

## Essentials of Psychosynthesis



**Held over 2**

**Weekends:**

Aug 16-18 and 23-25

Fri 1pm–9pm

Sat/Sun 9:30am–5pm

Cost: \$650.00

Kotare Venue

**Auckland, NZ**

## The Essentials of Psychosynthesis -

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 fulfillment 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.

## Facilitation:

Mark Skelding, M.Ed (Social Ecology), Dip. Psychosynthesis Psychotherapy

Mark has been teaching courses in psychosynthesis and ecopsychology for over 10 years.

Trained in New Zealand, he is a psychosynthesis practitioner in private practice, and brings extensive complementary perspectives including active involvement in group dynamics, community development, social change, and environmental awareness. Mark may be joined by other experienced tutors or apprentice tutors

*The Essentials is a standalone personal development course and also a pre-requisite to ongoing training along the pathway to becoming a Psychosynthesis practitioner.*

## 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

## 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

## To enrol:

Please contact PSP Administrator:

[admin@psychosynthesisouthpacific.com](mailto:admin@psychosynthesisouthpacific.com).

\* \$100 deposit to be paid on enrolment.

\* This course requires a minimum of 9 to  
proceed (deposit will be refunded if the  
course does not proceed).

\* Balance required by 6<sup>th</sup> August 2019.

## Psychosynthesis South Pacific Trust

PSP 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; and to meet the needs of a changing world and the call for transformation in uncertain times.

