



Couple and relationship therapy:

- ***Open workshop Growing in love together***
- ***Training 'Growing in love together***
- ***Workshops Co-dependency, psychodrama and family systems***

Training Growing in love together

Vasumati and Samarona

Vasumati and Samarona: Why Couple Therapy?

We are living in a time, in which our consciousness is moving through a big transformation – a time of radical change. The relationships between men and women reflect this deep transformation phase. Divorces are increasing in number, millions of people are living alone or are single parents. Not able to live a satisfying relationship, or not willing to repeat the drama of past relationships. Others are moving from one relationship to the next, from one cycle of lust and pain to the next. The deep wish to live together and to grow together in love, is still there, but stays often an unfulfilled longing.

Today we have a much higher demand for quality in relationship than in the past, which we often fail to fulfill. Because the generations before us did not have these quality demands, there is a lack of role models for us. A change of paradigm is happening in which classical images of relationship are dissolving. We need to learn new, what it means to create and live a loving relationship.

One of the main issues that is faced by long term couples is not only how to maintain an active sexual life but also how to combine this with an ever deepening intimacy.

What really is intimacy, we define it as the capacity to be vulnerable and open with each other, and to be very deeply honest and authentic.

In intimacy masks and self images have to be dropped, all attempts to look good and be right have to be let go of and then in this climate of being authentic and undefended, a deeper love can happen.

In this love, where we can accept each other and feel accepted, many of the wounds that we bring with us unconsciously from childhood can also be healed.

Simultaneously this is also an expression of a spiritual development, in which certain self-images are dissolving and a separation of an ego-identification is happening. We cannot develop ourselves, when our relationship is not transformed with us.

Couple therapy is often a process of learning. What do I need to change or develop, so that I can match the demands of the relationship? Which unrealistic images of love and relationship do I need to let go of?

In couple therapy fundamental human feelings play a role – from love, attachment, connectedness, belonging, affiliation and passion to jealousy, betrayal, aggression and hate. This range of feelings are also being expressed and mirrored in the therapeutic setting and offers the therapist the challenge of remaining in a neutral and objective position.

We would like to encourage people – couples and singles – to take new steps and to open up to new ways of living together. We would like to offer people, who already are working with people new methods of working with couples and couple problems.

The training addresses (budding) therapists, who want to expand their abilities in the area of couple therapy, as well as people, who are not working therapeutically, but are looking for new impulses for their relationship or want to work through issues concerning their past relationship.

Vasumati Hancock:

Vasumati has been a therapist for 30 years, working in the field of relationships, sexuality, tantra and couples. She has trained extensively in the field of codependency and addictions, and has studied with John Bradshaw in the USA.

Vasumati combines her approach with the meditative disciplines of the Eastern religions and the result is a unique synthesis of Eastern and

Western approaches to understanding the human condition, that is both effective and holistic. In addition to facilitating workshops and training programs world wide. Vasumati works in private practice as relationship counselor, sex therapist and life coach. Her passion is to work with relating issues because that is where there is the most heart and presence. The journey is to bring love and meditation together.

Samarona Buunk: *Samarona has been working as a therapist for 25 years and is trained in Dynamic Body therapy, Rebalancing, Tantra, counseling, Primal therapy and Systemic Couple Counseling. He studied psychology and philosophy.*

He has also been involved deeply with the Essence as taught in the Ridhwan school with AH Almaas and the Diamond Bodywork with Faisal Muquaddam . Samarona is actually from Holland but has been living in Koln for the last 25 years and is part of the Osho UTA therapist team there.

Modules:

module 1 - Samarona

In this first module Samarona will present the orientation and methods of systemic couple work. Methods and progression of a couple therapy.

- regarding relationship not as a romantic ideal, but as a means of spiritual development.*
- levels of relating: love relationship and partnership*
- systemic questioning techniques*
- the first session: from cause to contract*
- development of a couple therapy*
- the first encounter shows already the themes of the later relationship*
- couples are social systems*
- the therapeutic triad in couple therapy*
- neutrality*

Module 2 - Vasumati

This second module Vasumati presents the psychodynamics of the couple and the typical issues and challenges that face couples today. In this section we will cover some of the basic work of the co-dependency model.

Topics will be communication problems and unfinished business from the parental family.

