AUDIENCE  Psychosynthesis is an holistic approach to counseling and human development first articulated by the Italian psychiatrist Roberto Assagioli (1888-1974), a student of Sigmund Freud and colleague of Carl Jung. It provides both a theoretical framework for understanding the process of self-actualization and a wide range of practical methods to facilitate the development of one’s unique personal, professional, and spiritual resources. This weekend program is a “2-fer.” It offers both an outstanding training experience for mental health professionals and a wonderfully renewing retreat for he interested public. All who are interested in deepening their understanding of how consciousness can continue to evolve and unfold through the life-span and who are willing to explore these “hidden powers of the mind” through experiential learning will greatly benefit from attending.

GOALS  During this program participants will:

• Learn about Transpersonal Psychology and its research into ancient and modern techniques for exploring, expanding, and transforming consciousness;
• Learn how to do “The 10-Minute Miracle,” a mindfulness technique that results in arriving at a state of deep relaxation in a short period of time;
• Be introduced to the basic model of psychosynthesis and explore the five spiraling levels of consciousness it describes and facilitates;
• Learn how to apply the theory and techniques of psychosynthesis in both counseling and everyday life;
• Learn about “Techniques for Better Living” and examine two important life issues with them using a 12-step program for transforming consciousness called “Creative Explorations of Inner Space;”
• Examine the ethical issues related to the use of provocative techniques for exploring, expanding, and transforming consciousness;
• Take part in a four-person “Kiva Group” to ground and integrate the insights and inspiration from the program and to experience the dynamic process of decision by consensus;
• Return home having enjoyed a synthesis of body, mind, and spirit, having balanced the left and right hemispheres of the brain, and having journeyed in expanded awareness from individual to group (or tribal) levels of consciousness.

BACKGROUND  Some say we only use about 10% of our psychological potential. How can we know if this is true? If it is true then what constitutes the other 90%? How can it be developed? How would our
lives be different if it were? It seems that as we mature we seek to understand more deeply, love more authentically, and actualize creative intelligence in the world. These intentions, however, can be difficult to achieve. The term “synthesis” refers to a process of combining separate elements or substances together to form a single more unified entity. The term “psychosynthesis” refers to a process for facilitating the development of the rich, inner resources of the human psyche. Through the work of psychosynthesis, by learning to cooperate with a natural process of psychological evolution, not only can we improve our daily functioning but we can also move beyond simple coping levels toward self-realization and self-actualization. Psychosynthesis provides both a theoretical framework and a wide range of practical methods to facilitate this evolution. It offers a comprehensive view of man that reflects a positive and productive attitude toward life, a view that recognizes authentic individuality as the keystone to the evolution of a better society.

PROGRAM

SESSION ONE:  Friday evening, May 3, 2013, 7:30-10:30 PM. Ancient and modern techniques for exploring, expanding and transforming consciousness: A psychosynthesis approach. Illustrated with 72 slides, the evening begins with a discussion of Transpersonal Psychology and its study of rituals, ceremonies, altered states of consciousness, and rites-of-passage that have been used throughout time to facilitate the development of the hidden powers of the mind. Distilled from these experiences are specific techniques and methods used in psychosynthesis counseling to awaken and develop these powers so that personal, professional and spiritual issues may be successfully addressed in daily living. Participants are guided in a reflective writing exercise to capture the meaning of the presentation and then meet in small, four-person Kiva groups to discuss their findings. The Kiva group process is an essential part of the program and comes from an ancient Native American ritual called the Bone Game. Each participant meets four times in a Kiva group to give to and receive support from others, to integrate the information presented, to experience a remarkable journey from the individual to group (or tribal) consciousness, and then to create a summary presentation about the meaning of the workshop to share with the whole group during the final session on Sunday afternoon.

