



The Re-Creation of the SELF

Models of Human Systems as an Approach to Psychotherapy

October 5-7, 2012 – Tauhara Centre, Taupo

with **Jon Eisman**

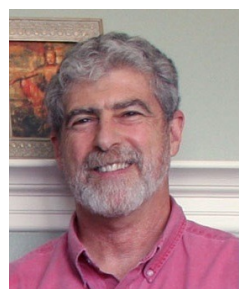
founding member of the Hakomi Institute, USA

Interweaving neurobiology, mindfulness and somatic, experiential psychology, the Re-Creation of the Self Intensive Training provides participants with theories & methods immediately applicable in both their professional and personal lives. In R-CS, therapy is not seen as an exploration and gradual resolution of old wounds, but as a celebration of innate resources and an opportunity to re-embody our inviolable and already existing, expansive core sense of Self. When, in our development, this sense of Self was opposed, we accommodated the various obstacles and hurts we endured - and protected our ultimate integrity - by fragmenting our consciousness into various trance-like, limbically-held self-states. Long held as habitual neural networks in the brain and body, these fragmented states of consciousness perpetuate both our illusory sense of wounding, and the limiting behaviors that follow.

R-CS seeks to recognize and disidentify immediately from these perceived selves, and to support the client's re-immersion in their innate wholeness. R-CS does not focus on the content or historical origins of these states, but instead invites people to choose to shift right now into their already present, more expansive, preferred state.

What You Will Get From This Training

- ❖ A comprehensive and practical map of the structures of the Self;
- ❖ A fascinating new perspective on the actual nature of client change;
- ❖ Immediately applicable skills for shifting lifelong fragmented client states and trances;
- ❖ Techniques to pursue the Ideal Self and the evolution of Selfhood.



acclaimed for his teaching expertise and the aliveness he inspires in groups. He lives with his family in Ashland, Oregon, USA.

JON EISMAN, the creator of the R-CS model, is the founder of Mindful Experiential Therapy Approaches (www.meta-trainings.com). He is an author, a senior Hakomi trainer and Director of the Hakomi institute of Oregon. Jon is widely

Dates & Times: October 5,6,7. Friday 9:30am – 6pm; Saturday 10am – 6pm, Sunday 9am – 4pm.

Venue: Tauhara Centre, Acacia Bay Road, Taupo

Accommodation options at Tauhara Centre range from \$270 – \$390 (Thursday dinner – Sunday lunch). Book directly with Tauhara Centre (www.tauharacentre.org.nz) Tel: 07 378 7508

Tuition: \$575 or \$525 (if paid by September 10).

Payment: Internet payments: 38-9014-0039118-00
Reference: RCS and Your Name

Contact: Sol Petersen, solpetersen@xtra.co.nz
Tel: 07 8668971, or 021 893055, Waimana at Mana, Coromandel RD1

The Hakomi NZ Professional Training 2012-14 with one 9-day module in Hawkes Bay and five modules at Mana Retreat, Coromandel, begins November 2. For information see: www.hakomi.co.nz or contact Sol Petersen