

**TRAINING IN**

# **INTERPERSONAL COMMUNICATION**



**SATURDAY 25 APRIL - SUNDAY 3 MAY 2015**

**ACEM INTERNATIONAL RETREAT CENTRE HALVORSBØLE, OSLO, NORWAY**

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- group dynamics
- conflict management
- leadership qualities
- self-insight
- empathy and sensitivity
- interpersonal social skills



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 Acem's founder Dr. Are Holen, a psychiatrist and professor at the Faculty of Medicine, Norwegian University of Science and Technology.

Along with a highly qualified and experienced crew of group leaders, he has developed Acem's communication courses since 1970.

The course is suitable both for first-timers and experienced participants.

## TYPICAL DAILY PROGRAMME

0830-0915	Breakfast
0930-1200	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	Social gathering, diary and daily report
ca 2300	Good night



Acem International Retreat Centre at Halvorsbøle is situated in beautiful and peaceful surroundings overlooking the Randsfjord lake outside Oslo. Shared transport from Oslo Airport Gardermoen will be provided.

### **DISCOUNTED COURSE FEE FOR NON-SCANDINAVIAN PARTICIPANTS**

Before 15 March: € 860  
After 15 March: € 1075  
Full-time students: € 755

The course fee includes ensuite accommodation in a single room and full board (lactovegetarian meals). If the course is fully booked, student discount may entail accommodation in a double room.

The training is available to English-, German- and Spanish-speaking participants. 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  
1 April, 2015

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### **JACOB C. SANDBERG, PROJECT ENGINEER**

Working with my life history at the communication course has given me more insight into why I act the way I do in various situations. I received sincere and direct feedback from other group members. The setting was unique, the communication in the group was allowed to develop freely. The course will be very useful for me in my job as a project leader, as well as in my family life.



### **ELIA CAMACHO, PEDIATRIC DERMATOLOGIST**

This has been an amazing experience. The communication course is one of the few places where you get to know how other people react to you. You increase your knowledge about yourself. The course helps you dig into the hidden ingredients of human relations, and to better understand how people interact with each other. This has helped my relationships and my quality of life. I recommend the course to everybody.



### **TROND HOFF DEHLI, MANUAL THERAPIST**

The communication course made me change important things in my life. I was able to stop and think through how I spend my time. I have discovered that I want to change direction in quite a few ways. It feels good, and I appreciate the chance to adjust the ways I relate to others. The course is like a training camp for the mind, quite demanding, but very rewarding also.



### **BARBARA KOWALSKA, MANAGER OF SPECIAL SCHOOL UNITS**

The unique thing about the communication course is the opportunity to see yourself mirrored in others. This has brought to light many aspects of myself that I wasn't originally aware of. I see myself a little differently now, and I am more in touch with my emotions. This has been a very exciting journey.