

Mayumarri Information and Registration Pack

UK HEALING CENTRE

Welcome to Mayumarri and congratulations on taking a major brave step on your healing journey.

Following, please find our information pack, which includes our registration form. If, after carefully reading the information, you decide to come for a Healing Week please detach the Registration Form, complete and return, with payment.

Please understand our weeks fill quickly and we cannot confirm your place until we receive your registration forms and payment. Once we have received your form and payment, you will receive confirmation of your booking and travel arrangements.

In the event you need to cancel your booking, refunds are only available if cancellations are more than one month prior to your visit.

If you have any further questions, please do not hesitate to call us on 01233 813 809.

With Thanks and kind regards

Mayumarri UK

What is Mayumarri UK?

Mayumarri is an innovative, affordable residential healing program for adults (over the age of 18) who have survived childhood trauma. The program originated at Mayumarri in Australia where 'healing weeks' have been running for the last ten years and where over 2000 guests have already been helped on their healing journey and to address their childhood issues.

Mayumarri is the aboriginal word for peace and for many this embodies the heart of the program.

Mayumarri UK has brought this healing model to Britain and is running 'healing weeks' at Elm Tree Farm, Mersham, Kent. **The next one is October 4th - 9th 2008**

The Mayumarri program is run **by survivors for survivors** and the aim is to provide a place of **safety, peace and love** in which the guests can learn the tools to help themselves heal from their trauma.

At Mayumarri in Australia we have seen many survivors from all walks of life learn how to heal themselves and become empowered. The guests have suffered from abuse, abandonment, neglect or tragic circumstances and have succeeded in taking back their power!

The program has been developed from combining the latest scientific research on the effects of trauma on the brain with intuitive knowledge gathered from many survivors over the years

What does it cost the guests?

We ask for £150 towards the cost of the week. Many survivors are on low incomes and even this may be hard to find so we will try to help where there are cases of extreme hardship. We can set the cost at this level because the facilitator and carers who run the week are all volunteers and the accommodation costs are low but even so we do need to raise money towards covering the total costs of the program.

Our Plans for the future

We ran one healing week in 2007 and are running one in 2008, together with a Carer Training Program to train enough carers for us to run further weeks in 2009. In the medium term we are working towards securing a permanent home for Mayumarri UK.

For more information contact:

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**You can find out more about the work of Mayumarri
by taking a look at the Australian web site**

www.mayumarri.com.au

MAYUMARRI UK HEALING WEEK

A. FREQUENTLY ASKED QUESTIONS AND ANSWERS

1. What is Mayumarri UK?
2. Who can benefit from a healing week?
3. What can I expect from the healing week program?
4. How long will my stay be?
5. Who will I be sharing the week with?
6. What is the role of the facilitator and carers?
7. How much time will I spend with other people?
8. Can you tell me a little about what happens each day?
9. How can I help keep Mayumarri UK safe for myself and others?
10. What can I do to best prepare for my healing week?
11. What can I expect when I return home?
12. Is there any ongoing support?
13. How do I book in?
14. What do I need to bring for a healing week?
15. Why do I need to bring food with me?
16. How much will it cost me?
17. How do I get to Mayumarri UK?

B. REGISTRATION FORM

A. FREQUENTLY ASKED QUESTIONS AND ANSWERS

1. WHAT IS MAYUMARRI UK?

Mayumarri UK is an innovative, affordable healing program for adults (over the age of 18) who have survived childhood trauma. The program originated at Mayumarri in Australia where healing weeks have been running for the last ten years and this program has now being brought to Britain and being run at Elm Tree Farm in Kent. Mayumarri UK is a not-for-profit organisation, run **BY** survivors **FOR** survivors and our aim is to provide a place of **safety, peace and love**.

2. WHO CAN BENEFIT FROM A HEALING WEEK?

We have seen many survivors from all walks of life learn how to heal themselves and become empowered. Our guests have suffered from abuse, abandonment, neglect or tragic circumstances and have succeeded in taking back their power! The Healing Week program is designed to be an important step on your healing journey, and we encourage you to use the tools you have learnt during the week to continue healing when you return home.

