



The Essentials of Psychosynthesis

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

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.

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.

6 Day Course

held over two 3-day
consecutive weekends
(Fri, Sat, Sun)

or as a 6-day intensive

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

The Essentials course can be undergone as a standalone personal development training or as a pre-requisite for the *Certificate in Psychosynthesis Integration*.