

## 2012 Workshops at the Portiuncula Centre, Toowoomba, Qld

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[www.portiunculacentre.com](http://www.portiunculacentre.com)

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### Transforming the “Dark Emotions” - Grief, fear, anger and despair

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Many of us experience situations in which we come face-to-face with the “dark emotions” in young people and adults. This can be very challenging in our workplace, family or community life. Often we are left feeling inadequate because of our inability to understand and deal with these emotions skillfully. The effect of this can be quite devastating.

How do we honour the basic emotions that are an inevitable part of every life - grief, fear, anger and despair? In this workshop participants will:

- Explore these powerful, and for large portions of the community, frightening emotions and their potential for developing strength, resilience, hope and joy for living
- Experience what it means to ‘be with’ these dark emotions authentically and mindfully
- Investigate techniques which facilitate the transformation of the “dark emotions”
- Develop a capacity to authentically and mindfully feel these emotions in your own life. As practitioners we cannot demonstrate trust in these emotions without experiencing their transformative potential ourselves.

**Dates:** January 21 & 22, 2012 TIMES: Sat 8:30am – 4pm & Sun 9am – 4pm

**Fees:** \$350 (includes: GST, morning/afternoon teas, a light lunch)

Earlybird payment by: 21<sup>st</sup> Dec \$300

B&B available \$30/night; BYO sheets, towel, doona

### Portiuncula Open Day

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*Have you ever wondered what we are up to at the Port? Recent changes in our focus will be explained in detail. We have some exciting new courses — to compliment our tried and true programs.*

For those of you who want to know more about how to “Explore Your Personal Potential”, why not come along and find out more about our programs?

And if you have never been to our centre, please come this time. If you know our centre, you are welcome to revisit and to bring friends and colleagues. We encourage you to be here for the full time — cuppa provided. Please book ahead if you are coming.

**Date:** Sunday Feb 12, 2012 FREE

10am–1pm

### Healing the family soul

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*with Judith Dawson and Albert Scherrer PhD*

Do you feel held back and burdened by unresolved family issues? Do you notice unhealthy and destructive family patterns appearing in your life? Sometimes they have been taken on from former generations.

Healing these patterns will not only allow you to live a happier life but will also pave the way for your family and the next generation to become free of these influences.

Judy and Albert will use the Family Constellation process which will enable you to explore and resolve aspects of your family’s past and to find more clarity and contentment in your life now.

**Bring:** Notebook, biro, your own food. Bed linen and doona if staying overnight (B & B \$30 per nite).

**Dates:** 25-26 Feb, 2012

**Times:** Saturday 9am–5pm, Sunday 9am–4pm  
Register — Saturday 8.30am

**Fees:** \$220

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# Vegan Cooking Introduction

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*with Pat Quinn*

This day will include practical demonstrations of preparing vegan food. Participants will taste each dish and be given a copy of each recipe.

Vegan food can improve quality of life, reduce the risk of heart disease and type 2 diabetes, may prevent heart attack and stroke, reduces cholesterol, lowers high blood pressure, may lessen the possibility of prostate, colon, and breast cancer. An added benefit of a vegan diet is loss of excessive weight.

This will be a small group workshop given the size of our kitchen. BOOK EARLY!

*Different recipes will be used at each gathering.*

**Bring:** Notebook, biro, no need to bring lunch. Vegan food will be provided. If you need to stay a night bring bed linen, doona & your own evening meal (B & B \$30 per nite).

**Dates:** Saturday Mar 3 & Saturday May 12, 2012

**Times:** Saturday 9am–5pm  
Register — Saturday 8.30am

**Fees:** \$110 per day

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## Holotropic Breathwork™ - a technique for self discovery

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*with Judith Dawson and Albert Scherrer PhD*

This technique was developed by Dr. Stan Grof who is one of the most important pioneers in the scientific understanding of consciousness – and this particularly in his work with Holotropic Breathwork. It was he who pioneered this powerful innovative approach to therapy and personal growth.

The process encourages participants to explore the depths of the psyche and transpersonal dimensions of consciousness. It has the potential for facilitating psychological insights and transformation that can be remarkably rapid and deep.

Holotropic Breathwork combines a powerful breathing technique with music to enter into a deep meditative state enabling one to gain access to the unconscious. It can heal past hurts, open up hidden potential and allow your energy to flow freely.

This workshop is not appropriate for pregnant women, or for persons with cardiovascular problems, severe hypertension, severe mental illness, recent surgery or fractures, acute infectious illness, or epilepsy. It is not compatible with the use of illegal drugs.