SESSION TWO:  Saturday morning, 8:30-10:00 AM. Gentle stretching and deep relaxation #1. In the process of psychosynthesis, it is important to experience, integrate and enjoy a synthesis of body, mind and spirit. To honor the body, the mornings begin with an hour of gentle stretching exercises. This is followed by an experience of “The 10-Minute Miracle”--a technique for achieving a state of deep relaxation, a clear mind, and an energized spirit.

SESSION THREE:  Saturday mid-morning, 10:30 AM-12:30 PM. Techniques for Better Living to develop the Hidden Powers of the Mind. What are the hidden powers of the mind? What happens when they are not being used in daily living? How can they be developed? In this session, the following techniques and powers of the mind are discussed and experienced including: disidentification/objectivity; breathwork/deep relaxation; reflective thinking/mental clarity; receptive thinking/insight; mental imagery/imagination; mandala art/pattern recognition and creative self-expression; cognitive analysis/reason; inner dialogue/intuition; symbolic identification/empathy; homework and strategic planning/motivation and commitment.

SESSION FOUR:  Saturday lunch, 12:30-1:30 PM. Kiva group process #2. Participants meet in their Kiva groups to share lunch they each have brought and to process their morning experiences in a highly structured, ritual way.

SESSION FIVE:  Saturday early afternoon, 1:30-3:30 PM. The spiraling path of conscious evolution.
Through lecture, discussion, original mandala art, and reflective writing, the basic model of psychosynthesis is examined and explored. A description of five levels of consciousness we regularly encounter on a path toward self-actualization is presented along with an explanation of how each level effects perception, behavior, and growth including:

- The Field of Awareness—that of which we are aware at any given moment
- The Lower Unconscious—unresolved dynamics and issues from the past
- The Middle Unconscious—present duties, responsibilities and initiatives
- The Higher Unconscious—new visions toward which to grow, new talents and abilities to unfold and develop
- The Higher Self—an inherent principle of growth, the source of creativity, wisdom and inner guidance

SESSION SIX: Saturday mid-afternoon, 4:00-6:00 PM. A psychosynthesis 12-step program for transforming consciousness: Creative Explorations of Inner Space #1. The session begins with a brief slide presentation about the different functions and synthesis of the left and right hemispheres of the brain. Then, in an experience of psychosynthesis using the Techniques for Better Living discussed earlier, participants are guided through an exercise to examine comprehensively and in depth an issue of importance in their lives.

SESSION SEVEN: Saturday evening, 7:30-10:00 PM. Kiva group process #3 and mandala art interpretation. Participants meet within their Kiva groups to discuss their experience of the CEIS process and the issues they explored. The whole group then gathers and until the end of the evening, the leader helps participants learn how to more deeply understand mandala art by interpreting the drawings of volunteers.

SESSION EIGHT: Sunday morning, 8:30-10:00 AM. Gentle stretching and deep relaxation #2.

SESSION NINE: Sunday mid-morning, 10:30 AM-12:30 PM. A psychosynthesis 12-step program for transforming consciousness: Creative Explorations of Inner Space #2. Using the outline in a handout distributed, in this self-guided exercise, participants follow the CEIS process and explore another important topic or issue. This reinforces their familiarity with the CEIS process and ensures that they can use it successfully after the workshop is over.

SESSION TEN: Sunday lunch, 12:30-2:00 PM. Kiva group process #4. Participants meet in their Kiva groups to share lunch they each have brought and process their CEIS experiences. Each Kiva group then creates a two minute skit or presentation to be made to the whole group in the last session.

SESSION ELEVEN: Sunday afternoon, 2:30-4:30 PM. Ethics in psychosynthesis counseling. Many techniques and methods for exploring, expanding and transforming consciousness are introduced, discussed and experienced in this workshop and there is a wide range of benefits and potential dangers in their use. The ethics of using these techniques is examined in great detail. When is and is it not appropriate to use them in counseling? With what kinds of clients? How much training is necessary? Where can it be gotten? Where does psychosynthesis fall within the field of counseling and psychology? What are participants’ next steps?