- *communication issues*
- *co-dependency – drugs, alcohol*
- *types of bonding in childhood and in adulthood*
- *intimacy, vulnerability, power, terror, hate, withdrawal, isolation*
- *projection, schizoid defense, splitting, attacking, aggression*
- *difference between insult, hurt and wounding*
- *constructive arguing*
- *rules of dialogue*

Module 3 Samarona

In the 3rd Section Samarona will cover aspects of intimacy and sexuality from the Systemic and Essential points of view

Topics will include triangles, faithfulness and how sexuality decreases in long time couples.

- *messages of the parents about partnership, marriage, sex, men, women*
- *sculpture work with the parents of the couple*
- *triangle relationships*
- *systemic sexual therapy*
- *passion and melting love*
- *dealing with listlessness (avoidance of intimacy)*
- *unfaithfulness – affairs*

Module 4 Vasumati

Alone and together, essential relating, autonomy and intimacy

- *symbiosis – letting go of boundaries*
- *healthy intimacy – maintaining a coherent sense of self within a relationship*
- *essential contact*
- *sacred Sexuality*
- *commitment*
- *tantra*

Module 5 Vasumati and Samarona

The last section Vasumati and Samarona will do together and the topics will include issues of gender identity, power issues and how to bring repair, reconciliation and healing.

Gender identity, Power, Money, Reconciliation-rituals

- *male and female communication*
- *gender identity*
- *(self)-worth-differences*
- *market-economic aspects in couple systems – inner accounting*
- *gender – power – money – love*
- *guilt – reconciliation-rituals*
- *giving and taking*

Other information:

Location: Center de Bron, Nijeholtpade, Friesland

Registration: (open workshop, training)

Aumm Training Institute - www.aumm.nl or aumm.be

Mail: info@aum.nl or call: 0031 595 423023

An interview may be a condition.

***Codependency, psychodrama and Internal family systems,
part 1 and part 2***

- 2017: November 1-5 (start 18.00 hrs)

- 2018: June 6-10 (start 18.00 hrs)

Both parts can also be taken separately

Vasumati,

An intense workshop about learning how to create healthy and fulfilling intimate relationships. Sometimes this is between a man and a woman, but it is also about all human relationships.

We all have a desire for love and intimacy in our lives but because of our childhood wounds and lack of adequate education we find that it is difficult to attract or sustain relationships that develop into mature partnerships between equals.

Most of us get lost in co dependency, which we can describe as a condition in which our lack of trust and self love creates an inability to have love in our lives. As Co dependents, we either try to find another person to fill

our feelings of emptiness and loneliness or we avoid closeness altogether because of our fear of losing ourselves or being rejected.

Co dependents find themselves very often in one dysfunctional relationship after another or they live their lives in isolation, never even attempting intimacy. All of our Co dependent issues arise directly from our wounds of the past, they reveal our lack of self love and our deep fears of intimacy based on our feeling unworthy and not deserving of love.

By becoming intimately aware of ourselves and of our wounds, we end our co dependency and create a real foundation for love. Part of this work is to create an atmosphere where these wounds can surface and be contacted and then healed.

New approach:

In these two workshops we are going to explore relationships using two new and very creative methods.



Vasumati: 'I have worked with What we call Co dependency for many years and have come to understand that relationships are very complex, they are challenging and rewarding and exciting but many times confusing'.

We need love and we need freedom, we don't now how to be in a deep commitment and also feel that we are totally true to ourselves.

Many times we repeat the past patterns we learned in our families , not even aware that this is what we are doing. And this can cause us a lot of pain and stress.

Often, some of us feel stuck. We feel like we have run out of solutions. We don't know how to move forward. In other words, our usual approach doesn't work anymore. We may have difficulties with a partner, or we may feel as if something is 'missing' in our life, or we may feel depressed.

In this new approach we work with the different parts of voices that live within us, we discover them and allow them to fully express themselves.

Using psychodrama and internal family systems we take a situation in our lives or a particular issues that we are working with in Relationship , we set it up and take group members as representatives to help us.

We are not only working with the family as in constellations but allow the members of the drama to be spontaneous and move with their impulses and creativity. What results is a very dynamic experience that involves

the whole group field. And there is a flow as different people can enter the set up whenever they identify with what is happening. In this way hidden parts of our personalities have the space to express themselves, be resolved and find a new outcome and integration..

We work with addictions, betrayals, affairs, finding the right partner and creating new possibilities of love and intimacy.

Most people will get to do their work either directly or in another psychodrama set up. We will do meditation and exercises to look deeper into what we see in the roleplays

Place: Centre the Bron, Nijeholtpade, Nederland.

More info: info@aumm.nl

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