

Want to introduce Psychosynthesis to your organization, your staff or your students? Our *Elements of Psychosynthesis* course can be finely tuned to your specific requirements. Contact [Will Parfitt](#) for further information.

The Elements of Psychosynthesis

Vision, Integration, Practice

This in-depth course gives a comprehensive and practical introduction to the perspectives and methods of psychosynthesis. It is facilitated by an experienced trainer who will co-create with the course participants a space for authentic learning and mutual empowerment. Seminars, which are both theoretical and experiential in approach, cover such topics as: subpersonalities, the inner child, the light and dark aspects of the psyche, crisis and identity, the process of willing, self-identification, and the actualization of healing vision.

Psychosynthesis incorporates a wide range of methods and techniques including guided imagery, visualization, inner dialogue, free drawing, body movement and dance, meditation, story-telling, dream awareness and group interaction.

The course will include: learning how to manifest your creativity; the development of interpersonal skills; an exploration of life purpose and meaning; ways of understanding your experiences of pain and failure from a soul perspective; and an opportunity to deepen your understanding of the different aspects of your psyche.

The course consist of theoretical and practical seminars, individual and group consultation, and the opportunity for participants to practice the skills they learn on the course over 2 or 3 days. The small size of the group (maximum sixteen) allows respect for individual differences and close contact within the group.

The course is for those:

- who want to further their professional development and develop new skills in their work whether as counsellors and therapists, business executives and managers, health and social workers, teachers, consultants, and everyone:
- wanting to explore their life journey;
- seeking to improve their understanding of self and others and increase their ability to communicate with empathy and confidence;
- wanting to further their psychological and spiritual education;
- wanting to create a better balance between their inner and outer life;
- seeking to integrate the personal and the spiritual.