SESSION TWELVE: Sunday late afternoon, 4:30-5:30 PM. Psychosynthesis Celebration. Each of the Kiva groups share with the group a summary presentation of the meaning and value of the workshop.

RESOURCES
The following articles by Michael will be given has handouts and can be found on his website:

- A psychosynthesis 12-step program for transforming consciousness: Creative explorations of inner space. *Journal of Counseling and Values*, 45(2), 2001,
• The Bone Game: A Native American ritual for developing personal power and group or tribal consciousness. *Journal of Experiential Education*, 13 (1), 1990.
• [http://www.michaelbrown.org/HTML/BoneGame.htm](http://www.michaelbrown.org/HTML/BoneGame.htm)

**LEADER**  Michael H. Brown, Ed. S., is a Licensed Professional Counselor, Licensed Marriage and Family Therapist, and Diplomate in Clinical Hypnotherapy. A practitioner of psychosynthesis for 40 years, he is President of Counseling and Human Resources Consulting, P.C., in Richmond, Virginia. Michael has made presentations at 64 regional, national, and international conferences, has 19 published articles, has appeared on 160 radio and television programs, has conducted 140 personal growth and professional training programs, and has led 200 outdoor retreats called the Wilderness Vision Quest retreats throughout North America since 1975. He is past president of the Virginia Association for Spiritual, Ethical and Religious Values in Counseling (VA ASERVIC) 1997-8; and a graduate of Leadership Metro Richmond (LMR) 2006.

**LOCATION AND FEE**  Psychosynthesis Counseling takes place at Michael’s office, 4889 A. Finlay Street, Richmond, VA 23231. For out-of-town participants, here are many inexpensive motels within one mile of his office which is on the east end of Richmond two miles from the Richmond International Airport.  
- **Level 1**: $195.00 for students and individuals with an income up to $30,000.  
- **Level 2**: $295.00 for individuals with an income up to $45,000.  
- **Level 3**: $365.00 for mental health professionals and those seeking CE clock hours.

A $50.00 non-refundable deposit is due with registration by April 19 and September 13, 2013. After this date, the cost of the program increases by $50.00 for each fee level.
PSYCHOSYNTHESIS COUNSELING:
TAPPING THE HIDDEN POWERS OF THE MIND
May 3-5, 2013
and September 27-29, 2013
Richmond, Virginia

Up to 22 CE clock hours possible including 2 for Ethics for LPCs and LMFTs
by the National Board for Certified Counselors # SP-1115-renewed
and for LCSWs by NASW-VA #130503-05CHRC

Registration form:
Date_______________

Name_________________________________________ Profession________________________________

Employed by_________________________________ Address____________________________________

City_________________________ State___________________ Zip________________________________

Phone (     )____________________ Cell phone (     )______________ Fax (     )______________________

Email address _______________________________

To receive all 22 CE clock hours, you must attend the whole program. I want CEs for my participation.
YES____ NO_____

**Level 1:** $195.00 for students and individuals with an income up to $30,000. **Level 2:** $295.00 for
individuals with an income up to $45,000. **Level 3:** $365.00 for mental health professionals and those
seeking CE clock hours.

I am registering for fee _____ Level 1: $195.00   _____ Level 2: $295.00   _____ Level 3: $365.00

A $50.00 non-refundable deposit is due with registration by April 19 and September 13, 2013.
After this date, the cost of the program increases by $50.00 for each fee level.

Deposit: $50.00_____ Balance due on May 3: _______ Balance due on September 27_______

Credit card kind: ____________ Number________________________Expiration date_________

Check #______________ Amount $________________

_____ I cannot attend but please inform me of when this program will be offered again.

_____ I would be willing to help coordinate this program in my area. Get back in touch with me.

Include these email addresses in future announcements:
___________________________________________________________________________________
___________________________________________________________________________________

Please mail this form to 4889 A Finlay Street, Richmond, VA 23231, fax it to 804-222-8823, or email it to mbrownlpc@aol.com. Thank you very much.

Michael Brown