



# Integral Therapy for Therapists

Bali/Ubud 19 May - 1 June 2024

## Full Program Timetable

with facilitators

Jonine Lee Gabay, Nic Morrey, Kairava Shan-Ra,  
Ange Koutsofrigas & Ketut Arsana

### Systemic/Family Constellations beginners training

May 19-22rd 2024 (15 CPD points)

### Breathing life into the parts within the whole

---

#### Sunday 19th

---

1pm - 5pm	Intro session & Overview <ul style="list-style-type: none"><li>Family Constellations (set up and intro)</li><li>Centred therapy (Part 1) exploring an integrally informed therapeutic approach</li><li>Formulating your own care plan - setting up your 2 weeks of healing and training</li></ul>	With Nic and Jonine
-----------	---	---------------------

---

#### Monday 20th

---

7am – 9am	Yin Yoga and breath-work (kundalini balance sequence)	With Ange
9am – 10:30am	Breakfast	
10:30am-1:30pm	Family/Systemic constellations (Part 1)	With Jonine
1:30pm	Lunch (on-site)	
6pm-8pm	Cocktails & Group Dinner (venue TBA)	

---

#### Tuesday 21st

---

7am – 8:30am	Yin Yoga and breath-work (slow rhythmic release)	With Ange
8:30am – 10am	Breakfast	
10am-1:30pm	Family/Systemic constellations (Part 2)	With Jonine
1:30pm-3pm	Lunch (on-site)	
3pm-4:30pm	Family/systemic constellations (Part 3)	With Jonine
6pm	Dinner	

---

### Wednesday 22nd

7am – 9am	Yin Yoga	With Ange
9am – 10:30am	Breakfast	
10:30am-1:30pm	Family/Systemic constellations wind down (Part 4)	With Jonine
1:30pm	Lunch (on-site)	
6pm	Dinner	

---

### Thursday 23rd

7am – 3pm	White Water Rafting - Lunch included (optional activity)	
6pm - 9pm	Sauna @ Dragonfly Village	

---

## Couples and Centred therapy training May 24-27th 2024 (15 CPD points) The meeting point between sovereignty and intimacy

---

### Friday 24th

7am – 9am	Yin Yoga and breathwork	With Ange
9am-10am	Breakfast	
10am - 1pm	Integrating IFS, PACT and Imago into Couples work	With Nic & Kairava
1pm – 2:30pm	Lunch (on-site)	
2:30pm -	Water Blessing	Off Site with Kairava
6pm	Dinner	

---

### Saturday 25th

7am – 9am	Yin Yoga and breathwork	With Ange
9am-10am	Breakfast	
10am - 1pm	Finding a relationship with your Autonomic Nervous System	With Nic
1pm – 2:30pm	Lunch (on-site)	
2:30pm - 4:30pm	Centred therapy in action (Part 2)	With Nic
6:30 - 8pm	Fire Dance	Off Site

---

---

### Sunday 26th

7am-8:30am	Kundalini Yoga	With Ange
8:30am-10am	Breakfast	
10am-1:30pm	Centred therapy in action (Part 3)	With Nic
1:30pm	Lunch (on-site) and Break	

---

### Monday 27th

7am-9am	Yin Yoga	With Ange
9am-10am	Breakfast	
10am-1pm	Centred therapy in action (Part 4)	With Nic
1pm	Lunch (on-site) and Break	

## The Psychology of Spirituality training May 28-31st 2024 (15 CPD points) Contemplative traditional wisdom meets contemporary technique

---

### Tuesday 28th

7am – 8:30am	Zazen and Kinhin	With Nic
8:30am-10am	Breakfast	
10am-1pm	Defining Spirituality, Spiritual Bypassing and developing treatment plans to work with Pre-personal trauma, spiritual emergency, Trans-generational wounds, attachment trauma and temperament.	With Nic
1pm-2:30pm	Lunch (on-site)	
2:30pm-5pm	Travel from Prashanti to Paradiso for 5Rhythms dance	
6pm	Dinner	

---

### Wednesday 29th

7am - 9am	Kundalini Yoga (for beginners) and shamanic healing	With Master Ketut
9am - 10am	Breakfast	
10am -1pm	The influence of contemplative traditions in psychology: (EMDR, Narrative, IFS, Mindfulness, Eco, Auto writing & Art)	With Nic & Kairava
1pm - 5pm	Lunch (on-site) & Break	
5pm - 9pm	Dinner and Movie @ Paradiso Cinema – Off Jalan Hanoman te – Jl. Goutama Sel., Ubud	

---

### Thursday 30th

7:45am - 9am	Kundalini Shake up	With Kairava
9am - 10am	Breakfast	
10am - 1pm	Working with dreams (the original language of the soul)	With Nic & Kairava
1pm - 2:30pm	Lunch (on-site)	

---

### Friday 31st

7:30am - 9am	Finding your own Yoga	With Nic
9am - 10am	Breakfast	
10am - 1pm	A Soul Centred Psychotherapeutic approach	With Kairava
1pm - 2:30pm	Lunch (on-site)	
2:30pm - 4:30pm	Bringing it all together	With Nic
6:30 - 8pm	Group Dinner (Venue TBA)	Off Site

---

#### SYSTEMIC/FAMILY CONSTELLATIONS with Jonine Lee Gabay (19th - 22nd)

“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”

#### CENTRED THERAPY with Nic Morrey (24th - 27th)

For the 11 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 2 weeks 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.