

THE POWER OF SYNTHESIS IN TIMES OF POLARISATION



EFPP Summer school

21 – 25 August 2019, Doorn, The Netherlands

The European Summer school is presented by



And hosted by



Contact information for the summer school 2019

Website: <http://summerschool.gr8.com/>
E-mail: info@psychosyntheseacademie.nl
Address: Psychosynthese Academie
Muurhuizen 36
3811 EJ Amersfoort
The Netherlands

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Registration

The power of synthesis in times of polarisation

We are living in times of polarisation between different ideas, groups and cultures. A time where we seem to be building physical and psychological walls to “protect our way of living”.

Could psychosynthesis contribute to a world where differences are accepted or even celebrated? How can we help to invoke a change in perception so diversity may become an asset instead of a threat?

The Summer School team of 2019

We hope you have a great Summer School.

- Robert Bakker
- Karin Tielkemeijer
- Brigit Nieuwenstein
- Wendy Smit

Who is the EFPP

The European Federation for Psychotherapy (EFPP) was founded in Firenze by 19 directors of all the large Psychosynthesis schools in 1997. It was born out of a the wish to be visible in the reign of all other therapy modalities, to give it a seat and a voice in EAP (European Association of Psychotherapy) In Vienna. The meeting during the next years connected 7 European countries. Colleagues became friends. The EFPP board members at the moment mirror this plurality:

- Keith Silvester, president
- Linda Cecconi, vice president
- Ann-Marie Lamb, secretary
- Anja Muller, treasurer

Why a summer school

The summer school came into life almost for the same reason as founding the EFPP: getting connected, learning from each other, exchanging innovations and having fun together.

Because it is an international event the conference language is English.

Come and be a co-creator and use your power of synthesis

The venue

The Summer School 2019 takes place at

Landgoed Zonheugel

Amersfoortseweg 98

3941 EP Doorn

T: +31 (0)343 473500

E: info@landgoedzonheugel.nl

W: <https://landgoedzonheugel.nl/en/>



Landgoed Zonheugel is the ideal starting point to visit attractions, and to go hiking and cycling in National Park Utrechtse Heuvelrug. Or visit the cities of Doorn, Utrecht and Amersfoort.



How to reach the venue

Use one of the following tools to get to the venue:

- Public Transport: [OV9292.nl](https://www.ov9292.nl)
- Car / motorcycle: [Google Maps](#)
- Amsterdam Airport Schiphol: [Schiphol Transfer Assistance desk](#)



You can book your stay at Landgoed Zonheuvel via the registration form. You'll find more information at the back of this program.

8th EFPP Summer school program overview

Welcome by EFPP Board and Summer school team 2019

The Mess we're in, a pro-active theatrical performance on hope (?)

Morning Seminars

SEM 1: Aubyn Howard – The emergent crises in society and leadership

SEM 2: Dermot Moore – Woman/man/human

SEM 3: Giel Luichjes – Loneliness, social media and the use of substances

SEM 4: Keith Silvester – Courageous conflict

SEM 5: Torsten Konrad – Taking the risk to be yourself

Thursday

WS1: Annika Behrent - Nature synthesis

WS2: Jaap Buijs – Eros and psyche in practice

WS3: Robert Bakker – Pride and prejudice

WS4: Jan Taal – Imagery for dealing with conflict and our engagement I

WS5: Manolis Skoulikas – The royal will as quest for truth

Friday

WS6: Eva Sanner – Ending division between humans and nature

WS7: Kenneth Sørensen – The Seven Types and shadow work

WS8: Haike Fiedler – harmony of opposites

WS9: Jan Taal - Imagery for dealing with conflict and our engagement II

WS10: Brigitte Macé – Meditation of presence in the chest

Saturday

WS11: Wendy Smit – Synthesis, one picture at the time

WS12: Cecillia Angelin – Move your polarities

WS13: Kristina Bode – All our problems a question of perception

WS14: to be announced

WS15: to be announced

Program in the morning and evenings

Thursday

Morning:

