

**Cognitive roots**

The structure and activities of the processes are explained and illustrated clearly. The meaning, purpose, and structure of myths and rituals, the background of the methods of humanistic psychology, the connection to the archetypal doctrine, C. G. Jung, and the basics of meditation are imparted/conveyed.

**Imaginative methods**

Guided imaginary journeys provide access to inner images and feelings. Fueled by movement and music, this leads to a holistic experience as a foundation of the experienced process.

**Gestalt Therapy**

The practice of Gestalt Therapy is a unique experience oriented approach to psychotherapy, in which the intensive orientation of consciousness towards the emotional and physical processes in the here and now is used to physically accomplish unfinished, repressed issues in one's life and transform them into a "complete Gestalt".

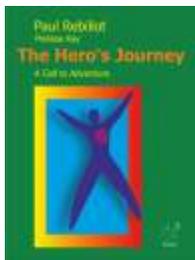
**Body experience**

Elements from Bioenergetics and related body therapies allow for the solving of deep physical and energetic blockages and are health prevention in the best sense.

**Meditation**

Recurring morning and evening meditations show ways to inner peace and silence. They are a valuable stimulus for everyday life.

**literature**



Paul Rebillot: The Hero's Journey. A Call to Adventure. How to Use Crisis and Change to Expand Your Life's Opportunities, Eagle Books 2017  
 eBook 9,99 US\$,  
 ISBN-13: 978-3-946136-01-9  
 Print version 24,90 US\$,  
 ISBN-13: 978-3-946136-00-2

The seminar will be conducted by Franz Mittermair and team. Franz Mittermair is education professional, Gestalt-body therapist, author and publisher. He has 30 years of experience with the work of Paul Rebillot and trains people in Ritual Gestalt work and Gestalt therapy. In his team are Andreas Kranz and Tanja Steele, both trained in Gestalt therapy and leading the Hero's Journey.

Seminarhaus Herberge

**organisation**

The Hero's Journey starts at the first day at 6:00 pm and ends at the last day at about 2:30 pm.

The seminar fee is 690,- €. The costs for room and board are about 250 to 350 € (depending at the room category) .

Place is the seminarhouse Labenbachhof near Ruhpolding, Bavaria, Germany, [www.labenbachhof.net](http://www.labenbachhof.net)

We are going to organize a shuttle from and to Salzburg airport (distance only 33 km).

**Conditions for withdrawal**

No withdrawal costs till four week before beginning of the workshop, then 100 %, except another participant is sent.

Discount is possible. Please call us.

The number of participants is 6 to 18 persons.

For application please send us an email or letter with name, adress, telephone number, email address and year of birth or go to [www.heldenreise.de](http://www.heldenreise.de) -> termine



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# The Hero's Journey

October 23 - 26, 2018

Franz Mittermair and Team  
 Labenbachhof  
 near Ruhpolding  
 Germany  
 (close to Salzburg Airport)



**Institut für Gestalt und Erfahrung**



## the idea

You have to deal with yourself and with people surrounding you day in and day out. It is not only your expertise that is required, but your greatest asset is your personality. And that needs constant development, new energy and new impulses too.

With the Hero's Journey we offer you an optimal tool to:

- - develop your personal vision (further)
- - reduce resistors and blockages
- - recharge, release and mobilize your own energy
- - prevent burnout, to reduce psychosomatic discomfort
- - become even more communicative and outgoing
- - make a great step towards a more creative personality
- - find even more fulfillment, joy and contentment in yourself, your profession and your relationships.

The Hero's Journey goes far beyond the usual cognitive programs. It is a personality development in a holistic sense. Body, emotion and sense are addressed equally.

The Hero's Journey is based on effective and optimized methods of humanistic psychology (Gestalt therapy, Bioenergetics ...). In a unique ritual combined with imaginative, creative and cognitive techniques.

We know, and the positive feedbacks show it again and again that the Hero's Journey is a unique seminar concept with amazing positive results.



## the structure

In almost every human being there is a conflict between the part that wants to make something out of life, seeking change and development; And another part, that appreciates the comfort of the known, that prefers suffering rather than action for a change.

If this conflict between longevity and security is not solved, paralysis, lack of energy and dissatisfaction are the results. Authentic and in their sense successful people have learned to integrate their adventurous part as well as their protective part into their personality.

This conflict is very significant for us humans and solving this problem makes us mature, mature and self-sufficient. In other cultures, initiation rituals have been helping to take the necessary steps in life, in our culture we are left quite alone.

In the ritual of the Heros Journey, developed on the basis of hero myths spread throughout most of the world's cultures, you have the opportunity to work out and integrate these two conflicting parts of your personality.

The unification of "hero" and "demon" (the inner bracer) leads you to a more holistic personality that knows your abilities and acts according to your goals.



## the origin

In this seminar we are working on the structure of the "Hero's Journey" developed by Paul Rebillot. Paul Rebillot was born in Detroit in 1931 and died on February 11, 2010 in San Francisco.



Paul Rebillot studied philosophy and performing arts and has worked as a director, actor and teacher. After a profound crisis of existence, he set out on a journey of self-discovery. In the end, it led him to the Esalen Institute in California, where he met Dick Price who taught him Gestalt Therapy, and Joseph Campbell, whose standard work "The Heroes in a Thousand Figures" became an inspiring source for the development of the Hero's Journey.

Paul founded the "School of Gestalt and Experiential Teaching" in San Francisco and brought his work to Europe in the 80s.

## the aim

- Through the use of creative, playful and therapeutic elements the Hero's Journey provides access to repressed problems and offers opportunities for integration of them. The Hero's Journey helps you to:
  - - recognize and live your own desires, ideas and goals more clearly
  - - discover a deeper vision for your further path of life.

## the effects

Since 1990, more than 2,000 people have experienced the Hero's Journey with us and in several empirical studies, we reviewed the results of this seminar. Lastley, the University of Leipzig took the results of our investigation and concluded that:

- Still one year after the seminar 80% of the participants say that they are "better" or "much better" off than before the seminar.
- It has been shown that psychological stress and depression decreased significantly; on the other hand the sense of understanding and mastering life increased strongly.