Ullman Method

BY LAURA J. WOLFE,
M.S.ED., LCPC

INCLUDED with your
RETREAT ticket!

3.5 CE

LIVE ON-SITE
ONLY AT THE IASGW MEMBERS RETREAT!

This workshop offers therapists an introduction to the Ullman Method as a facilitative, non-interpretive approach to group dream work. Grounded in emerging, relational models of group practice, this method represents a shift away from traditional, expert-driven dream interpretation toward a collaborative process of dream tending—where the dream remains in the ownership of the dreamer and is explored through shared curiosity, embodied awareness, and collective reflection.

The didactic portion of the workshop will provide participants with a basic, clear conceptual foundation, including the principles of the Ullman Method, Gendlin's focusing method and Ellis' embodied awareness. Additionally, its distinction from interpretive frameworks (e.g., Jungian analysis), and its relevance within contemporary, non-hierarchical approaches to group facilitation will be emphasized. Participants will also learn the structured phases of the method. Building on this foundation, participants will be invited to engage in a dream work experience of the Modified Ullman Method

in a group setting. This experiential component will allow therapists to witness and practice skills, including holding structure, inviting clarifying questions, guiding "If this were my dream..." reflections, and supporting embodied awareness within the group process.

Throughout the workshop, emphasis will be placed on creating a psychologically safe environment, fostering deep listening, and facilitating meaningful connections between individual insight and collective resonance. Participants will leave with a basic and experiential understanding of dream work in group settings, along with a deeper appreciation for dreams as relational, lived experiences that can support healing, awareness, and growth. This experience is intended as an introduction to the possibilities of group dream work rather than comprehensive clinical training; therefore, ongoing education, supervision, and supportive practice are encouraged for those who wish to thoughtfully and ethically integrate this approach into their clinical work.

Also: Autumn DeKoster presents "Sound Healing For Self Care" approved for 2 CEs (rescheduled from 2025's retreat!)

5.5 total CE credits issued by Illinois Counseling Association.