Importantly, the program works best if you are able to focus on yourself and are in good health. For your safety, if you are experiencing any of the following effects, we recommend you postpone attending a Healing Week for the moment and access medical or psychological care:

1. Debilitating side-effects of medication.
2. Extreme life crises or stressful events, such as homelessness, or very recent separation from a partner
3. A very recent trauma (i.e. within the last 3 months) which has not yet been addressed.
4. Alcohol or drug dependency or severe withdrawal symptoms.
5. Active symptoms of mental illness or intellectual impairment that mean you are unable to feel safe within a group or to take care of yourself.

3. WHAT CAN I EXPECT FROM THE HEALING WEEK PROGRAM?

The purpose of the Healing Week program is to provide a safe environment to help you to get in touch with and heal your inner self, the part of you that suffered from trauma as a child. Our main focus is learning the tools that can help you to heal from specific traumatic events in childhood, events that you may, or may not, currently remember.

Our highly successful program has developed from combining the latest scientific research on the effects of trauma on the brain with intuitive knowledge gathered from many survivors over the years. We will share with you what we know and support you to 'heal' yourself. Please know you do not need to have prior knowledge about healing from trauma in order to benefit from our program which is designed to be one of self-discovery. You will be encouraged to trust in your own wisdom and do what is **RIGHT FOR YOU**.

Many survivors experience a sense of freedom and empowerment when they discover they **CAN** heal. They also come to a deeper understanding, appreciation and love of themselves, and feel validated and acknowledged by others, often for the first time in their lives. Participating in a loving community also helps survivors build self-esteem, self-respect and a renewed feeling of self-worth.

We've discovered the program works best when you are doing it **FOR YOU**, and no one else. How much you achieve from the Healing Week will usually depend on how much you are willing to go for it!

4. HOW LONG WILL MY STAY BE?

Our Healing Week program runs from 4pm Saturday until 4pm Thursday.

5. WHO WILL I BE SHARING THE WEEK WITH?

Each week we welcome a **maximum of 12 guests** from across the country. You will be supported by a trained facilitator and trained volunteer carers. Usually men and women attend the Healing Week together.

6. WHAT IS THE ROLE OF THE FACILITATOR AND CARERS?

The facilitator of the week is a survivor who has qualifications and experience with our healing program, an in-depth understanding of the Mayumarri Model, and a strong commitment to their own healing journey. The facilitator's key role is to provide overall leadership and responsibility for the group. The facilitator works alongside the carers to listen to you, encourage you and support you in your healing journey.

Our volunteer carers are survivors who have lovingly chosen to help you in your journey. After doing their own Healing Weeks and spending time reflecting and integrating, they complete a special training program to enable them to help other survivors more effectively.

Please understand that at Mayumarri we **DO NOT** provide professional counselling. We do not diagnose, give advice, instruction or prescriptions! The Healing Week is a self-help program and our role is simply to love you, listen to you and cheer you on!! Over 90% of our guests report our program as being life-changing or a very positive experience.

7. HOW MUCH TIME WILL I SPEND WITH OTHER PEOPLE?

What is **special** about Mayumarri UK is the opportunity to live in a loving community, building friendships with people who truly understand. Part of living in community means you will be sharing a room and bathroom facilities with possibly 2-4 other people; preparing, eating and clearing away main meals together; working together for part of each day; and supporting each other to create a safe place for all members of the group.

Each day the group journeys together - however, you do your workshop activities privately, with the support of a carer if you wish. How much you choose to share is up to you; however, please know that the focus of the week is **not** to 'swap stories' but to spend time focusing within, feeling your feelings and healing in your own way. Your private journey will be totally unique.

You will be able to enjoy 'Free Time' each afternoon and evening. During this time you can borrow books from our small library, enjoy walks around the fields, listen to music or just relax.

8. CAN YOU TELL ME A LITTLE ABOUT WHAT HAPPENS EACH DAY?

On Saturday you will meet the other guests and carers and be shown around so you become familiar with Elm Tree Farm. The group will share dinner together, get to know each other, discuss what to expect from the Healing Week and review the safety agreements. You will also be invited to participate in a voluntary survey that helps us to research the success of our Healing Weeks.

From Sunday to Thursday (we finish at 4.00pm on Thursday) we follow the daily schedule below, although we are not rigid or authoritarian because we know, as survivors, that we do not like being told what to do!

