



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 consultations 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 of Sarah's Interpersonal Neurobiology Teleseminar offerings (MP3s) 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.

A Letter from Susan

Dear Friends,

I'm excited to announce the next New Depths Intensive Program, beginning October 2016.

As a result of recent breakthrough discoveries in brain research, we now understand what sets up patterns of pain and reactivity and why so many of us end up in painful relationships. I have been fascinated and excited by the immense possibilities these discoveries have opened up for human healing and happiness. New Depths Intensive Training was created to share this new knowledge with you.

New Depths combines psychology, neuroscience, and Nonviolent Communication (NVC) to create a deeply integrated healing map that offers an illuminating conceptual framework as well as uniquely effective process work.

Among the most significant neuroscience discoveries is that trauma, neglect, and poor parenting **actually result in physical damage to our brains**. Another startling finding is that **the felt, inner experience of loving oneself is absolutely critical to the process of healing the brain**.

The New Depths Intensive Program **teaches you how to repair this brain damage**. You will learn how to clear emotional reactivity and how to build new and healthy neural pathways in your brain!

When the stored pain of old trauma is resolved, it is replaced by an entirely new quality of wholeness, balance, and security. These in turn transform our capacity to connect freely and authentically with ourselves and others, creating exciting new possibilities for us to enjoy more deeply peaceful and satisfying relationships.

Past and current participants in the New Depths Intensive Program have expressed surprise and delight as their emotional reactivity has been replaced by emotional equilibrium.

While this depth of inner transformation requires readiness and persistence, as well as the right tools, we continue to regularly see results that are nothing short of astonishing.

I'm honored to partner with Sarah Peyton in bringing this transformational work to you. Sarah is a CNVC Certified Trainer and brings a strong background in Interpersonal Neurobiology (IPNB) and neuroscience. She is an enormous contribution to the depth and power of this work.

I hope you will consider joining us.

With anticipation,

Susan

CONTENT of 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

RETREAT DETAILS

- Retreat is held at the Alton Collins Retreat Center located 45 minutes from Portland, Oregon, USA (32867 SE Highway 211, Eagle Creek, OR 97022)
- Arrival is on Day One between 3pm - 5pm local time (PT)
- Approximate daily schedule:
 - 8:00am - 9:00am Breakfast
 - 9:00am - 12:30pm Training
 - 12:30pm - 2:00pm Lunch
 - 2:00pm - 6:00pm Training
 - 6:00pm - 7:00pm Dinner
 - 7:00pm on Free Time
- Departure is after 1pm on the last day
- One afternoon (usually on the 4th day) will be left free to explore and enjoy the area (after lunch)
- Cell phone service and internet access are available in the common areas. Most sleeping rooms do not have signal.



PROGRAM VALUES

The following is a list of values that we'd like our participants to resonate with:

- A desire to learn about brain research that relates to healing unresolved childhood pain and promoting well-being
- A willingness to engage in or witness inner work that may involve intense emotional content
- A willingness and ability to be part of a group and to speak in the group
- A willingness to value both your own needs and the needs of the other members of our community

PROGRAM INVESTMENT

Covers all fees including individual sessions, group telecalls, and group sessions, plus room & board for three week-long retreats:

- \$5295 double occupancy (\$3000 program tuition, \$2295 room & board)
- \$5895 single occupancy (\$3000 program tuition, \$2895 room & board)

Available Program Tuition Discounts (can be combined for a total possible discount of \$1000):

1) Early Registration:

- ✓ Save \$700 when you register by January 30, 2016
- ✓ Save \$400 when you register by April 30, 2016
- ✓ Save \$200 when you register by June 30, 2016

2) Multiple Person*

- ✓ Save \$300 each, when 2 or more people register together

* Multiple person discounts apply when all members of your group identify each other on your registration form, and submit your registration forms and make your deposit payments within 14 days of each other.

TERMS and POLICIES

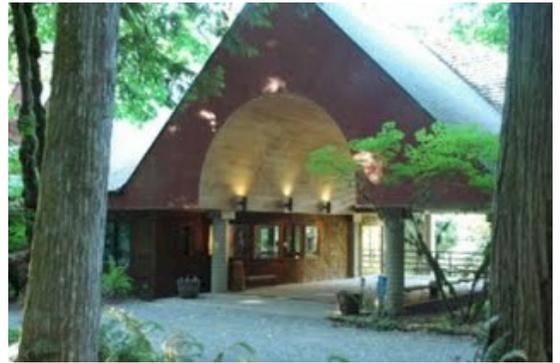
Deposit and Payment Information:

A \$600 deposit must accompany your application. You will receive a confirmation e-mail and payment schedule when you're accepted into the program. Once you've been accepted into the program, your deposit of \$600 is non-refundable. (If you are not accepted, your deposit will be refunded in full.)

Full payment is due by August 1, 2016 or at the time you register (whichever is later). Payment plans are available for an additional administrative fee (applicable when there is a balance due after August 1).

Transfer, Cancellation, and Refund Policies:

- You may transfer 100% of your registration fees and discounts to another participant *if* that person meets the program prerequisites and is accepted into the program.
- If you cancel on or before August 1, 2016, you'll receive a full refund, minus the \$600 non-refundable deposit.
- If you cancel after August 1, 2016 *and* we're able to fill your place in the program with another paying participant, you'll receive a full refund, minus the \$600 non-refundable deposit.
- If we cancel the program for any reason, you will receive a full refund (including your \$600 deposit).



Refunds are not available if you cancel after the start of the first retreat, if you do not show up, or if you leave the program early.

Questions?

If you have questions about the New Depths Intensive Program please feel welcome to contact Sarah Peyton at 503-862-9224 or sarah@newdepths.org.

