

Quality and affordable therapeutic retreats,  
seminars and counselling services



## Life After Depression Retreat

with Les Simmonds and Anne Martin

### Retreat Overview

This retreat is designed for people with mild to moderate depression.

The retreat will provide a safe and secure environment for participants to develop new ways of thinking and responding to difficult situations, in order to combat low mood and depression.

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

The programme format involves seminar-styled presentations, group discussion, personal reflection exercises and practice sessions. Please note that while 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 and each participant will have 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:

02 July-05 July, 2015 (arriving Thursday evening 02 July, from 7:00pm onwards. An evening supper of tea and biscuits will be served). The programme will commence on Friday 03 July at 10:00am and conclude on Sunday 05 July at 4:00pm.

#### Retreat Costs:

\$490.00, 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 Depression and related issues (see biographies in the 'About Us' section of our website: [www.lifeaplenty.nz](http://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](mailto:admin@lifeaplenty.nz)

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