- 8.30 a.m.** **Reflections** (A time for spiritual reflection and exploring our needs for the day).
- 9.30 a.m.** **Labour of Love** (Time to give back to the centre through work. You will be encouraged to do what fits your feelings, **not** what you think you **should** do! Jobs vary from office work, gardening, cooking, and cleaning.)
- 11.00 a.m.** **Inner Child Workshop** (A chance to connect with your inner-self and your emotions).
- 1.30 p.m.** **Lunch** (Prepared by two or three guests and a carer).
- 2.30 p.m.** **Free Time** - on one or two days there will be a talk in this period
- 5.00 p.m.** **Sharing** (A time to practice acknowledging your feelings, with the group, in a safe environment).
- 6.30 p.m.** **Dinner** (Prepared by two or three guests and a carer).
- 8.30 p.m.** **Evening Reflections.**

9. HOW CAN I HELP KEEP MAYUMARRI SAFE FOR MYSELF AND OTHERS?

It is vital to understand that Mayumarri UK needs to be kept **safe** for all members of the group. A very important part of healing is learning to love and be loved by others. In fact, we now know that healing of the brain is only possible through being with other people. However sometimes, very early in our healing, we are in too much pain to be able to give and receive; this can make living in community during the Healing Week feel too unsafe for us.

Please read the following safety guidelines that all members of the group are asked to uphold and consider if you are happy and ready to be part of a group.

THE KEY SAFETY AGREEMENTS ARE:

1. **CONFIDENTIALITY** is of utmost importance. You must agree to keep the identity of other guests/carers, and what happens during the week, confidential. This is so that people can feel safe to be vulnerable and honest with themselves and others.
2. If you choose to **leave the program** during the week you will **not** be able to return to complete the Healing Week. This is because we have found that taking breaks during the Healing Week is disruptive and can distract you and others from healing.
3. Absolutely **NO ILLEGAL DRUGS or ALCOHOL** are allowed. If you are a heavy user we ask that you are "clean" for at least 3 months before your visit so you can feel your feelings and stay grounded throughout the healing week. *If you are taking prescription medication (e.g. anti-depressants) **DO NOT STOP** taking them while you are here. Please bring your prescribed medication with you and you must be responsible for looking after your own medication.*
4. Only 'safe touch' is appropriate here. Always **ASK** before touching others and please understand

that sexual relationships are inappropriate during the Healing Week.

5. You need to be willing to accept **RESPONSIBILITY** for your experience here. That means reporting anything that makes you feel uncomfortable, asking for what you need, and helping yourself to heal (with the loving support of others).
6. It's important to be **COMMITTED** and to be here for **YOU**. Mayumarri UK will support you to focus within by keeping the outside world away as far as possible. That means there are no TVs, radios, magazines, games or discussion about the daily news. We ask that you do not use mobile phones, laptops or bring any of your usual 'work' with you as it will distract you, and others, from healing.
7. Abuse of any kind will **NOT** be tolerated! This includes swearing or shouting at someone, derogatory comments or using intimidating body language, as well as actual hitting. Mayumarri UK is committed to providing a safe place for survivors who did not experience a sense of safety in childhood. It is vital that all members of the group work together peacefully and lovingly and take full responsibility for their part in any conflict.

Sadly, for the care of yourself and others, if you are unable to behave in a safe way you will be asked to leave the program and return at a later date when you are able to enjoy being with a group.

10. WHAT CAN I DO TO BEST PREPARE FOR MY HEALING WEEK?

Please know it is very normal to feel frightened, excited, unsure, or indecisive before your visit. Many survivors are very hard on themselves and set unrealistic expectations! We suggest that you be loving and gentle with yourself in the days leading up to your visit. Acknowledge that you are immensely brave and courageous in deciding to come and it is natural to feel anxious, but that the decision to come means you are ready to undertake this part of your healing journey.

The program works best when you really desire, and are ready for healing. On the registration form we suggest you note down what your intentions are for the week and set some simple goals for yourself. Also, please think ahead about support for yourself **AFTER** the Healing Week. It is very helpful to plan some time off for a few days following your healing. It is nurturing if you can spend some quiet time absorbing the events of the week.

Sadly, at this time we cannot offer follow-up phone support and strongly recommend you make an advance booking to see a counsellor/support group/supportive friend in the week after your Healing Week. If you already have a counsellor we recommend that you let her/him know you are coming here.

