



# Transitions at Ammerdown

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

Monday 22nd April—Thursday 25th April 2024

£925 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 experienced 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 or the Psychotherapy diploma. The course covers the same areas as the non-residential course held at Re-Vision's centre in London or online (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 at lunch on Monday and finish after lunch on Thursday. The course will run from noon on Monday to 2pm on Thursday with sessions during the day and some 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 2024 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 for any reason, deposits will of course be refunded and/or participants will be offered the on-line or in-person Transitions course.

## 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



**Anthea Benjamin** is a UKCP registered integrative arts psychotherapist who has worked in the NHS, residential, private and community settings for over 15 years. Anthea trained at the Institute for Arts and Therapy in Education (IATE) where she has also worked since 2010 as Group Process Facilitator and trainer in diversity, among other topics. Anthea has a Diploma in Groupwork Practice from the Institute of Group Analysis where she is currently completing her training as a group analyst.

**Deborah Berger** is a UKCP registered psychotherapist who trained at Re-Vision. She is qualified to work with couples, as a supervisor and as a wild therapist. She is co-director of Spiral Therapy Centre which offers low cost and reasonably priced therapy to the local community and is itself a thriving community of therapists. Deborah has an ongoing interest in the complex issues of culture, heritage, difference and oppression. She works across Re-Vision's training as well as being joint coordinator for the psychotherapy training.