



BACK TO
Awareness

S A N D W E R F A W A R E N E S S R E T R E A T

(*Medical Burn-Out & Burn-Out Prevention Retreat*)

The Sandwerf Awareness Retreat is a medical Burn-Out and Burn-Out prevention Retreat; worked out by a team of licensed german psychologist in cooperation with licensed specialists in animal assisted therapy, music & art therapy and the founders of Sandwerf. This three weeks retreat is focussing on awareness, self-care and setting healthy boundaries in your life.

Our Awareness Retreat has a fixed scheduled program consisting of a combination of: Psychoeducation, cognitive behavioural therapy, creative arts therapy (art, music and dance/ body movement), schema therapeutic interventions, skills training, animal-assisted therapy, mindfulness training, a therapeutic living, community, enhancing life skills (gardening, cooking, eating together) and personal 'resting times' to reflect on your own beliefs and habits.

The goal attainment for this retreat is treating and preventing Burn-Out under the key question: 'what can my current crisis teach me?' It is about understanding Burn-Out as a starting point for further personal development,

The key is learning from your crisis, gaining the courage to 'go your own way' and finding your inner compass, strengthening your own intuition. This retreat will give you encouragement to get help when needed and change your reference frame.

Sandwerf is giving you the opportunity to entirely leave your usual, daily and cultural environment behind for a noise-free and healing environment in the African Bush and at the pace of Nature.

Experience and re-learn a great sense of community and reactivate the feeling for your own rhythm. Our two- and four-legged therapists and teachers will show you how to revitalise your lost intuitive skills.

It's time to walk barefoot again!



T H E R A P Y P R O G R A M

The mornings consist of: group therapy with a licensed psychotherapist (focus on cognitive behavioural therapy), psychoeducation, skills training, schema therapeutic interventions, resilience training, role play.

The afternoon program consists of several workshops on a rotation system with the contents: animal-assisted intervention, creative arts therapy (art, music and dance/body movement), gardening, meditation, mindfulness training, enhancing the ability to perceive pleasure & slow down, nature exploration, Self-reflection by means of daily diary entries. Every participant will have every session once a week in our rotating system. Our animal assisted intervention session are incorporating horses, miniature horses, donkeys, alpacas, cows and more...

For this retreat you will receive a certificate of participation from our project supervisor Dr and licensed psychotherapist (PP) Gudrun Hoika-Messing-Flöter from Germany free to use for vat refund claims or medical refund claims in your home country. (Blanc sample attached below.)

This retreat is in English but also available in German two times per year.

Theoretical Background:

- Period of 3 weeks, number of participants per group: 8
- Combination of: Psychoeducation, cognitive behavioural therapy, creative arts therapy (art, music and dance/body movement), schema therapeutic interventions, skills training, animal-assisted intervention, mindfulness training, a therapeutic living community, enhancing life skills (gardening, cooking, eating together) and personal 'resting times' to reflect own beliefs and habits
- Goal attainment: treating and preventing burnout, 'what can my current crisis teach me?' Understanding burnout as a starting point for further personal development, learning from it, gaining the courage to 'go your own way: finding your inner compass', strengthening your own intuition; encouragement to get help and change your reference frame

Benefits:

- Leaving the European cultural environment for a noise-free and healing environment in the African Bush
- Experience and re-learn a great sense of community
- Reactivation of the feeling for one's own rhythm, revitalisation of lost intuitive skills
- The treatment is carried out according to the guidelines (as in a rehabilitation facility in the home country), in addition to the healing effect in untouched nature
- Facilitation of new encounters/contact with other people in crisis
- Possibility to deduct the costs for tax purposes, own medical records remain free of entries, a certificate of equivalence with medical rehabilitation treatment is issued by our project supervisor from Germany Dr Psychologist Gudrun Hoika-Messing-Floeter (see below), as treatment is in accordance with german guidelines under the direction of a licensed psychological psychotherapist

Costs:

Costs included per participant for a period of 3 weeks € 6000.

