

*There is no  
certainty...  
only adventure!*

Roberto Assagioli, founder of Psychosynthesis

# The Essentials of Psychosynthesis

In a supportive group environment, simple and powerful **experiential** tools give participants new perspectives on their physical, emotional, mental, and spiritual experiences.

We discover the healing path of acceptance and integration, leading to synthesis: **choosing who we may be.**

*The “Essentials” 6-day course brings insight into how we relate to our experiences, each other, and to the world.*

As practical and applicable outcomes participants find:

- ✓ new life skills and techniques
- ✓ renewed purpose
- ✓ reduced tension or overwhelm
- ✓ new possibilities

*Being and  
becoming in a  
changing world*

**Auckland | Tāmaki Makaurau,  
March 2024  
6-Day Course**

Held over 2 consecutive weekends

**15, 16, 17 | 22, 23, 24  
March**

Friday 12:00pm - 7:00pm  
Saturday 9:00am - 6:00pm  
Sunday 9:00am - 5:30pm

**VENUE**

Kawai Purapura campus  
14 Mills Lane, Albany, Auckland

## 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. Others may be looking to find better ways of managing stress or burnout from professional, community work or social change activities.



## 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
- Life stage, 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” can be undertaken as a standalone personal development training, or as the pre-requisite course to follow on with the *Certificate in Psychosynthesis Integration*.



## FACILITATORS

Meet our teaching team:

### Philip Symonds

Dip. Psychosynthesis,  
Dip. Teaching Primary,  
Grad. Dip. Ed Tech.

Philip was a Primary school teacher for 25 years in Australia and here in Aotearoa. In 2000 he gave up teaching and became a gardener. In 2008 after the death of his partner Philip began studying Psychosynthesis, which grew meaning in his life. He graduated in 2012. Philip has worked ten years for *Living Without Violence* as a group facilitator and counsellor, alongside his own practice. He has taught the "Essentials" and "Integration Year" courses for the PSP Trust. Philip deeply believes in the reality of us growing awareness and directing our lives, aligning our potential with the divine.



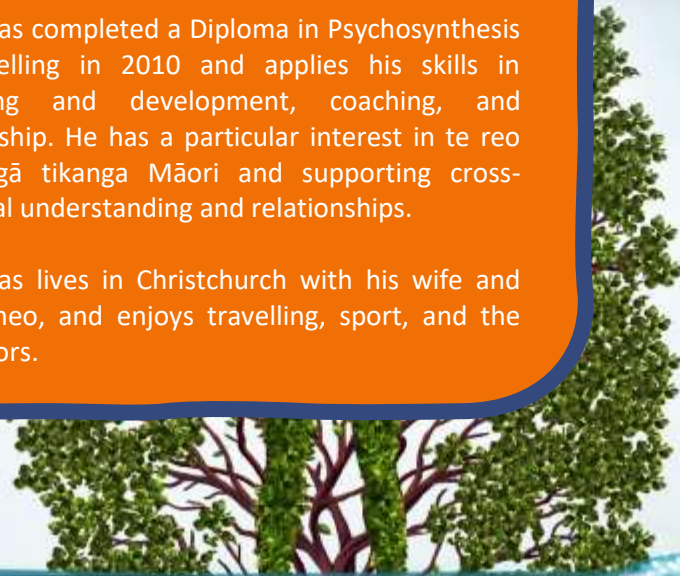
### Nicholas Williams

M.Ed (Leadership),  
Dip. Psychosynthesis Counselling,  
Dip. Teaching

Nicholas is passionate about supporting learning and hauora well-being in individuals, organisations, and communities. He has 25 years experience in primary, secondary, and adult education, and is currently a programme facilitator and leadership consultant in school contexts.

Nicholas completed a Diploma in Psychosynthesis Counselling in 2010 and applies his skills in learning and development, coaching, and leadership. He has a particular interest in te reo me ngā tikanga Māori and supporting cross-cultural understanding and relationships.

Nicholas lives in Christchurch with his wife and son Theo, and enjoys travelling, sport, and the outdoors.



## HOW TO ENROL

The “Essentials” 6-Day Course costs **\$950**

**Limited Class Size**  
**Secure your place early!**

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-AKL-MAR24

Balance \$850 is due on 15 February when an invoice/letter of acceptance is issued.

Fill out the enrolment form at: [psptrust.org.nz/essentials](https://psptrust.org.nz/essentials)



## CANCELLATIONS

If you should decide to cancel your enrolment your deposit is refundable up until **15 February 2024**, less admin fee \$50.

## DISCLAIMER

‘The Essentials of Psychosynthesis’ will proceed subject to receiving minimum enrolment numbers. In the event of the course not proceeding, enrolled students will receive a full refund of their deposit/balance.

For further information please contact: [admin@psptrust.org.nz](mailto:admin@psptrust.org.nz)



# Additional Information

## WHAT TO BRING

Writing materials (notebook/paper, pen).

Drink bottle, lunch etc (or eat out).

Cushion/blanket to sit on wooden floor if you prefer (chairs available).

Wear comfortable clothes.

Depending on the weather, you might like to have a coat or umbrella on hand if you decide to go for a walk during break time.



