

**Spring and Autumn Workshops:**

**Bonding Psychotherapy**

*For refreshment and introduction*

In the Therapeutic Community, we work with the integration of old injuries and the exploration of current conflicts and needs.

The workshops include bonding-based experiential exercises, trauma-therapeutic approaches, and creative impulses. The aim is to develop an inner attitude of care, love, and encouragement, which also opens space for playfulness and lightness.

Seminar language: German with occasional summary translation

**Facilitation, registration, and information:**

Ute Schreckenberg

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With assistant from 8 participants onward

**Date:** March 27–29, 2026, Fri 3:00 p.m. – Sun 2:00 p.m.

**Location:** Naturfreundehaus Solingen-Theegarten

[www.naturfreundehaus-theegarten.de](http://www.naturfreundehaus-theegarten.de)

**Fee:** €320.00 incl. accommodation

plus vegetarian meals approx. €50 per day

**Date:** October 16–18, 2026, Fri 3:00 p.m. – Sun 2:00 p.m.

**Location:** Vocal Academy Cologne, Kartäuserhof 30a

**Fee:** €260.00 plus self-catering; accommodation must be arranged independently

**Applies to all therapy groups:**

Written registration is required.

For participants who are not personally known to us, a preliminary telephone interview is required