

TRAINING IN INTERPERSONAL COMMUNICATION



SATURDAY 29 APRIL - SUNDAY 7 MAY 2017
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 emeritus 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 EARLY-BIRD FEE FOR NON-SCANDINAVIAN PARTICIPANTS

Before 15 March: € 820

After 15 March: € 1020

Full-time students: € 720

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, provided a sufficient number of people sign up. 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
15 April 2017

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**MARGUNN GJELSVIK, HR COORDINATOR**

I'm learning how to strike a balance between boundaries and openness - both are important to form good ties to others. This is particularly true of close and personal relationships, but also applies to collaboration in the workplace. The group sessions and feedback gave valuable input to self-reflection, and the process lasts long after the course is over. I was lucky to have an employer who supported my participation in the course.

**JAKOB LIND, IT CONSULTANT**

The IT business is a very social arena, and communication is essential. The course was an even deeper experience than I had expected. It has helped me become more empathetic and act on the empathy I've discovered, despite the risks involved. It feels like a great change, in relation to colleagues, friends, and family. In particular, it has awakened in me a wish to establish new relationships.

**KNUT ØRNES, DOCTOR, PHD CANDIDATE**

I've been surprised to see how strongly my communication here and now is shaped by early experiences in the family. It's also been amazing to discover how much information first impressions actually contain. The course has helped me accept parts of myself that I used to spend a lot of energy being judgemental about. What I've learned here will help me better understand and communicate with patients.

**LAURA MAGID, LAW STUDENT**

I had heard many people speak about the communication course with great enthusiasm, and it has really been both exciting and challenging. I particularly like the way personal stories emerge in the groups. I often think about how others see me, and here I was able to see myself through the eyes of others – a liberating experience! The course has helped me understand both myself and others better.