*For those who have not participated in breathwork at our centre, there will be an introductory talk on Friday night at 7.45pm prior to each workshop — this is a pre-requisite for newcomers.*

**Bring:** Two towels, tissues, one fitted and one flat sheet for breathwork, art pad, crayons, biro, notebook, loose clothing; bed linen and doona if staying overnight (B & B \$30 per nite). BYO food.

**Dates:** 10-11 March, 21-22 July, 24-27 Nov (4days)

**Times:** Saturday 9am–8pm, Sunday 8.30am–5pm  
Monday and Tuesday 8.30am–4.30pm

**Fees:** \$220 for 2 days  
\$440 for 4 days

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## Body, Mind, Spirit – a time for retreat

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*with Pat Quinn*

Are you looking for something more? Do you need “time-out” to retreat from the busy-ness of life? This is an opportunity to listen to your body, your mind and your spirit. This is a weekend for self-nurture where we will use a range of reflective experiences to help you to connect with yourself. Give yourself this opportunity to discover more of the “real you” — coming home to yourself.

**Bring:** Notebook, biro, your own food. Bed linen and doona if staying overnight (B & B \$30 per nite).

**Dates:** March 31- April 1, 2012

**Times:** Saturday 9am–5pm, Sunday 9am–4pm  
Register — Saturday 8.30am

**Fees:** \$220

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## Why Weight ?

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*with Pat Quinn*

So many of us feel distressed about our relationship with food. This workshop will help you to clarify your issues with food and, at the same time, find self compassion and self acceptance.

Today we are bombarded in the media with cooking shows and food programs. What does this say about our culture? How do we negotiate our way through this territory? What personal impact does this have on us?

In this workshop, we will use various approaches to explore these questions and find the way best suited to each individual's lifestyle.

**Bring:** Notebook, biro, your own food. Bed linen and doona if staying overnight (B & B \$30 per nite).

**Dates:** April 21-22, 2012

**Times:** Saturday 9am–5pm, Sunday 9am–4pm  
Register — Saturday 8.30am

**Fees:** \$220

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## Dealing with Stress - In a hectic world

*With Pat Quinn & Melissa L'Estrange*

Do you find it difficult to switch off, to let go of the pressure you are feeling and to allow your body to relax? In this workshop, we will use a range of techniques, including meditation, as a means of finding a deeper sense of calm and wellbeing. We will also teach you some simple physical exercises to release tension from your body.

What you learn in this workshop you will be able to use in your everyday life. These methods will help you to deal with anxieties and tensions as they arise.

**Bring:** Notebook, biro, your own food. Bed linen and doona if staying overnight in (B & B \$30 per nite).

**Dates:** May 26-27, 2012

**Times:** Saturday 9am–5pm, Sunday 9am–4pm  
Register — Saturday 8.30am

**Fees:** \$220

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## Creating Conscious Relationships - A seminar for singles and couples

*With guest presenter Ana Barner*

Relationships are an invitation for personal expansion and growth. They offer one of the most exciting and rewarding opportunities to grow beyond our automatic reaction patterns and become full human beings. Voice Dialogue responds to this challenge with a unique relationship model and a creative consciousness tool, which can be used to increase their communication.

Each person learns about their own personality patterns and discovers how the other carries their opposites. This understanding helps them to unravel the negative reaction patterns that have developed. Instead of polarizing against each other they can now become each other's teacher. This seminar is open to anyone with a genuine interest in understanding and mastering all kinds of relationships. This includes relationships between partners, with siblings, parents, children, colleagues etc. Participants do not need to have any prior experience with Voice Dialogue. The group is designed to give individuals and couples more insight into the dynamics of relationship and to develop new ways of relating.

Ana will be available for individual and couples sessions on Friday, June 15 and Monday June 18. Cost: \$130 for individual sessions (90 minutes) and \$170 for couples sessions (2 hours).

**Bring:** Notebook, biro, food to share. Bed linen and doona if living in.

**Date:** June 16 - 17, 2012, 10am – 5pm

**Cost:** \$300, \$550 per couple, Early Bird \$275 or \$500 per couple if paid fully by June 1.  
Please contact Ana for concessions and payment plans, for enrolments and bookings.

**Phone:** 02 6684 7158, mobile: 0410 740 420,

**Email:** [anabarner@VoiceDialogue.net](mailto:anabarner@VoiceDialogue.net)

**Website:** <http://www.VoiceDialogue.net>

**Accommodation (if needed)** contact The Portiuncula Centre. \$30 B & B.

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## Claiming our Roots - Embracing new life

*with Judith Dawson and Albert Scherrer PhD*

Many people are looking for spiritual growth and happiness but are held back or stuck in life because they are not at peace with their roots. Without a solid foundation how can we grow and be healthy both physically and spiritually? We limit our growth until we master this fundamental task of claiming and acknowledging our roots.

