



2016 New Depths INTENSIVE PROGRAM

*with Susan Skye, Psychologist and Certified NVC trainer
and Sarah Peyton, Certified NVC trainer
Portland, Oregon, USA*

New Depths is a **groundbreaking approach** that at last ***makes it possible to heal the persistent patterns of pain and dysfunction that are the heritage of unresolved childhood pain and trauma.*** Susan has integrated the latest discoveries in brain science, trauma treatment, and Nonviolent Communication (NVC) to create a uniquely effective program that literally rewires our brain and restores our birthright of wellbeing.

The 2016 Intensive Program Includes:

- Three weeklong residential retreats: October 10-17, 2016; January 20-27, 2017; May 19-26, 2017
- One hour-long individual consultation with Susan Skye
- Monthly in-depth empathy conference calls facilitated by Sarah
- Monthly teleseminars with Sarah on the latest brain research on healing old trauma
- Four powerful recordings that enable you to *begin your New Depths healing journey as soon as you register*, including Susan's Living Energy of Needs (mp3+video) and Healing Childhood Trauma (mp3), and two Sarah's Interpersonal Neurobiology Teleseminar offerings on any topic of your choice
- See page 3 for an overview of the Intensive Program curriculum elements



Susan Skye, creator of New Depths, has an M.A. in Psychology and graduated from Bryn Mawr College, Yale University, and Pacifica Institute. She's been in private consulting practice for more than 35 years, and has been a Certified Trainer with the Center for Nonviolent Communication (CNVC) for more than 23 years. While Assistant Dean at UCLA in the early 1970s, she co-created and taught the Women's Studies Program. Since 1975, Susan has conducted a wide variety of self-development trainings in the U.S., Canada, Europe, and South Korea. In 2000, she co-founded the NVC Training Institute to provide advanced NVC training worldwide, and served as CNVC's North and South American Certification Coordinator for 10 years. She created the New Depths program in 2010.



Sarah Peyton, a pioneer in the field of Interpersonal Neurobiology, is a CNVC Certified Trainer offering workshops and classes throughout the Pacific Northwest focused on depth work and self-compassion that integrates Interpersonal Neurobiology with the healing potential of NVC's verbal and non-verbal empathy. She is on the faculty of Birthingway Midwifery College, studies with Bonnie Badenoch and Allan Schore, and is a regular contributor on IPNB and NVC in the Global Association of Interpersonal Neurobiology Studies (GAINS) Journal.

CONTENT of the NEW DEPTHS INTENSIVE PROGRAM

Our time together will include a combination of experiential process work, conceptual learning, breathing and meditation, and small group work. Topic areas will include:

The "Brain Map" of Human Well-being

- The nine characteristics of a healthy brain
- How to create new neural pathways that restore integration & function to our brains
- How to assess our own level of brain integration as it develops over the course of New Depths & beyond

The Limbic Alarm System & The Impact of Unmet Childhood Needs and Trauma

- The role & function of our limbic (emotional) alarm system
- How persistently unmet life-needs caused by modern parenting practices, poorly attuned parenting, neglect, & abuse damage our brains neurologically, biochemically, & physically
- How brain damage caused by unmet childhood needs and trauma creates lasting negative effects, including:
 - ongoing or recurring stress & anxiety, hypervigilance, anger, emotional reactivity, unsatisfying or dysfunctional relationships, etc.
 - a distorted sense of self that includes persistent critical inner voices, self-blame, & a pervasive sense of unworthiness & inadequacy
 - unresolved traumatic memory that shows up as traits in ourselves that that we dislike & criticize

Understanding the Healing Process - Methods for Repairing Our Brains & Resolving Emotional Triggers & Reactivity

- How to calm our emotional alarm system
- How to develop & sustain emotional equilibrium & self-regulation
- How to use deep process work to repair & create the brain circuits that support warmth & intimacy

Experiencing the Healing Process & Stable Change

- Experience the New Depths processes & tools that enable us to connect in a transformational way with our unprocessed pain/disconnected parts or energies ("inner orphans")
- Experience how integrating these unprocessed traumatic memories reduces or resolves trauma-based symptoms, & allows us a compassionate, empowered, & heart-connected relationship with our painful past
- Experience a shift in our negative beliefs & assumptions about ourselves into a positive, life-affirming sense of self
- Create a coherent narrative of our life that completes the integration process & empowers empathic self-connection

Deepening Our Capacity For Emotional Connection & Sexual Intimacy

- Understand the four relationship survival patterns ("attachment styles") that explain why relationships fail
- Learn how to interrupt dysfunctional patterns & restore our natural capacity for satisfying, life-giving relationships
- Understand the neurobiology of intimacy & how to restore satisfying sexual function

Understanding & Addressing Addictive Behaviors

- Learn how brain damage from early childhood trauma creates addictive behaviors (food disorders, workaholism, substance abuse, compulsive shopping & gambling, etc.)
- Learn how to use empathy & compassion to create a sense of meaning & self-value that heals addictive patterns
- Develop sustainable, life-supporting strategies that nourish & support us

PROGAM INVESTMENT

Covers all fees including individual sessions, group telecalls, and group sessions, plus room & board for three week-long retreats in a pastoral setting outside Portland, OR:

- \$5295 double occupancy (\$3000 program tuition*, \$2295 room & board)
- \$5895 single occupancy (\$3000 program tuition*, \$2689 room & board)

* **Tuition discounts of up to \$1,000 are available with registration by January 30, 2016.** For additional discounts available after January 30 and other complete details, visit www.newdepths.org and go to the Intensive Program page.

QUESTIONS? Contact us at 503-862-9224 or newdepthsjourney@gmail.com.