

Philippolis Healing Retreat

Guidelines & Code of Conduct

At our Retreat the healing depends on how well we can take care of ourselves and others within the space where we meet, connect and grow. We therefore have specific guidelines to help us in making this a healthy, healing and therapeutic encounter.

By joining the Retreat and in signing this contract you agree to:

- Actively Participate – Engaging, sharing and learning in this space depends on your commitment and involvement. You will not be pushed to participate, engage and share in the sessions if you are not ready to do so, but you are encouraged to be open and willing in your participation.
- Non-judgement – Allowing every-one in the group to be entitled to their opinion and process. Through non-judgement you can be respectful to the experiences and emotions of others even if you do not share them. You also commit to make the space warm, open and safe. You commit to at all times be attentive to the others and practice receptive listening.
- Here & Now focus - In the sessions you will speak about your own emotions and experience as you are aware of them in the present moment. We will refrain from gossip, blaming and shifting our life-responsibility on other people, events or situations. You commit to work on yourself and improve your own patterns, thoughts and habits to achieve transformation.
- Non-harming - Although you may expect some tense or difficult emotions over the course of the retreat and are allowed to express yourself freely, you are not allowed to be physically or emotionally harmful to yourself and others. You may ask for support in finding containment for a personal issue or excessive emotion you are struggling with.
- Inclusivity - You commit to be inclusive of all individuals at the retreat and thus refraining from having private or exclusive conversations or relationships. We are all here to work together to better ourselves.
- NO F,S & A - No Fixing, No Saving, No Advising. You will at all times refrain from taking responsibility for another person's process or forcing your thought, feelings and plans onto another participant, albeit with good intentions. We respect each other's journeys and support one another with open, honest, respectful questions. When you feel like fixing, saving or advising in the group, you commit to taking responsibility for your own shadow-side and rather sharing and reflecting upon that in the group.
- Confidentiality - You consent to fully maintain the confidentiality of each participant of the group in the sessions. Thus not sharing any names, personal experiences or identifying details of another member outside of the groups.
- Punctuality - You pledge to attend each session on time. You also carry knowledge that the group will start on time, whether all the members are present or not.
- Respectful use - You agree to the respectful use of space and materials. This includes being mindful of wastage and responsible about how you engage with the environment.

- Full time out - In joining this retreat you are providing yourself a healing rest from your life and thus a break from every day thoughts and responsibilities. When you attend the sessions particularly, you commit to doing so fully by leaving your cell phone behind so that you can fully experience the healing of the well-deserved resting-space.
- Cleansing Body and Mind During the course of the retreat the focus will be on restoring you to a state of health and wellbeing. We therefore request that you refrain from alcohol consumption and limit the use of other substances such as caffeine, nicotine, etc. The use of illicit substances is strictly forbidden.
- Continued processing - In the sessions there might be emotions surfacing that will leave you thinking about them and even at times fragile and vulnerable after the sessions. Although we will try our outmost to work through and contain emotions within our healing interactions we need to also respect emotions that still need to be thought about and reflected upon. You therefore need to be prepared to at times leave a session with unresolved emotions and issues, but to also practice self-love and nurturing in looking after yourself during the downtimes and allow continued processing to happen.
- Compassionate curiosity – In taking this opportunity of therapeutic introspection and personal development you will refrain from labelling and categorising yourself, but rather to be compassionately curious about yourself and your life dynamics. You commit to the process of healing yourself through awareness, love and re-parenting and thus pledge to put your needs and feelings first.

Please be advised that we reserve the right to remove you from the retreat should we feel that you are having a negative effect on the healing and therapeutic environment of the group. Should you be asked to leave due to misconduct, you will not be refunded or reimbursed in any way.

To indicate your commitment please sign below:

I _____(name and surname) have read and understand the above information. I agree upon the terms, conditions, and specified group rules.

Signature: _____

Date: _____