



*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,
January 2025
6-Day Course**

Held over 2 consecutive weekends

**31, 1, 2 | 7, 8, 9
Jan/Feb**

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

VENUE

Family Action
2/197 Universal Drive, Henderson

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.

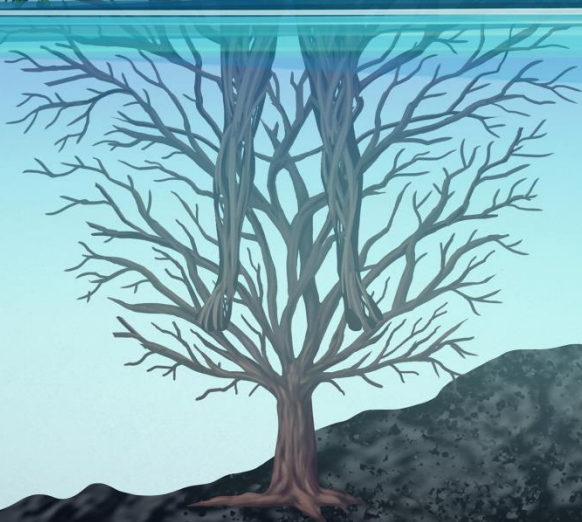
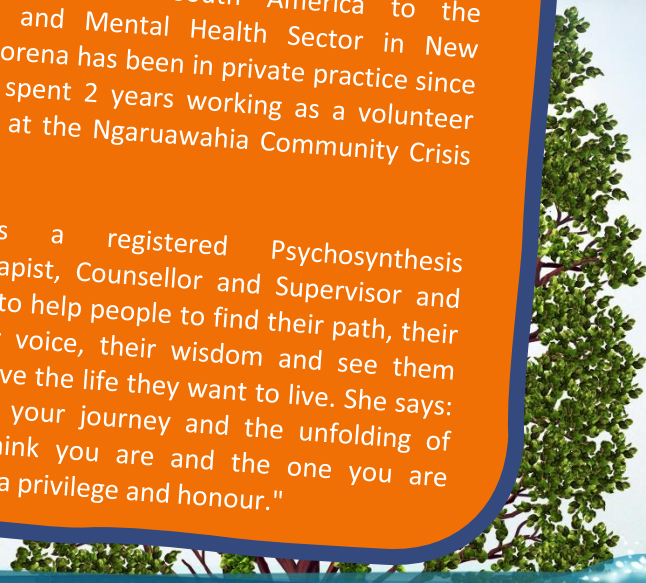


Lorena Guller-Frers

Dip. Psychosynthesis Psychotherapy
Dip. Psychosynthesis Counselling
Grad. Dip. Soc. Sci.
Cert. Mentoring, Supervision & Coaching
Cert. in Sensorimotor Psychotherapy

Originally from Argentina, Lorena immigrated to New Zealand in 2003 with her family where she had the opportunity to pursue her studies and fulfill dreams. She has a varied and rich professional background; from Corporate and Business Sectors in South America to the Education and Mental Health Sector in New Zealand. Lorena has been in private practice since 2011 and spent 2 years working as a volunteer counsellor at the Ngaruawahia Community Crisis Centre.

Lorena is a registered Psychosynthesis Psychotherapist, Counsellor and Supervisor and her wish is to help people to find their path, their heart, their voice, their wisdom and see them thrive and live the life they want to live. She says: "Witnessing your journey and the unfolding of who you think you are and the one you are becoming is a privilege and honour."



HOW TO ENROL

The “Essentials” 6-Day Course costs **\$1050**

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-JAN25

Balance \$950 is due on 1 January when an invoice/letter of acceptance is issued.

More information: psptrust.org.nz/essentials

Contact PSP: admin@psptrust.org.nz

Enrol by filling out this [online form](#)



CANCELLATIONS

If you should decide to cancel your enrolment your deposit is refundable up until **31 December 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

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).

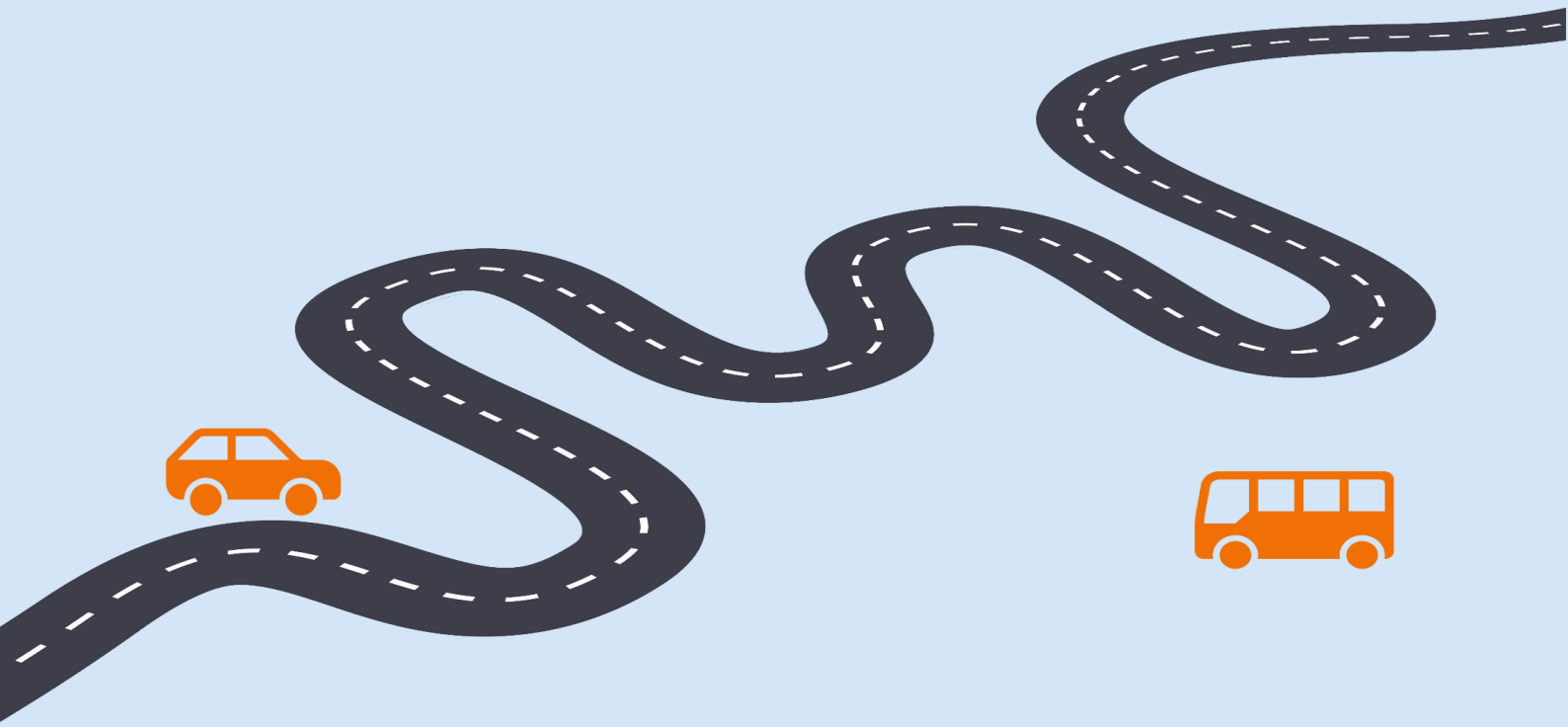
Wear comfortable clothes.

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/cafes are within walking distance for lunch/dinner.



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.