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To Whom It May Concern:

I met Michelle Bastian-Matthews in August, 2000 at a retreat I was attending in Northern California. She was video documenting the group's 4-day experience. After the retreat, selections from these documents were emailed to workshop participants and served as "ReMotivators". These pictures and words captured special moments and reminded us of our own discoveries, breakthroughs, transformations, and just the simple way we shared ourselves with each other.

Michelle, as the one with the camera, was sensitively in tune with each individual and with the group process as a whole. Without interfering, she respectfully observed the very deepest levels of personal growth that were occurring. She recorded our laughter and tears, our joy and our struggles. Her soft presence in the environment was always supportive.

After the workshop, when the ReMo's arrived, they brought delight and provided the opportunity to instantly reconnect with the many powerful shared moments. In these recollections, I was able to bring the workshop experience forward into my life.

Michelle's contribution both during the workshop as she was gently documenting, and afterwards when she wrote the sincere messages accompanying the pictures, was a beautiful way to enhance the retreat.

Sincerely,

A handwritten signature in cursive script that reads "Doreen Hamilton". The signature is written in black ink and is positioned above the printed name and title.

Doreen Hamilton, Ph.D.  
Licensed Clinical Psychologist