Morning meditation
Martine Ducheine –Earlybird walk/run
Wendy Smit – Tree Labyrinth

Evening:

Ulrike Ulbrich – mandala of life
Jan Taal – Imagination toolbox
Brigitte Macé – Walking the labyrinth

Friday

Morning:

Morning meditation
Martine Ducheine –Earlybird walk/run
Wendy Smit – Tree Labyrinth

Evening:

Erika Friess – Healing songs
Movie: Down to earth

Saturday

Morning:

Morning meditation
Martine Ducheine –Earlybird walk/run
Wendy Smit – Tree Labyrinth

Evening:

Keith Silvester – Therapy quiz
Music and dance

More information about the morning and evening program will be presented at the Summerschool.

Office

If you have a question, the Summer school office is open daily from 08.30 – 09.00 and from 12.30–14.00 hrs.



Morning seminar - SEM 1

Thursday to Sunday

The emergent crises in society and leadership

Developing leaders who can sense and respond.

Aubyn will work with the group to build an understanding of evolutionary principles and developmental thinking (e.g. Wilber, Graves, Laloux, Keegan, Torbert, etc.) and show how this combines with psychosynthesis to help practitioners support the health of the evolutionary spiral at different levels in their work, e.g. for themselves, for their clients and client systems. This seminar addresses the pressing need to learn how to transcend the dichotomous nature of evolution and resolve conflicts between different worldviews to create healthy systems.

Including leadership at all levels – of self, families, communities, organisations and society, we explore how psychosynthesis practitioners can work with leaders to develop the critical capacities needed to navigate the emergent crises we face.

Key topics:

- Understanding the nature of today's crisis (in society and of leadership)
- Engaging with the principles, shape and pattern of evolution
- Combining developmental thinking with psychosynthesis (the egg meets the spiral)
- Exploring ways of working at each level to create synthesis
- Developing leaders who can sense and respond to the crisis
- Ways of developing the critical capacities of systemic awareness and action
- Bringing free will back to centre stage



Aubyn Howard (UK)

Aubyn Howard is co-founder of Psychosynthesis Coaching Limited which runs the Post-Graduate Certificate in Psychosynthesis Leadership Coaching. He holds an MA in Psychosynthesis Psychology with the London Institute and an MSc in Change with Surrey University. Experienced organisational practitioner and APECS Accredited Coach.



Morning seminar - SEM 2

Thursday to Sunday

Woman/man/human

“Things fall apart; the centre cannot hold” wrote W.B. Yeats. “The ceremony of innocence is drowned/ The best lack all conviction, while the worst/ Are full of passionate intensity.”

In this era of global intense polarization and entrenchment, sexual politics is arguably the most personal arena where this is played out, in our private lives, our sexual expression, our workplaces. The #metoo movement is exposing and deconstructing the power dynamics behind heteronormativity and toxic masculinity. Those who were once too ashamed to speak out about their experiences are finding the courage to do so now. Culturally, shame is being weaponized to redress the imbalances between us. Feminism and the push for LGBTQI rights is being met with a fierce, sophisticated ideological opposition. “Playing victim” as a political strategy is increasingly common in these febrile times, on both sides of the split.

Can we as psychosynthesists help strengthen the centre? Can we find a way of disidentifying from shame and victimhood and blame and fear?

Over this seminar series, we’ll try to figure something out together, experientially, personally, politically, and hopefully have a lot of fun along the way.



Dermod Moore (Ireland)

Dermod Moore is from Dublin, where he is a psychotherapist, specializing in psychosexual issues. He is a trainer at the Psychosynthesis Trust in London. He has been thinking about sexual politics since a teenager, and has been an activist, actor, drama teacher and columnist.



Morning seminar - SEM 3

Thursday to Sunday

Loneliness, social media and the use of substances

Bridging the gap between generations?

