

WHAT OTHER PARTICIPANTS SAID ABOUT THE TRAINING OVER THE PAST SEVERAL YEARS

"This integral training has been electric....WOW...Thank-you".

"My practice will be enriched by what I have learnt, firstly from self-healing and insights, and then ways of working with clients. The facilitation was great, beautiful, warm caring souls with a lot of knowledge and generosity. Thank-you for a wonderful week".

"I can't wait to do more with you guys. The training covered so much depth, so much richness

"I particularly enjoyed the yoga, dance, nature walk, Balinese healing and sound meditation. The facilitation was amazing with a wealth of knowledge, passion and incredible skills and qualities brought to the group. I have lots of micro-skills to take away".

"I have been enriched by the training. The personal journey has given me valuable insights into where/what I need to work on as a therapist. The model and workshop content has given me a lot to work with in my own time. The grounding practices were my favourite parts of the week".

"The facilitation was flexible, responsive and created a safe space for exploration. Sensitive to the groups needs. Present. Open to being directed/organic. I now have techniques for recognising traits/dynamics in others and how to engage with techniques which will best serve their viewpoint/understanding".

"My practice will be enriched due to my personal growth. My perception and attitude changes will transfer to more compassion, understanding and confidence in relating to clients. The Pyramids of Chi were fantastic".

"I hoped for connection, refreshment and energising activation and I found those things. My take home for my practice is how trauma effects the exchange of energy flow, connecting with nature and how to work with dreams and getting in touch with my 'wild indigenous one'. Thank you for your gifted, creative, loving, present, sensitive, intuitive and generous facilitation. You are both experts in your respective fields and have read deeply and widely to bring your discoveries with passion to us".

"This training was way better than I imagined it would be. It's given me many frameworks to work with personally and professionally. I have personally moved from 'struggle' to 'stability and vulnerability' which will give me the strength to hold the space for my clients...to connect more with my vulnerability to understand them. I learnt so much and am so grateful for this. The best part was getting out of my own head".

"I'm now less in my head and more in my body. Mindfulness has been a massive take away message, including moving through pain via yoga- to allow it to come, to accept it, to not be afraid of the pain, to be patient and come home to myself and remember to love myself".

"I'm taking away so much more self awareness about my body and how it moves, and being exposed to all the different ways to be with myself e.g. via the mask work. I have had many aha moments. It's been great".

"The key thing I'll take away is to allow myself to get into a vulnerable state, and in combination with the integral practice I was taken out of my comfort zone which brought many insights about my need to control things".

"I just love relating to the people this retreat attracts. I am becoming better at saying yes and no and things that I do and don't want to do. It feels awkward sometimes to confront stuff like that; to drop being nice".

"I've discovered how to use my energiser more and also how to use my body more and help my clients become more grounded. I will also take away the effects of the healing I received".

"I'll be taking home a new found family. It's like discovering your tribe. Members of your tribe coming together and that's important to me. The save relationships inventory has given me great insight into how I relate to others. It's given me a whole new modality to work with when counselling couples".

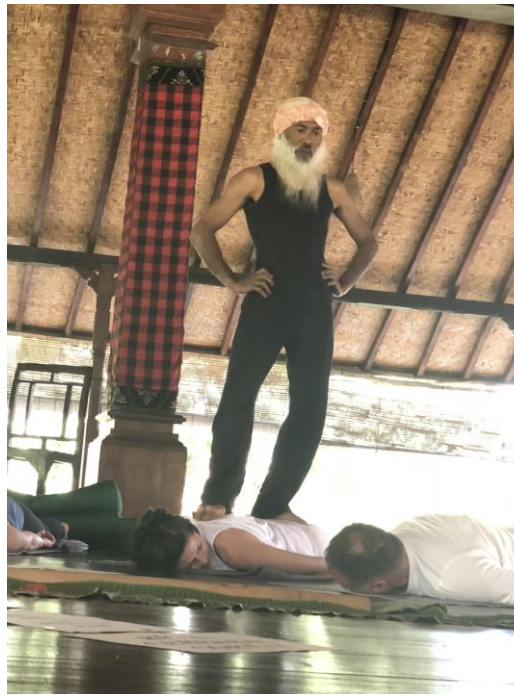
"This retreat has opened me up to another big chapter in my life".

"I loved the people, the setting and the openness. I'll be telling my friends and colleagues about this".

"Others can see I've transformed. It was a great opportunity to leave Australia and my comfort zone".

"I had a gorgeous time with all these wonderful people and I have to come back again...so get here...be here...and don't miss out".

www.integralpsychology.org for more details



Therapy for Therapists

BALI/UBUD 2019 DATES.

27 APRIL - 2 MAY (20 CPD POINTS)

5-12 SEPTEMBER (30 CPD POINTS)



With facilitators

Nic Morrey, Jonine Lee Gabay,

Paul North, Carla van Laar and Ketut Arsana

“ This program is designed for those who professionally give a lot... and can recognise the need for self care and time out. ”

The commitment to self care is particularly crucial for those in the helping profession. Lush Tropical Ubud offers a sanctuary, a place where culture connects intimately with its land and spirituality. There is so much for Western culture to learn about mental health from this alone. The training includes immersing ourselves within Balinese Hindu culture, resting and recuperating & meeting like-minded therapists whilst gaining PD points at a very reasonable cost. (see website for all the details)

- The Psychology of Spirituality
- Systemic Family Constallations
- Breath, Yoga, Mindfulness, Dreamwork
- Polyvagal, EMDR, attachment theory
- Art, Sound, Dance and Somatic therapy
- Integral, Couples and Centred therapy
- Caring for the Carer
- Connection to Self, Culture and Nature
- Combine Contemporary Science with the Contemplative Traditions
- Regular Massage and healthy food

Register online



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