

The Sacred Art of Relating

Bali/Ubud Retreat 2 - 7 October 2015

This retreat brings together a group of facilitators dedicated to relationship work. Benefit from this retreat experience by deepening your learning about...

- *How to be an effective leader and work with groups*
- *The life stage challenges from birth to adolescence*
- *How men and women think and feel differently*
- *How to use art and dance to strengthen relationship*
 - *The purpose of romantic love*
 - *How romantic love goes wrong*
 - *Effective couples dialogue*
 - *The science of attraction*
- *Yoga, meditation, breath work & the mind/body connection*
- *Self care*
- *Balinese culture and relationship to land*
- *Effective techniques when working with children and adolescents*
- *What a couple can do to have a loving and fulfilling relationship*



Ancient carving at Tirta Empul



Venue: Melati Cottages



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 training includes immersing ourselves within Balinese Hindu culture, including Kecak dance, Jegog music, Ubud art and food markets, eating organic, massages, visiting temples, attending the Ubud writers festival & includes 'by popular demand' a session with hands on healer Ketut Arsana (Kundalini yoga and bodywork).

Who is the program for?

The workshop will be compelling for therapists, GPs, psychiatrists, social workers, chaplains, palliative carers and students who are wanting to better understand the art of relating, gender intelligence, the role of spirituality and psychology and their applications toward better health. Participants are not required to have experience in yoga, meditation or psychotherapy, as the foundations of each discipline will be explored.

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**Bali/Ubud Retreat
2-7 October 2015**



Rafting activity on the last day
www.baliadventuretours.com



A 6 day intensive Mindfulness-based retreat with
Nic Morrey, Carla Van Laar, James Daley,
Ketut Arsana, Hamid Ebadi & Tim Stephenson

Facilitators

Nic Morrey

is a psychologist, yoga & zen practitioner with over 15 years experience in the community health sector & now works privately & is the National Convener for the Australian Psychological Society's Transpersonal Psychology Interest Group. Nic will lead participants through a series of exercises using the SAVE relationships inventory as a map to understand ones own psyche, how we are different from our partners, our attachment style and how to consciously get along and expand your freedom and fullness whilst remaining in relationship.

Carla Van Laar

With over twenty years experience as an art therapist, Carla has a deep commitment to creativity and the arts as ways of enriching the lives of individuals, communities and our global society. Carla has worked within clinical and management settings in Aus and Asia-Pacific in many health care roles and is an educator at RMIT University, MIECAT, Whitecliffe University and Phoenix Institute. "When we work together using the arts and our imaginations, the amazing, surprising and unexpected become possible." Carla will share a number of her artistic therapeutic tools to enhance connection and presence which can be applied within your own clinical practice.

Ketut Arsana

was born in the village of Padang Tegal, Ubud, & grew up in a family of traditional Balinese shaman healers (Balian). Ketut developed a more broader universal practice of healing & spiritual knowledge & is the spiritual teacher of Asram Munivara, a Mahatma Therapist, Master Usada Practitioner, Yoga Instructor & founder of Ubud Bodyworks Centre, Aura Retreat Centre, Ashram Munivara & Santam Bhuana Foundation. On retreat Ketut will run a yoga & healing session.

Hamid Ebadi

Is a Psychotherapist and Zen monk with an ability to integrate the two traditions. He spent a number of years in india where he taught meditation, philosophy and comparative spirituality. He is now based in Ubud, Bali and will take some morning sessions leading participants in sitting (Zazen) and walking meditation (Kinbin).

James Daley

is an accomplished Mime artist & facilitator having found an avenue for his powerful unique style teaching within schools, indigenous communities, special needs schools, detention centres & many youth programs. His training began in England & has continued in Aus including Mentoring with Youth, Cert in Mental Health, B.Ed, Yoga, Steiner Teacher Training, Zen Shiatsu, Clowning, Improvisation & Acting.

What is this retreat about?



This retreat offers a unique experience to break out of routine and gain CPD whilst combining your learning with a holiday, meet likeminded colleagues, and share an adventure.

Relationship work is central to a psycho-spiritual approach to both therapy and living a full life. Whether the work is with a client with regard to transference and counter-transference, an intimate partner, with ones-self, or with society, life demands we relate to others and be shaped by these experiences.

The retreat will explore the ingredients of relational health from many perspectives including Jewish Psychology, Integral Psychology, Male Psychology, Psychoanalysis, John Gottman, Stan Tatkin (PACT) Harville Hendrix, Mask Work, Art, Dance and Body Centred Therapy.

The retreat will create a bridge of understanding between the practice of yoga, meditation and psychotherapy with an aim of integrating body and mind via experience. The 6 days are delivered to serve as both personal and professional development, and includes a manual of all content covered.

The commitment to self care is crucial for those in the helping profession. We will not only *talk about* self care and explore themes such as 'blind compassion' but also *actively experience* self nurturing. This retreat will support you on many levels including renewing your professional practice and support your own journey into intimacy with your own or future partner.

It is advised that participants book either side of the retreat to wind in and out and take full advantage of the atmosphere. Melati cottages has been tentatively reserved 1 day before and after the retreat for those who wish to extend their stay in Ubud. Feel free to email Nic to secure your bookings either side of the retreat:

Dates and Times

Friday 2 October

1.00pm - 8.00pm Welcome session & dinner

Saturday 3 – Wednesday 7 October

7:30am start time with 2 hour lunch breaks! Program includes:

- SAVE relationship inventory training
- Imago relationship counselling
- Finding relationship through art
- Discovering identity via the neutral mask
- Insightful small & large group work exercises
- Couples therapy and attachment theory
- White Water Rafting
- Balinese healing
- Nurturing the therapist
- Satyananda yoga, pranayama & meditation
- Exploring relational space - 5Rhythms® dance therapy

Email Nic for the full program.

Investment

\$1400 Early bird \$1200 if paid before 30th May 2015.

\$1150 for TPIG or APS members or couples (pp).

Cost includes breakfast, 5 nights accommodation, pool, WiFi, workshop manual, WAVE inventory, transport within retreat times, massage & dinner on the first evening.

Airfares not included. The retreat is limited to 20 participants.

Venue

Melati Cottages: Penestanan, Ubud, Bali, Indonesia

Professional Development Points

The retreat will provide 25 hours for CPD programs.

Registration & Payment

Register Enrolment via email or post

Credit Card <http://www.trybooking.com/GFIE>

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 BR in the reference field

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