Included: Accommodation in our Sandwerf spacious chalets (single occupation chalets or double occupation chalets, all rooms are single occupancy and have private bathrooms)

All meals prepared by our award winning chef on site (breakfast, lunch, 2 course dinner, water (fresh farm water from the tap), airport shuttle, daily group sessions in the morning under the guidance of a licensed M. Sc. Psychotherapist under supervision, workshops in the afternoon, 2 individual therapy sessions per participant per week, and the beautiful silence of the African Bush. 3 'explorer days' with half or full day excursion away from Sandwerf Retreat.

Therapy:

- In the mornings: group therapy with a licensed psychotherapist (focus on cognitive behavioural therapy), psychoeducation, skills training, schema therapeutic interventions, resilience training, role play
- In the afternoons: workshops, rotation system, content: animal-assisted intervention, creative arts therapy (art, music and dance/body movement), gardening, meditation, mindfulness training, enhancing the ability to perceive pleasure, nature exploration
- Self-reflection by means of daily diary entries (daily: 1 photo, Whatsapp group with self, daily 1-minute film about insights of the day)



Detailed Program Schedule:

Sunday - Arrival day.

Week 1

Day 1 (Monday)

Getting to know each other, your therapist; introduction project presentation, introduction to the methodology for transparency and to build motivation for self-reflection (effectiveness control)

- Introduction of participants
- Group Session: Exercise: Position of Power
- Lunchbreak
- Guided tour of the site
- Rotating Workshops (Art Therapy, Animal assisted intervention, Pleasure Therapy (food/garden/nature) - grouping 2 or 4 - see table below)
- Final meditation in the group
- Dinner

Day 2 (Tuesday)

Starting the day with a warm welcome, room for any residuals from the previous day, meditation (protective circle exercise)

- Card query intuitive knowledge: 1) what does burnout mean to me 2) what is my role in it 3) what do I actually want here
- Group Session: Psychoeducation, PowerPoint presentation (PPP) on burnout (handout for participants)
- Discussion round
- Meditation
- Lunchbreak
- Rotating Workshops (Art Therapy, Animal assisted intervention, Pleasure Therapy (food/garden/nature) - grouping 2 or 4 - see table below)
- Final group meditation
- Dinner

Day 3 (Wednesday)

Welcome, questions/thoughts of the previous day, meditation

- Card question: miracle question (what has to happen, so that I can overcome burnout?)
- Group Session: PPP: predispositions and protective factors (ACT, vulnerabilities/stress/Linehan model, schema therapy)
- Discussion round
- Meditation
- Lunch break
- Excursion into the field, hiking, awareness, African nature, tracking giraffes on foot
- Final group meditation
- Dinner

Day 4 (Thursday)

Welcome, reflecting the previous day, meditation

- Milestone work in small groups
- Group Session: PPP: Meaning of the milestone work/biography work
- Discussion round
- Lunchbreak
- Group Workshops: Mindfulness & Awareness (self and in nature)
- Final group meditation
- Dinner

Day 5 (Friday)

Welcome, reflecting the previous day, meditation

- Milestone work presentation group 1 & 2
- Lunchbreak
- Group Workshop: Movement & Dance Therapy
- Milestone work presentation group 3 & 4
- Final group meditation
- Dinner
- Bonfire & Stargazing

Day 6 (Saturday)

Optional individual therapy sessions. A schedule will be made at the beginning of the week.
Sandwerf activities or Safari to nearby Game Reserve can be booked as an additional extra.

Day 7 (Sunday)

Day off.

Meditation exercises/working materials are provided

Sandwerf activities or Safari to nearby Game Reserve can be booked as an additional extra.

