



IOWA-PCIT

Wellness Retreat for IOWA-PCIT Therapists
October 10 and 11, 2026
407 5th Street
Coralville, IA

Beth Troutman, PhD, ABPP, ECMH-E®



IOWA-PCIT

Description of retreat: Are you interested in exploring wellness activities within a community of IOWA-PCIT therapists? This two day retreat is for you! This refreshing weekend escape includes dance, yoga, and writing experiences designed to prevent burnout and facilitate self-care.

Each morning will start with Beth Troutman leading a BeMoved dance experience: <https://bemoveddance.com/>. Beth describes the role of dance in her own wellness journey in *Dancing Toward Security: Adding New Steps to Your Attachment Dance*, Chapter 18 in *Attachment-Informed Parent Coaching*.

Following dance each morning, Kimberly Jaeger-Arjes will lead us in a gentle practice inspired by yoga and restorative modalities. These practices are designed for us to feel steady in mind body and expressive in movement. No experience required. Please bring any props, support items, and dress prepared for rest and stillness.

In the afternoons we'll use writing to explore our own attachment experiences and our experiences working with parents and children. Mary Allen, writing coach and author of *The Rooms of Heaven* and *The Deep Limitless Air*, will facilitate the writing in a fun, positive, supportive and creative atmosphere.

www.maryallenwriter.com

<https://www.psychologytoday.com/intl/blog/adventures-in-healing>

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Registration fee: \$700 per person

Name:

Credential (e.g. LISW, LMHC, MSW, PhD, MD):

Organization:

Address:

City:

State:

Phone:

Email:

Payment: Registration is complete when form and fees are received.

Mail registration and check to:

IOWA-PCIT, LLC

415 5th St.

Coralville, IA 52241

Conference registration fees do not include lunch or accommodations.
Arrangements for accommodations are the responsibility of participants.