



Integral Therapy for Therapists

Theme: Healing in Relationship

Bali 11-17 September 2023

Timetable

with facilitators

Nic Morrey, Jonine Lee Gabay, Maya Ward, Ange Koutsofrigas and Ketut Arsana

Monday 11th

1pm - 2pm	Welcome and acknowledgement of country	With Maya
2 - 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

Tuesday 12th

7am – 8am	Yin Yoga	With Ange
8am – 10am	Breakfast	
10am-1pm	Family/Systemic constellations (Part 1)	With Jonine
1pm	Lunch	
6pm-8pm	Cocktails & Group Dinner (venue TBA)	

Wednesday 13th

7am – 9am	Kundalini Yoga (for beginners) and shamanic healing	With Ketut
9am-10am	Breakfast	
10am - 1pm	Co-Becoming	With Maya
1pm – 2:30pm	Lunch	
2:30pm-4:30pm	Water Blessing	Off Site

Thursday 14th

7am-8am	Yin Yoga	Yin Yoga
8am-10am	Breakfast	
10am-1:30pm	Family/Systemic Constellations (Part 2)	With Jonine
1:30pm on	Lunch and break	
5:30-6pm	Walk from Honeymoon to Dragonfly Village 30mins	
6pm-9pm	Sauna @ Dragonfly Village	Off site

Friday 15th

8am-9am	Breakfast	
9am-11:30am	Centred therapy (part 2)	With Nic
11:30am-12:30pm	Breathwork	With Jonine
12:30pm-2:30pm	Lunch	
2:30pm-4:30pm	Soul Dance	With Maya

Saturday 16th

7am – 8am	Yin Yoga	With Ange
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 Jalan Hanoman te – Jl. Goutama Sel., Ubud	(Off site)

Sunday 17th

7am – 8am	Yin Yoga	With Ange
8-10am	Breakfast	
10am-12pm	Bringing it all together	With Nic, Jonine & Maya
12pm-5pm	Lunch & break	
5pm-9pm	Group conclusion Cocktails and Dinner (Venue TBA)	

CENTRED THERAPY with Nic Morrey (11th & 15th)

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 (12th, 14th & 16th)

“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”