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“It is not so much what we know, as how we use what we know that makes the difference. To see the human being as a spiritual being in a physical body with soul forces that carry individual intention shifts the focus from outer knowledge to inner development. This then brings a change in consciousness so needed today.” Christina Nielsen, Founder & Director of the Metavision Institute

Introducing Short Courses and Workshops

The Metavision Institute is excited to announce **New Short Courses and Workshops starting in 2009.**

Students frequently request further study options at the Metavision Institute as the courses currently on offer are long-term commitments. They are the **Diploma in Applied Holistic Counseling** (two years) and the **Advanced Diploma in Psychotherapy** (one year, following the Diploma course). Three years in all.

The new Short Courses and Workshops offer the opportunity to study at the Metavision Institute for shorter periods of time, within the Metavision ethos.

The Short Courses and Workshops are for current students, for alumni and for people new to the Metavision Institute. They are taught by members of the Metavision Institute teaching community: teachers with a wide variety of skills, experience and modalities. See [teachers](#) on the Metavision website.

The Short Courses and Workshops reflect the Metavision Institute’s holistic approach, recognising that inner life and outer encounters provide a continuous path for lifelong learning. The teaching is based on the belief that inner development brings outer change.

What’s on offer?

The new short courses in **Interpersonal Skills, Holistic Coaching and Metavision Skills** can each be completed in six months. Students can also choose to do workshops in **QiSophia, Biography, Conflict Management and Metavision Skills.**

Click on the buttons below to find out more about the courses.

Applied Holistic Counselling Diploma (accredited) 2 years (shorter for graduates)	Holistic Psychotherapy Advanced Diploma (accredited) 3 years	The Metavision Community Alumni and Student Forum Networking
Interpersonal Skills Certificate Short Course: 6 months	Biography Finding Your Life Purpose Workshop	Conflict Management Skills Workshop
Holistic Coaching Certificate Short Course: 6 months	QiSophia The wisdom of life energy for mind, body healing Series of 3 Workshops	Metavision A mix of supervision, coaching and mentoring Short Course or Workshops

When are the Short Courses and Workshops?

Registration is now open for the **2009 Short Courses**. The Metavision Institute encourages participants to apply early as space is limited, and each course runs only **once in 2009**.

The **Holistic Coaching Certificate** is well under way. People wanting to do this course should apply for 2010.

The **Interpersonal Skills Certificate** starts in August 2009. We encourage applicants to register now.

The three **Metavision Skills Workshops** run only once each in 2009. Participants who complete all three will have completed a Short Course in Metavision, and will obtain a **Certificate in Metavision**.

Short Courses and Workshops have been planned so that participants can easily do more than one in 2009.

The website has descriptions of [short courses](#) and [workshops](#). It is advisable to decide early which courses and workshops you would like to do.

If you are unsure which will suit your needs, contact the **Course Information Officers** to discuss:

Julie-Anne Giles

02 4872 4742 or 0417 641 771

or

Jane Sullivan

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“Using experiential and soulful learning methods, both in the classroom and in the virtual class room, we foster group cohesiveness and support”.

How much does it cost?

All Short Courses and Workshops are Half Price for 2009.

Fees are listed on page 4 of this newsletter.

This is the Metavision Institute’s contribution to people who are struggling in tough financial times.

As the world discusses how to move forward from recent excesses to times of ethical and constructive living, the Metavision Institute wants to contribute to a strong, peaceful and aware community.

Previously announced discounts have been absorbed into these new prices.

Students are requested to pay for Short Courses and Workshops in full before the start of the course, through the office during office hours. However, Short Courses can be paid in installments prior to each module if special arrangements are made with the Institute.

A limited number of **work scholarships** are available for eligible applicants. These offer a further 25% discount in exchange for the participant offering assistance during the short course or workshop.

Please apply for work scholarships through the institute.

How do I register?

You can download an [application form](#) from the website and send it to the Metavision Institute. The fees and registration information for the Short Courses and Workshops is available at [fees and registration](#) on the Metavision website.

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SKYPE
Call us to set up a
session

We're on the Web!

