



Contact and registration

For any other inquiries about the Insight-International Retreat School and/or Insight Focused Therapy please contact Karin Roth or Marlene Ranetbauer in our office by email:
office@insight-international.org
or phone: **+43 (0) 662-890 821**

For registration please go to
www.insight-international.org under training/events

European Coordinator: Mag^a. Karin Roth
karin.roth@insight-international.org

Please make payment into the following account:

Insight-International, Raika Maxglan, BLZ 35054,
Kontonr. 104182, IBAN: AT563505400000104182
BIC: RVSAAT25054 (SWIFT)

Sign up now for an unforgettable and life-changing week.

Course details

Course from 14th - 20th of October 2012
Start: 14th October 2012, 10.00 am
End: 20th of October 2012, 5.00 pm
Cost: € 1100

This includes: Course fee, Seminar material,
Food and accommodation, Bed linen, Towels,
Free access to sauna.

Location: Feriendorf Boltenhagen
<http://www.feriendorf-boltenhagen.de/>

During the year we will provide to those who subscribe, the possibility of E-Learning and coaching via Skype, email and E-Learning platforms.
Cost: € 250 per year
Discount offered: 10% reduction for students and retirees.

**Insight International Retreat School
East Coast, Germany**

An education and retreat school
to be held in two, one week parts,
featuring:

Insight Focused Therapy

Part one: 14. – 20. Oct. 2012
Part two: 13. – 19. Oct. 2013



Insight Focused Therapy Retreat School · East Sea, Germany. – October 2012

We are pleased to announce that in October 2012, a new Insight-International retreat school will be starting in Germany. The first week, part one of the course, is to be held from 14th – 20th of October 2012 and the second week, part two will be held in October 2013.

You are warmly invited to this stunning sea-side environment where you will have the opportunity to learn Insight Focused Therapy (IFT).

This course will be taught in English by Pauline Skeates; the founder of Insight Focused Therapy and Insight-International.

personal revelations and insights...insights that have sustaining impact on all levels of relating.

Simply put, IFT unleashes the essence of the Christian message – unconditional love – a love that can be experienced not just in the head but also the heart.

You begin the IFT process by applying the principals of mindful-awareness. The sensitive and kind support inherent within the process will reduce fear and soften your usual coping strategies. You will be able to follow your trails of awareness in an open and accepting way, long enough for implicit knowledge and new insights to emerge on the screen of your conscious mind.

The resulting life-changing benefits will have a positive effect that will give you a greater sense of well-being and improved relationships.

What to expect:

- Excellent teaching on Insight Focused Therapy
- Research on neuroscience and its indication of hope for permanent change.
- A gentle and respectful approach to people helping.
- An environment of kindness, acceptance, compassion and respect.
- Interactive learning and processing.
- An opportunity to focus on longstanding issues.
- A chance for substantial healing and personal growth.
- Time for reflection and meditation.
- Stunning scenery that beautifully reflects the magnificent creation.

For whom:

Insight Focused Therapy can be used by mentors, coaches, advisors, pastoral workers, therapists and mental health workers. It can also be used as a personal development tool. In fact anyone can use this loving, open and accepting inner dialogue. The research of Frederickson shows that even a minimum of eight minutes of mindful-awareness practice per day will be registered positively within your mind/brain dynamic. This can be measured as an increased sense of wellbeing across all the arenas of life.

Speaker:

Pauline Skeates assisted by Karin Roth

Pauline Skeates is the director of Insight-International and developer of Insight

- Fun as you laugh and interact with like-minded people.
- Fellowship.
- An holistic approach to wellness.
- An opportunity for you to experience IFT counselling and supervision with the experienced Insight-International team.

Simultaneous translation can be provided on request.

What is Insight Focused Therapy?

Insight Focused Therapy (IFT) is a new integrative model of counselling.

You will find this method is simple to use as it empowers you towards life-changing

Focused Therapy. She leads the work internationally and in New Zealand she is the founder and director of the busy Auckland therapy centre, Insight Counselling Services. Her years of experience and her vibrant and informative teaching style have earned her a reputation as a well respected speaker in Austria, England, Denmark, Norway, Belgium, Holland, Switzerland, Germany, Australia, the Faroe Islands and New Zealand. She is married to Graeme, has three children and to date, two grandchildren.

Karin Roth coordinates the work of Insight-International and Insight Focused Therapy for Austria and Europe. She also works as a counsellor, trainer and seminar teacher at home and abroad. She is married to Helmut and is the mother of four vibrant young adults.