

Healing Trauma, Re-imagining the Future

A series of 3 interactive workshops with leading international teachers



Join us for this special online workshop series designed for all those with a calling to therapeutic, community or creative practice, leadership and cultural change. Through a mix of lectures, small group conversations and experiential exercises, we will engage a range of topics to help ourselves and others with healing trauma and beginning to reimagine the future. The fields of depth psychology, mythology, mindfulness, and reflective community practice will provide us with maps of exploration and paths of inspiration.

WORKSHOP 1



Befriending the Orphan: The Archetypal Roots of Cultural Complexes

Saturday 17 October 11am-1pm AEDT; Friday 16 October 5-7pm PST (USA)

The archetypal figure of the orphan is embedded in mythic themes of exile, abandonment, and the search for home. Understanding the archetypal basis of a culture's psyche is vital for those called to lead or be change agents in a society. In this workshop we explore Australia's cultural complexes, the Orphan archetype at their core and the many ways it manifests. Our personal pains, preoccupations and constraints can also relate to transgenerational and cultural complexes and traumas, even when the origins are unconscious. We'll discover how moving towards an imaginative, mythopoetic perspective, connecting with indigeneity and place, holds the key to releasing the Orphan's redemptive potential.

Presenter: Dr Suzanne Cremen founder, Life Artistry Centre; faculty, Pacifica Graduate Institute (USA); author, *From Career to Calling: A depth psychology guide to soul-making work in darkening times.*

WORKSHOP 2



Grief as the Great Vessel

Saturday 24 Oct 10.30am-12.30pm AEDT; Friday October 23, 4.30-6.30pm PST (USA)

We are in a time when losses are accumulating. We may find ourselves isolated, fatigued, anxious and depressed. Our habitual attempts to cope with daily life are challenged by disruptions in routines and uncertainty about the future. We have lost our beloved ecosystems to fire and other catastrophes. We notice that the things we looked forward to are no longer available, and confinement is bringing us to our edges. This grief-focused workshop will be drenched in honey with myth, poetry, silence, and meditation; it will be a safe place to hold your sadness. You will leave with skillsets to regain your "window of tolerance", utilizing self-compassion and neuro-regulating skills to work with trauma and sadness to create a safe harbour within and awaken a renewed sense of possibility.

Presenter: Gael Belden MA, Mythology and Depth Psychology; Storyteller + Mindfulness and Compassion Educator, University of California LA Mindfulness and Awareness Research Center.

WORKSHOP 3



Towards Cultural and Social Healing

Saturday 31 Oct 10.30am-12.30pm AEDT; Friday October 30, 4.30-6.30pm PST (USA).

Drawing on stories of practice, interwoven with ideas and theories from community development and memory-for-justice work, this workshop explores some of the wisdom of cultural and social healing practices. Starting with recognition that distress and trauma plays out through the social body and cultural tissue of groups/communities/organizations, in small group dialogue we will explore collective healing practices. Examples from work in Australia with refugees, South Africa in development practice and Vanuatu in peaceful community work consider how to sing up the cultural archives of groups who have been marginalized recovering the lost narratives that can support personal and structural healing.

Presenter: Dr Peter Westoby Director, Community Praxis Co-op; practitioner, Hummingbird House; Visiting Professor, University of the Free State, South Africa; author, *Soul, Community & Social Change* and other titles.

What people have said about Life Artistry workshops

"There is a lot of material floating about these days around spirituality, psychology and the soul. But what made this weekend seminar unique for me was the rigour, scholarship and lived soulfulness of each of the presenters. The content was trustworthy and had a depth I could sink into.... I have come away with a new sensibility or perspective with which to engage my psychic life. Thank you for creating a space for such a quality exchange." -- Susie, Academic Researcher

"Thank you for the brilliant seminars this year. I appreciate the engaging content, the quality of speakers and the sacredness of the space that we are embraced and held in."
-- Jo Mawdsley, Career Educator & Counsellor

"I have loved this course! The lectures, readings and discussions have carried me across an ocean of new understanding.... Thank-you for bringing this course material to us all in such a dynamic and stimulating format, and for all of your thoughtful comments along the way." -- Sarah, Psychiatrist

"I have found all the Life Artistry seminars and courses immensely enriching and life-changing. The work goes on long after each course has finished." -- Diane, Artist and Therapist

Read more reviews at www.lifeartistry.com.au/reviews-testimonials

Optional pre-workshop class

Understanding Archetypes - Perspectives, Patterns & Fields

Saturday 10 October 10am-11.30 am AEDT; Friday 9 October, 4.00-5.30pm PST (USA)

Presented by Dr Suzanne Cremen, Life Artistry Centre, Pacifica Graduate Institute



All products of the human imagination have an archetypal basis, including the most sublime art, ingenious ideas, and cathartic social movements. In this class (recommended as preparation for the workshop series) you'll learn about archetypes as structuring patterns of the psyche, that influence our ways of perceiving and responding to the world. We will consider different metaphors for understanding archetypes as universal patterns of human experience. We will also look at archetypes in terms of typical ecological networks which structure a system of relations, such as a family - like a field or network that is constellated around or exists between people.

"I had some familiarity with Jung before I began but this course led me much more deeply into his work. I really enjoyed learning about the archetypes and the impact they can have on our lives The course was well organized, well-paced with plenty of time to engage in the material. Suzanne offered excellent support every step of the way I would highly recommend Life Artistry courses" -- Dr. Kristen Hobby, Singapore

Registration details

Workshops will be conducted via Zoom with pre-readings and some supplemental materials provided. Access to a recording will be available to registrants for 1 month following the workshop.

Fee for all three Workshops in the 'Healing Trauma, Reimagining the Future' series is AU\$195 (\$185 Jung society members, \$165 concession) or US\$145.

Pre-workshop class - AU\$40 or US\$30.

A limited number of partial scholarships may be available for people who would benefit from this workshop series and are unable to participate for financial reasons. If this applies to you, please contact us to apply.



To book, please visit

www.lifeartistry.com.au

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