Using the process of Family Constellations Judy and Albert will help participants to bring healing to the disruptions and disorders in their family system so that love, strength and new growth can enable them to live a freer, healthier, and fuller life.

**Bring:** Notebook, biro, your own food. Bed linen and doona if staying overnight (B & B \$30 per nite).

**Dates:** 7-8 July, 2012

**Times:** Saturday 9am–5pm, Sunday 9am–4pm  
Register — Saturday 8.30am

**Fees:** \$220

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## Being Artful with Emotional Conflict

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The hands-on approach of this workshop enables participants to explore strategies they can use with their clients. This approach makes use of drawing (colours and shapes), symbols, and images to assist others to find their own answers when faced with emotional challenges in their lives. Participants will:

- investigate the power of symbols and images to transform emotional conflict
- explore the creative or non-creative aspect of oneself; its potential to promote emotional well-being
- experience growth in self-awareness, empathy and interpersonal communication through the arts.

**Dates:** August 4 & 5, 2012    **TIMES:** Sat 8:30am - 4pm & Sun 9am – 4pm

**Fees:** \$350 (includes: GST, morning/afternoon teas, light lunches)

Earlybird payment by: 2<sup>nd</sup> July \$300

B&B available \$30/night; BYO sheets, towel, doona

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## Sandplay and Symbol Work

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*with Lynette Fox and Judith Dawson*

Unlock the world of the unconscious through sandplay and working with symbols. Find deep healing and gain a greater understanding of what is running your life. Sandplay is becoming universally accepted as a powerful technique for accessing unconscious factors that affect behaviour.

This course is suitable for professionals, teachers, parents and others and is especially recommended for those working with children and adults in counselling, therapeutic or teaching capacities and for those interested in their own personal growth. This week includes theoretical and experiential work with sandplay and learning how to facilitate others.

**Bring:** Loose comfy clothing, art pad, crayons, camera, biro, notebook. Bed linen and doona if living in.

**Date:** Monday 27–Friday 31 August, 2012

**Times:** 9am–5.30pm daily, finishing Friday 4pm  
Registration 8.30am Monday

**Fees:** \$1300 residential (incl. breakfast, lunch & accom)  
\$1180 non-residential (incl. lunch)

**Limited places — please book soon.**

Deposit of \$50 to register. Full payment by August 8, 2012.

If cancelled after this date, an administration fee of \$50 will apply. If cancelled after Aug 16, there is no refund of fees

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## The creative journey

**expressing yourself through art, movement & music**

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*with Melissa L'Estrange and Pat Quinn*

Be an everyday creative person, creative in everything you do" Eric Maisel When you create you are in the flow of life. Living creatively inspires us, adds meaning to life and expands us as a human being.

This workshop is an opportunity to explore your own source of creative expression and discover how you can incorporate more of this into your everyday life.

Through music, movement, artistic endeavours and writing, come and have fun and exercise your mind, body and creativity. *Trusting the visions that inspire us from our hearts is the authentic way of life.*

**You may attend for one day (Saturday) or for two days to have a deeper experience.**

**Bring:** Loose clothing, art materials of your preference, biro, notebook; bed linen and doona if staying overnight (B & B \$30 per nite). BYO food

**Dates:** 8 & 9, September, 2012

**Times:** Saturday 9am–5pm, Sunday 9am–4pm  
Register — Saturday 8.30am  
**Fees:** \$110 for 1 day, \$220 for 2 days

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## Care of the Soul Retreat - A special workshop for Port graduates

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*with Judith Dawson and Albert Scherrer PhD*

“Taking an interest in one’s soul requires a certain amount of space for reflection and appreciation.” *Care of the Soul – A Guide for Cultivating Depth and Sacredness in Everyday Life*, Thomas Moore.

This four day retreat for graduates of The Portiuncula or other TERC centres (minimum Level 1) will provide the space and opportunity to connect to the deeper parts of yourself. During this time you will have the opportunity to participate in a Holotropic Breathwork session which will provide a space for your inner healer to guide you on your life’s journey. There will also be time for reflection and meditation which can be so difficult to structure into our busy modern lives.

This retreat is an opportunity to experience and live the presence of your soul, which can lead to an understanding of the following:

- That there is much more to us than our five senses
- That we are eternal beings with no ending and no beginning
- That we are connected to all life
- That it is not only our deeds that contribute to the world, but also our thoughts and our energy.

Taking this time out to be still and reflect can be like resetting the compass of our lives.

