

## The 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,**

These modalities provide  
a language for expression  
of your inner feelings,  
Hope,  
divisions and directions.

TERC works creatively in response to  
each persons unique needs

Janine and Marilyn are both fully trained  
Emotional Release Counsellors (ERC ),  
And full practicing members of the  
The Association of Transpersonal  
& Emotional Release Counsellors  
Inc.

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

Marilyn is currently employed as  
a relationships counsellor and also has  
a private practice where she works  
with ERC Modalities

Marilyn Wadick  
Phone 66551917 / 0421410040

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

## **Emotional Release Counselling**



**2 Day**

**Personal Growth  
Workshop**

**With  
Janine Taranto**

**And**

**Marilyn Wadick**

## 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:** 19 –21st Sept  
31st Oct – 2nd Nov

**Time:** Arrive in time for dinner at 6.30 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  
186 Toms Crk Rd  
Ellenborough 2446

**Cost:** Full Cost \$ 290.00  
Concession \$ 250.00  
Deposit \$ 50.00

### For Further Information :

Janine 0265874328 / 0431898292

Marilyn 0266551917 / 0421410040

**2008**  
**2 Day workshops**  
**Registration Form**

Please Indicate the Dates you would like to attend;-  
September: 19th—21st  
October :31st—2nd Nov.

Enter your contact details:-

Name:

Address:


Email:

Ph- Home :

Work:

Mobile:

Do you Have any Special Dietary Requirements?

**Payments:**

Full Cost            \$290

Concession:        \$250

A deposit of        \$50

Is required to secure your place.

Balance due at start of workshop.

Cheques can be made out to  
Janine Taranto and sent with this form to:

Janine Taranto  
Bunnoo River Rd Ellenborough. 2446  
NSW