



Integral Therapy for Therapists

Theme: Healing in Relationship

Bali 6-12 September 2020

Timetable

with facilitators

Nic Morrey, Jonine Lee Gabay,
Arama Toatoa & Ketut Arsana

Sunday 6th		
1pm-5pm	Intro session & Overview <ul style="list-style-type: none"> • Centred therapy (Part 1) • The Integrally informed therapeutic approach • Character study – formulating your own care plan 	With Nic
6pm-10pm	Massage	With Arama
Monday 7th		
7am – 8am	Heart Rhythm Meditation (for beginners)	With Nic
8am – 10:30am	Breakfast	
10:30am-12:30pm	Family/Systemic constellations (Part 1)	With Jonine
12:30pm	Lunch	
6pm-8pm	Cocktails @ Element & Group Dinner @ Melati Cottages	
Tuesday 8th		
7am – 9am	Kundalini Yoga (for beginners) and shamanic healing	With Ketut
9-10am	Breakfast	
10am - 1pm	Centred therapy (Part 2)	With Nic
1pm – 2:30pm	Lunch	
2:30pm-4:30pm	Water Blessing	Off Site
Wednesday 9th		
8am-10am	Breakfast	
10am-1:30pm	Family/Systemic Constellations (Part 2)	With Jonine
1:30pm on	Lunch and break	
2:30-6pm	Massage	With Arama
Thursday 10th		
8am-9am	Breakfast	
9am-11am	Centred therapy (part 3)	With Nic
11am-12:30pm	Breathwork	With Jonine
12:30pm-	Lunch	
2:30pm-5:30pm	Massage	With Arama
5:30-6pm	Walk from Melati to Dragonfly Village 30mins	
6pm-9pm	Sauna @ Dragonfly Village	Off site

Friday 11th

7am – 8am	Wim Hof Method	With Nic
8am-9:30am	Breakfast	
9:30-12:30pm	Family/Systemic Constellations (Part 3)	With Jonine
12:30pm-2:30pm	Lunch	
4pm-8pm	Dinner and break	
8pm-10pm	Paradiso Cinema – Off Site – Jl. Goutama Sel., Ubud	(Off Jalan Hanoman)

Saturday 12th

7am – 8am	Zazen & Kinhin (Sitting and Walking meditation)	With Nic
8-10am	Breakfast	
10am-12pm	Bringing it all together	With Nic & Jonine
12pm-5pm	Lunch & break	
5pm-9pm	Group conclusion Cocktails and Dinner @ Element	

CENTRED THERAPY with Nic Morrey (6th 8th & 10th)

For the 10 anniversary, this retreat will delve deeper into the application of centred therapy for healing ourselves and those we care for in practice. You will receive a module on retreat to accompany our week of development toward healing in relationship. Topics range from characterological study, intelligence lines of development, dialectical polarity work, working with BPD & NPD, when to use what therapy, micro-skills for relational depth, how to balance distance and closeness, languages of love, exit strategies to intimacy, finding your own therapy style, effective communication when the heat is on, hot monogamy, attachment styles, understanding the 7 instinctual health rhythms, addiction, working with the big 4 emotions (Shame, Anger, Grief, Fear), the origins of affect, dream work, working with archetypes and healing genealogical wounds.

SYSTEMIC/FAMILY CONSTELLATIONS with Jonine Lee Gabay (7th 9th & 11th)

“The Knowing Field has been a phenomenon of Family Constellations that is difficult to understand. The term “Knowing field” seems to be the most appropriate term for describing the field phenomena which forms on and in the representatives and guides the process to a resolution and an acceptance of “what is”.

“On the one hand, it can be seen as a poetic term, poetry being the most accurate language at the level of the soul. On the other hand, “Knowing field” is inspired by Rupert Sheldrake’s findings on morphogenic fields and the extended mind, as well as quantum physics and its surprising discoveries regarding the transmission of information and knowledge through quantum fields”