

THE ALCHEMY OF GRIEF and GRATITUDE

Based on the work
of Elisabeth Kubler-Ross and Carl Gustav Jung



Join us for a confidential, intimate, experiential, weekend, exploring our unique barriers to deeper relationships. In addition to some teaching, we'll be utilizing a Jungian process of "Active Imagination" and an "Externalization" process developed by Elisabeth Kubler-Ross to help facilitate your ongoing growth from grief, fears, and regrets toward gratitude, contentment, or peace. Various exercises will help transform some of the hidden treasures in our unconscious into a deeper understanding of our reactivity and motivations.

For Registration contact
Anne at AnneTaylorLincoln.com

520-591-9177

A Non-Residential Workshop Exploring
Inner and Outer Relationships

WORKSHOP

March 6 - 8, 2026

LOCATION:

7042 16th Ave., NE Seattle, WA 98115
(Anne and Larry's home limits us to 12 participants)

COST: \$650

Includes a simple lunch and dinner on Fri. & Sat.
Does not include Bed or Breakfast.
(We encourage early registration for room and ride sharing.)

See the website annetaylorlincoln.com for all registration forms. A non-refundable deposit of \$250 is required to hold your space.)

Anne Taylor Lincoln

A Licensed Professional Counselor in private practice for over 35 years in AZ, a facilitator for the Elisabeth Kubler-Ross Center for over a decade, staff for the "Safe Harbors" workshops, and co-leader of the "Growth and Transition" workshops, when we moved from Tucson to Seattle, I became an IACTM Certified Jungian Coach. I co-created and co-led four residential workshops for women over 65, entitled "Aging: An Unexpected Journey". Clearly, I have a passion for individual work within a group setting. For me, these workshops have been the shortest possible paths to developing deep listening skills, to practicing compassion for others, and to strengthening introspection.

Lawrence J. Lincoln, M.D

As a Board-Certified Palliative Care and Hospice physician, I have worked extensively in grief and loss for almost 40 years. Leading Elisabeth Kubler-Ross's "Life, Death and Transition" workshops around the world, as well as the "Growth and Transition" workshops in Tucson, I have used story, deep listening, and the externalization of feelings, to further my own growth as well as that of others. As described in "Reclaiming Banished Voices", the heart of my work, both for the dying and the living, has always been the creation of a safe environment for the unveiling of our "unfinished business", the expression of our inner truth, and the discovery of the hidden voices in each of us that have always wanted love and understanding.

AnneTaylorLincoln.com

Registration for “The Alchemy of Grief and Gratitude”

March 6-8, 2026

Larry and Anne Taylor Lincoln, along with their staff, are pleased to present a 2 ½ day weekend experience for a small group of individuals who wish to move from reactivity, stemming from loss or “trauma,” to presence and contentment. In the comfort and privacy of their home, from 9:00am until ~ 9:00pm, Friday March 6th through Sunday, March. 8th at noon, you will have the opportunity to explore past losses or “trauma” that may continue to block full enjoyment and participation in your current life. This will be an experiential as well as an educational workshop. Safety and Confidentiality are cornerstones of this process.

“Knowing yourself is the beginning of all wisdom.” - Aristotle

Full Name: _____ Please call me: _____

Email: _____ Cell phone: _____

DOB: _____

Address: _____

Physical

Issues: _____

Medications: _____

Dietary Issues: __ (eg. gluten free, vegetarian, allergies)

Reason for Attending*: _____

Anne Taylor Lincoln

7042 16th Avenue, N.E. Seattle, WA 98115-5735 cell:

520-591-9177 <https://AnneTaylorLincoln.com>

Waiver: I consider my participation in this externalization and active imagination workshop, including other related activities, as voluntary. It may involve my emotions in a manner that can subject me to emotional distress. I agree to accept such risks and assume responsibility for any, and all, side effects that might arise then and thereafter from my participation. Further, I release Anne Taylor Lincoln, Lawrence J. Lincoln, MD, and all other staff used at this workshop, from all claims due to exposure to the techniques used, or to inadvertent neglect.

Coach/Advisor/Therapist to contact: (opt.)

Name_____ Tel. #_____

Name_____

Signature_____ Date: _____

Please print this form out, and mail it to Anne at the address below, along with your non-refundable deposit of \$250.

If you prefer, fill this form out on-line, and Zelle me a check (Chase Bank via 520-591-9177) for \$250.

Final payment of \$400 is due no later than Feb 1, 2026.

For information about where to stay for the duration of this workshop, food issues, or other questions, please leave a message for Anne on either her cell or email. Be sure to include all cell numbers and/or specific times for your return call.

Limited scholarships available.