

Responsible teacher/Gestalt psychotherapist is Søren Ewans Porting. He has 30 years of gestalt practice experience and is certified from GIS-International. Anita Strandmark, who is an experienced certified body therapist and tantric healer, will also generously provide her expertise.

As participants may come from other countries, we adapt our language accordingly (English, Danish and if needed a mixture).

This seminar is widely addressing adult people with a desire/want/need to explore their own potentials and diminish their unwanted limitations, regardless of age, background, education, or line of work.

### Course dates for APS-30

Monday august 21<sup>th</sup> 10 AM – Friday June 25<sup>th</sup> 1 PM, 2023.

The seminar fee is DKK 10.750 and includes accommodation except beverages, and for organisations excl. VAT.



The location is a roomy beautiful summer house in Southern Sweden.

Please call us for further information +45 2060 2300.

## Authenticity, Passion, and Self-Respect

### Intensive Personal Development





- Enhance vitality, energy, and risk willingness in for life!
- Gain innovative surplus in your work and for leisure!
- Create stronger contact, intimacy and boundaries – Gain inner peace
- Stop your stress mechanisms – take your own power back!

This and more you will gain through 5 intensive days immersion into your authenticity, passion, and self-respect.

We have an unbelievable amount of unleashed potentials within, that we are unaware of. Potentials that have been limited during upbringing, life circumstances, lack of stimulation, numbness, and coping mechanisms. Unleashing this potential is a life-expanding adventure, which enhances sensitivity, meaningfulness and the ability to risk being even more alive.

Develop the competences that you want or urge to enhance:

<b>Presence</b>	<b>Sharpness</b>	<b>Creativity</b>	<b>Gratification</b>
<b>Intuition</b>	<b>Boundaries</b>	<b>Innovation</b>	<b>Wellbeing</b>
<b>Contact</b>	<b>Confrontation</b>	<b>Curiosity</b>	<b>Enjoyment</b>
<b>Intimacy</b>	<b>Clarity</b>	<b>Exploration</b>	<b>Surplus</b>
<b>Empathy</b>	<b>Vigour</b>	<b>Boldness</b>	<b>Now-ness</b>
<b>Receptivity</b>	<b>Assertiveness</b>	<b>Playfulness</b>	<b>Enthusiasm</b>
<b>Engagement</b>	<b>Decisiveness</b>	<b>Risk-willingness</b>	<b>Serenity</b>

The more you use the full palette of your personality, the more energy and surplus you feel. And furthermore, you regain sharp senses, better situational awareness, greater emotional stance, improved impact and perspective, and a vivid boost of your wellbeing and assertiveness.



Our training methods are dialogical and very intensive, exploratory, and varied; thematic teaching, exercises, in-depth dialogues, creative challenges, integration of body-mind-soul, use of the beautiful surrounding nature and personal reflection in intimate subgroups.

Our maximum group size is 8 persons.

Gestalt provides a practical, creative approach to psychotherapy and emphasises, that we can only be understood as part of the environment in which we live. It underlines the importance of the connection between events and the settings in which the events occur. We all influence and are influenced by our surroundings all the time.

Gestalt approach is typically lively, creative, interactive, and experimental, and always brings an emphasis on **How - Here and Now**.