Research shows, people loose connection in a world of connectivity. And people perceive the information regarding the world they live in, and the mostly idealised images their peers provide them, as true. Including the illusion that happiness can be attained, if only one has the right attitude, looks good and makes enough effort. Discounting how feelings other than happy ones, could also be a way for oneself development and personal growth. The sense of being cut off happiness and connection, seems to coincide with the normalisation of the use of substances worldwide and raises questions on what drives people to use them.

The seminar will focus on creating a human and therapeutical approach. Including a dialogue with young persons themselves who are invited into the space with us. Together we will engage in a transpersonal exploration of what connection is or can be, how we can establish a workable relationship within the contemporary reality of social media and what might be looked after for in the use of substances and finding harm reductive and accepting approaches a starting point of the search for connection and spirituality.



Giel Luichjes (The Netherlands)

As a psychotherapist I focus on gender and sexual diversity and young persons. The unfortunate co morbidity of substance use, depression and low self esteem in my target groups, has created an interest to know more about the creation of a self image (through social media) and the use of substances. And open mind is needed to meet the client, including the self harming part. Curiosity and interest are my driving forces. Clients, arts and contemporary research are my sources of inspiration.



Morning seminar - SEM 4

Thursday to Sunday

Courageous conflict

Psychosynthesis has traditionally been good at emphasising the principle of Love and the need for peace and co-operation. Yet, in acknowledging the Will principle as well, we must accept that conflict is a both a necessary and inevitable part of life. Yet conflict is all too often conflated with aggression and unpleasantness, and something to be eliminated rather than welcomed as a sign of healthy life. This means that we have not developed many constructive ways of theorising and working with it.

In a time of dangerous polarisation in so many areas of private, public and political life, it is vital that we grapple with ways of working with and through conflict, learning how to come to terms with our differences.

In this four-part seminar, we will be exploring our personal experiences of conflict, and our preferred styles of dealing with it. We will be examining some theoretical perspectives, and exploring ways of communicating that acknowledge the difficulties we encounter in many types of relationship and conversations.



Keith Silvester (UK)

Keith Silvester was programme director of the Psychosynthesis Trust in London from 2003-10, where he is now a supervisor, group worker and trainer. He is currently President of EFPP. He is also a trained practitioner of the Alexander Technique, and a psychosynthesis coach.

www.keithsilvester.com



Morning seminar - SEM 5

Thursday to Sunday

Taking the risk to be yourself

The inner artist as ambassador for peace with the unknown the unexpected and the unloved.

Our access to the unknown the subconscious and unconscious with their supportive and challenging dynamics plays a vital role in our creative quest for authentic and successful solutions. The transcendental dynamics of art are dealing consciously with the aspects of the unknown subconscious and unconscious in the process of authentic creation. Art and our inner artist empower us to take risks, get over ourselves and access new levels of co-creation. Diversity in the sense of everybody feeling safe and supported enough to pursue their authentic self realization is a crucial factor in humanities attempt to face global challenges. No gift or talent anybody provides would ever be not needed.

This workshop deals with individual subconscious and unconscious splits that invited doubt distance and judgment to have our world suffer in the way it is suffering. We will access and express them through drawing embodiment and movement in order to gain accountability for our present views and be able to invite the creativity blessings and guidance our higher self and our heart offer to invite changes and miracles on the individual relationship and global level.



Torsten Konrad (Germany)

Torsten Konrad is a visual and performing artist and trainer. His teaching background in body-awareness, Alexander-Technique, movement, Psychosynthesis, Psychology-Of-Vision, makes his teachings entertaining deep and liberating. He uses the ability to experience beauty and joy as a reference for success in self-experience, relationship, purpose and destiny.

www.torstenkonrad.com/international/english/



Afternoon workshop – WS 1

Thursday 22th August

Nature synthesis

*Being a "master synthesiser" herself -
what does Nature teach us about going beyond polarisation?*

If it's true - as stated in Michael Gleich's keynote at last years' summer school - that exclusion is the main ingredient for conflict, inclusion must be the remedy. But where to find it in these "times of polarisation"?

