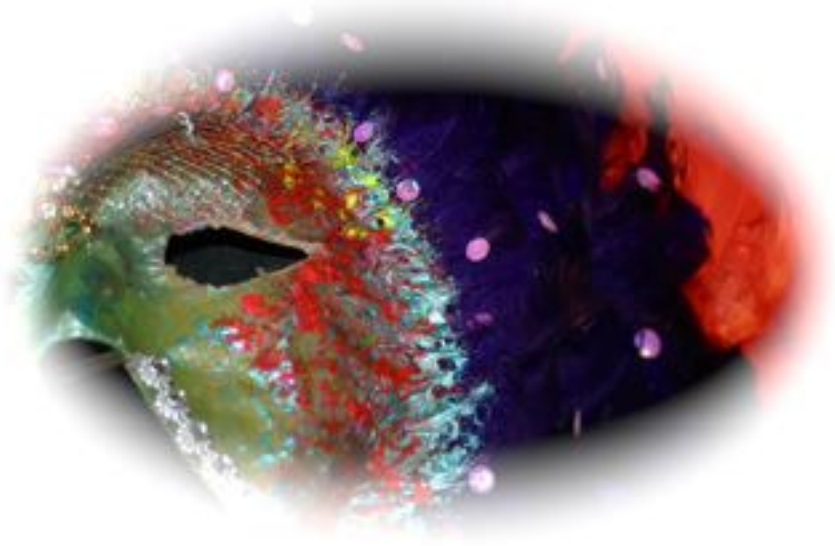
Gestalt Institute of Scandinavia

DISCOVERING THE UNLIVED LIFE THROUGH DREAM AND MASK WORK



led by

Sue Congram (UK), Marian Dunlea (Ireland) & Maja Reinau (Denmark)

Venue: Hegnegarden, Orø, DENMARK

Gestalt Institute of Scandinavia, GIS • International ApS.
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Member of The European Association for Psychotherapy (EAP) •JEP member of Psykoterapeut Foreningen (MPF)

This event is for people who have experienced at least two years personal development work, who wish to deepen their self understanding and learn about the processes of active imagination and working with dreams.

N.B. If any therapists attending this event find that clients of theirs are also attending the event, the programme will be structured so that teaching is provided in a large group and dream circles, mask-making and deeper personal work will be run in separate groups with private space.

The intention of the event is to provide a personal reflection retreat, building on dream circles, mask-making, bodywork, voice and art. There will be some teaching on the dream process. Held in the lovely setting of Hegnegarden, on the island of Orø, situated in the fjords of Denmark, we will use the inner and outer space of natures environment to share dreams, to connect with the unlived life, and develop personal masks as a symbol of new life. Each individual mask is made on the face reflecting authentic characteristics of the self, as well as a deeper archetypal form.

We will honour the discipline of morning silence, a time for self reflection, journaling dreams and meditation. Then working with individual dreams in dream circles we will follow the energy of the dream in the body, working with symbols and images in an embodied form. The energy and art forms that emerge are represented in the mask-making process, which then becomes embodied through wearing the mask.

We will draw on a combination of Gestalt concepts and Jung's Map of the Psyche through the teachings of Marion Woodman. Marion Woodman is a Jungian analyst who developed a way of working with the human psyche through the body, voice, art and dreams, with her colleagues Mary Hamilton, a dance and movement teacher, and Ann Skinner who teaches voice and theatre.

Recommended reading prior to the event:

The Pregnant Virgin - Marion Woodman (1985)

The Maiden King - Robert Bly & Marion Woodman (1998)

HE (revised edition) - Robert Johnson (1989)

SHE (revised edition) - Robert Johnson (1989)

The Robert Johnson books are particularly accessible as a first step into Jungian psychology, providing a useful introduction to the ideas which underpin the work of Marion Woodman.

Leaders Biographies

Sue Congram C.Psychol, is an organisation consultant living in the UK. She has a Diploma in Organisational Consulting (Gestalt), teaches Gestalt as organisational practice in the UK and abroad, is a visiting contributor to GIS and a lead consultant for the Gestalt in Organisations programme with the Gestalt Foundation, Greece. Sue has published a number of books, with a recently co-edited book on 'Education and Imagination' released in 2008. She is currently researching a PhD on corporate leadership and leadership development. As part of her research she is studying the contribution that arts-informed learning can offer in leadership learning.

Marian Dunlea, MSc, is a Jungian Analyst working in private practice in Dublin, Ireland. Her training and experience encompasses Psychoanalysis, Psychosynthesis, Authentic Movement, Trauma training, voice work, and theatre. She has taught in psychotherapy training institutes and in university programs, and she facilitates workshops nationally and internationally. She is a core faculty member and teaches regularly for the Marion Woodman Foundation, where her particular focus is working with dreams in an embodied form.

Maja Reinau, M.D. A Zurich trained Jungian analyst in private practice, Maja also works as a psychiatrist for children and adolescents at the University Hospital of Aarhus, Denmark. Maja has facilitated workshops and given lectures internationally. Her special research interests are currently centred around the exciting interrelationship between the Jungian approach, recent developmental theories and the new findings in neuroscience. She is eager to explore interrelationships that help us to appreciate, embrace and encourage the multiplicity and diversity of the soul.

All the leaders have completed the BodySoul Rhythms® Leadership Training Program run by the Marion

Woodman Foundation.

For more information & booking form contact:

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FURTHER INFORMATION AND BOOKING FORM CAN BE FOUND ON www.suecongram.co.uk and www.gis-international.com.

For payment in other currencies please contact Sue Congram or Jette Porting

Visit Hegnegaarden at Orø in Denmark!

Hegnegaarden is a re-build 3-winged farm, surrounded by fields and close to the water. Here is a special atmosphere and it is an inspiriting place for presence, development and togetherness.

Please visit Hegnegaarden's website on www.hegnegaarden.dk

Application

Registration is binding. The number of participants is limited.
Please send your application + medical form (attached) to:

GIS • International ApS.
Næsbyvej 28, Orø • DK-4300 Holbæk
Tel. +45 5947 0017 • Fax +45 5947 0069
Email: gis@gis-international.com • www.gis-international.com

Dates

Ask GIS for dates	First day	Check-in	18.00 – 19.00
		Dinner	19.00 – 20.00
		Start	20.00
	Last day	Closure	13.00

Please ask GIS for fees.