



2027

PSYCHOSYNTHESIS SOUTH PACIFIC TRUST

 CERTIFICATE
in Psychosynthesis
INTEGRATION

Building on the **Essentials of Psychosynthesis**, this in-person programme guides participants in reviewing their life journeys through a Psychosynthesis lens.

Through individual and group processes, you'll explore how to align and direct Will, becoming more purposeful, steady, and less pulled by conflicting forces.

A blend of **experiential exercises** and **reflective dialogue**, held within a supportive group facilitated by experienced psychosynthesis practitioners.

Held in Auckland, Friday evening-Sunday afternoon one weekend a month, from February to October, 2027, followed by a 5-day retreat in November.

WWW.PSPTRUST.ORG.NZ

Overview

Integration Year 2027

“What started as a very personal journey became a shared pathway of understanding, acceptance, courage and trust.”

-2025 IY Participant

Also called Integration Year or IY, this Certificate in Psychosynthesis Integration is designed to support participants through a guided process of reviewing their life journeys through the lens of Psychosynthesis.

Engagements in **individual and collective processes** allow each person their unique perspective and insights, and provide the opportunity to explore how learnings may be applied within personal and group mind contexts.

With the **support, shared insight and encouragement** of the facilitated group setting, the year balances experiential exercises with opportunities for reflective dialogue and private insight.

Participants will become more familiar with the concept of **“aligning and directing Will.”** This process, and the tools and insights they gain along the way, will help them to find **meaning** and **purpose** and experience more freedom of choice in daily life.

In addition to the monthly weekends and the residential retreat, students will be required to undertake 20 hours of personal counselling (at own cost) with a Psychosynthesis practitioner of their choosing.

Sessions are to be spaced out over the year and completed by 31 December, 2027.

2027 Dates

Auckland, Feb – Nov

*“I feel in the driving seat of my life.
I know, for the first time, where I am heading.”*

–2025 IY Participant

Course Structure

There are 9 monthly reflective weekends through the year plus a 5 day residential retreat at the end of the year.

Each weekend of this powerful year of personal development builds on the others to create a coherent body of experiential learnings, which can be integrated into daily life and relationships.

Integration is further enhanced through mid-month tutorials (at a small additional fee of \$20 each) and short written assignments. Participants are expected to work with a Psychosynthesis practitioner to deepen awareness of their own psychodynamic processes and understanding of the work.

2027 Dates

February 19–21

March 19–21

April 16–18

May 14–16

June 18–20

July 23–25

August 20–22

September 17–19

October 15–17

Blockhouse Bay Boat Club
91 Endeavour Street
Blockhouse Bay, Auckland

Five-Day Retreat

November 17–21, 2027

St. Francis Retreat Centre

50 Hillsborough Rd, Auckland

Content

Overview of modules

“The interactive and experiential components allowed a new focus on subjects and topics that typical 'theory' sometimes misses.”

–2025 IY Participant

The Making of Meaning

This module explores how personal experience is shaped by universal, cultural, ecological, familial, and individual patterns. Through symbolism, myth, reflection, and experiential learning, participants are given the opportunity to deepen their understanding of meaning-making and identity.

Being and Becoming

How personality and identity arise as a dynamic process of relationship with, and organisation of internal and external information and frameworks

Spontaneity and Right Relating

Developing spontaneity, aliveness and connection within and between individuals

The art of Identifying and Dis-identifying

This module examines how our sense of self is formed and sustained. By developing awareness of familiar patterns, participants learn to engage more consciously with

Body, Feelings, Mind/Thinking and Spirit. This enables an understanding of behaviours, therefore fostering healthier boundaries. This process supports creativity, empathy, self-realisation, and a richer connection with others and the wider world.

Nature of Will

Understanding the evolution and aspects of Will enhances personal access to Will, which in turn allows for the recognition of and participation with Will as a transpersonal and universal phenomenon.

Rhythms and Crises of Self-realisation

Delivered as part of the programme's final residential retreat, this intensive explores self-realisation through the cycles of growth, loss, death, and renewal that shape human life. Participants reflect on these universal rhythms and learn to work more consciously with the unfolding processes of soul-making, transformation, and personal development.

Facilitators

Meet our teaching team

"It felt incredibly safe. The facilitators did an amazing job at holding our process."

-2025 IY Participant

Avrael Semple
Psychosynthesis
Psychotherapist,
APANZ, PAnZA,
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.

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

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 a safe space within which people can explore.

Who is it for?

Seekers and Practitioners

"I love myself far more now. I have greater access to choice. I think the course is life changing if you let it."

-2025 IY Participant

Integration Year 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.

Psychosynthesis offers an experiential, psychospiritual approach to wellbeing and requires us to do our own personal work before seeking to be catalysts for healing in others.

Admission Criteria

PSP Trust uses a selection process to ensure all participants are well-prepared for the experiential and deeply personal nature of this programme. To be admitted, applicants must demonstrate:

- Sufficient emotional resilience and maturity to engage with the intensive nature of the course
- The ability to participate safely in both individual projects and group activities
- Willingness to disclose any current or recent mental health, physical, or legal history that may affect participation in the programme*
- Adequate oral and written language skills to communicate effectively throughout the course

**PSP Trust is committed to handling all personal information with strict confidentiality.*

Enrolment

Learn more or enrol now

It helped me to realign with my soul, reminded me of my inner compass, and allowed me to connect with my spirituality. I feel my true self."

-2025 IY Participant

February 2027 Integration Year is OPEN NOW for Enrolment

Cost for full-year programme: \$8,800 NZD (incl. GST)

[\[Register HERE\]](#)

To secure your place, please fill in the
online enrolment form and make a
\$1,550.00 deposit to:
Psychosynthesis South Pacific Trust - 38 9019 0487577 00
Reference: your surname / IY-AKL-FEB27

A \$300 refund applies if the remaining balance of \$7,250 is paid in full by the end of February, 2027. Alternatively, you can contact our Administrator (admin@psptrust.org.nz) to arrange a payment plan.

A Note on Cancellations

Your deposit is refundable until 31 Dec 2026, less an admin fee of \$50.

The Certificate in Psychosynthesis Integration will proceed subject to minimum enrolment numbers. In the event of the course not proceeding, enrolled students will receive a full refund of their deposit/balance. An invoice and letter of acceptance will be issued once the course is confirmed.

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 and Sunday include lunch breaks. There is a small kitchen area in the classroom with fridge, microwave and kettle, and restaurants and cafes are within walking distance.

Further information

Please contact admin@psptrust.org.nz

Questions?

Email admin@psptrust.org.nz to request a one-on-one course conversation to help you decide whether the Certificate in Psychosynthesis Integration is right for you.