

IMAGES, WORDS and SILENCE

The Magical Tools of Therapy

A 5 DAY RESIDENTIAL TRAINING for Health Professionals and everyone interested in engaging with their inner world

An evidence-based dance through the therapeutic possibilities and delights
of well-crafted language, mindfulness, meditation and imagery

with Drs Ian and Ruth Gawler, along with Dr Nimrod Sheinman

VENUE: The Yarra Valley Living Centre, Rayner Ct, Yarra Junction, Victoria

DATES: Monday October 28th at 5pm (arr. 3.30 -5pm), to 2pm Friday November 1st, 2013

ENQUIRIES: +61 (3) 59666130

BOOKINGS: The Gawler Foundation + 61 (3) 59671730, www.gawler.org

PROGRAM OVERVIEW

There is so much on offer through the power of our minds and the power of our words. Are images, words and silence the keys to successful mind-body therapy and successful therapeutic outcomes?

Join like-minded health professionals and fellow seekers to learn, explore, experience, sit and converse with three authorities in this field and explore the possibilities.

Language. The power of our words.. How to craft our words to focus the attention of those we care for, to accurately guide them and to foster their healing. Ian Gawler has been taught and mentored by Dr Ainslie Meares and Sogyal Rinpoche, both masters with the spoken word. His use of words has been honed in the crucible of major illness over three decades. Here he shares the essence of what he has found effective.

Imagery. The power and opportunity to enter into the inner sanctum of the unconscious mind. How to directly communicate with dis-ease and "symptom makers", and directly address hopes and fears, habits and beliefs. How to unlock an untold potential for healing and wellbeing. Dr Nimrod Sheinman is a world authority who has taught widely in this domain. He teaches with clarity, providing direct experience and confidence.

Mindfulness and Meditation. So much interest in these techniques – from the public and clinicians. While over 6,000 studies now attest to the positive benefits of practicing these techniques for their wide range of physical and psychological conditions, meditation's history is steeped in its relevance to the meaning of life and the pursuit of spiritual reality. Here is a unique opportunity to learn from, and meditate with three senior people who combine a close connection with major meditation traditions along with modern medical knowledge and experience.

PROGRAM AIMS and CONTENT

When used wisely and effectively, words help us to navigate the intriguing and potent world of imagery, to teach and practise meditation well, and to hold a therapeutic silence. To gain the most, to be most effective, one needs to be well trained, to be able to provide good quality information clearly, and to have a well established personal practice in this domain.

This program will provide a gentle blend of theory and practice. A rationale will be presented for the therapeutic application of language, imagery, mindfulness and meditation; recent research will be highlighted, and there will be good time for questions and discussion.

Regular practice sessions will be a feature; some one-on-one, some in small groups, some led by Ian, Ruth and Nimrod. The pace of the training has been designed to allow for some rest and regeneration, amidst a valuable learning experience.

Ask the right question, use the right words, hold the silence, create the magic

SUITABLE FOR

Health professionals from all disciplines, along with anyone interested in their own inner world as a path to personal discovery and transformation, along with healing and wellbeing. One of the delights of this training will be its inter-disciplinary flavour, and the opportunity to share conversations with like-minded people from diverse backgrounds.

CONTINUING EDUCATION

30 Cat 2 points applied for from the RACGPs QI&CPD. Some other organisations may accept this program for Continuing Education requirements.

YOUR GROUP LEADERS

Dr Nimrod Sheinman ND, BSc is a Holistic Naturopathic Physician, co-founder of the Israel Center for Mind-Body Medicine and one of Israel's most experienced and respected mind-body authorities. Over the last 25 years he has taught on Mind-Body Medicine, Imagery-based Therapy and Mindfulness Perspectives in Clinical Practice in hospitals, universities, schools, centers and international conferences in USA, Europe, Israel and Australia.

Dr Ruth Gawler MBBS, MGPPsych, FASPsychM is a General Practitioner with a specialised interest in Mind-Body Medicine and Psychiatry. Ruth has been studying and practising meditation for over 25 years. She is currently on the Board of the Australian Meditation Teachers Association. Ruth has worked as a G P, counselor and therapist in the residential programs at The Gawler Foundation since 2001 where she also facilitates group sessions and serves as a yoga and meditation instructor.

Dr Ian Gawler OAM, BVSc, MCounsHS, Ian Gawler has played a major part in popularising meditation, Mind-Body Medicine and other self-help techniques in the western world. Ian had a close relationship with the genuine pioneer of therapeutic meditation, Dr Ainslie Meares; first while a cancer patient, then in a mentoring capacity. He has also been a long-term student of the great Tibetan Buddhist teacher, Sogyal Rinpoche. Ian has written 4 books on meditation and taught widely on the subject for 30 years, as well as editing 7 books on Mind-Body Medicine.

WHEN and WHERE

DATES: Monday October 28th at 5pm (arr. 3.30 -5pm), to 2pm Friday November 1st, 2013
Fully residential: The Gawler Foundation, 55 Rayner Crt, Yarra Junction, Victoria, Australia.

COST: Inclusive of high quality (mostly) organic, vegetarian meals, accommodation & tuition
Twin share: \$1430, Dorm: \$1280. Reserve your place with a non-refundable \$200 deposit.
Full payment required by Friday October 11th, 2013. Massages available at extra cost.

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