

Quality and affordable therapeutic retreats,
seminars and counselling services



Life After Anxiety Retreat

with Les Simmonds and Anne Martin

Retreat Overview

This retreat is designed for people struggling with anxiety, with a particular focus on Generalised Anxiety Disorder (GAD).

The retreat will provide a safe and secure environment for participants to develop new and helpful ways of managing their anxiety on a daily basis. Both facilitators will be on-hand to support participants throughout the retreat process.

The modalities used are based on evidence and research and include Cognitive Behavioural Therapy (CBT), Mindfulness techniques and psycho-educational interventions.

The programme format involves seminar-styled presentations, group discussion, personal reflection exercises and practice sessions. Please note that whilst opportunities for sharing with other participants will be created, pressure to share information is not an approach used in the retreat process.

There will be a maximum of ten participants for this retreat, with each person having their own room with an ensuite bathroom and all meals provided.

Follow-up sessions are an integral part of the retreat as they assist in consolidating the learnings. As such, six follow-up sessions at \$30.00 per session will take place on completion of the retreat, and further support is available if required. The follow-up sessions can be undertaken by phone or SKYPE.

Important Retreat Details

Dates:

07 August - 09 August, 2015. Please arrive Friday 07 August before noon. Lunch will be served at midday, followed by the first session. The programme will conclude on 09 August at 4:00pm.

Retreat Costs:

\$435.00, payable three weeks prior to commencement of retreat.

Follow-up Sessions:

\$30.00 per session (by phone or SKYPE).

Facilitators:

Les Simmonds and Anne Martin



The facilitators, Les Simmonds and Anne Martin, are experienced therapists and hold post graduate qualifications in Cognitive Behavioural Therapy, with a particular interest in working with Anxiety and related issues (see biographies in the 'About Us' section of our website: www.lifeaplenty.nz)

Contact Details:

For all inquiries, information and registration forms, contact Cushla: Ph (07) 394-4622, 0274-202-363 or Email admin@lifeaplenty.nz

Venue: Tyburn Monastery, Rotorua (refer to [map](#) on website for directions)