

# Training in Interpersonal communication

Acem International Retreat Centre  
Halvorsbøle, Oslo, Norway  
28 May – 5 June, 2011

# Training in Interpersonal Communication

Saturday 28 May – Sunday 5 June, 2011

Acem International Retreat Centre

Halvorsbøle, Oslo, Norway

Self-insight ▪ Leadership qualities ▪ Empathy and sensitivity

Interpersonal social skills ▪ Ability to handle conflicts

Understanding of group dynamics



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, and Adjunct Professor of Family and Community Medicine, University of North Dakota School of Medicine and Health Sciences, Grand Forks. 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	Social gathering, diary and daily report
ca. 2300	Good night



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.

## Discounted course fee for non-Scandinavian participants

Registration and payment before 1 April:  
EUR 710

Registration and payment after 1 April:  
EUR 870

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, 2011

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# Statements from earlier participants



**Roland Holke, Germany**

The communication course was like a laboratory of life. I was able to listen, watch and detect some of my conscious and unconscious reactions, feelings and patterns. A very intensive and deep experience.



**Camilla Moneta, Norway**

The course provided a unique framework around an intensive process that has increased my understanding and insight, as well as my sensitivity towards others.



**Kristoffer Hansen, Denmark**

I have caught sight of new connections and new aspects of myself and others. Most importantly, I have realised that there is still much that I do not yet see.



**Grete Coucheron Jensen, Norway**

The course showed me what lies behind some of my patterns, and it gave me an opportunity to practise my cooperation skills and improve my ability to see and listen to others. The resulting insights are of great use in my everyday life.