

RICHARD MAHLER

MEDIATION & THERAPY

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LIFE & DEATH DAY RETREAT

Investment (including GST)

Individual	Couple	Group
\$1,650	\$2,200	By negotiation

How does it work?

- An evidence-based transformational facilitated journey incorporating [Gestalt psychotherapy](#), [somatic expression](#) and [sacred ritual](#)
- Utilising [shadow work](#) and [parts integration work](#) while underpinned by the [Paradoxical Theory of Change](#)
- Identifying, celebrating and integrating aspects of Self that are showing up in day-day-day life as unwanted behaviours or patterns

What to bring (herbal tea and nourishing snacks provided)

- Comfortable clothes to support free movement and sitting on cushions (no shoes required)
- Spare set of clothes to return home in (if required)

Program

9:30am	Arrival & settling in
9:45am	Opening ceremony
10:00am	Session 1: Identifying shadow parts (Gestalt psychotherapy) (20-minute break)
11:30am	Session 2: Celebrating shadow parts (somatic expression) (20-minute break)
1:00pm	Session 3: Dying to and birthing shadow parts (sacred ritual) (20-minute break)
3:00pm	Session 4: Integrating shadow parts (Gestalt psychotherapy)
4:15pm	Closing ceremony & departure by 5pm

Specialist Family Law Mediator | Child-Inclusive Mediator | FDR Practitioner
Individual, Relationship, Family and Co-Parenting Counsellor/Psychotherapist
MCouns&PsychTh, LL.M., BBehSci, LLB(Hons 1), BCom, GradDiplLP, GradCertGT, FDRP, NMAS,
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