



Once in a lifetime opportunity:

Training and Practice in Japanese Psychology in the Bavarian Forest

Domestic Certification Program October 19 - 28, 2019



Gregg Krech, Director of the ToDo Institute, Vermont, USA is a **leading authority** on Japanese psychology and author of the award-winning book, *Naikan: Gratitude, Grace & the Japanese Art of Self-Reflection* (Stone Bridge Press, 2002).

He and his wife Linda will conduct their inimitable Certification* Program, in which they provide training and practice in **three methods** of Japanese Psychology, **Morita Therapy, Naikan & Kaizen**.

The program is unique in its design, structure and content. Participants (usually between six and eight per program) live in community with one another during the nine days of the program, **putting the principles of Morita Therapy and Naikan into practice** and discovering what that means for them as individuals and for their relationships with one another.

The curriculum of this program is broad, powerful, and **relevant to both our everyday lives and our grandest dreams**. The core material, presented each morning, stimulates a rich and thought-provoking discussion amongst participants. Afternoons include a **personalized daily individual session**, as well as experiential opportunities to use the material, through a wide variety of assignments, exercises and practices. There will be time for daily **meditation, self-reflection and physical exercise** as well.



What to Expect:

- ✓ An introduction to Japanese psychology based on Morita Therapy, Naikan & Kaizen
- ✓ A rigorous experiential program that will support you both personally and professionally
- ✓ Highly **qualified teachers** with a combined **60 years of experience**
- ✓ Coexisting with unpleasant feelings and thoughts
- ✓ The mechanics and skillful use of attention
- ✓ Daily, personalized individual instruction tailored to your own goals, questions and challenges
- ✓ Applications such as parenting, relationships, weight loss & addictions
- ✓ Studying the connection between suffering and self-preoccupation



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- ✓ The body's influence on the mind
- ✓ Relationships: Conflict resolution, reconciliation and long-term intimacy
- ✓ Resolving conflicts
- ✓ Evenings of music, humor and good company
- ✓ and a lot more...

Last year's participant:

““Prepare for lots of inspiring teachings and thoughtful talks that reach down into the depth of your being. Expect many lively debates that make you come alive 100%, experimental cuisine on a daily basis, very interesting dinner table conversations indeed, tons of warmth and support from the people around you, a good deal of subtle and sometimes less subtle guidance by Linda and Gregg. Don't hesitate a second to register for it. It's money and time very well spent.” - Barbara Buri, Switzerland

[More information](#) and how to sign in.

*For those interested in **Certification in Japanese Psychology**, please note that the certification program provides 96 of the 162 credits needed to complete the process.

