



## *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.

### **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

**Christchurch,  
November 2020  
6 Day Course**

Held over 2 consecutive  
weekends

**6,7,8 Nov | 13,14,15 Nov**

Fri 1pm - 9pm  
Sat | Sun 9am - 5pm

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

## Facilitators

This Essentials is led by two Christchurch based facilitators -

**Avrael Semple:** Psychosynthesis Psychotherapist, MNZAP, MPAnzA, PBANZ

**Nicholas Williams:** M.Ed (Leadership), Dip. Psychosynthesis Counselling, Dip. Teaching

*Avrael's journey with Psychosynthesis began in the early 1990's, working as a counsellor in 2006 and completing her psychotherapy training in 2018. Initially she trained as a registered nurse and specialized in Oncology/Haematology and then Palliative care. The privilege of working with patients and their families in Palliative care guided her to become a therapist. She wanted to support her clients in a way that was to "be with them" rather than "do for them" which was required with her nursing hat on. Guiding clients to discover the "more than" what they know about themselves is as important now in her role as a psychotherapist and facilitator.*

*Nicholas is passionate about supporting well-being and learning for individuals, organisations, and communities. He has 20 years experience in primary, secondary, and adult education, and is currently employed with Springboard Trust as a programme facilitator providing leadership development for school principals. Nicholas completed a Diploma in Psychosynthesis Counselling in 2010 and has since applied his skills in education and leadership. He has a particular interest in te reo me ngā tikanga Māori and supporting cross-cultural understanding and relationships.*

## Venue

**Cracroft Centre**

**151 Cashmere Road, Cashmere, Christchurch**

*The venue has kitchen facilities, parking available onsite.*



## Course Fees

6 Day Course, Total \$950

To secure your place, please fill in the online enrolment form and make a **\$100 deposit** to:

Psychosynthesis South Pacific Trust – 38 9019 0487577 00

Reference: your surname / E-CHCH-20

Balance \$850 due after enrolments close and invoice/letter of acceptance issued.

**\*\*\* ENROLMENTS CLOSE - Friday 2 October 2020 \*\*\***

## CANCELLATIONS

If you should decide to cancel your enrolment your deposit is refundable up until the enrolment closing date, less admin fee \$50.

## DISCLAIMER

'The Essentials of Psychosynthesis' will proceed subject to receiving minimum enrolment numbers. Enrolled students will be advised by email following the enrolment closing date. 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@psptrust.org.nz](mailto:admin@psptrust.org.nz)

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