Nature comes with a powerful antidote: Being in nature provides us with an unshakeable knowledge of belonging, of inclusion of being part of something whole. There are few surroundings that so strikingly show us that there's nothing wrong with us, that we are an essential part in the overall synthesis of life. What a relief! As counsellors we accompany clients in deepening their trust to "really belong here". For this, nature can be a skilled and efficient co-counsellor - or is it the other way round? In this afternoon workshop we will plunge into the beautiful Doorn surroundings. With nature providing a perfect setting for systemic work we will experience a tool from "systemic nature therapy": the **wheel of synthesis**. The outcome is twofold: synthesising our own polarising life topics, values, decisions etc. and thus allowing for more integration, inclusion and inner peace. And learning another method of accompanying our clients in this process.



Annika Behrent (Germany)

Annika Behrendt is a psychosynthesis therapist, trained at CIRCADIAN. She is also trained in constellation work, organisational development and systemic nature therapy. She works in Berlin, where she guides individuals and groups in the field of self mastery and (trans)personal development. And she's a nature devotee, of course.



Afternoon workshop – WS 2

Thursday 22th August

Eros and psyche in practice

As psychosynthesis practitioners, we often tend to approach our client's presenting problem as a request for guidance on a journey of self-discovery. In the myth of Eros and Psyche it is the Beauty of Consciousness which enables Psyche to find herself in shedding light upon the relationship in which her own innocence holds her hostage; in doing so, however, Psyche unwittingly eclipses Eros.

During her journey, Psyche learns the dance of surrender and will and it is this which leads to a true union with Eros. As we can imagine, the essence of this myth often manifests itself in the therapy room- not only within the client but also within the therapist- and in the 'field' between client and therapist.

During this workshop we shall be using this myth as a context within which to explore and share our experiences as therapists.

To quote James Hillman: *'My own individuation impulse, my desire for Psyche, must be ignited. The therapist's desire is to bring health of awareness, imagination and beauty to life in the soul and to constellate with his/her psyche the Eros of the other'*.



Jaap Buijs (The Netherlands)

From a background as a social worker and later an archetypal astrologer, I have been working as a psychosynthesis therapist, supervisor and trainer (currently as a member of the training staff of the Psychosynthese Academie in Amersfoort) since the late eighties.



Afternoon workshop – WS 3

Thursday 22th August

Pride and prejudice

Healing spiritual narcissism.

One of the key factors in meeting “the other(s)” is that we normally tend to see them through the eyes of our personal norms and values. No problem if the other is part of our own group, country, religion, sex etc. But it becomes harder when we seem to have less in common with the others’ norms, values and way of living. And before we know it we measure their behavior, ideas, culture etc. with our own ideas of right/wrong, better/worse, insightful/stupid. We, unconsciously, tend to see the other(s) as either less or better than us.

Looking at this from a psychological perspective we can call this the narcissistic trait, residing in any one of us. In psychosynthesis we put a lot of worth on the transpersonal. The immanency of the Self in everything. In our journey to get more connected with the transpersonal we encounter pitfalls and problems. And here comes in the critical and the narcissistic traits that will make us seem not good enough, advanced enough or “spiritual” enough. We may compare ourselves with others “more advanced” or “not evolved enough”. We can call this spiritual narcissism. This tendency is the deeper layer in prejudice, discrimination and intolerance. It comes from the fear of losing the core certainties deeply ingrained within us. In this workshop we will address our own spiritual narcissistic trait. Working from the personal level to the transpersonal and from the personal into the group. We will look into social identity theory, the concepts of stereotyping, prejudice, discrimination and Transpersonal (narcissistic) Pride. And hopefully come out as wiser and more humble therapists



Robert Bakker (The Netherlands)

Robert Bakker (1957) is psychosynthesis trainer and therapist. He has been working in the field of psychosynthesis in the last 30 years as trainer, therapist and director of Psychosynthese Studies. Currently he is part of the staff and boardmember of the Psychosynthese Academie, in the Netherlands.