Week 2

Day 1 (Monday)

Welcome, reflecting the first week, meditation

- DBT: basic skills training module (tension curve, self-perception, self-beliefs, positive activities, mindfulness)
- Lunchbreak
- Rotating Workshops (Art Therapy, Animal assisted intervention, Pleasure Therapy (food/garden/nature) - grouping 2 or 4 - see table below)
- Final group meditation
- Dinner

Day 2 (Tuesday)

Welcome, reflecting the previous day, meditation

- Group Session: DBT: mindfulness, personal boundaries, interpersonal skills, dealing with your inner critic
- Lunchbreak
- Rotating Workshops (Art Therapy, Animal assisted intervention, Pleasure Therapy (food/garden/nature) - grouping 2 or 4 - see table below)
- Final group meditation
- Dinner

Day 3 (Wednesday)

Welcome, reflecting the previous day, meditation

- Group Session: Skills training, Role-play
- Lunchbreak
- Excursion to the nearby Dordabis Village / Cultural Experience / Changing perspective
- Final group meditation
- Dinner

Day 4 (Thursday)

Welcome, reflecting the previous day, meditation

- Group Session: DBT: Implementation of boundaries, self-esteem, stress tolerance
- Lunchbreak
- Group Workshops: Mindfulness & Awareness (self and in nature)
- Final group meditation
- Dinner

Day 5 (Friday)

Welcome, reflecting the previous day, meditation

- Group Session: Collecting and summarising the newly learned behaviours. Reflecting goal attainment.
- Lunchbreak
- Group Workshop: Movement & Dance Therapy / native African drums
- Final group meditation
- Dinner
- Bonfire & Stargazing

Day 6 (Saturday)

Optional individual therapy sessions. A schedule will be made at the beginning of the week. Sandwerf activities or Safari to nearby Game Reserve can be booked as an additional extra.

Day 7 (Sunday)

Day off.

Meditation exercises/working materials are provided

Sandwerf activities or Safari to nearby Game Reserve can be booked as an additional extra.

Week 3

Day 1 (Monday)

Welcome, reflecting the second week, meditation

- Group Session: Schema Therapy: which modi determine my thoughts and actions. Skills training: how can I implement what I have learned at home? Collecting positive/desired activities at home.
- Lunchbreak
- Rotating Workshops (Art Therapy, Animal assisted intervention, Pleasure Therapy (food/garden/nature) - grouping 2 or 4 - see table below)
- Final group meditation
- Dinner

Day 2 (Tuesday)

Welcome, reflecting the previous day, meditation

- Group session: Schema therapy exercises, skills training / social competence, confrontation with reality in home country, role plays, strategy training, homework - Which situations may be challenging? What possibilities do I have to react differently with my newly acquired skills? How can I change my behaviour?
- Lunchbreak
- Rotating Workshops (Art Therapy, Animal assisted intervention, Pleasure Therapy (food/garden/nature) - grouping 2 or 4 - see table below)
- Final group meditation
- Dinner

Day 3 (Wednesday)

Welcome, reflecting the previous day, meditation

- Group session: Introducing 'the inner team', self-control, optional chair dialogs in the group, skills training / social competence, role plays, strategy training
- Day Excursion to Windhoek with lunch break in Windhoek
- Dinner

Day 4 (Thursday)

Welcome, reflecting the previous day, meditation

- Group session: Establishing and activating positive schemas and modi, skills training / role-play, strategy training, naming the acquired skills for 'the time after Africa'
- Lunchbreak
- Group Workshops: Mindfulness & Awareness (self and in nature)
- Final group meditation
- Dinner

Day 5 (Friday)

Welcome, reflecting the previous day, meditation ("gratitude")

- Groups Session: Feedback on different levels
- Handing out working material (which the participants have collected and processed themselves over time)
- Lunchbreak
- Group Workshop: Movement & Dance Therapy
- Final group meditation
- Dinner
- Bonfire & Stargazing