To get the most out of your week we recommend you plan ahead to be as fit and healthy as possible. We are **NOT** a medical or mental health facility and cannot be responsible for administering medication or other medical care. If you have an injury, have just been in hospital, or have medical/dental surgery due, please postpone your Healing Week until you have fully recovered.

Please bring enough of any medications you need to last the week (e.g. asthma puffers, cough/cold tablets, allergy tablets, antibiotics or prescription medications). Unfortunately, we have found that people who are **heavily medicated** often find it difficult to participate in the healing process because they have difficulty feeling their emotions. However, **PLEASE DO NOT** come off your medication before coming here. If you are suffering severe side-effects from medication and/or you are finding it difficult to 'feel' anything, it may be in your best interest to postpone your visit until your dosage is at a level where you can feel your emotions.

It is helpful to let family and friends know they will **not** be able to phone you during the week. However, if there is an emergency they can call us on -----

11. WHAT CAN I EXPECT WHEN I RETURN HOME?

Many people feel euphoric and excited when they leave. It's normal to feel a little light-headed and 'on a high' for a while! You may also find that you feel tired and emotional. That's because emotional healing is exhausting work and it is very important to be gentle with yourself.

It may feel a little strange to go back to family and friends. You may have changed and it's important to

appreciate that they may need time to get used to the “new you”. You might need time too! Please don't be hard on yourself and others. We encourage you to wait some time after your Healing Week before making any important life-changing decisions.

12. IS THERE ANY ONGOING SUPPORT?

We regret that at this time we cannot give ongoing support after you leave Mayumarri UK. We would love to but we do not have the resources. So we very much encourage you to ensure that you have a support system in place before you arrive. If you don't have a counsellor, do consider the need for one and line this up before you come. The facilitator will also offer any help to identify professional support in your area before you leave on the Thursday. We do encourage guests who have spent a healing week together to keep in touch afterwards and help each other.

If you have understanding friends tell them what you are doing and ask if they will be there for you on your return. If you do not have any friendly support, do ensure that you do get contact details from the people you meet during your healing week and, again, do discuss with the facilitator, on the last day, ways of meeting new people.

If you find you got real benefit from your Healing Week you may return to repeat the program as many times as you need to. However, we ask that you give yourself about 3 months between visits to allow yourself time to adjust to the changes that healing brings to you and your life.

13. HOW DO I BOOK IN?

If you decide to come to a Healing Week at Elm Tree Farm please complete the following:

1. Remove the 'MAYUMARRI UK REGISTRATION FORM' from back of this pack, complete both sheets of paper, and return to the **Mayumarri UK administrative office** with your payment.
2. Wait for a confirmation phone call from our office **BEFORE** arranging leave/time off work or making any travel arrangements.
3. A confirmation letter will be sent to you with details of what you need to bring for your healing week e.g. food and clothing. Included will also be a map and details of how to get to Elm Tree Farm.
4. If you need a volunteer to pick you up from public transport, please confirm with us your travel arrangements at least one week in advance of your healing week. If your arrangements have to change, please let us know ASAP.
5. Please look over the directions for how to get to Elm Tree Farm and plan your trip so you arrive here between 3.00pm and 4.00pm on the Saturday.
7. Keep this information pack with you and refer back to it when packing and getting ready to travel here.

14. WHAT DO I NEED TO BRING FOR MY HEALING WEEK?

1. All your bedding (duvet, pillow, sheets and pillow case) are provided but you will need to bring a towel or towels and any other personal belongings you need to feel comfortable.
2. **Enough medications and personal products/toiletries to last the week as there are NO shopping facilities.**
3. Clothes you feel really comfortable in – the whole week is very casual but be sure to bring some warm sweaters and an umbrella or waterproofs in case it rains and slippers to wear in meeting areas. There are no clothes-washing facilities so please bring enough for the week.
4. Please do not bring laptop computers, and cameras are only able to be used with the group's permission on Thursday.

5. Food for sharing with the community. **A list of food requirements will be sent to you after confirmation of your healing week.** If you have special food requirements please bring any specific food items you need and these can be labelled and put aside for you. You might also want to bring some special treats for yourself!

15. WHY DO I NEED TO BRING FOOD WITH ME?

We ask our guests to bring food for the week with them for several reasons. Firstly it keeps the cost down, secondly guests can be sure of having at least one meal which they will enjoy, and thirdly it makes for a great and varied diet during the week.

