



# Transitions at Ammerdown

A unique opportunity to undertake Re-Vision's signature 5-day introductory 'Transitions' course in a tranquil countryside residential setting

Monday 30th March—Friday 3rd April 2020

£795 inclusive of accommodation, meals and training

## The one thing we can be sure of in life is that it will change

The Transitions course offers deep insight into your life patterns, healing of old wounds, tools to turn crises into opportunities, unblocking of creative flow, a renewed sense of purpose, a solid basis for making decisions and trust in the inner wisdom of soul.

The course is for those exploring new options in the face of such change, who want to do any or all of the following:

- take the time to renew themselves and search for fresh meaning
- ground their spiritual vision in a psychological discipline
- enrich their personal development
- apply for the Counselling and Psychotherapy Training at Re-Vision.

Facilitated by two of Re-Vision's senior trainers, *Transitions* is a comprehensive introduction to the key ideas and experiential approach at Re-Vision as well as being a prerequisite for entry to the Foundation Year. The content of this course is identical to the non-residential course held at Re-Vision's centre in London three times a year (see <http://www.re-vision.org.uk/transitions/> for more details and further dates).

Whether taking the course purely for personal interest or as the first step in their counselling training with Re-Vision, participants from every walk of life have found this remarkable course of immense personal value. Using imagery, ritual, drawing, mask-making, dramatic enactment and dialogue, it explores the legacy of family history as well as the longing for something more in life. The course structure follows a healing cycle that allows participants to perform a fundamental 're-visioning' of their next step in life.

**See overleaf for details on how to book**

## About Ammerdown

The Ammerdown Centre is a rural retreat and conference centre in Radstock, near Bath. Accommodation in individual en-suite rooms and all meals are included in your fee. The course will start on the Monday lunchtime and finish after lunch on Friday. The course will run from around 10am to 6pm on full days, but one or two sessions may be held after supper in the evening, allowing time for you to explore the grounds and the environs. Find out more about Ammerdown here: <http://www.ammerdown.org/home>



## How to apply

Please contact [Tara@re-vision.org.uk](mailto:Tara@re-vision.org.uk) or call 020 8357 8881 for a transitions application form, stating that you are interested in the Residential Spring 2020 course. You will be sent an application and are asked to return this with a non-refundable £50 deposit\*.

If you are accepted onto the course, you will be asked for a further non-refundable £250 deposit\* with the remainder of the fee payable at least six weeks before the course start.

\*If the course does not run, deposits will of course be refunded.

## Transitions can be a life-changing experience—past participants have said:

*"It was a safe, clear and managed process which took us through a journey step by step. This is a sound, thoughtfully constructed and profound process"*

*"...being held with love, to be ourselves and face our fears and shadow in safety..."*

*"...because it was so directly related to experience, some things I've 'known' suddenly made great sense..."*

*"The experiential/visioning exercises were fabulous"*

*"The careful structuring of the course enabled each of us to work at our own pace and to be seen and heard just as much or as little as we wished."*

*"It had to be safe enough to take risks, to risk exposure, and for me ... it was. This containment and nurturing was an important aspect of what the facilitators provided."*

*"I think this course can benefit anybody, but I would recommend it especially to people who feel their life is compartmentalised and are suffering because of it, people who are trapped, stuck and want to find a new direction."*

## Your trainers on this course



**Nicky Marshall** is a UKCP registered psychotherapist and BACP accredited senior practitioner. She has a particular interest in relationship dynamics, our relationship with the other than human world, and the ethics of practice. She has a background in Mental Health, working with addictions and with survivors of sexual abuse in childhood. Nicky is Training Director and stage 3 co-ordinator at Re-Vision, and teaches and supervises on the counselling and psychotherapy training as well as the Couples and Supervision courses.



**Mark Van Gogh** is a UKCP registered psychotherapist. He works in private practice and as a trainer and supervisor at Re-Vision. Mark coordinates stage 2 of the counselling diploma, and teaches several stage 2 modules. Alongside Sarah Van Gogh he co-teaches all stage 1 modules, and facilitates video groups for stages 2 and 3 of the diploma. He is co-founder of a programme for men entitled The Soul of Men, and teaches courses on Jung and Psychosynthesis at City Lit.