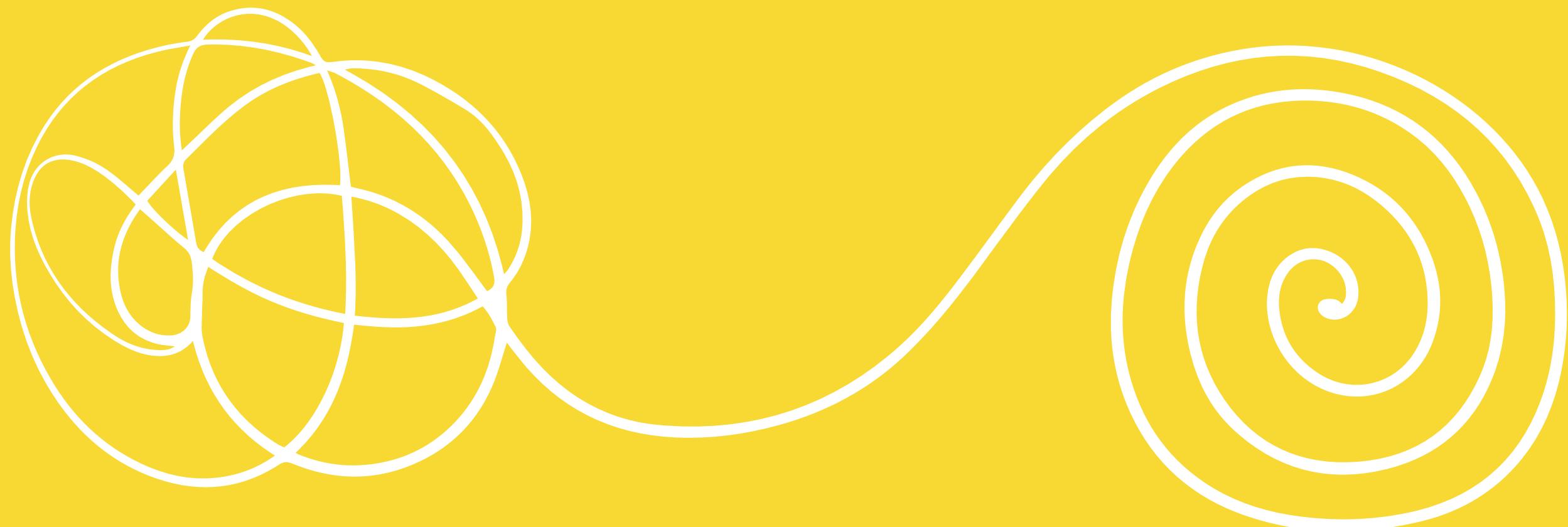


PSYCHOSYNTHESIS SOUTH PACIFIC TRUST

ESSENTIALS



MAY, 2026

OF PSYCHOSYNTHESIS

Held in Auckland over two consecutive weekends, Essentials is an in-person, experiential introduction to Psychosynthesis, a holistic psychology integrating body, feelings, mind, and the spiritual dimension of human experience. In a supportive group setting, you'll explore how you relate to yourself and others, connect with a deeper sense of meaning and purpose, and develop practical tools to navigate change with wisdom and integrity.

"Intense, life affirming, supportive, motivating...I fundamentally feel like I have a better grasp on understanding and organising the world in relation to meaning."
-Essentials participant



1-3 & 8-10
May, 2026



Family Action
Henderson, AKL



PSP **Essentials** *of Psychosynthesis*

A transformational six-day, in-person course. Essentials is an experiential introduction to Psychosynthesis that inspires insight into how you relate to your experiences, other people, and the world.

Held over two consecutive weekends, Essentials supports personal growth and professional development through guided practices, reflection, and shared inquiry. **No prior experience required.**

In a supportive group environment, simple and powerful practical tools will offer new perspectives on your physical, emotional, mental, and spiritual experiences.

Together, we will discover the healing path of acceptance and integration, leading to synthesis:

Choosing who we may be.

Participants often report practical outcomes such as...

- ✓ New life skills and techniques
- ✓ Greater emotional clarity
- ✓ Improved self-awareness and resilience
- ✓ A stronger sense of inner connection, purpose, and possibility
- ✓ Reduced stress and overwhelm

May 2026

Auckland Essentials

Family Action, Henderson, Auckland
Held over two consecutive weekends:

May 1-3 & May 8-10

Who might be there?

Essentials is ideal for people seeking personal growth, navigating change, or working in helping professions.

You can expect to meet 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.

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.

Course Elements

- Mind and Psyche in Psychosynthesis
- Body, Feeling, Thinking
- Subpersonalities
- Identification and Disidentification
- Creativity: the Patterns of Inspiration
- Accessing the Superconscious
- Life stage, Crisis, Awakening Purpose
- Motivation and Will
- Building Relationship with Self & Others
- Psyche, Synthesis and Evolution
- Making It Work: the Act of Will

Facilitators

Meet our teaching team

Avrael Semple
Psychosynthesis
Psychotherapist,
MNZAP, MPAnza,
PBANZ



Avrael's journey with Psychosynthesis began in the early 1990s. She returned to qualify as a Psychosynthesis counsellor in 2007 and completed her Psychosynthesis psychotherapy training in 2018.

Becoming a therapist was a natural transition from being a Registered Nurse specializing in oncology/haematology and palliative care. Avrael has always felt the importance of supporting others through difficult times.

In her role as a psychotherapist and facilitator she is passionate about empowering clients to make conscious choices that enable them to discover the "more than" what they know about themselves.

Meg Caitcheon
Dip Psychosynthesis
Counselling, MNZAC,
MPAnza



Meg attended what is now known as the Essentials and Integration Year in 2007. Having been uncertain about where this path would take her, she decided to follow straight on with the counselling training. She graduated in 2013 having combined study with parenting and part-time work.

"Psychosynthesis offered me a safe and respectful framework to explore my relationships with myself, others and the earth we inhabit."

Meg has over 10 years' experience co-facilitating groups for parents, women and children as well as providing 1-1 counselling for adults and adolescents. Her focus is on creating and holding a safe space within which people can explore.

Enrolment

Learn more or enrol now

MAY 2026 Essentials is OPEN NOW for Enrolment

Early-bird pricing available until 31 March

Early-bird rate: \$1,330 NZD (incl. GST)

Register now to secure the discounted rate

[Register for Essentials]

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-MAY26

Balance due March 31 for Early-bird rate or April 15 for regular rate

Cancellations

We offer a full refund for cancellations made 14 days or more before the course begins, minus a \$50 administration fee. For cancellations made less than 14 days before the course begins, a partial refund may be offered depending on the circumstances and whether the place can be filled.

‘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.

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)
- ✓ Comfortable clothes
- ✓ Coat or umbrella (weather dependent)

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.

Further information

Please contact admin@psptrust.org.nz

Questions?

Join our next FREE online Introduction to Psychosynthesis or request a one-on-one course conversation to help you decide whether Essentials is right for you.

Can't join this intake?

REGISTER your interest in upcoming courses, and we'll contact you as soon as new dates open.