**Bring:** Loose comfy clothing, biro, notebook. Bed linen and doona if living in. B&B \$30 per night. Prepared food to share for lunch.

**Dates:** October 6-9, 2012

**Times:** Saturday 9am–Tuesday 4pm  
Register Saturday 8:30am

**Fees:** \$440

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## Becoming who you really are?

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*with Judith Dawson and Albert Scherrer PhD*

What is stopping you from discovering and reaching your potential?

On life’s journey we often find obstacles and challenges blocking our way eg. illness, relationship breakdown, low self esteem, depression etc. Finding our way through these blockages can help us to discover who we really are. We can free up our potential for growth and change.

We will use the Systemic Constellation process which is a powerful method for discovering and resolving these blockages. This will allow you to live a more authentic and joyful life.

**Bring:** Notebook, biro, your own food. Bed linen and doona if staying overnight (B & B \$30 per nite).

**Dates:** 3-4 Nov, 2012

**Times:** Saturday 9am–5pm, Sunday 9am–4pm  
Register — Saturday 8.30am

**Fees:** \$220

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## Self-care as Self-supervision, Restoration and Rejuvenation for 2013

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We cannot eliminate stress from our lives, but health, happiness, creativity and productivity suffer if we don’t find ways to balance our stress load. Balance can be achieved by turning off the stress response and turning on the relaxation response. If we are calmer, we are better at responding.

*“The single most important tool we have in life is the person we are and our most powerful technique is our ability to model aliveness and realness....If you are aware of the factors that sap your vitality as a person you are in a better position to prevent the condition known as professional burnout. Learn to look within yourself to determine what choices you are making (and not making) to keep yourself vital. Although you cannot control stressful events, you do have a great deal of control*

*over how you interpret and react to these events. There is a price to pay for always being available and for assuming that you are able to control the lives and destinies of others.” (Corey, 2005).*

Participants will:

- Become attuned to the subtle signs of burnout which can result in emotional and physical exhaustion.
- Investigate the factors that sap your vitality
- Use self-care and self-assessment tools to determine if you are living the life you want.
- Through the creative arts integrate professional experiences and release more energy for living.

**Dates:** December 1 & 2, 2012    **TIMES:** Sat 8:30am - 4pm & Sun 9am – 4pm

**Fees:** \$350 (includes: GST, morning/afternoon teas, light lunches)  
Earlybird payment by: 1<sup>st</sup> November \$300  
B&B available \$30/night; BYO sheets, towel, doona

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## Expanding your Personal Potential

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Are you looking for Profound Change in your life? Would you like to be guided through this Change so you can feel safe and secure?

This course is the one we recommend for people who are committed to Deep Personal Growth and Development.

The focus of this 22 day course is to use a range of innovative techniques which will bring about lasting effects and lead to:

- Self empowerment
- A happier and more fulfilled life
- Creating a vision for your own life
- Improved self image & increased self confidence
- More rewarding relationships

Commencing June 2012 and concluding Nov 2012.

**See separate brochure for further details.**

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## Other Important Information

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**Fees:** All fees include GST

**Workshop Times:** Please come early to complete enrolment before commencement of workshop — we like to begin on time.

**Accommodation:** Dormitory style accommodation is available — \$30 bed and breakfast. Bring sheets, pillow slip, towel, doona.

**Food at Workshops:** We ask that you bring your own food. We have good kitchen facilities. Those booked for B&B do not need to bring breakfast.

**Enrolment and Deposit:** Enrolment may be made any time up to 2 weeks before a workshop date. Book early to ensure a place. You can presume your enrolment is accepted unless you are advised to the contrary. There is a \$50 deposit with each enrolment (non-refundable if cancelled within a week of commencement of workshop).

**Personal Retreats:** For those who wish to engage in the inner journey more intensely we offer on an individual basis live-in retreats of up to seven days. The program will be designed by participant and staff person, using the appropriate processes, along with times of solitude, meditation and relaxation — a time apart for personal renewal. **Fees:** \$40 a day accom, BYO linen & food. Call for dates and counselling fees.

**Personal Counselling:** Individual sessions with any of the processes we offer are available from staff members. Please phone for an appointment.

### How to get to The Portiuncula Centre:

As you come into Toowoomba from Brisbane, at the top of the Great Dividing Range veer left and continue to travel west on James Street (also the Warrego Highway). After crossing over Anzac Avenue (Clifford Gardens shopping centre is on the right) go another 100m and turn left into Karool Street, then right into Glenvale Road. The centre is about 1.5km west along Glenvale Road, just past Greenwattle Street. Look for number 173 — the first house on the right, after Silky Oak Drive.