

**14 - 28 JUNE 2014**

ACEM INTERNATIONAL RETREAT CENTRE  
HALVORSBØLE, OSLO, NORWAY

**TWO-WEEK**

**INTENSIVE TRAINING  
IN INTERPERSONAL  
COMMUNICATION**

 **ACEM**  
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# TWO-WEEK INTENSIVE TRAINING IN INTERPERSONAL COMMUNICATION

SATURDAY 14 JUNE - SATURDAY 28 JUNE 2014

ACEM INTERNATIONAL RETREAT CENTRE, HALVORSBØLE, OSLO, NORWAY

- 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 Hølen, 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.

While one-week communication courses have been held annually for more than thirty years, a two-week course is a rare event: last time was in 1999. Investing twice the usual time increases the effect by three.

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 1 May: € 1600

After 1 May: € 1850

Full-time students: €1400

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- and German-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  
20 May, 2014

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**EVA SANNUM, COPYWRITER/CREATOR**

I have learned to look beyond first impressions. Seeing the story behind things that used to irritate me makes me more open and accepting. I have discovered how my ways of relating to others sometimes block actual communication. This has helped me both in my job and in relation to my children, and with people in general.



**KENNETH PEDERSEN, PROJECT MANAGER**

In just one week, the communication course has provided insights that I might have spent a lifetime trying to attain. I hadn't been aware of how my reaction patterns influence my interaction with others, but now got help to see this, and to understand how other people see me. This gives a good basis for improving relations to my partner, children, family and friends, as well as my job.



**GUNNAR SOLEM, SALES DIRECTOR**

This is the best course in communication and leadership that I have been to. It has alerted me to my strong and weak sides in a deeper way than any other course. Putting this new understanding into practice will not only help me, but also people around me, at work and at home. I highly recommend this course to anybody with an interest in personal development.



**NAOMI SALAMAN, ARTIST AND LECTURER**

It's been important to reflect on how I get on with other people and how the past bears on the present. I have got more in touch with what is going on inside me. This will help my teaching, where I need to be professional, but still not cut off from who I am. The communication course gives me this kind of strength.