

Psychosynthesis into action – three day retreat on bringing a psycho-spiritual perspective to an organisational context

6th-9th October 2011, Led by Aubyn and Diana Howard

Overview

Psychosynthesis is a psycho-spiritual or depth psychology founded by Roberto Assagioli (1888-1974) and still being developed and applied by different groups of people today, primarily as an approach to Psychotherapy. Assagioli had a vision to apply his synthesis approach at collective levels to create transformation (e.g. in organisations, education, society, etc), but it seems less has been done to bring this about than he might have hoped.

This retreat is focused on these key questions:

- *What do we mean by 'spiritual' and 'psycho-spiritual' and what do they look like within the organisational context?*
- *How can we develop a language for exploring the spiritual dimension within an organisational context, in a way that makes it accessible and relevant?*
- *How can practitioners and leaders bring a psycho-spiritual perspective to organisations?*
- *What role does the psycho-spiritual dimension play within the transformation of today's organisations? For different types of organisation, e.g. commercial and non-commercial?*
- *What approaches, models and tools are available to the psycho-spiritual consultant, facilitator and coach?*
- *How can a psycho-spiritual perspective be enhanced by recent developments in other branches of psychology?*

This three days will be part collaborative inquiry, part professional development forum, part seminar and part holistic retreat. Although we have our own answers to these questions, we invite you to share your own experience of this work and for us as a group to reach a new synthesis that will both feed your own professional or leadership practice, as well as contribute to the wider field of knowledge.

Aubyn studied applied Psychosynthesis with the Institute of Psychosynthesis in London for four years and has since brought this perspective, alongside others, to his work as an organisational consultant and coach, often working with Creative Learning Consultants. The Institute now offers a version of the MA specifically for Coaching. Diana also studied with the Institute and has since explored how to facilitate health and creativity through a range of disciplines. We both gained an MSc in Change Agent Skills and Strategies with Surrey University. We hope to attract both those new to Psychosynthesis as well as any Applied or Psychotherapy students or graduates from any of the training schools who are interested in organisational level intervention, to engage in this inquiry.

By 'holistic retreat', we mean an experience that is designed to nurture all levels of the human being – physical, emotional, intellectual and spiritual. Château Chavagnac is the perfect venue to relax, learn and explore with a group of like-minded professionals.

Each day will be structured to include the following:

- Workshops on the application of psycho-spiritual approaches to the organisational level
- Group inquiry dialogue sessions focused on topics of greatest interest
- Opportunities for participants to share their own experience of bringing a Psycho-spiritual perspective to organisations
- Personal resourcing; choice of healing, artistic, physical or reflective activities each day
- Take away material on psycho-spiritual models or tools to use in your work
- Dinner, preceded by wine tasting or an aperitif on the terrace

Aubyn and Diana will guide the overall event and facilitate a workshop and inquiry dialogue each morning. The agenda will be shaped by checking out the needs and priorities of the group.

The venue and accommodation

The retreat will be held at Château Chavagnac, an exclusive residential facility for small groups to work together in a beautiful, resourcing and restful environment, set within 38 acres of grounds. Each participant will have their own room and most rooms come with an en-suite bathroom. Two pairs of rooms share bathrooms. Each room is different and we will try to accommodate everyone so that all needs are met.

Who is this for?

Two audiences; both (i) those familiar with Psychosynthesis and interested in its application to organisations, as well as (ii) those who are new to Psychosynthesis who would like to learn about a psycho-spiritual approach to organisational work.

What are the possible elements of a psycho-spiritual perspective to organisations?

Areas of application: Change, Leadership, Culture, Vision, Learning, Development

Organisational roles: leading, mentoring, facilitation, coaching and consulting

Example topics:

- An holistic model of the person
- Development, self-realisation, self-actualisation
- Releasing imagination, creativity and will
- Mindset reframing and behavioural change
- Personal mastery: Awareness and Will
- Working with the unconscious in organisations
- Cultural alignment through synthesis of parts
- A model of leadership coaching
- The guiding relationship and bifocal vision
- Presence, mirroring and charisma
- Transference and counter-transference
- Psychosynthesis organisational toolkit

Retreat activity options

Every afternoon there will time set aside for you to chose from any of the following:

- Healing treatments (additional charge): shiatsu or full body massage, reiki or kinesiology
- Artistic and reflective activity: painting, Qi Gong, meditation
- Physical activity: cycling, horse riding, swimming or hill walking

Costs

The all-inclusive fee for the Retreat (4 nights, 3 days) is **450 Euros + VAT** (£350 + VAT). This covers:

- (i) all accommodation, meals, wine with dinner, snacks, teas and coffees etc.
- (ii) Professional facilitation and course preparation
- (iii) take-away course materials
- (iv) cost of leisure activities, but not some treatments

The fee excludes your individual travel cost to and back from Château Chavagnac.

Travel options:

Train (Eurostar London to Paris, then TGV Paris to Valence, where we can pick you up)

Flights (various options, e.g. EasyJet to Lyon , BA to Lyon, Ryanair to Grenoble, etc),

Next steps

The course is restricted to 14 places, so please make your reservation early. Please send an email to Aubyn at aubyn@powernet.co.uk to make a provisional reservation, to let me know of your interest, or to ask any questions you may have. A £100 non-refundable (but transferable) deposit is needed to reserve your place on the retreat. The balance is due by the start of the retreat.

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