We will send a suggested list of what you might bring with you when we confirm your booking.

16. HOW MUCH WILL IT COST ME?

We ask for a contribution of just **£150** towards the cost of accommodation and the running of the program. To keep the week affordable for all survivors, at the end of your healing week we will ask you to consider making a further donation if you can afford it. You will also need to budget for the cost of getting to Elm Tree Farm and purchasing the food which you bring with you.

17. HOW DO I GET TO ELM TREE FARM?

- by **CAR** – Elm Tree Farm is situated just outside the village of Mersham, Ashford, Kent. A map and directions will be sent with confirmation of your booking.
- by **TRAIN** – the nearest station is Ashford International and volunteers will meet guests at the station if you let us know what time you will be arriving.
- by **BUS/COACH** – to Ashford - there are various bus companies with services to Ashford, if you are coming by bus or coach let us know where you would like a volunteer to meet you

MAYUMARRI UK REGISTRATION FORM

(THIS INFORMATION IS CONFIDENTIAL UNLESS OUR DUTY OF CARE REQUIRES DISCLOSURE)

1. PERSONAL DETAILS: *(please print)*

First Name:..... Surname.....
Address:..... Phone (home):
County:.....Post Code..... Phone (mobile):
Email: Phone (work):
Occupation: M or F
Your Age: Do you have children? YES.....NO.....If Yes, how many children?

How did you find out about Mayumarri?

Family Friends Doctor Counsellor/Therapist Previous Guest..... Other

Date of Healing Week: Saturday...../...../..... to Thursday/...../.....

How will you be arriving? Train..... Bus..... Car..... If you are leaving your car at Elm Tree Farm during the week, please add your registration number for safety reasons. _____

Who do you wish to nominate as your EMERGENCY CONTACT PERSON?

Name.....Relationship to you

Home phone no.Mobile: Work phone no.....

COST: The cost is £150 per guest

CONFIRMATION OF ATTENDANCE: Your healing week is not confirmed until payment and forms are received at the office. You will then receive a call to confirm, so it is essential not to make any travel or work arrangements until you have confirmation of your place.

CANCELLATION/DEFERRAL: Please be sure, before you apply for a healing week, that you are ready for the healing process. Sadly, **NO REFUND** is available if change is sought in the month **prior** to your confirmed healing week, as we may not have time to refill your place.

I enclose my cheque/money order for £150 (payable to Mayumarri UK) £_____ (amount)

PLEASE COMPLETE THE SECOND SECTION

Office use only: Receipt No:	Confirmation Letter Sent:/...../..... (post/email)
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2. MEDICAL DETAILS

Some of our guests may have medical conditions we need to be aware of (for safety and in case of an emergency), and this information may be helpful to ambulance/hospital staff.

- a. Please list any **physical impairments / medical conditions / mental illness / drug or alcohol addictions** you have been diagnosed with (e.g. Asthma, diabetes, hep c, high blood pressure, epilepsy, bipolar disorder, DID, depression, anxiety, alcohol abuse)

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- b. Please list any medications you are taking

.....

- c. Please list medications or substances you are allergic to

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3. GENERAL INFORMATION FOR THE WEEK

- a. Please list any specific dietary needs you have (and please bring any special food you need with you)

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- b. Do you have any phobias/fears that you feel would be best that we know about?

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- c. Are you currently involved in some form of therapy or treatment? YES NO

- d. If you have **abused drugs/alcohol/non-prescription drugs**, have you been clean for at least three months? YES NO N/A

- e. Please note down what your goals might be for the week. For e.g. "I want to feel confident in social situations", "I want a more loving, understanding relationship with my family", "I want to improve my health" and so on. (If more space is required please attach another sheet of paper)

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- I acknowledge **the commitment** I am making **and understand that the Healing Week is a self-help experience.**
- I have read and understood all the information contained in the Frequently Asked Questions and Answers within this Information and Registration package.

Signature.....**Date**

- I give permission for the use of any questionnaires I fill out during the healing week to be used anonymously for research to help survivors of child abuse.

Signature.....**Date**

Please send registration form & payment to ***Mayumarri UK Administrative Office, Cumberland Court, Church Street, Wye, Ashford, Kent TN25 5BJ***