

Modalities of TERC include

dreamwork,
meditations,
sandplay,
bioenergetics,
dance, movement,
Artwork and Mandala Drawing,
journal writing,
VOICE DIALOGUE,
breathwork,
reaction and projection
processing
and
sharing,

'When you do things
from your Soul,
you feel a river
moving in you,
A joy'
Rumi

Janine and Wendy are both fully trained
Transpersonal and Emotional Release
Counsellors (TERC),
and full practising members of the
the Association of Transpersonal &
Emotional Release Counsellors
Inc. (ATERCI)
Accredited with the
Psychotherapy & Counselling Federation
Of Australia (PACFA)

They are both actively committed
to their own personal growth
and Inner journey

Wendy has been involved in Education,
is employed in schools doing ERC Therapy
and is a Qualified Spiritual Director .

Wendy Bignell
Phone 65843711 / 0417232086

Janine has been in practice for many years.
She is currently employed in
Mainstream schools doing
ERC Therapy with children and parents ,
as well as maintaining a private practice

Janine Taranto
Phone 65874328 / 0431898292

A Two Day Personal Growth Workshop

BEING AND SOUL

Transpersonal
and
Emotional Release
Counselling

With
Janine Taranto
And
Wendy Bignell

The Modalities

What is Transpersonal and Emotional Release Counselling?

TERC is a way of working expressively with the energies of current life issues and life patterns.

The range of modalities gives awareness to and support for
-the release of hurts, past and present,
-the exploration of parts of ourselves previously unknown or denied,
and give greater access to our own inner wisdom, guidance and healing.
This enables us to come into a more real and satisfying relationship with ourselves, the more of ourselves and others.
It can become a spiritual journey.

A 2 day residential workshop provides a supportive group setting to allow deep personal exploration.

The workshop may include any of the modalities. Participants will be working in pairs for some of the processes thus gaining the rich experience of companioning others

Dreamwork and Sandplay: These modalities work via the language of symbol. Through dreams inner guidance and unconscious material can be accessed and integrated. Sandplay adds the element of 3 Dimensional expression and exploration.

Bodywork and Bioenergetics: Processes focused on responding to and giving expression to physical tensions, thus supporting access to underlying emotional material. This can then be safely released, which supports healing and deep relaxation.

Transpersonal Breathwork: Through inner focus, breath, music and support, emotional and physical material can be accessed and released. The innate inner healing mechanism within each individual guides the depth and timing of release, healing and transformation.

Voice Dialogue: Jungian based communication tool allowing exploration and awareness of various aspects of ourselves. With non-judgmental support our protective "selves" can be heard and our less developed "selves" can begin to emerge.

Emotional Release Process Work: Process work starts with any current issue that holds an emotional "charge". This charge may be one of hurt, anger fear etc, yet the emotional reaction is either a familiar or repeated experience., or is out of proportion to the triggering event. This indicates the current issue is triggering reactions related to earlier experiences. Safe supported expression and release of the emotions supports the emergence of more life affirming responses rather than the repetition of old survival / coping mechanisms.

Dates

See Attached Insert

Time: Arrive in time for dinner at 7.00 pm Friday.
Conclude 4pm Sunday

Bring: Sheets, Pillow slips and Towels
Art Pad, Pastels, Journal and pens.

Wear: Loose comfortable clothing

Venue: Inner Journey Centre
86 Toms Crk Rd
Ellenborough 2446

Cost: Full Cost \$ 290.00
Deposit \$ 50.00
Inc Food and Accomodation.

For Further Information :

Janine 0265874328 / 0431898292

Wendy 0265843711 / 0417232086

Registration Form 2010

2 Day workshops

Dates April Fri 30th–Sun 2nd May.
June Fri 25th –Sun 27th
August Fri 6th—Sun 8th
Sept Fri 17th—Sun 19th
Nov Fri 5th –Sun 7th

Name:

.....

Address:

.....

.....

.....

Email:

.....

Ph- Home :

.....

Work:

.....

Mobile:

.....

Do you Have any Special Dietary Requirements?

.....

.....

Full Cost \$290

A deposit of \$50 is required to secure your place.
Balance due at start of workshop.

Cheques can be made out to
Wendy Bignell and sent with this form to:

Wendy Bignell.
21 Shoreline Dr
Port Macquarie 2444 NSW