



Terrigal Gestalt
INSTITUTE

*Transformational Gestalt Approach
A Synthesis of Gestalt & spiritual
companioning*

"Opening to Grace"

Transformational Gestalt Healing Retreat

A 3 Day Healing Retreat - A synthesis of Gestalt and spiritual companioning

HOSTED BY DINAH & BARRY BUCHANAN

Sharing & Deepening our Spiritual Journeys

Dinah and Barry have long held a vision to combine Gestalt Therapy with contemplative spiritual practice as a way of entering a sacred healing space, where we acknowledge that God is already available in us to bring us to healing and wholeness.

We have experienced profound physical and emotional healing when the sacred is consciously acknowledged in the healing process, and the framework of Gestalt offers a vital and enriching backdrop to this healing work.

Take some time out to share with us in this profound and sacred space. Deepen your spiritual journey and share with others as we 'Open to Grace'.

This Retreat is open to all faith - all are welcome.

Information

- Where: St Josephs Spirituality & Education Centre, Kincumber NSW.
- When: Mid 2019
- Cost: \$890 (\$750 Early Bird up to 4 weeks prior to Retreat).
- Includes: All accommodation & meals from Friday morning to Sunday afternoon.
- Deposit: \$150 on registration
- Register: Call Dinah on 0439 752 710 or complete the form on our website:
terrinalgestalt.com.au/opening-to-grace



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Facilitators



Dinah Eades Buchanan
M.Couns., Grad Dip Gestalt Therapy,
PACFA Registered

Dinah has offered therapeutic services for over 25 years and has been a Gestalt Trainer and Group

Facilitator for the past 15 years.

Dinah's focus includes personal/spiritual development, working with depression, anxiety, grief and bereavement, dreams and metaphor. Her special interests are the integration of spirituality and psychotherapy and understanding psychological crisis through a transpersonal lens.

Dinah's passion is to help others discover their inner strengths, skillfully move through difficulties and transform their lives to realise their full potential.



Barry Buchanan

Dip. Gestalt Therapy, Dip. Community Services

Barry has completed studies in Community Services, Case Management, Theology, Energy Healing, and Gestalt Therapy, as well as having an extensive

background in the business and management world.

Barry also has a particular interest in combining spirituality with Gestalt principles and the powerful transformation that can occur through this medium. He is passionately committed to the integrated approach to wellness and health that is the cornerstone of Gestalt practice.

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