



Healing and Archetypes

Workshop with Dr. Peter Levine and Laura Regalbuto On the Greek island of Naxos, 2nd to 7th September 2010

Once more Traumehealing ApS is pleased to invite you to another extraordinary workshop led by Dr. Peter Levine and Laura Regalbuto. Peter's last 3 workshops were huge successes. Every one of them has been a unique event with a new content of the rich and rather un-explored areas of the archetypes. Each workshop is unique and a very special opportunity to meet Peter Levine in an intimate environment, getting to know him and his way of working precisely and intuitively, f. ex. shown by his amazing demonstration therapies. The workshop is a deep journey, which connects us in depth with our own mythical and intuitive roots through the awakening of our implicit archetypal forces and symbols. Peter Levine is an excellent guide for this journey.

This workshop will again take place in the small, beautiful village of Apollonas on the Greek island of Naxos. Naxos invites work with archetypes since the Greek mythology is full of archetypes.

The daily yoga on the terrace in the middle of the beautiful nature and the view of the sea is an integral part of the experience. An excursion day, which we have arranged in the middle of the workshop, gives you even more opportunities to deepen connections with your archetypal nature.

HEALING AND ARCHETYPES

With Peter A. Levine, Ph.D., Laura Regalbuto, M.F.A., M.S.W.

“The “solution” to our clients’ suffering is frequently found in something *outside* of their problems. This “something” must evoke a potent energetic response while also having the capacity to dynamically interact with their symptoms. The potential for deep healing is frequently embodied by an archetypal configuration. In order for it to be effective as a healing catalyst, the archetypal constellation must meet two primary conditions. First, it must generate a resonance with the symptoms, promoting a restructuring of the energy pathologically bound in them. The transformation manifests as a higher level of self-organization, resilience, and wholeness. Secondly, engaging in this dynamic relationship between symptom and archetype must seem plausible, viable, and relevant to the individual.

We will undertake our exploration together on the magical Greek Island of Naxos, which is palpably imbued with art and archetypes, and enriched by its Cycladic legacy of five thousand years of mythical wisdom. The schedule will feature individual and group work, yoga, art and movement as ways to awaken the sleeping muse who lies dormant in all of our psyches.” (Peter Levine)



Imagination and Archetype Peter A Levine, Ph.D.

Imagination (in the form of archetypal Images) is what allows us to project our lives into a future imbued with feeling, hope, meaning and purpose. In trauma, people get frozen so that certain complexes of sensations, emotions, and behaviours become fixed to a central traumatic image. Hence, these individuals are unable to imagine a future any different from their past. Their internal organizing images become ‘stuck.’ Consequently, they are unable to envision and manifest dreams and participate in creating the rich tapestry of life.

When unresolved, trauma forms an overpowering, chaotic and disorganizing complex. In order to transform this (unipolar) distortion, a specific, ‘parallel’ (multipolar) archetypal system must be awakened and put into communication with the trauma complex. This occurs through a dynamic exchange of energy and information flowing between the two systems.

The “solution” to suffering, is therefore found in an archetypal constellation - an embodied image that is outside the problem or symptoms. It must be able to dynamically interact with the symptoms in a way which “normalizes” the energy bound in the symptoms, leading to a higher level of self-organization, resilience, and wholeness.

Together we shall explore these profound concepts as they relate to the healing of trauma and in the exuberant living of life. (*Peter Levine*)

- **The course** is directed towards SE practitioners and SE students and persons with SE experiences at a minimum of introduction level. The workshop is 5½ days; there will be 4½ teaching days with Peter Levine. Laura Regalbuto will teach yoga every morning. The excursion is a boat trip to one of the small islands that surround Naxos. This excursion is open to family, friends and partners and the costs will be shared by all.
- **Dates: 2nd to 7th September 2010**
- **Costs: D.kr. 5.500 (750 Euro)** for the tuition only. Room and board costs are paid separately. A double room at Hotel Sideris costs 176 Euro per person for 7 nights, including breakfast and 5 days lunch. The excursion day includes only breakfast. Additional meals are not included on the excursion. Airfare and ferry costs are at own expense.
- Coffee, tea and fruit will be provided. Lunch is included in the hotel price for 5 days. Dinner is at own expense at the restaurants in Apollonas.
- **Apply to: traumeheling@hotmail.com**, marked "**Peter Levine Naxos 2010**".
- **It is important that you apply for your participation before April 15.** We need to know whether the workshop can be held.
- To view the location of the course "Ariadne", please go to www.seterapi.dk
- For further information please contact: Ursula Fuerstenwald, phone + 45 39272524, Frank Vestergård Olsen, phone + 45 30208751 or Jette Koch, phone + 45 22552504. More complete information regarding travel, accommodation, information about the island and payment will be provided for participants. Ask for more information.

Arranged by:

*Traumeheling Ap.S, Ursula Fürstenwald, Jette Koch Frank. V. Olsen,
organizer for SE trainings in Denmark*