

# Fathers & Sons Retreat

Bali/Ubud 8 - 12 July 2013

## 'From Boys to Young Men'

Nic Morrey, a child and family psychologist from Melbourne Australia, has developed an exceptional boy's education initiative called 'From Boys to Young Men'. This unique Bali holiday program is suited for adventurous fathers and their boys (10-14 years old) who wish to grow in themselves and develop stronger bonds with each other. It is an opportunity for boys and men to share stories without fear of judgement or competition, with respect and confidentiality.

*"There are not many rites of passage for boys growing up in Western society, apart from perhaps getting a license and drinking alcohol legally at 18. In my private practice, dads are crying out for a depth of connection with their sons which are being disrupted due to a father's heavy work load in combination with a technology saturated world. There is an absence of guidance into adulthood for young people and this holiday program will support fathers in their necessary role using adventure, fun, the powerful tool of rites of passage and initiation to guide boys toward manhood."*  
Nic Morrey



*Ancient carving at Tirta Empul*



### Why Bali/Ubud?

Ubud offers a sanctuary, a place where culture connects intimately with its land and spirituality. There is so much for us to learn about mental health from this alone. The retreat includes immersing the boys within Balinese culture, including a Balinese cleansing and coming of age ceremony using masks. Kadek Gunarta (co-founder of Bali spirit festival) and Ketut Arsana (most renowned Ubud healer) will also play a part in the 5 day program, offering their unique contributions & culturally rich insights including teaching Gamelan and Kecak.



*Venue: Narasoma Retreat*



### Who is the program for?

The program is open to fathers, stepfathers, guardians and their boys 10 to 14 years of age. The program is suitable for an uncle or close male member of the family to take the role to guide a young boy through the week and is not limited to father and son duos.

For more info about the Mother/Daughter retreat contact [janoel@gmail.com](mailto:janoel@gmail.com) or Ph 0408 664 919



## From Boys to Young Men

A coming of age retreat  
for Boys Bali/Ubud  
22-26 September 2014



A 5 day Coming of Age Bali Adventure program with facilitators Nic Morrey, Andy Hamilton, James Daley, Kadek Gunarta & Ketut Arsana. See website for all the details [www.integralpsychology.org](http://www.integralpsychology.org)

Canyoning activity on the last day  
[www.adventureandspirit.com](http://www.adventureandspirit.com)



## Facilitators

### Nic Morrey

is a Psychologist (BSS Hons; MPsych Child & Family; M.A.P.S), Yoga & Zen Practitioner with over 16 years experience in the Community Health sector, 7 of those years facilitating a men's shed. He now works in private practice with children and families in Melbourne. Nic has been travelling to Bali for a number of years and is the founder of this program, developed due to a gap within Australian cultural values. His model is strongly influenced by the works of Steve Biddulph (Raising Boys), Arne Rubinstein (Pathways to Manhood) and Andrew Lines (The Rite Journey). Nic is also the National Convener for the Australian Psychological Society's Transpersonal Psychology Interest Group.

### Andy Hamilton

is a Psychologist (BA Hons; Assoc M.A.P.S) with a long history of working with both adults and young people in the community sector. In recent years he has been running a 'Bush Adventure Therapy' program for adolescents - wilderness experiences with a strong initiatory element. He is comfortable in Bali, having been a regular visitor there and will co-facilitate the adventurous components of the retreat.

### James Daley

is an accomplished Mime artist & facilitator who has performed all over the world. His inspiration comes from nature and indigenous cultures, using masks as a tool to hold a space of ritual, honouring the connection with each other, the earth and ourselves. He has found an avenue for his powerful unique style of teaching within schools, indigenous communities, special needs schools, detention centres and many youth programs.

James' training began in England and has continued in Australia including Mentoring with Youth, Cert in Mental Health, Yoga, Steiner Teacher Training, Zen Shiatsu, Clowning, Improvisation, Acting & Bachelor of Education.

## What is a Rite of Passage?



Rites of passage and initiation into adulthood through ceremony and the passing on of wisdom from men to boys has always been a fundamental part of indigenous and tribal cultures but is generally lacking in the West.

The term 'rites of passage' is about passing on core values, beliefs, and skills and involves training, guidance, preparation, challenge, ceremony and celebration presented by same sex 'elders'. There is a life challenge at this developmental age (10-14 years) and participants will explore this together. This challenge is an opportunity to set the stage for creating a healthy man. The term 'Initiation' refers to solidifying a new identity, helping boys figure out how to function and fit into the community as respectful and responsible young men. The simple but powerful initiations used in this program evoke a sense of awe and create lasting images long remembered and treasured.

### Why with us?

The program is created through the 'hero's journey' educational framework which uses 7 steps (Calling, Departure, Following, Challenges, Abyss, Return and Home-coming) to provide a symbol rich and powerful process to help acknowledge the sons journey into beginning manhood. This program meets the developmental needs of growing boys and supports the necessary guidance of fathers and male mentors to help them gain an understanding of their relationship with themselves, others, spirit and the world. There is a focus on the pressing concerns of safety, dealing with emotions, values, responsibility, and self awareness. Boys need the strong presence of fathers now, before adolescence, and this program cements a father's role and facilitates a son's journey into becoming a young man.

## Dates and Times

### Monday 22 September

1.00pm - 5.00pm Welcome session

### Tues 23 – Fri 26 September

9am start time with 2 hour lunch breaks! Program includes:

- 5 full days of adventure and fun with experienced facilitators in boys and men's business
- White Water Rafting & Canyoning
- Group circle work to heal, listen, speak and be heard
- Soccer with the locals
- Balinese healing and yoga
- Learn Gamelan and Kecak & see performance
- Balinese water & coming of age ceremony
- Green school tour

Email Nic for the full program.

## Investment

\$1600 (duo). Early bird \$1400 if paid before 30th April. \$650 for 2nd son. Cost includes breakfast, 5 nights accomm, pool, WiFi, a father/son manual of all content covered on retreat, transport within retreat times, dinner on the first evening. All activities are run by qualified leaders in accredited programs. The extremely adventurous Canyoning activity is an additional \$100ea optional last day activity. Airfares not included. The retreat is limited to 8 duos.

## Venue

Narasoma retreat; 35 Monkey Forest Rd (Beji Lane)Ubud, Bali

## Professional Development Points for Therapists

The retreat will provide 15 hours for CPD programs.

## Registration & Payment

**Register** Enrolment via email or post

**Credit Card** <http://www.trybooking.com/DWWR>

**Cheque** Payable to Nicholas Morrey

Post to: Clinic 279 Gilbert Rd Preston 3072 Vic Australia

**Electronic Transfer** BSB: 638 151 Account: 8010072

Please include your surname & code FSR in the reference field



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