

## Facilitators:

### Dr. Dipl.-Psych. Beate Hofmeister, D

Director of **Institut für Personzentrierte Psychologie Heidelberg**. Psychotherapist and trainer of Client-Centered psychotherapy and counselling as well as behaviour therapy. International group-facilitation of long standing in many European countries. Co-worker of Carl R. Rogers.

### David P. Buck, PhD, GB

Director of the training programme for Client-Centered psychotherapists of the Tschech Republic. Founding member of BAPCA, GB, the European association of counsellors. Person-Centered counsellor and psychotherapist. International group-facilitation of long standing in many countries. Co-worker of Carl R. Rogers for twelve years.

The languages will be German and English. Translation is organized amongst group-members.

## Reservations:

To register for the encounter, please contact the institute per email or phone for information, and please transfer the workshop registration fee to the account below.

**Workshop registration fee 380,00 €**

**Bank account No. 50 69 15 00**

**HuG Bank Heidelberg (BLZ 672 901 00)**

**Keyword: Myself and others**

Lodging, meals, and travel costs are not included.

## Cancellation:

In the case of withdrawal from registration up to two weeks prior to the workshop a cancellation fee of € 35 will be retained, thereafter there will be no refunds.

***When I am, death is not,  
when death is, I am not.***

*Epikur*

## Venue:

### Hofgut Rineck, D- 74834 Elztal-Muckental

The encounter takes place in a beautiful rural environment 80 km from Heidelberg, Germany. The venue centers on yoga and prana-healing with its own seminars ([www.hofgut-rineck.de](http://www.hofgut-rineck.de)) and will serve vegetarian food. Guests are expected to abstain from tobacco and alcohol during their stay.

**You will be registered by us.** Our institute will not be liable for the circumstances of the Hofgut.

Accommodations: There are different price categories. Room and board per person and day are 55 € in a 3-bed, 65 € in a 2-bed and 85 € in a single room, each with shower and toilet. The retreat centre will bill You on arrival. Cancellation up to 4 weeks before the encounter will result in a 30% forfeit of the hotel fee, and 70% should You cancel in the same week of the workshop. These fees are independent of the workshop registration.



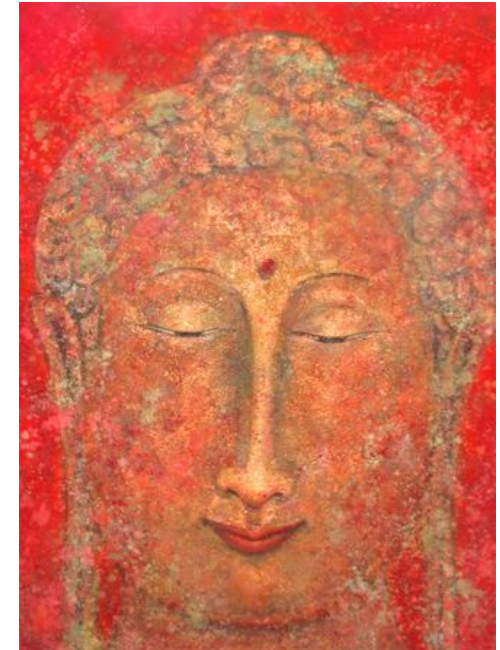
Elztal

## How to get there:

- 1) By car: Heidelberg, Mosbach, Dallau. In the middle of the village turn left to Muckental, 500 m outside this village turn left, following directions „Hofgut Rineck“. We will support car pools from Heidelberg, Germany.
- 2) By public transport: from Heidelberg main station take the S1-train to Mosbach or Dallau, where we will pick You up.

**IPP** Institut für  
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painting:www.maurah.de

## Myself and others

### Encounter

**May 16th - 20th, 2012**

**Elztal-Muckental, Germany**

**Human warmth facilitates openness. You discover all human beings to be like Yourself, rather simple.**

XIV.Dalai Lama

## Myself and others

May 16th, 2012 10:00 a.m.  
until May 20th, 2012 3:00 p.m.  
Hofgut Rineck 74834 Elztal-Muckental

The way to my inner self always needs an encounter with others. If I succeed in acknowledging myself in aspects of which I am ashamed, because they do not stand up to my self-ideal I will be able to abstain from depreciation of others. This may lead to the development of an interest in the many facets of human life. The different aspects of being man or woman may consequently unfold and forward my ability to love.

Through intense Client-Centered group- and body experience in this encounter we will address the awareness of how You and I may get in contact if we try to encounter one another without possessiveness or traditional agendas. In the group we may allow others to empathize with our essence as a whole person, thereby experiencing what is incongruent in ourselves and thus separates us from real life. As a result tensions which manifest themselves in physical and psychological symptoms may disappear.

These conflicts of incongruence will be addressed during the seminar, and we will look for new solutions.

Such a process may initially move us through a period of possible insecurity, disorientation, and disharmony. Usually growing acceptance emerges and we can often succeed to build a safe climate in the group. The workshop then can provide a setting where you can widen your boundaries, and show your strength and weaknesses, while experimenting with yourself and learning from others. Becoming more authentic may empower you to experience the healing capacity of the group beyond the encounter.

*Empathy for ourselves broadens our capacity to change condemnation into forgiveness, hate into friendship and fear into respect for all living beings.*  
Jack Kornfield



### Possible learning objectives for participants might be:

- experiencing the Person Centered Approach
- setting my boundaries to enable contact
- radical self-acceptance, also of parts of my personality, which I consider shameful
- identifying parts of my inner team
- supporting the inner child by ideal parents
- accepting the completely different in others
- widening my repertoire of behaviour
- influencing decision-making and self-controlled learning processes in the group
- adding body-experiences and free time activities as additional opportunities for development

### You are cordially invited to participate!

Welcome are persons who want to develop their social and communicative competencies. The workshop is not at therapy group, but an experiential event. We presuppose reasonable psychological health. Every member of the group takes part in the encounter voluntarily and takes full responsibility for him- or herself.

If You want to deepen or condense Your individual or group therapy please consult your therapist first.

For some participants, the workshop is part of their training in Client Centered counselling and psychotherapy sensu Carl R. Rogers: Professional helpers will learn how giving up a professional role will lead to encounters between equals and how paradoxically learning in freedom may result.

### The seminar includes 50 hours of training.

*Begin to recite the following sentences silently to Yourself:*

*One cannot love others without loving oneself.*

*May I be full of kindness.*

*May I be healthy.*

*May I be peaceful and relaxed.*

*May I be happy.*

Jack Kornfield