

# Peer Forum at Advocacy Unlimited

## Meet Beatrice Birch, *Learn About Inner Fire*

by Corrine "Mitzy Sky" Taylor

Beatrice Birch, Initiator & Executive Director of Inner Fire



Beatrice Birch, Initiator and Executive Director of Inner Fire, worked as a Hauschka Artistic therapist in integrative clinics and inspiring initiatives in England, Holland and the USA where the whole human being of body, soul and spirit was recognized and appreciated in the healing process. She has lectured and taught as far afield as Taiwan. Her passionate belief in both the creative spirit within everyone and the importance of choice, along with her love and interest in the human being has taken her also into prisons where she has volunteered for many years offering soul support through Alternatives to Violence work and watercolor painting.

Inner Fire is a proactive healing community offering a choice for adults to recover from debilitating and traumatic life challenges without the use of psychotropic medications. Inner Fire is not anti-medications but rather believes in choice. Someone who wants to avoid medications in the first place, or taper off completely or to a level that works better for them, or who seek support having tapered from benzodiazepines and is still struggling with the withdrawal symptoms can receive support surrounded by loving encouragement while

engaging in the comprehensive program which recognizes the whole human being and the importance of soul balancing. You can learn more about Inner Fire at [www.innerfire.us](http://www.innerfire.us).

Advocacy Unlimited (AU) was honored to have Beatrice as our guest speaker on Friday, January 24, 2020 for the first Peer Forum of the new year. With an open mind and heart, Beatrice shared in detail the why, what and how of Inner Fire, reminding us that we are not machines to be tweaked with pills but rather human beings with a body, soul and spirit which, through active engagement calling upon our creative thinking, heartfelt feelings and intentional willing can discover a balance which in turn awakens enthusiasm for life. Beatrice greatly appreciated the interest and feed-back from the Peers.



I met Beatrice at the 2019 ISPS Conference in New Haven, CT at the Omni Hotel. She shared with me the work that she is doing and invited me to visit Grace Brook Farm in Brookline, VT. I immediately understood what she was talking about as it validated my life experience of getting back to a place where I could be okay with moving through life's ups and downs as they come and go.

When I was in my early twenties and still new at learning and hadn't quite begun to unlearn the messages that defeated me from living wholeheartedly to have my best life experience, I was asked by a person in a therapist role, "what do you do when you get lost?" I said to the person, "I keep going until I find my way." The person saying my name with gentle awareness, "No, go back to what you know and start over."

I look at my life journey of holding on to the pain as "getting lost", but also realized that no one showed me the way through and I had to figure it out. I tried many things and some things worked but even the things that didn't work just taught me lessons to move forward. What I went "back-to", came from within me.

Life's sometimes very difficult circumstances has allowed me to use this scenario of "going-back to what I know." Even through the hard times, I could remember as a peaceful child growing up on an island rolling down hills, catching butterflies and walking barefoot in the stream, basking in the sunshine and rain, with beautiful mountains surrounding me. Although the environment was picturesque, the joy that brought peace, came from within me. Visiting Inner Fire and experiencing the mountains, the chickens, and the streams in this spot etched out in Brookline, VT, I thought to myself, Beatrice created a place where people could use the environment and the guidance of the work she offers to find the inner peace within themselves.

Check out this conversation with Beatrice Birch and Dr. Kelly Brogan [Healing from Depression and Psychiatric Medication with Community.](#)

The Peer Forum is held at Advocacy Unlimited, Inc. (AU) quarterly. All are welcome! It is open to anyone working in peer support roles, interested in the role or advocacy on human rights. You do not have to be a graduate of RSS-CT formerly RU. However, credits are available for Recovery Support Specialist (RSS) recertification. Next Peer Forum will be on April 24, 2020 9am to 11am. RSVP w/Jenn ([jhenry@advocacyunlimited.org](mailto:jhenry@advocacyunlimited.org)) or 860-505-7581

ALL ARE WELCOME! JOIN US FOR THE NEXT:

# Peer Forum at Advocacy Unlimited

FREE  
& OPEN TO  
THE PUBLIC



April 24, 2020 | 9AM-11AM | 114 West Main Street  
Suite 201, New Britain, CT 06051



### *Zen in America - Holistic Stress Management for Everyday Use*

*According to a 2017 Gallup Poll, 79% of Americans say they feel stress sometimes or frequently throughout their day. The World Health Organization has called stress the "health epidemic of the 21st century." In this seminar, you will learn to define the different types of stress and understand the impact stress has on the mind, body and spirit. I will introduce some of the different holistic stress management techniques one can use to begin to reduce stress. This is an interactive and experiential seminar!*

## **ALICIA FELLER** Guest Speaker & Facilitator

Alicia Feller specializes in holistic stress management which compliments her 25+ years of experience as a clinical social worker in the behavioral health field. She enjoys working with people to help them develop a mastery over their well-being utilizing empathy, empowerment and mind-body-spirit connection as cornerstones of her approach. She holds a masters degree in Integrated Health and Healing and is a certified Holistic Stress Management Instructor. Alicia lives her practice and relishes the time she spends with family and friends. She believes that one grows the most when they step outside of their comfort zone.

**Recovery Support Specialist Earn 2 hour credits towards Recertification**

**Light Refreshments Served**

Free parking is available in designated Advocacy Unlimited (Au) spots behind building OR in the overflow lot on Court Street (street parallel to West Main Street). There is also metered parking on west Main Street. The most direct way to get into the AU office is through the front door of the building when entering from West Main Street.

**"RSVP with Jenn!" ([jhenry@advocacyunlimited.org](mailto:jhenry@advocacyunlimited.org) 860.505.7581)**

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