Afternoon workshop – WS 4
Thursday 22th August

Imagery for dealing with conflict and our engagement with the world I

The imagination is the central arena where identity and reality are formed. When there is conflict in ourselves (or between groups or cultures), it seems like there are different entities struggling for existence, as if they do not spring from the same source.

In order to find common ground for conflicting tendencies, it is necessary to address a deeper layer where the conflicting parties can meet. Imagery is an excellent tool for this.

In this first afternoon the three stages of mastery of imagery will be presented by examples of clients with conflicts. And we will work with a conflict in our own personality.

Various imagery techniques and in-depths approaches will be exercised. Read *The Three Stages of Imagery*



Jan Taal, The Netherlands

Jan Taal is healthcare psychologist and trainer-director of the School for Imagery in Amsterdam. 40 years ago I discovered imagery as a major therapeutic tool. Ever since, it has been a tremendous thrilling adventure within myself and with clients. Jan developed the Imagery Toolbox.
www.imaginatie.nl



Afternoon workshop – WS 5

Thursday 22th August

The royal will as quest for truth

Assagioli was heavily influenced by Raja Yoga and the relevant unification of the multiple self under the Transpersonal Will, following the premise that internal harmonious cooperation can only come through identifying with all our parts and owning them within the unifying center of the “Royal” Transpersonal Will.

Gandhi, similarly influenced, coined the term Satyagraha (search for truth) as the basis of his negotiating platform in his non-violent struggle, following the premise that external sustained peace can only emerge out of genuinely identifying with our opponents and seeing through their eyes, so as to include both perspectives in a viable contract that satisfies all parties under the unifying center of the Truth that we are all one.

This workshop will aim at unifying the opposites in a deep experiential way that is applicable both individually and in society. Using raja yoga, shamanic meditation, Jungian archetypes and modern negotiation philosophies, we will explore deep into our history as a species and identify with our destructive parts, deconstruct them and reorganize them in a ritual of cleansing and reintegration.



Manolis Skoulikas(Greece)

Manolis Skoulikas is an integrative therapist, teacher and supervisor in private practice in Athens, Greece. He is also a guest teacher and external examiner for Bodydynamic International. He has studied in the Psychosynthesis and Education Trust in London as well as Processwork and Bodydynamic Trauma therapy.

