

OTHER JOURNEY PROGRAMS

Journey Into Self Discovery for the "Professional"

For Teachers, Chaplains, Pastors, Parents, Social Workers, Counselors, etc.

Maryholme Retreat Centre, Lake Simcoe, Sutton, ON Canada

July 8 – 13, 2007

www.spiritCentral.com/journey

Journey Into Self Discovery for Men in Ministry

Alive in the Time of Famine

San Pedro Retreat Center, Winter Park, Orlando, Florida, USA

February 3 – 8, 2008

www.spiritCentral.com/ministry

Jamaica Journey Into Self Discovery

March 11 - 25, 2008

Discovery Bay, Jamaica WI

A one week and/or a two week program available for personal and professional development.

www.spiritCentral.com/jamaica

TESTIMONIALS

As my course draws to an end I would offer a few brief personal comments by way of response.

My therapist helped me to explore the significance of this dream in terms of the process I was undergoing. My initial focus was on my relationship with Church however it turned out to be my relationship with myself that was significant. It was and continues to be a liberating process. It is through our individual response in relationship, the experience of our emotional struggles, insights and interactions with others that we discover who we are and how we can bring about positive change in our personal lives.

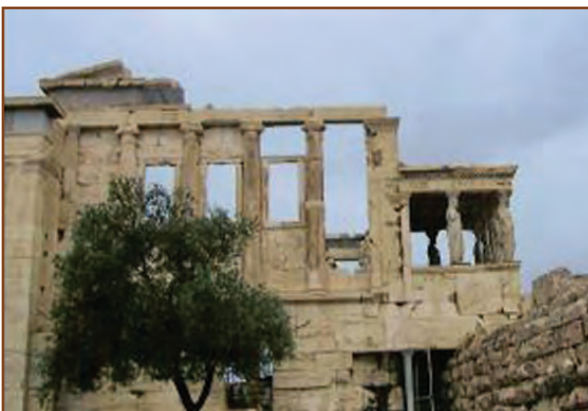
Bro. Cyril, Christian Brother

This was one of the most profound experiences in my life, particularly the work around grief. I had lived a life of grief and did not know it until I went into my dreams. Now I know there is life and grief is just a small part of it, not the whole of it.

Sr. Eliza, India, M.M.S.

NEED ACCOMMODATIONS?

The Institute for Studies in Psychotherapy and Emotional Bodywork is located in the heart of downtown Toronto, a world class city. Easy access to universities, libraries, art galleries, theatre, music and more. The centre is a non-residential facility. However, it is possible for us to arrange nearby comfortable accommodations and meals at Bed & Breakfasts, small hotels and local religious communities. Tell us what you would like and we will try to help you.



Visit our website for more information
www.spiritCentral.com/sabbatical

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ISPEB offers more than 20 years of experience

Institute for Studies in Psychotherapy and
Emotional Bodywork (ISPEB)

SPECIAL SABBATICAL PROGRAMS



Exploring the Inner life through psychotherapy

A Sabbatical is an unwinding, a chance to catch your breath. It is a time for healing and examination of your inner landscape.

A Sabbatical is also a many-layered process; it is a time for renewal.

A Sabbatical is a time for pause, a time for discernment, a time for change from your ordinary routine.

A Sabbatical is a time to pursue, and a time to explore new possibilities.

An encouraging sign of our times is the growing number of people who are consciously choosing to travel this inner journey to the self.



AN OPEN FLEXIBLE PROGRAM

ISPEB sabbatical program offers you an option of flexibility to design your sabbatical around your own time, your own rhythms of unwinding and relaxation. Flexible time also allows you the possibility of maintaining your personal and professional commitments.

Mini sabbaticals are our specialty!

Short-term intensive work may often yield much fruit and give access to the inner landscape of the self.

When we are in touch with the inner landscape of the self we are also in harmony with our whole being and the universe. Knowing the self is the key to a successful connected life of peace.

A sabbatical can assist you to discover your true self-potential and the ability to enjoy your full creative energy, without depleting the self.

Regular sabbatical	two to three months
Mini sabbatical	two to three weeks
Short term sabbatical	weekends or a few days at a time
Regular sabbaticals are available	January 15 – June 15 September 15 – December 15

SPIRITUALITY

“This new way to God is not through a separation from our bodies, a struggle to become a pure spirit; it is through our bodies and in all that is weak and broken in us that we meet God”. John Vanier, ‘Drawn into the Mystery of Jesus through the Gospel of John’, Novalis

Exploring your belief system

Recovering the believing self

Working with three life and faith questions:
Who Am I? What Am I doing here? Where Am I going?

The foundations of the self is supported by self-hope, self-confidence, self-awareness and self-esteem.

We do not know who we are if we have lost our spirituality; we are empty

THE PSYCHOTHERAPY PROCESS INVOLVES:

- exploration of the unconscious
- dream interpretation
- the narrative of your own life journey
- understanding your emotional self
- exploration of the creative imagination.

OTHER FORMS OF THERAPY available include: biodynamic massage, shiatsu massage, cranial sacral therapy, hypnosis, chiropractics, reflexology, reiki therapy, proprioceptive writing, painting, spiritual direction. We explore myths (selected scripture themes).

We recommend the following treatments:

- massage and physical exercise
- bio-dynamic massage
- shiatsu massage
- chiropractics for recovery and relief
- cranial-sacral therapy
- bio-energetic therapy
- reflexology
- reiki

ST. RAPHAEL, ARCHANGEL OF HEALING



**ANGEL
POWER
AND
ANGEL
HELP
FOR
HEALING**

IN ASSOCIATION WITH THE ASKLEPION CENTRE

ISPEB offers treatment for stress, trauma, and addictive & compulsive behaviour.

- learning healthy lifestyles
- healthy sexuality in marriage and committed relationships
- healthy sexuality in celibacy
- 12 step program for addictions

Asklepion was an ancient place of healing dedicated to the gods of healing. In the Judaic Christian & Islam tradition angels have always played an important role in healing of the spirit and of the body.



We appreciate that this is your sabbatical.
We respect your need for confidentiality.

Our professional staff is available to assist you with retreats, seminars and professional development programs.
Please contact Daniel McDonald for further information.