

# Awakening Relationship Retreat

Explore, reflect, discover, practice and integrate

The relationship with ourselves, others and the world around us shapes our experience, influences the way we act and creates what we wish for.

# Retreat Journey

Through sometime spent with a host therapist an individual can engage in some reflective space in beautiful surroundings that can be supported by a wide range of treatments that are designed to Resource, build Resilience and promote Reflexivity.



Explorative  
Genogram/  
Relationships

**REFLEXIVITY** “We are shaped by the relationships we experience; discovering the patterns and themes will help us re-story ourselves on this journey” Philip.



Mindfulness

**RESILIENCE** “Practicing being present moment by moment unifies our mind, body and spirit offering us resilience and ability to be our best. “  
David

## Reflexivity

The ability to be in awareness with ones thinking and emotional responses in the world, to best able to guide oneself through relationships and life transitions

## Resourcefulness:

The ability to utilise all your knowledge

## Resilience

The practice of self-care to sustain vitality and bounceback to life



## Cranial Sacral Therapy

INTEGRATE: "You are welcome to experience a healing space in which your system can feel supported, accepted and able to integrate any rejected or separate awareness". Katja

RESOURCEFULNESS:  
Furthering our understanding of psychological, emotional and spiritual relationships with nature



## Soul and Nature



## Yoga

RESILIENCE: Dru Yoga combines flowing Energy Block Release sequences and postures designed to free the body, bringing strength, flexibility and balance to the whole

## The Core Team

The team is a collaboration of experienced highly trained practitioners and teachers that are currently working in alliance with each other to create a retreat environment. Individuals will be assisted to stop, look and listen to what is happening in their lives both in their relationship with themselves and with others, past and present in the world around them.

Philip Trenchard



Philip has been in practice in counselling/psychotherapy/family therapy for over 20 years, developing a working style which is warm, approachable and based on integrating different models of therapy according to the needs of the client. He has worked in the private sector, voluntary sector and the NHS, and has built up a reputation in the field for his ability to form strong working alliances with his clients, even those who have previously been resistant to the idea of therapy. He offers guests on the retreat a safe space to talk through where they are currently in their relationship with themselves and others with the aim of realising the changes they need support to make in their world.

David Behrens



David Behrens bring his expertise in offering holistic treatment for Stress Management, Mental Health and Substance Abuse. He has developed Mindfulness-based programs which offer tools and practices of Mindfulness. These programs are now part of the yearly curriculum for the NHS *Severn & Wye Recovery College*, and the Nelson trust for abstinence-based treatment for drug and alcohol addiction, and one to one clients throughout England. He brings his over thirty years of study, practice and teaching of Mindfulness Meditation. David shares a Homeopathic practice with his wife Katja Behrens. David will be offering mindfulness and consultations around general health and wellbeing.

Katja Behrens



Katja's main focus always was to explore different ways of healing and transformation. She practiced the way of creativity and self-expression as an actress, the way of the body as a Physiotherapist, the way of integration through cranial sacral therapy and the way of homeopathy – matching the spirit of nature with the inner disease or unease.

She holds degrees and many years of practice in each of those disciplines. Every methodology promises healing, be it on the structural, the emotional or mental plane.

Cranial sacral therapy is possibly the approach which touches particularly the emotional side in us, integrating the different levels, helping the body to relax and let go of resistance, to unwind from deep inside and find more freedom in movement of tissues and the connected feelings.

Roger Duncan



Roger is former Deputy Principal and Head of Education and Therapy at Ruskin Mill College, Glos, and currently works as a Family Therapist in the Child and Adolescent Mental Health Service, (CAMHS) and the Outreach Service for Children and Adolescent (OSCA) Oxford Health NHS trust. Roger also works in private practice as a systemic organizational consultant and is involved in the UK Ecopsychology movement and offers workshops and writes and lectures on this topic. Roger offers an opportunity for a consultation that can transform and heighten our relationship with the natural world and hence ourselves.

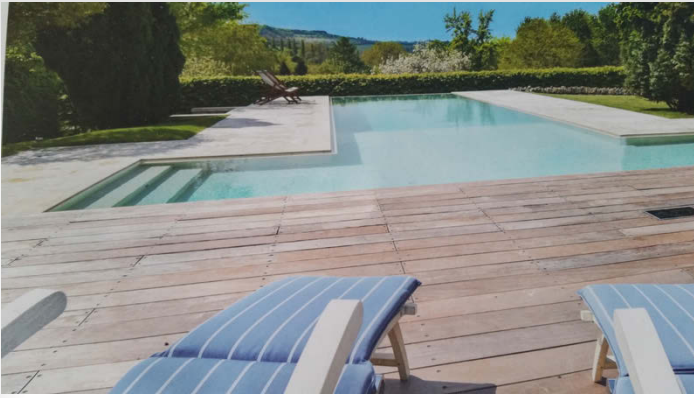
Lisa Darke



Child Psychotherapist working within various schools across Gloucestershire, social services and Health. Lisa works closely with adults to assist in understanding child development and how it affects our adulthood.

Interventions in Play Therapy, trauma, attachment, clinical family intervention, child assessment work, parenting (Circle of Security), advocacy work for courts, Family Work and Child Protection.

Lisa offers a chance to think through the important role as a parent in our lives and how this can be seen as an opportunity to grow. Lisa can hold a reflective conversation around ones own childhood, its affects on adulthood and parenting.



The Retreat venue on the Cotswold Way