Wednesday 21th August 2019					
14.00 – 18.00	Check-in				
18.00	Dinner				
19.00	Welcome by EFPP Board and Summer school team 2019, The mess we're in , a pro-active theatrical performance on hope (?)				
Thursday 22th August 2019					
7.00	Morning Meditation	Earlybird walk/run	Tree labyrinth		
8.00	Breakfast				
9.00	Gathering for synthesis				
9.30 – 12.30	SEM 1 Aubyn Howard	SEM 2 Dermot Moore	SEM 3 Giel Luichjes	SEM 4 Keith Silvester	SEM 5 Torsten Konrad
	The emergent crises in society and leadership	Woman/man/human	Loneliness, social media and the use of substances	Courageous conflict	Taking the risk to be yourself
13.00	Lunch				
15.00 – 18.30	WS 1 Annika Behrent	WS 2 Jaap Buijs	WS 3 Robert Bakker	WS4 Jan Taal	WS 5 Manolis Skoulikas
Including break at 16.30	Naturesynthesis	Eros and psyche	Pride and prejudice (healing spiritual narcissism)	Imagery for dealing with conflict and our engagement I	The royal will as quest for thruth
19.00	Dinner				
20.30	Evening program: Ulrike Ulbrich – Mandala of life, Jan Taal – Imagination Toolbox, Brigitte Macé – Walking the labyrinth				
Friday 23th August 2019					
7.00	Morning Meditation	Earlybird walk/run	Tree labyrinth		
8.00	Breakfast				
9.00	Gathering for synthesis				
9.30 – 12.30	SEM 1 Aubyn Howard	SEM 2 Dermot Moore	SEM 3 Giel Luichjes	SEM 4 Keith Silvester	SEM 5 Torsten Konrad
	Evolution, development and synthesis for practitioner	Woman, man, human	Social media, drugs, loneliness and connection	Courageous conflict	Taking the risk to be yourself
13.00	Lunch				
15.00 – 18.30	WS 6 Eva Sanner	WS 7 Kenneth Sorenson	WS 8 Haike Fiedler	WS 9 Jan Taal	WS 10 Brigitte Macé
Including break at 16.30	Ending the division between humans and nature	How can psychosynthesis contribute to a culture of tolerance	Harmony of opposites	Imagery for dealing with conflict and our engagement II	Meditation of presence in the chest
19.00	Dinner				
20.30	Evening program: Erika Friess – Healing songs, Film – Down to earth				
Saturday 24th August 2019					
7.00	Morning Meditation	Earlybird walk/run	Tree labyrinth		
8.00	Breakfast				
9.00	Gathering for synthesis				
9.30 – 12.30	SEM 1 Aubyn Howard	SEM 2 Dermot Moore	SEM 3 Giel Luichjes	SEM 4 Keith Silvester	SEM 5 Torsten Konrad
	Evolution, development and synthesis for practitioner	Woman, man, human	Social media, drugs, loneliness and connection	Courageous conflict	Taking the risk to be yourself
13.00	Lunch				
15.00 – 18.30	WS 11 Wendy Smit	WS 12 Cecilia Angelin	WS 13 Kristina Bode	WS 14	WS 15
Including break at 16.30	Synthesis, one picture at the time	Move your polarities	All our problems a question of perception	To be announced	To be announced
19.00	Dinner				
20.30	Evening program: Keith Silvester – Therapy quiz, Music and dance				
Sunday 25th August 2019					
8.00	Breakfast				
9.00 – 11.00	SEM 1 Aubyn Howard	SEM 2 Dermot Moore	SEM 3 Giel Luichjes	SEM 4 Keith Silvester	SEM 5 Torsten Konrad
	Evolution, development and synthesis for practitioner	Woman, man, human	Social media, drugs, loneliness and connection	Courageous conflict	Taking the risk to be yourself
11.30	Meeting together				
13.00	Lunch and farewell				



Afternoon workshop – WS 6

Friday 23th August

Ending the division between humans and nature

Eco-Psychosynthesis in Practice

In times of conflict and division, it is important to look for deeper solutions. From an ecopsychological perspective, the first division is between humans and nature – a division that has not always been the case. In early times, humans lived close to nature and the first civilizations were honoring Nature as the Source of all Life. When we today turn back to re-establish this relationship, we find that we are able to connect with Nature and the non-human beings in a way that also support our own humanness.

The workshop gives an experience of relating to Nature in a direct way. We also explore some of the emotional reactions that we as a collective experience when this relationship is broken or damaged. We also include some of the polarities that stem from the separation between man and nature: wild-domesticated, free-limited, nature-culture etc. If possible, the workshop will be held outside.



Eva Sanner (Sweden)

Eva is a psychosynthesis therapist trained at Psykosyntesakademin in Stockholm, Sweden. Eva is also trained in ecopsychology, a new path in psychology with a focus on the relationship between humans and nature. Today her individual path is also the path of shamanic rituals and wisdom. She has 25 years of experience working with individual clients and couples. Eva is also a writer, her most recent book carries the perspective of ecopsychology and is called “Naturens hemlighet – återfinn din plats i det storasammanhanget” (The Secret of Nature – rediscover your place in the bigger Whole).
www.evasanner.se



Afternoon workshop – WS 7
Friday 23th August

The Seven Types and Shadow works

The use of the Seven Types is a very valuable tool to foster a culture of tolerance because it gives us a profound insight into our lack of understanding, our bias' and our negative attitude toward types different than our own.

True empathy requires the ability to step into the other's world and seeing their world from his or her perspective; types help us with that endeavour.

We will explore the shadows of each of the seven types and see how we are inclined to view our world through the lens of our particular typological worldview. By understanding the whole spectrum of typological awareness and behaviour, we can start appreciating our opposites.



