

# PROGRAM CHALLENGE THE ALPS 2012

11th September to 15th September 2012

	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<i>Morning</i>	<i>Morning</i>	<i>Morning</i>	<i>Morning</i>	<i>Morning</i>
08.30 09.00	Morning Ritual Personal Symbol, Expectations, what has to be left behind	Morning Ritual Dreams, demands & wishes	Morning Ritual Dreams, demands & wishes	Morning Ritual Dreams, demands & wishes	Morning Ritual Dreams, demands & wishes
09.15 11.00	<b>The mythodramatic circle</b> Theory of Mythodrama (Theory, concept of unconsciousness imagination, introduction, basic rules)	<b>Mythodrama</b> Starting point: personal issue; talk in twos, title, picture etc. <b>Archetyp and Myth</b> (greek mythology and modern myths)	<b>Trip to the Alps</b>	<b>Trip to the Alps</b>	<b>Shadow Issues and Application of Mythodrama in Conflict Situations</b>
11.15 12.00	<i>Exercise personal Myth</i>		<i>Exercise, The personal Myth, creating a story out of ones memories</i>	<i>Exercise Dance to music: drawings, Direct Mythodrama</i>	<i>Exercise Direct Mythodrama</i>
12.15	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
14.00 15.30	<b>Story Telling and Exercises</b> (The dynamics of group sessions and individual work, exercises, phases, mental movers, figures, rules of interpretation, concrete changes)	<b>The Art of Perfoming</b> (Mythodrama session) <b>Concrete Change</b> (Participants decide on a concrete change)	<b>Trip to the Alps</b>	<b>Trip to the Alps</b>	<b>Applications:</b> Working with adolescents, adults and conflict situations
16.00 17.30	Walk through the romantic City of Bern, hearing stories from past to present	<i>Exercise</i> Trip to the caves of the City of Bern. Meet Swiss Story Tellers	Exercise	<i>Return back to the City of Bern</i>	<i>Exercise</i>
18.00	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
19.30 20.00	<i>The story circle</i> Relate a story according to an issue	<i>The story circle</i> Presentation	<i>The story circle</i> Presentation	<i>The story circle</i> Presentation	Farewell Party
20.15	Reception Party				

Arrival of the participants on Monday 10th of September. Tuesday we will be in Bern [www.bern.com](http://www.bern.com), Thursday & Friday in the Bernes Oberland (Alps) [www.berneroberland.ch](http://www.berneroberland.ch) and on Saturday again in the City of Bern. The course will end on Sunday morning, 16th September For further information please send mail to [info@ikm.ch](mailto:info@ikm.ch)  
On Mythodrama and Allan Guggenbühl, see wikipedia or [www.ikm.ch](http://www.ikm.ch)