



FREEDOM FROM THE JUDGE WITHIN:

**CULTIVATING PRACTICES FOR SELF
COMPASSION & BEING WHERE YOU ARE!**

Presented by Noel Haarbarger

MONDAY 13TH & TUESDAY 14TH SEPTEMBER

A 2-day Training Program for Psychotherapists, Psychiatrists, Psychologists, Counsellors and other health professionals.

OVERVIEW

This experiential workshop will provide practitioners and participants with an in-depth exploration of the parts of self related to self-criticism, internalized shame and core beliefs, self-compassion and present-centred awareness. Practices that support a return to wholeness and dis-identification from the Inner critic will be explored.

STRUCTURE

This workshop will use a mixture of didactic teaching, discussion, demonstrations, experiential exercises and skill practice sessions to make the concepts and methods more intimate. The focus will also be on applying these concepts in a therapeutic context. There will be a strong focus on offering experiential exploration and practice skill development.

Day One: We will intimately explore the 'Inner critic' - its relational function, intentions, fears, assumptions and developmental origins, as well as differentiating the inner critic from implicit core beliefs. We will explore the core conflicts, fears and challenges of dis-identifying from the Inner critic. A number of phenomenological, field sensitive, relational and experimental interventions will be discussed to help access, recognize and support dis-identification from fixed core introjects, the 'inner critic' and shame physiology.

Day Two: We will deepen the inquiry into how to work with core 'child' introjects, as well as the barriers, supports and practices for self-compassion and being where we are. We will explore the risks, challenges and required supports and practices in befriending 'what is', cultivating radical acceptance and letting go of the self-improvement project. A number of practice strategies and skills will be introduced to support this development - present centred inquiry, somatic mindfulness, self-compassion and widening the window of tolerance for experiential intensity. Latest research into self-compassion, emotional regulation and mindfulness practices will be presented.

General Information

Venue / Now Online

Dates / 13th & 14th September 2021 Time / 9.30-5.00pm

Fee / Full Registration \$700 or GTA Enrolled Students \$600

Book Via Eventbrite: <https://freedom-from-the-judge.eventbrite.com.au>

By the end of the workshop you will take away a personal and theoretical understanding of:

- The developmental, existential and relational function of introjects and the 'Judge or 'Inner Critic'
- Various types of introjects and 8 different manifestations of the 'Inner Critic'
- How the Inner critic impacts on our perceptual, emotionally, somatic and relational fields.
- The developmental ground in which the critic can be understood
- The relationship between the Inner critic, shame, identity and basic trust in self-regulation and the paradoxical theory of change
- The concept of the 'adult', 'judge' and 'child' and how it can be useful in guiding clients to 'dis-identify' and separate from unhelpful introjects and their undermining impact
- Strategies to access, explore and dis-identify from 'the judge' from a phenomenological, field sensitive and relational perspective
- Practical skills and techniques to develop self-compassion, presence and emotional regulation to work with the split off parts of self that the Inner Critic protects and manages
- A framework for working with shame, unhelpful introjects and trauma states from a Somatic Experiencing and developmental perspective



Noel Haarburger

Gestalt Psychotherapist and
Faculty Member at Gestalt
Therapy Australia

About the Facilitator / Noel Haarburger

B.SC, BEd (counseling), Adv Dip Gestalt Therapy, Somatic Experiencing Practitioner (SEP), MAPS, ClinGANZ

Noel has been a faculty member and trainer at GTA (Gestalt Therapy Australia) since 2001, and works in full time private practice as a psychologist and psychotherapist working with individuals and couples, as well as offering supervision. He also practices and teaches Equine and Nature Assisted Psychotherapy through the Equine Psychotherapy Institute. He has worked extensively in a wide variety of counselling and psychological services since 1995, including family counselling, drug and alcohol, sexual assault, problematic gambling, men's behavioural change programs and with mental health services and in juvenile justice.

Noel has a special interest in trauma and body work, as well as integrating developmental/attachment perspectives, Buddhist psychology and non-dual spiritual approaches into his work. He is a certified 'Somatic Experiencing' practitioner, this utilises highly effective and safe body awareness methods for negotiating and releasing trauma. Noel is also an ongoing student of the 'Diamond Heart approach', a western psycho-spiritual school that integrates mindfulness, western depth psychology, Sufism and Buddhist approaches to personal and spiritual development.

Our Cancellation policy:

Cancellations made up to 30 days before this event are subject to Eventbrite cancellation process and include their fee. Cancellations after 30 days will be reviewed on a case by case basis, and if we can fill from a waiting list we will refund your money, less the Eventbrite fee. There are no refunds available after 7 days.