Kenneth Sørensen (Denmark)

Kenneth Sørensen is an author, publisher and the former Academic Director of the Norwegian Institute of Psychosynthesis. He has an MA in Psychosynthesis and is a trained Psychosynthesis Psychotherapist. He is the author of *The Soul of Psychosynthesis* (2016), *Integral Meditation* (2017) and his upcoming book *The Seven Types*. www.kennethsorensen.dk/en/
www.jivayou.dk/en/



Afternoon workshop – WS 8
Friday 23th August

Harmony of opposites: You can't have one without the other

There is no end. There is no beginning. There is only the infinite passion of life. "Federico Fellini

In this Workshop we will use the female and masculine Principle of Yin and Yang to get a deeper understanding in polarities and the conflicts they may produce. Yin and Yang are the root of Life and Death. Yin is receiving and Yang is spending: Only their polarexistence allows the Circle of Life and creates the "thousand Things". To become a passionate Lover of Life, we have to fully accept our Shadow and Light. You can't separate them – and you can't have one without the other. This Workshop is made for People with Interest in combining Psychosynthesis Work and the ancient Wisdom of Chinese Medicine. It is theoretical and experimental. We will use Body experience, Group- and Symbol-work as well as Meditation.



Haike Fiedler (Germany)

Psychosynthesis Therapist and Trainer, Vice-President of the German Association for Psychosynthesis (DPG e.V: www.psychosynthese.de), Holistic Therapist, Practitioner of Chinese Medicine, Qi-Gong and Mindfulness-Teacher. More than 25 years of experience in working with individuals, couples and groups: The Yin-Yang Code for a balanced Life.



Afternoon workshop – WS 9
Friday 23th August

Imagery for dealing with conflict and our engagement with the world II

The imagination is the central arena where identity and reality are formed. When there is conflict in ourselves (or between groups or cultures), it seems like there are different entities struggling for existence, as if they do not spring from the same source.

In order to find common ground for conflicting tendencies, it is necessary to address a deeper layer where the conflicting parties can meet. Imagery is an excellent tool for this.

In this second afternoon we will continue with a focus on our engagement with the world. Is the world something outside of ourselves or can we realize it is an extension of ourselves? What do I want to contribute to the world and what steps and challenges are there? What do I need to develop and which concrete, practical steps I can take after the Summer School? Various imagery techniques and in-depths approaches will be exercised. Read *The Three Stages of Imagery*



Jan Taal (The Netherlands)

Jan Taal is healthcare psychologist and trainer-director of the School for Imagery in Amsterdam. 40 years ago I discovered imagery as a major therapeutic tool. Ever since, it has been a tremendous thrilling adventure within myself and with clients. Jan developed the Imagery Toolbox.
www.imaginatie.nl



Afternoon workshop – WS 10

Friday 23th August

Meditation of presence in the chest

a powerful tool to reach inner synthesis

This meditation is based on the non-judging witness who, from inside, observes the body, thoughts and emotions without judgement. We also add the connection to the Soul (Self) in the chest (heart chakra), which becomes the focal point of inner synthesis.

During this workshop, we will do several exercises to help participants reach and stay in this point of presence in the chest, and inner synthesis. We will then explore the big difference between looking at the outside chaos in the world from a non centred place and from this place of presence in the chest. We will explore the power of accepting what happens inside of us to reach inner synthesis, and outside of us, as well as the power of loving ourselves without judgement.

Participants will then practice exercises with another person to see how they can use it with clients in psychosynthesis sessions, to better perceive their clients and offer them a model of inner synthesis. For the most advanced participants, we will see how to teach this position of presence in the chest to their clients.



Brigitte Macé(France)

Brigitte Macé is a French psychosynthesis psychopractitioner (holder of the European certificate of psychotherapy) with individual clients for ten years and a meditation teacher. She regularly organises group meditations and concerts of meditative music (Sound travels). She teaches gong and gives conferences on “Sound and the brain”.



