



EMPOWERMENT



### A Light for the Soul That Weeps Archives Available

**March 23rd 2015: MOVING FORWARD SERIES -  
From a Relationship Break-up or Divorce**

Denial, fear, loneliness, guilt or rejection, and anger are part of the loss and grief experience when a break-up or divorce alters a relationship. Yet these are merely five of the Rebuilding Blocks upon which a powerful program exists and where the top, and final building block, is freedom. Norm Gibson, leader of the Rebuilding Seminars in Boulder, CO, will share with us about this compelling program that was established decades ago through the research of Dr. Bruce Fisher and which has evolved into a powerful program of hope and healing; and tools to move forward whole and confident.

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### Featured Guest



#### Norm Gibson

Norm Gibson, leader of the Rebuilding Seminars in Boulder, CO, has helped 100's of women and men find better lives after a break-up or divorce. He himself attended the Rebuilding Seminar in 1995, when he was going through his own divorce with two small children. He felt embarrassed going into the first session because he knew he would be vulnerable as a therapist of many years in the Boulder community. In fact, one of the participants was a former client; but the experience they shared in Rebuilding was the perfect thing for both of them. After graduating from the class, he was invited to become a Seminar facilitator, and for the 20 years since has taught 78 Ten-week Seminars. Today, No

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