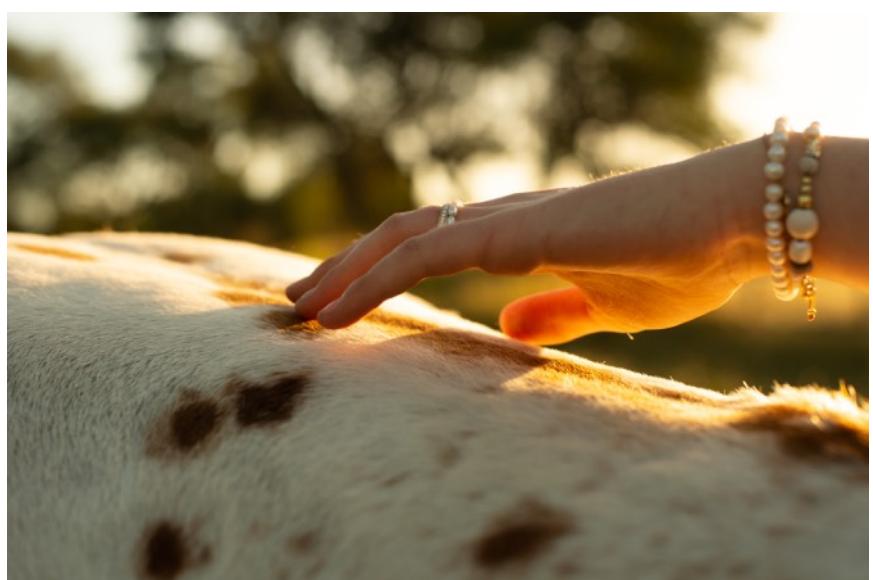
Day 6 (Saturday)

Optional final individual therapy sessions. A schedule will be made at the beginning of the week.

Sandwerf activities or Safari to nearby Game Reserve can be booked as an additional extra.
Special Good-Bye Dinner night.

Day 7 (Sunday)

Farewell - feedback to each participant from group members and all therapists/teachers.



Please contact us if you would like to book an additional Namibia Tour to your Retreat.

Please note that our retreat program is written as a guideline. We are dealing with human beings and also with animals in our program and we might adjust the timeline of the concept where needed to accommodate the individual rhythms and needs of each group and it's unique participants.

Retreat concept written in cooperation with **Gudrun Hoika-Messing Flöter**, Doctor and licensed Psychologist Psychotherapist, Youth & Children Psychotherapist; **Elena Fiebig**, Dipl.Psych. licensed Children- and Youth Psychotherapist, Psychologist Psychotherapist i. A., EMDR Therapist; **Joyce Angolini**, M.Sc. Psychologist, Licensed Dance Therapist; **Carolin Behrend**, Licensed animal assisted Therapist; **Annika Funke-Barnard**, co-owner of Sandwerf Retreat.

A t t a c h m e n t s :

Afternoon Rotating Workshop Schedule Awareness Retreat:

	Monday	Tuesday	Wednesday	Thursday	Friday
14:00	Art (4 participants)	Art (4 participants)	Excursion Pleasure (8 participants)	Mindfulness (4 participants)	Dance & Music (8 participants)
15:00	Duration 2 hours	Duration 2 hours	Duration whole afternoon.	2x Groups each 1 hour (4 participants)	Duration 2 hours
14:00	Pleasure / Experience (2 participants) duration 1 hour	Pleasure / Experience (2 participants) duration 1 hour			
14:00	Animal (2 participants) duration 1 hour	Animal (2 participants) duration 1 hour			
16:00	Pleasure / Experience (2 participants) duration 1 hour	Pleasure / Experience (2 participants) duration 1 hour			
16:00	Animal (2 participants) duration 1 hour	Animal (2 participants) duration 1 hour			



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Certificate for presentation to the tax authorities

It is hereby confirmed that the "Burnout Retreat" measure in Sandwerf/Windhoek, Namibia represents a health expenditure that is fully recognized for tax purposes in order to maintain working capacity and prevent further exacerbations.

The three-week treatment was carried out under the direction of a licensed psychological psychotherapist; all interventions meet the requirements of § 40 SGB V (Sozialgesetzbuch 5).

The behavioral therapy individual and group treatments took place under my supervision.

The expenses include the costs for treatments, accommodation and travel to/from the property.

Date :

Signature :

Stamp :

Dipl.-Psych. Gudrun Hoika-Messing-Flöter
Ärztin mit Zusatzbezeichnung Psychotherapie & Diplom Homöopathie (DZVhÄ)
Kinder- und Jugendlichenpsychotherapeutin
Psychologische Psychotherapeutin
Lehrende Vertragsärztin/Tutorin und QZ-Moderatorin der KV-Nordrhein
Supervisorin & Selbsterfahrungsleiterin der Psychotherapeutenkammer NRW
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