



# DEEP LISTENING TRAINING INTENSIVE

*With Rosamund Oliver*

**Wednesday 18 - Sunday 22 July 2018**

From **Wednesday 18 - Sunday 22 July 2018** Rosamund Oliver will guide a five day workshop in Huize Elisabeth, Denekamp, the Netherlands. The Deep Listening Training Intensive (DLTI) is the complete and full training in the Deep Listening method. The workshop is suitable for those who use listening in their work.

Deep Listening Training is an advanced listening training using a variety of experiential and interactive methods aimed at bringing our inherent skills of embodied awareness, compassionate relationship and supportive presence directly into our listening. Participants from a wide variety of professional backgrounds report developing greater confidence in their listening and a deeper capacity of hearing within themselves after following this training. Bringing together understandings from contemporary psychology with the methodology of Buddhist compassion training and meditation, this approach complements and enhances existing professional skills training.



**Rosamund Oliver**, BA, Dip Psych, ECP, qualified as a UKCP registered psychotherapist and supervisor. She worked with private clients and also in psychiatric care with the elderly. Her education work includes teaching meditation to nurses at hospices, co-creating a prison meditation project and developing a Buddhist-based psychotherapy training in South Africa. She is an International Educator for Rigpa's Spiritual Care Programme. She has done extensive training in meditation since 1979 including taking part in a full time three-year Buddhist retreat.

In addition to her other work, she founded an international programme in advanced listening called *Deep Listening Training*, which is currently offered in Netherlands, Ireland, France, Germany, and the UK. The five-day Intensive has been part of postgraduate training at Haifa University, Israel and at VU University Amsterdam.

For more information about Rosamund and her work please email Laura at [deeplisteningtraining@gmail.com](mailto:deeplisteningtraining@gmail.com).

## **Location:**

Huize Elisabeth, Gravenallee 11, 7591 PE Denekamp. Tel. 0541-753256 (Mon-Fri from 9-12 am).  
(From abroad tel. 00-31-541-753256).

## **For whom?**

This workshop is useful for mindfulness trainers, health care professionals and others who work with people and who wish to deepen their own practice and wish to integrate mindful communication in their groups and therapeutic work with their clients. Experience with mindfulness practice is recommended but not compulsory. All participants will receive attendance certificates. In order to keep the costs as low as possible the workshop will not be accredited. However, we may be able to help and support the process if accreditation is desired.

Voorlichting en training:  
mindfulness- en compassietraining,  
inzichtmeditatie en boeddhistische psychologie

Tel: 0594-621807  
E-mail: [info@mindfulnesstraining.nl](mailto:info@mindfulnesstraining.nl)  
Website: [www.mindfulnesstraining.nl](http://www.mindfulnesstraining.nl)

K.v.K: Groningen 02067518  
IBAN: NL03 SNSB 0858403447  
VAT: NL 820646751B01

**Dates and times:** The retreat will start Wednesday 18 July 2018 at 10.30 h. (you are welcome from 9.30 h.) and end Sunday 22 July 2018 at 16.00 h.

### Costs:

- **Participation fee:** participation costs **€ 625**. Of these costs € 417,45 cover vegetarian meals and a single bedroom (bathrooms and showers are in the corridor). For organisation and guidance € 207,55 is calculated.
- **Extra night** (from 17-18 July): it is possible to arrive on Tuesday evening 17 July. In that case **€ 40** will be charged for the extra night and breakfast.
- Bedding will be provided by the retreat centre. A set of towels can be rented for € 4.
- The price is including handouts.

### Preparation and extra information:

- There is an online article published in Dutch written by Harriët Messing about Deep Listening: [click here](#) to download and read the article.
- Handouts will be emailed by .pdf beforehand and participants are asked to bring them to the workshop as they will be used in the training.
- There will be a session of silent meditation before breakfast and an evening session 'Mindful movement' with Jetty Heynekamp for those who wish to join.
- Part of the training (early morning until after breakfast) will be in silence.



### Advanced Deep Listening Training:

This four day follow on course in Deep Listening is suitable for anyone who has completed the Deep Listening Training Intensive. We will look at new ways to deepen our personal understanding of Deep Listening and refresh the method. New material will be explored using specially designed experiential exercises to bring compassion, clarity and wisdom into the heart of listening.

We look at the dynamics taking place in the listening relationship and we also consider how to best create a truly supportive listening environment. Having followed the DLTI from 18-22 July is a prerequisite to follow an Advanced Deep Listening Training. An ADLT will be organised **from 9-12 May 2019** in Denekamp.

**More information:** Jetty Heynekamp: tel. 00-31-594-621807 or [info@mindfulnessstraining.nl](mailto:info@mindfulnessstraining.nl).

### Registration:

We suggest you to register as soon as possible if you wish to participate in this training programme. Registration can be done by printing and filling in the application form on page 3.

It is also possible to register online; see <http://www.fritskoster.nl/agenda>. Your registration is valid after payment of a deposit of € 150, transferred to: IBAN account number **NL03 SNSB 0858 4034 47** (Dutch bank) of Trainingsbureau Mildheid & Mindfulness, Ezinge, mentioning 'DLTI 2018'.

Swift code or BIC is: **SNSBNL2A**. Address Bank: SNS-bank, Utrechtsestraat 46, Arnhem, the Netherlands.

After having sent the registration form and transferred the deposit you will get an invoice by email for all the costs of the workshop. The amount that hasn't been paid yet can be transferred until one week before the start of the retreat. You will receive an email with more detailed information one week before the start of the retreat.

# Trainingsbureau Mildheid & Mindfulness

Peperweg 9, 9891 AK Ezinge

## APPLICATION FORM DEEP LISTENING TRAINING INTENSIVE

*Wednesday 18 - Sunday 22 July 2018*

First and last name: M / F

Postal address (street and house number): Age:

Postal code and city: Tel:

Email address: Profession:

Diet (Huize Elisabeth accepts a diet for medical reasons, please add an official description of your diet):

Meditation experience (method(s), tradition, name of teacher(s), since when):

Experience with mindful communication:

Motivation for participating:

I wish to participate in the DLTI from 18-22 July 2018 and agree with the following costs:

Costs for lodging and organization: **€ 625** = €

€ 417,45 for vegetarian meals and a single bedroom,  
€ 207,55 for the organisation and guidance. Prices include VAT 21%.

Extra night from Tuesday 17 - Wednesday 18 July: **€ 40** = €

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**Total costs = €**

*I am registering officially for the workshop as is mentioned above. I know that if I – for any reason - cannot or do not want to do certain exercises, that I do not have to do these exercises. I also know that I cannot make the teachers responsible for any harm as an effect of these exercises.'*

Date: .. / .. / ..... Signature: .....

- If you are using medication and/or if you are being treated by a psychiatrist, therapist or medical specialist, please contact Jetty Heynekamp before subscribing.
- Your application is only valid after transfer of a deposit of € 150 (mentioning 'DLTI 2018') and receipt of this form (by post or through internet application) by Trainingsbureau Mildheid & Mindfulness. In case you need to cancel, we use the following rule: in case of cancellation at least eight weeks before the start of the retreat, all fees will be refunded, minus € 30 administration costs. In case of cancellation four to eight weeks in advance, the deposit cannot be refunded. In case of cancellation within four weeks before the start of the retreat, 80% of the participation fee will be charged.

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mindfulness- en compassietraining,  
inzichtmeditatie en boeddhistische psychologie

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