## MEAL BREAKS

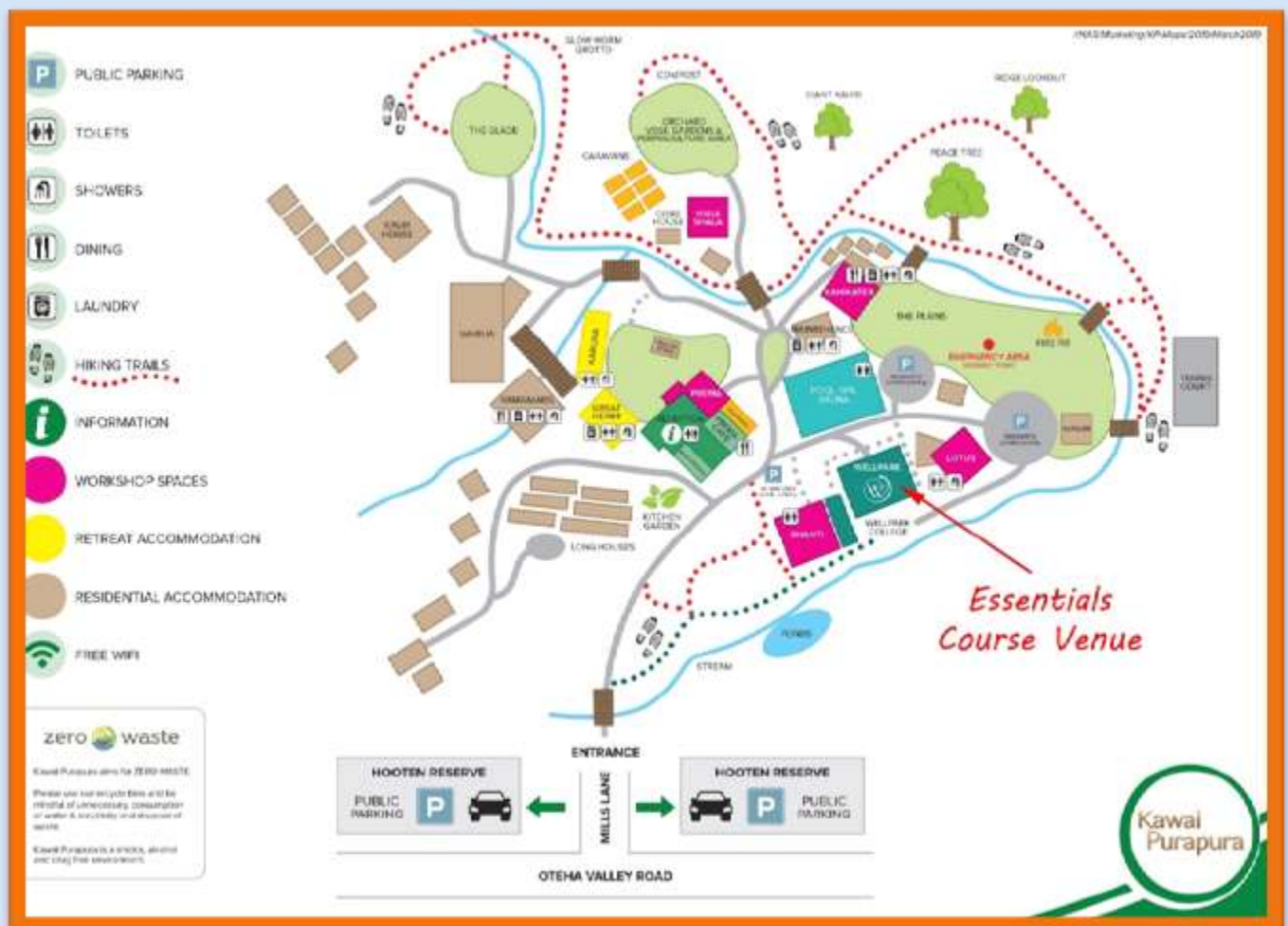
Short tea/snack breaks run throughout the coursework. Saturday includes a lunch break and a dinner break. Sunday includes a lunch break. There is a small kitchen area in the classroom with fridge, microwave and kettle. Restaurants are within walking distance for lunch/dinner. Albany Westfield Mall is located approx. 15 minutes walking distance.

## CAMPUS - Information and Parking

Campus gates are open 24/7. There is a total non-smoking/non-alcohol ban on Kawai Purapura campus.



Please park all cars at Hooten Reserve (at the entrance to the campus). Cars and their contents are parked there at the car owner's risk.



## ACCOMMODATION

On-site accommodation at Kawai Purapura campus is recommended for budget rooms and those traveling out of town. Please make your own bookings.

<http://kawaipurapura.co.nz/rooms/>



## TRANSPORT - to/from Auckland Airport

Please allow plenty of travel time when you are booking your airfares. Auckland traffic can be unpredictable. If you are flying home on the Sunday evenings, it is advisable to book a flight with the latest departure time (i.e. 8:30pm).

### Getting there and away...

Kawai Purapura is at 14 Mills Lane, Albany, North Shore, Auckland 0632.

Public transport options include Shuttle, Taxi & Bus.

Please visit the [Kawai Purapura](http://kawaipurapura.co.nz) website for more information.

### Uber Transport

You may find when on the course that you can arrange with some of the other students who are traveling to/from the airport to share an Uber ride. Download the Uber app to get an idea of cost.



**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.

[psptrust.org.nz](http://psptrust.org.nz)