



Psychosynthesis South Pacific Trust

The Essentials of Psychosynthesis

To engage with life as a systemic process, receiving and responding to information, from ourselves, other people, our individual and shared situations; towards deeper understanding of our own place in history, ecology and society.

Some simple yet powerful **experiential** tools give participants insight into their physical, emotional, mental and spiritual experiences. Explored privately and in a supporting group environment, these enable **relational** co-creating with life's sometimes challenging processes. Participants report new skills and techniques, renewed purpose, reduced tension or overwhelm, and new possibilities as **practical and applicable** outcomes.

Auckland, February 2020
6 Day Course

9am - 5pm
Wednesday 29 January
to
Monday 3 February

Who Might Be There?

Expect a diverse range of people from different paths. Some are curious, seeking a greater sense of wholeness or fulfilment in life; others are already involved in personal development, perhaps with a psychosynthesis practitioner; some may be counsellors, coaches or teachers, seeking a more inclusive or evolutionary context for their work; and yet others may be looking to find better ways of managing stress or burnout from professional, community work or social change activity.

Course Elements

- Mind and Psyche in Psychosynthesis
- Body, Feeling, Thinking – Our Way to the World
- Subpersonalities – Organising our Responses
- Identification and Disidentification – non-attachment and freedom
- Creativity – the Patterns of Inspiration
- Accessing the Superconscious
- Lifestage, Crisis, Awakening Purpose –or All the Above?
- Motivation and Will – Discovering Choice and Alignment
- Building Relationship with Self & Others
- Psyche, Synthesis and Evolution
- Making It Work – the Act of Will

Psychosynthesis

striving towards integration, and synthesis in all fields, but particularly in those of self-realization, therapy, education, interpersonal and social relations ...

Roberto Assagioli, 1888-1975; developer of the psychosynthesis approach

Facilitator

Mark Skelding, M.Ed (Social Ecology), Dip. Psychosynthesis Psychotherapy, PANZA.

The Essentials will be led by at least one senior facilitator who may be joined by other experienced tutors or apprentice tutors. The senior team members have each been teaching and facilitating psychosynthesis, counselling, ecopsychology and personal development for over 15 years.

The Essentials is a pre-requisite to ongoing training along the pathway to becoming a Psychosynthesis practitioner.



Venue

Kotare House

9 Kotare Ave, Westmere, Auckland

www.kotarevenue.com

Parking is available outside on the street.

There is a small kitchen area with fridge, microwave and kettle.

There are plenty of cafes within walking distance for lunch.

Course Fees

6 Day Course, Total \$950

To secure your place, along with your online enrolment form, please make a **\$100 deposit** to:

Psychosynthesis South Pacific Trust – 38 9019 0487577 00

Reference: your surname / essentials

Balance \$850 due Monday 20 January 2020

***** ENROLMENTS CLOSE - 20 January 2020 *****

CANCELLATIONS

If you should decide to cancel your enrolment, your deposit/balance is refundable up until 22 January 2020, less admin fee \$50.

DISCLAIMER

'The Essentials of Psychosynthesis' will proceed subject to receiving minimum enrolment numbers. Enrolled students will be advised by email when the course has reached minimum numbers (22 January 2020 or sooner). In the event of the course not proceeding enrolled students will receive a full refund of their deposit/balance.

For further information or to fill in the online enrolment form, please contact the PSP Administrator:
admin@psychosynthesisouthpacific.com

Psychosynthesis South Pacific Trust is a new initiative formed to continue a professional programme of training for anyone interested in including the craft of Psychosynthesis as part of their personal or professional development, to meet the needs of a changing world and the call for transformation.



Psychosynthesis
South Pacific
Trust