

# Program Facilitators

We have a team of highly qualified caring facilitators who draw on a rich background of personal experience - staff may vary between programs.

**Siegfried Gutbrod** MCounsHS DipPsychophoneticsCouns BBA  
*Therapeutic Director*  
Siegfried initially gained a degree in business administration and worked in corporate executive positions in the IT sector. He commenced therapeutic work over 15 years ago and holds a Masters degree in Counselling and Human Services and is also a meditation instructor. His particular interests are in empowering people to take charge of their own healing journey, the healing potential of laughter and providing emotional and spiritual support for end-of-life situations.

**Paul Bedson** BA BAcup BCouns  
A counsellor, psychotherapist, meditation instructor and therapist, Paul has been working in mind-body medicine for over 20 years. His particular interest is helping people deal with the range of emotional issues associated with their healing journey. He also works with grief and anxiety issues and relationship problems. Paul has co-authored a book with Dr Ian Gawler: *Meditation: An In-Depth Guide*.

**Maia Bedson** DipHolCouns GradDipCounsHS  
Maia is a holistic counsellor, meditation instructor and natural therapist. She has been working in physical, emotional and spiritual healing for over 15 years. Maia assists people in a wide range of areas including diet, lifestyle balance, dealing with and healing emotional issues and helping people to access their own inner wisdom.

**Robyn Jones** BA DipEd DipHolHealing  
A former teacher and nurse, Robyn's work in mind-body medicine and energy healing for over 20 years has informed her work as a counsellor, meditation instructor and facilitator of lifestyle programs. Trained in grief, loss and solution based therapy, her passion is to inspire others on their journey to their own truth, healing and wellbeing.

**Natalie Murley** DipEd DipRef GradDipCounsHS  
Natalie is a counsellor, meditation instructor, natural therapist and teacher who has worked in the field of healing and education for many years. She has extensive experience with recovery from trauma, grief and loss, addiction and helping people explore their emotions and spirituality. An advocate of compassionate mindfulness, Natalie brings a passion for encouraging people to connect with their inherent wisdom.

**Liz Stilwell** DipOT DipClinHyp MPNLP  
Liz's background is in Psychiatric Medicine as an Occupational Therapist, followed by 15 years in trauma and solution-focused therapy. A qualified Clinical Hypnotherapist and Master Practitioner of NLP, her particular interest is in balance creating wellness. Liz was actively involved in the Breast Cancer Support Service area in New Zealand before moving to Australia.

# About The Gawler Foundation

Founded by Dr Ian Gawler, a cancer survivor himself and a pioneer in the development and application of meditation and other mind-body medicine techniques, The Gawler Foundation offers hope and inspiration to all people.

For over 25 years, The Gawler Foundation has been conducting integrated lifestyle programs in cancer management, disease prevention, self-healing techniques and total wellbeing for body, emotions, mind and spirit. The Gawler Foundation is a not-for-profit, non-denominational organisation dedicated to improvement of the health of our community.

**Our Philosophy**  
At The Gawler Foundation we believe that:  
• Balance is the key to good health  
• Regaining balance leads to healing  
• Sustaining balance brings peace of mind and wellbeing

**Venue**  
**Our non residential programs are held at 565 Burwood Road, Hawthorn and various venues in Melbourne.**  
Please check venue details with our Client Services Consultants.

**For bookings and more information**  
The costs and dates for each program are included on the Information and Registration Form. There is often a waiting list for our programs so please read the cancellation policy. Bookings are confirmed upon receipt of a completed Registration Form. Please contact our Client Services Consultant to make sure a program is the right one for you and also to check availability. Our staff will assist with your questions and special requirements.

Make sure your doctors and other health professionals know you are coming.

**Make a start now**  
It is recommended that before attending the programs participants read books specific to their own needs:  
Dr Ian Gawler: *You Can Conquer Cancer*  
Dr Ian Gawler and Paul Bedson: *Meditation: An In-Depth Guide*



**The Gawler Foundation**  
An integrated approach to health healing and wellbeing

Yarra Valley Living Centre  
55 Rayner Court  
Yarra Junction VIC 3797

Hawthorn Centre  
565 Burwood Road  
Hawthorn VIC 3122

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The Gawler Foundation Inc is a not-for-profit organisation  
ABN 79 160 595 251 | Registration Number A0000389M



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# Non Residential Programs

## Cancer Self-Help

## Promoting Health and Wellbeing

Living Well  
Cancer, Healing and Wellbeing

Integration Program

Ongoing Cancer Support Group

Mindfulness-Based Stillness  
Meditation

Ongoing Meditation Groups

Counselling Services



**Leaders in Mind-Body Medicine  
and Lifestyle-Based Programs**

# Non Residential Programs

## Living Well Cancer, Healing and Wellbeing

### **12 weekly sessions to meet and help overcome the challenges of cancer**

Established in 1981, this acclaimed lifestyle based self-help program has continued to be responsive to new research, experience and changing needs. It has helped thousands of people affected by cancer, including their families, carers and friends.

