



Integral Therapy for Therapists

Theme: The Psychology of Spirituality

Bali 5-12 September 2019

Timetable

with facilitators

Nic Morrey, Carla van Laar, Jonine Lee Gabay,
Paul North, Arama Toatoa, Sofija Vracar & Ketut Arsana

Thursday 5th

1pm-5pm	Intro session & Overview <ul style="list-style-type: none"> The Psychology of Spirituality/a developmental perspective Bringing the contemplative traditions forward The Integrally informed therapeutic approach Character study – formulating your own care plan 	With Nic
6pm-10pm	Massage	With Arama

Friday 6th

7am – 8am	Yoga & Mindfulness (for beginners)	With Sofija
8am – 9:am	Breakfast	
9am-10:30am	Polyvagal Theory and Spirituality	With Paul
10:30am-12:30pm	Breathwork (experiential)	With Jonine
12:30-3:30pm	Lunch	
3:30pm-5:30pm	Coming to our senses – From Matter to Spirit – a bottom up approach through art	With Carla
6pm-8pm	Cocktails @ Element & Group Dinner @ Melati Cottages	

Saturday 7th

7am – 9am	Kundalini Yoga (for beginners) and shamanic healing	With Ketut
9-10am	Breakfast	
10am - 1pm	Relationship as a Spiritual Path (experiential)	With Nic
1pm – 2:30pm	Lunch	
2:30pm-3pm	Transportation from Melati to Pyramids	
3pm-4:30pm	Pyramids of Chi Ancient Sound Healing Session	Off site

Sunday 8th

7am – 8am	Yoga & Mindfulness (for beginners)	With Sofija
8am-10am	Breakfast	
10am-1:30pm	Spirituality and the heart of creative process	With Carla
1:30pm on	Lunch and break	
2:30-6pm	Massage	With Arama

Monday 9th

8am-9:30am	Breakfast	
9:30-12pm	Spiritual Bypassing	With Nic & Paul
12-2:30pm	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

Tuesday 10th

7am – 8am	Wim Hof Method	With Nic
8am-9:30am	Breakfast	
9:30-12:30pm	Family/Systemic Constellations 1	With Jonine
12:30pm-2:30pm	Lunch	
2:30pm-4pm	Somatic and Dance therapy (experiential)	With Carla
4pm-8pm	Dinner and break	
8pm-10pm	Paradiso Cinema – Off Site – Jl. Goutama Sel., Ubud Movie - Leave no trace	(Off Jalan Hanoman)

Wednesday 11th

7:30am – 8:30am	Qigong	With Paul
8:30am-10am	Breakfast	
10pm-1pm	Family/Systemic constellations 2	With Jonine
1pm on	Lunch and break	
2pm-5pm	Massage	With Arama

Thursday 12th

7am – 8am	Zazen, Kinhin & Heart Rhythm Meditation	With Nic
8-10am	Breakfast	
10am-12pm	Bringing it all together	With Nic
12pm-5pm	Lunch & break	
5pm-9pm	Group conclusion Cocktails and Dinner @ Element	

“The Art of Life Enhancement” with Carla van Laar (6th & 8th)

These workshops flow from one another to create a layered understanding of art based on the processes within:

- Experiential ‘bottom up’
- Interpersonal trauma informed
- And discursive approaches to healing, wellbeing, self-care and therapy.

Participants can expect to gain:

- Practical and sensitive understandings of using materials and art-based processes within a holistic approach to wellbeing
- A greater range of micro skills in attending to self and other, expanded access to your innate emotional intelligence, and how to use your visual imagination in listening for existential images that facilitate interpersonal connection in your work with others.
- Renewed senses of purpose and meaning in the ripple effects of your work as contributing to intergenerational, cultural, transpersonal, ecological and universal healing, empowerment and creativity.

SYSTEMIC/FAMILY CONSTELLATIONS with Jonine Lee Gabay (10th & 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”