

Daring to Trust

David Richo

6 & 7 August 2011

"We are delighted to be welcoming David Richo on his first visit since 2007. Dave has been a significant influence on us for the last fifteen years. He has a deeply rich understanding of the human condition and a gentle, engaging and humorous style. This workshop is based on his latest book and offers a synthesis of his work to date. His wisdom has relevance and value for developing oneself and others."

Marie Faire & Paul King

Most relationship problems are essentially trust issues. Whether it is fear of commitment, insecurity, jealousy, or a tendency to be controlling, the real obstacle is a fundamental lack of trust - both in ourselves and others.

Daring to Trust offers key insights and practical exercises for exploring and addressing our trust issues in relationships. Topics include:

- How we learn early in life to trust others (or not to trust them)
- Why we fear trusting
- Developing greater trust in ourselves as the basis for trusting others
- How to know if someone is trustworthy
- Naïve trust vs. healthy, adult trust
- What to do when trust is broken

Ultimately, we must develop trust in four directions:

- toward ourselves,
- toward others,
- toward life as it is, and
- toward a higher power or spiritual path



These four types of trust are not only the basis of healthy relationships; they are also the foundation of emotional wellbeing and freedom from fear.

Some people are trustworthy and some are not. Our path is then to receive loyalty with appreciation and to handle betrayal by expressing our feelings but not by retaliating. We ourselves, in any case, can make a personal commitment to integrity and be trustworthy no matter how others treat us.

Thus, regarding others, we trust conditionally, that is, whenever it is wise to do so. Regarding ourselves, we choose to act with unconditional trustworthiness. This does not make us naïve or gullible. It actually makes us more acute in recognizing trustworthiness in others.

"I've had so many insights since the weekend with Dave I'm not sure I can keep up with the learning". **CH, Consultant**

As we become more adult in life, we do not fear trusting others but we do remain on our toes. We can't trust everyone but everyone can trust us.

Drawing on Western psychology and Eastern spirituality, David will guide us how to open up to our own truth - including opening to what is frightening, painful, or disappointing - and discover our greatest gifts.

David Richo presents a rare clear and coherent description of the link between psychological work and spiritual work.

The insights and clarity he offers into our life's journey and our relationships are true gifts for those who want to live their lives more authentically and help others to do the same.

What he teaches can be applied to successful living and relationships inside organisations.

'Trust is our best path, but discernment in how we place our trust is crucial. All of us have been lied to, deceived, or let down in some way. Yet we can remain heart-centred while proceeding with caution, and we can develop greater resilience in the face of life's inevitable rejections and disappointments. Only two qualities can get us to that point. First, building inner resources so that our safety and security lie stably within ourselves; second developing an unconditional yes to life as it is.'

From: Daring to Trust

David Richo

David Richo, Ph.D., is a psychotherapist, teacher, and writer who draws upon Jungian, Buddhist, and poetic perspectives in his work.

He leads popular workshops at the famous Esalen Institute, the University of California at Berkeley, the University of California at Santa Barbara, and Santa Barbara City College. He lives in Santa Barbara and San Francisco, California.

He is the author of 14 books including, *How to Be an Adult*, *How to Be an Adult in Relationships*, *Shadow Dance: Liberating the Power and Creativity of Your Dark Side*, *The Five Things We Cannot Change* and *the Happiness We Find by Embracing Them* and *When the Past is Present*.

His most recent book, *Daring to Trust*, was published by Shambhala in 2010 and has been described by Jack Kornfield as "*Beautifully wise, straightforward and helpful*".

Workshop Dates

Saturday 6 & Sunday 7 August 2011

Fee

£450+VAT (includes refreshment and lunch)

Early Bird Fee for bookings by 5 July 2011
£420+VAT

Some discounted places are available for people coming from the not-for-profit sector and for individuals on low incomes.

Group Dinner

We are arranging a group dinner with Dave at Lydiard House for the Saturday night. It will be a 3 course meal and cost £25+VAT. When booking, please let us know if you would like to join us.

Cancellation

There will be a 50% charge for cancellations received within 14 days of the seminar and 100% charge for cancellations received within 7 days of the seminar.

Venue

Lydiard House Conference Centre, Lydiard Park Swindon, Wiltshire



Booking

To book please contact:
The Beyond Partnership Ltd
2 Holbrook, Bromham, Wilts, SN15 2DH
Email: info@thebeyondpartnership.co.uk
Tel: 01380 859106
See also: www.thebeyondpartnership.co.uk

'Psychological work and spiritual practice are not two separate tasks but one simultaneous project of human becoming. In psychological health, our purpose is to fill our life goals, find personal happiness and enjoy effective relationships with those around us. In spiritual practice we expand our purpose so that our motivation includes the happiness and evolution of the whole world.'

From: The Five Things We Cannot Change