

Journey to the Self

Shamanic Residential Weekend Workshop

Friday 28 June 2019, 6 pm to Sunday 30 June 2019 4 pm, 20 hours CPD

We invite you to join our **Humanistic-Existential Experiential Residential Retreat** for **personal growth** and **self-development**.

Does your work connect with individuals who present struggling with **mental (emotional) health** issues such as **anxiety (fear)** and **depression (sadness)**, **addictions**, **personality disorders**, **anger** and **relationships** including **break-ups**, the **family**, **bereavement** and **loss**?

- Travel the path along your unique Shamanic Journey
- Safely supported by experienced facilitators and like-minded peers
- Discover new connections and gain fresh insight into your life
- Retrieve your Personal Power and live true to your desires
- Achieve Mastery of the Drama Triangle
- Free yourself from Victim-Persecutor-Rescuer roles
- Shift mindfully away from stuck and rigid positions
- Imagine more helpful, fulfilling and satisfying ways of being and relating
- Leave behind recurring themes in relationship to ourselves, others and the world
- Receive guidance on the path to self-awareness, understanding and insight
- Gain courage and psychological tools to make assertive authentic choices
- Enjoy empowerment through enlightenment
- Refresh mind, body, spirit and soul
- Heal from trauma
- Opportunity for spiritual growth and increased self-discovery
- Add a valuable dimension to your work benefitting yourself and your clients

This journey encompasses **Gestalt**, **Transpersonal**, **Psychosynthesis**, **Transactional Analysis** and **Mindfulness**. Particularly suited to **counsellors**, **psychotherapists**, **nurses**, **social workers**, **personal trainers**, **life coaches**, **teachers**, **support workers** and **health care professionals**.

Course Facilitators

Amanda Perl www.amandaperl.com and Ian Rattray www.ianrattray.com are BACP Accredited humanistic-existential therapists, supervisors, teachers and facilitators who have worked together for a number of years. Interests and experience includes attachment, relationship and couples therapy, creative arts, experiential therapies, CBT, addictions, anger, assertiveness, personality disorders, eating disorders, emotional abuse, anxiety, depression, bereavement and loss.

Location and Cost

Belsey Bridge Conference Centre, Ditchingham, East Anglia (Near Bungay, Suffolk/Norfolk border)
Includes full board. Vegan, vegetarian, dairy and gluten free options available.
£365 (shared bathroom), £395 (ensuite) N:B: can arrive from 4 pm on Friday
All rooms have tea/coffee making facilities. Twin rooms also available. Bar on site.
5% discount if booked before 31/10/18 and for repeat attendees.
Early booking advised as **spaces are limited** and offered on a first-come first-served basis.

Bookings and enquiries

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