

Statements from earlier participants

Inge Wichard, The Netherlands



The communication course was an opportunity to learn how I react to other people. It also taught me how others perceive me and what effect this has on me. At times during the course I experienced considerable inner turmoil, but this helped me to get in contact with the “real me” and eventually to be more at ease with myself. I can now be more honest about who I am and how I deal with others.

Laila Huseklepp, Norway



One by one my internal doors were opened, and many emotions emerged. Unconscious pathways were traced and disclosed. Effective group leaders guided me through the process. After this course I felt renewed and came back to my daily life strengthened and with a better understanding of myself.

Ketil Øyesvold Melhus, Norway



What are the driving forces in my personality, and why do I seem to use less than my full potential? The answers to these questions are important to coping well with a busy day at work. The communication course yielded deep insights into these and other issues.

Training in Interpersonal communication

Acem International Retreat Centre
Halvorsbøle, Oslo, Norway
22 – 30 May, 2010


acem.com

- self-insight
- leadership qualities
- empathy and sensitivity
- interpersonal social skills
- ability to handle conflicts
- understanding of group dynamics

Acem International Training in Interpersonal Communication

Saturday 22 – Sunday 30 May, 2010



Are Holen
founder of Acem

Acem's training in interpersonal communication has been developed by medical doctors and psychologists with an interest in Acem Meditation and personal development since 1970.

Each communication group has 6-9 participants and 1-2 leaders, and meets for two daily sessions throughout the course. The open and reflective atmosphere provides an opportunity to explore the way you interact with others. The focus is sometimes on group interaction, at other times on individual issues and personality.

The course is led by Dr. Are Holen, Professor of Behavioural Medicine, Dept. of Neuroscience, NTNU - Faculty of Medicine. Dr Holen founded Acem in 1966 and is the head of the international organisation.

Typical daily programme

0815 – 0915	Breakfast
0915 – 1200	Communication groups
1215 – 1300	Lunch
1315 – 1615	Work tasks, walk, self-evaluation
1615 – 1745	Communication groups
1800 – 1930	Dinner
1930 – 2115	Self-activated groups
2130 – ca. 2300	Social gathering, diary and daily report Good night



From Acem International Retreat Centre Halvorsbøle

The Acem International Retreat Centre at Halvorsbøle is situated in scenic surroundings by Lake Randsfjord outside Oslo. Shared transport from Oslo Airport Gardermoen will be provided.

Course fee (non-Scandinavian participants)

Registration and payment before 1 April:
EUR 695 (30 % off regular price).

Registration and payment after 1 April:
EUR 855 (15 % off regular price).

The fee includes ensuite accommodation in a single room and full board (lacto-vegetarian diet).

The training is available to English-speaking participants, provided that a sufficient number register. Participants are expected to take part in the entire programme. Each participant will receive a certificate upon completion of the course.

Registration
&
payment at

ACEM
acem.com

Registrations close on
30 April, 2010

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