Consistent with the principles of integrated medicine, the program applies a self-help approach designed to improve both quantity and quality of life. This enables participants to make informed, effective choices and better manage their own healing journeys.

Each three hour session is interactive, supported by handouts and focused on a specific theme from *You Can Conquer Cancer*. There is plenty of time to practise techniques as well as opportunity for discussion and questions.

### **The Principles**

Our bodies have a natural, inherent capacity to heal themselves. The principles you will learn in this program will enable you to activate and develop that healing power, maximizing your body's potential to restore its natural state of balance and vitality. The program is complementary to any mainstream medical treatment. Each participant is encouraged to bring one support person with them.

*On the program you will learn to:*

- Activate your potential for healing
- Relax effortlessly and meditate deeply
- Develop and sustain a positive state of mind
- Understand the role of nutrition and healthy diet for healing
- Develop strategies to manage pain and fear
- Find meaning and purpose in life

### **Weekly Topics**

#### **Week 1: Introduction and Meditation 1**

Benefits and key principles of meditation

#### **Week 2: Meditation 2**

Deepening the practice and developing your meditation technique for healing

#### **Week 3: Healing**

Healing the whole person: mind, body and spirit  
Complementary healing options related to cancer

#### **Week 4: Food 1**

A nutritional approach best suited to fight cancer: the principles of a healthy diet

#### **Week 5: Food 2**

How to implement major dietary changes best suited to fight cancer

#### **Week 6: Mind Training 1**

Harnessing the power of the mind to overcome the challenges of cancer  
Make informed, effective choices to better manage your healing journey

#### **Week 7: Mind Training 2**

Using the mind effectively for healing through imagery and affirmation

#### **Week 8: Pain Management**

Choice of pain management and self-help options including meditation to manage pain

#### **Week 9: Causes and solutions for cancer**

Exploring causes of cancer and solutions on the physical, emotional and spiritual levels

#### **Week 10: Living and Dying**

Improving the quality of your life: confronting the fear of dying

#### **Week 11: Healthy Emotions**

The healing impact of joy, laughter, humour and positive emotions. The transforming quality of forgiveness to self and others

#### **Week 12: Philosophy of Health and Wellbeing**

What is the message behind the illness. Where to from here?

### **Attending programs with support**

Attending with a partner/support person is recommended whenever possible. Sharing in the program allows the carer to understand and support you in implementing and integrating what you have learned. The program presents great opportunities for the support person to address issues which they face in the caring role, share and personally benefit from this profound, inspiring and instructive time.



### **You may join the following programs after completing: 10 day Life and Living or 12 week Living Well**

#### **Integration Program 8 weekly sessions**

Consolidate your knowledge and continue to develop, deepen and share your healing methods and experiences through this structured and interactive program. Topics include: Food, Emotions, Communication, Challenges, Choices, Mortality, Meditation, Spirituality and Contemplation.

#### **Cancer Support Group Ongoing weekly sessions**

A weekly program which provides ongoing educational and social support for participants who meet together to share new ideas and experiences and reinforce the principles of self-help, group meditation and mutual support.

## Mindfulness-Based Stillness Meditation 6 weekly sessions

This program is an excellent opportunity to learn and deepen meditation and relaxation skills led by an experienced meditation teacher in a supportive group atmosphere.

Weekly sessions of one and a half hours provide the theory and practise required to sustain a regular daily practice. You will learn techniques to move your awareness away from the busyness of the thinking mind into the natural stillness that lies within you. Each week you will have the opportunity to practise the learned skills at home and then have any difficulties addressed or questions answered at the next session.

*Why Meditate?* Meditation has emerged as one of the most powerful self-help tools to sustain and regain good health and wellbeing. It is the perfect antidote to stress and regular practice enables your body to regain its natural state of balance; to reactivate and boost the immune system, maximizing your body's ability to heal itself. Through meditation we can return to our natural true state of inner contentment, joy and clarity.

*Meditation can help with:*

- Physical, emotional and spiritual wellbeing
- Peace, emotional balance and clarity of mind
- Healing your body and mind
- Strengthening your immune system
- Self-awareness, self-knowledge and self-esteem

### **Ongoing Meditation Group**

Open to anyone, these weekly one hour meditation sessions are a chance to let go of tension and stress, be more at peace, improve your self-awareness and enhance your wellbeing. They are an ideal follow-up from our 6 week Meditation course and a chance to meditate in a group setting.

### **Counselling Services**

**General counselling:** Aims to help people become more emotionally, mentally and spiritually balanced, to bring greater health, happiness and enjoyment to their lives.

#### **Major illness related counselling:**

Our counsellors are trained and experienced in supporting people who are living with the challenges associated with life threatening illnesses. These counselling sessions can be beneficial for the person with the diagnosis, their partners, carers and family members.

Arrangements can be made for one of our counsellors to visit clients at their home or in hospital.

### **Resource Centre**

A comprehensive selection of books, CDs and other resources, which support the principles of our programs are available at Yarra Valley Living Centre and the Hawthorn Centre or order online: [www.gawler.org](http://www.gawler.org)