See us at:

www.metavision.com.au

Find [Bowral](#) on Google Maps

What the teachers have to say

"You will learn to unblock difficult emotions, recognize your own needs, develop clearer personal boundaries, enhance listening and reflective skills, and create greater freedom in your life"
- Syliva Godson-King, **Interpersonal Skills**

"The focus will be on participants learning competence in assisting clients to articulate and reach their goals, in a balanced and holistic way, freeing them to be the best they can be. The course offers skills, techniques and tools and ways to include Holistic Coaching into the participants' practice"
- Rosemary Shapiro-Liu, **Holistic Coaching**

"Metavision requires skills in following and unfolding the needs of the participant as well as fluidity to draw appropriately on skills from the fields of supervision, coaching and mentoring"
- Christina Nielsen, **Metavision Course/Workshops**

"QjSophia extends my Holistic therapy, in collaboration with other experienced practitioners, to create a unified global approach to healing. QjSophia offers a way for medicine, metaphysics, psychology, and the 'new science' to begin to create a living holistic approach to health and healing"
- Christina Nielsen, **QjSophia Workshops**

"To resolve conflict you need three things: a good model, good skills, and a good attitude. [This workshop] is suitable for anyone wanting to learn how to handle conflict better, whether for their personal relationships, family or workplace, or just for their inner selves. The weekend will be interactive, fun and interesting, and most importantly, practical and based on what works best"
- Gemma Summers, **Conflict Management Workshop**

"The Biography Workshop brings depth to your self-education through the "finding your journey principle" arising from your biography, and applying this to all aspects of your life, working with the Anthroposophic understanding of human development in its seven year cycles. This is beautifully unfolded with journaling and gentle techniques from Process Oriented Psychology. We come to where we are now and cast our gaze into the future."
- Elizabeth Spencer, **Biography Workshop**

Max & Ellen Shupbach at the Metavision Institute

Max Shupbach, co-founder of the Process Movement and long-time teacher of Christina Nielsen, will visit the Metavision Institute with his partner Ellen in 2010. Originally they had planned to be with us in 2009 but have had to postpone due to the economic downturn. We are optimistically awaiting their visit next year.

They will offer the **Art, Science and Spiritual Practice of Process work**.

"It is with great pleasure and excitement that I can announce the Drs Max and Ellen Schupbach will be visiting the Metavision Institute in 2010. Attending their sessions is highly recommended for students past, present and future and friends of the Metavision Institute. And, of course, for the general public. All are welcome and encouraged to come. Please spread the word"
- Christina Nielsen

Where is the Metavision Institute?

The Metavision Institute is located in [Bowral](#) in the picturesque Southern Highlands of New South Wales, just one and a half hours south of Sydney by car. Situated in the Bundaroo Centre, a beautiful and tranquil park-like setting, the Metavision Institute is close to quality shops, accommodation, rail services, cafes and restaurants.

Short Course Dates 2009

Holistic Coaching

Certificate Short Course: 6 days (2 at a time)

Module one: 28 - 29 May (Thurs & Fri)
 Module two: 18 - 19 June (Thurs & Fri)
 Module three: 20 - 21 August (Thurs & Fri)
(You can register your interest now for 2010)

Interpersonal Skills

Certificate Short Course: 6 days (2 at a time)

Module one: 22 - 23 August (Sat & Sun)
 Module two: 18 - 19 September (Fri & Sat)
 Module three: 23 - 24 October (Fri & Sat)

Metavision:

Certificate Short Course: 4 days

Workshop one: 20 June (Saturday)
 Workshop two: 25 - 26 September (Fri & Sat)
 Workshop three: 28 November (Saturday)

Participants choosing to participate in all three Metavision workshops will obtain a Certificate in Metavision. The three workshops, together, are the Certificate Short Course. They can be done individually (see Workshops below)

Workshop Dates 2009

Biography Workshop - Finding your Life Purpose

8 and 9 August (Saturday & Sunday)

Conflict Management Workshop

10 and 11 October 2009 (Saturday & Sunday)

QiSophia Workshops

Workshop one: 23 May (Saturday)
 Workshop two: 5 September (Saturday)
 Workshop three: 3 October (Saturday)

The three QiSophia workshops can be done as individual workshops or as a series of three.

Metavision Workshops

Workshop one: 20 June (Saturday)
 - Metaskills of Metavision

Workshop two: 25 - 26 September (Fri & Sat)
 - Leadership for Metavision

Workshop three: 28 November (Saturday)
 - Metavision for a sustainable practice and community building.

The three Metavision workshops can be done as individual workshops or as a Certificate Short Course if all three are attended.

All Short Courses and Workshops are half price for 2009 – see below:

Short Course fees		Workshop fees	
<u>Interpersonal Skills</u>	\$700 (3 modules)	<u>Biography - Finding Your Life Purpose</u>	\$220
<u>Holistic Coaching</u>	\$900 (3 modules)	<u>Conflict Management Skills</u>	\$220
<u>Certificate in Metavision</u>	\$525 (3 workshops)	<u>QiSophia</u>	\$100 per workshop
		<u>Metavision Skills Workshops</u>	Workshop 1: \$150 Workshop 2: \$225 (2 days) Workshop 3: \$150