Afternoon workshop – WS 11

Saturday 24th August

Synthesis, one picture at the time

Discover how photography can help you resolve your inner and outer conflicts.

Polarisation present in our selves or in our relationships leads to fragmentation, conflicts and stress. It blocks the way to open communication and inner peace. Exclusion of any part of the polarisation may look like an easy answer, but frequently this creates new obstacles. Synthesis seems to be the answer, but how to get there? Therapeutic photography and Phototherapy can help and support this process. It gives us a different perspective and is a powerful tool that opens the way to synthesis.

During this workshop we will not only be using existing pictures, but take the camera (or mobile phone) in hand to explore new perspectives and take the first steps towards synthesis. Find out how you can reconnect all the different parts, one picture at the time.



Wendy Smit (The Netherlands)

Wendy Smit is psychosynthesis therapist and trainer. In her practise she combines this with her other expertise in creative and art therapy. Wendy is author of 3 books (in Dutch): Drawing and reflective writing (2012), Creative meditation (2016) and Discovering the Tree Labyrinth (2016). For the duration of the Summer School the Tree-Labyrinth is available to walk and explore.

<https://www.moolelo.nl/en>



Afternoon workshop – WS 12

Saturday 24th August

Move your polarities

*Exploring what's separate through body, mind & Soul
–moving towards acceptance and synthesis
Understanding the other begins with understanding yourself*

In this experiential workshop we will through body, heart and Soul seek out the polarities separating but also differentiating us.

The Psychosynthesis model of love and will be our starting of point.

In this workshop we will use movement, music, sharing and drawing to experience in different ways the otherness within ourselves. We will be seeking out identity as well as separation, highlighting polarities active within body, mind and Soul by listening, feeling into, experiencing; gently moving towards that which longs to unite, to integrate within each of us. Seeking the longing of what synthesis might mean for you. Come and experience from within your body, heart, mind and Soul!



Cecilia Angelin (Sweden)

Cecilia Angelin is a trainer and supervisor at PsykosyntesInstitutet in Gothenburg, Sweden. She works from a mindful viewpoint, exploring life as it is, from the present moment, with particular interest towards the story of the body, sensations, and spirit.

Apart from psychosynthesis she also works passionately with stories and mythology in residential workshops.



Afternoon workshop – WS 13 Saturday 24th August

All our problems a question of perception?

„Unwittingly, therefore, we live our lives through the magnetic pull of the historical past which seems to have a will of its own despite our very best intentions.“ Joan Evans

Free will a Fairy Tale? Neurosciences could make us believe this. Are we really run by archaic programs and unconscious prejudices? Than life would be nothing more than millions of reflexive reactions. Looking around the world it seems that we are reigned by: - Our fear of the foreign, strange or unknown
- Our longing for be-longing.

The task of the workshop will be

- Clearing our “eye-sight”
- Cutting the strings of inherited programs
- Healing the future in the past
- Changing perception

The workshop is skill-building, experiential using the toolbox of psychosynthesis. We work on the theoretical background of latest research (i.e. in Epigenetics, Neurosciences).



Kristina Bode (Germany)

Dr. päd. Kristina Brode, for 18 years head of Circadian Institute, a Psychosynthesis Training Center near Cologne. She developed and gave scientific proof to „The Systemic Cancer Care“, a psychooncological coping program. Her special interest is to work with the healing power of archetypes, especially in pre-celtic mythology. Doing research on Archetypal Psychosynthesis.



Afternoon workshop – WS 14
Saturday 24th August

To be announced



Afternoon workshop – WS 15
Saturday 24th August

To be announced

Registration

Register for the 2019 Summer school easily via the website:

<http://summerschool.gr8.com/>

Especially for French, Italian and German attendees, there is a possibility for a “whispering translation” by selected seminars and workshops. If you want to make use of this offer, please contact us via mail: info@psychosyntheseacademie.nl, at least 4 weeks before the start of the Summer school.

This program will be frequently updated. You can find the most recent program on the website. This program was updated on: January 11th 2019.

