

CORE INTEGRATION PSYCHE THERAPY



-FOUNDATION COURSE-

Course dates:

February 23-24, April 19-20, June 21-22, September 20-21,
November 29-30, 2008 and January 24-25, 2009.

www.core-integration.net

Ethos

This is a foundation course to grow as an individual and develop as a practitioner. The basic premise is to bring together people who will assist each other to live a life with presence, purpose and love. It aims to build on any work on your self that you have already experienced involving psychological process of a personal or spiritual nature.

The potential of sharing internal experiences and a common language is the creation of a community of connected individuals. Based on mutuality, respect and safe boundaries, the primary intention for this group is about holding and bonding. Holding ourselves and one another so we feel safe enough to find our trust in our being and in life; bonding with others to experience the benefit and beauty of being part of something nurturing and supportive. We feel sustained by a connection with others and learn how to hold also others in that space too. We all require mirroring so our truth is reflected back to us by others, enabling us to see our mask and where we are truly at. Then we recognise our true being as we often find it a greater challenge to accept our inner beauty and loving nature, than it is to come to terms with our illusions and distortions.

This course is an opportunity to create a Sangha, which means a community which supports its members to feel safe, face their

issues and merge with the sacred within. Certainly something akin to a sangha is needed in our increasingly fractured society. For a community to be held together something more than acquisitional goals or elevation of status is needed. Functional communities are nurturing, enlightening and empowering; existing on their own merit and a workable reality of love in practice.

Modality

Core Integration Psyche therapy is a transpersonal and body-centered therapeutic modality. It is a synthesis of traditional ways and modern modalities. These are complemented with insights giving it a coherent frame and an integrated methodology. It incorporates Psyche therapeutic, communal and creative practices, which include Core Energetics, Reichian process work, Enquiry, Deep Bodywork and Creative Processes. Essentially it is Core Energetics complemented with creative and practical spiritual methods. The course also embraces Heart of Being which is Daoist Qigong and other inner-work practices. This transpersonal approach facilitates a fuller connection to our essential and spiritual aspects. One basic choice we have as individuals is whether to persist in our egoic defensiveness and so live as if under siege; or trust and surrender to the Great Mystery and the inner guidance, love and presence of our core being.

Frame

The frame of this course will be presented in a way to facilitate learning and the creation of a heart-centered fellowship. Core Integration Psyche therapy and Heart of Being respectively are therapeutic and inner work/spiritual modalities developed by Amadis. It will also be drawn from the following sources.

A) What the teachers bring to the course.

We are responsible for the frame and focus of the course. The overall vision and its realisation will be held and sustained by us. Our intention and aim is to:

- Facilitate the bonding of the group.
- Provide a viable and instructive curriculum.
- Catalyse spiritual processes and a presence of being.

B) What participants bring to the groups.

Individually you are responsible:

- For the heart space that you each reveal and share with others.
- Your willingness to look at the defences that your personality operates.

C) What the collective spirit of the group brings.

Collectively you are responsible for the intention and integrity of the group. The overall aim for this venture is for it to be guided by our spirit. Your very participation will therefore determine the evolution of the course.

Training

The intention of Core Integration Psyche therapy is to establish a connection with your core being. This will enable you to facilitate others to do the same. By working on yourself you create the template for working on others. You discover ways to accept, understand and care for the hurt, distortion and disconnection that is so much part of the human condition. The integration of these parts within, frees your love and energy to flow from your core, to live with greater integrity, lightness and ease; and as a practitioner to develop a capacity to:

- Become another's therapeutic ally.
- Identify defences and catalyse their release.
- Support and hold another in their woundedness.
- Enable others to hold their own inner child.
- Empower others to establish clear boundaries.
- Assist others to recognise true needs.
- Encourage others to see themselves for who they are.
- Facilitate others to recognise their spiritual potential to access the core..

Enosis, which means union in Greek, is organising this course, which is an affiliation of independent practitioners who collaborate to support this work. The combined resources of the individuals involved with their skills, experience and inspiration provides a broader and deeper frame.

Facilitators/teachers

Amadis Cammell

I have spent years working intensively to be able to hold such a group and developing a systemic way, which includes number of transpersonal and personal development approaches, to support people in their journey to the core of their being. Primarily my role is directing the course, teaching and facilitating therapeutic, creative and spiritual-practices modules; as well as assisting Abigail in certain Creative Processes modules.



Abigail Kessel

I am supporting Amadis in the initiation of this project, its ongoing development and in the vision and potential of a therapeutic community. My main role is holding the female energy for the group, assisting in some modules and leading certain Creative Processes with a fusion of growth techniques and creative expression. I bring years of teaching experience in Drama, Yoga, Fedora, Energy Healing, dance and bodywork.

Commitment

The main requirements for participating in this course are a desire to be part of a therapeutic community, a sincere willingness to work on yourself and a desire to connect to your core. It welcomes anyone who seeks their authentic self and true being.

Due to the developmental and therapeutic nature of the course, it will be shaped according to the personal needs and transpersonal aims of those who are present. In other words what is covered will depend on the group dynamics. In practice this means that unless it is unavoidable your presence is essential and therefore expected. Being present at each module is vital as it ensures the continuity of the group and enables a deeper connection between members. Your commitment to your unfolding process and to an intention to be part of what the group aspires to is reflected by your attendance.

Practicalities

It is a two year programme. The first year is six two-day weekends and the second year is four three-day modules. The aim is for the course is to become a full training of five years. To join you need an initial interview. For any queries please feel free to contact Amadis: 0208 6711206, 07941 665506, amadis@core-integration.net.

The fee for the first year is £720. This does not include accommodation or food. The number of participants is limited and your ongoing participation is expected. A minimum attendance of four weekends is necessary to continue into the second year. The venue is The Core Integration Centre, London.