



## **2011 Pellin Summer Programme**

with  
**Peter Fleming**

at  
**The Pellin Institute,  
Taramandala, Castellabate, southern Italy,**

**Saturday 27<sup>th</sup> August to Saturday 17<sup>th</sup> September.**

## **PELLIN ITALY PROGRAMME OUTLINE.**

1. What is the Pellin Summer Programme?
2. What can you get from Pellin Italy?
3. How can Pellin Italy help you change your life?
4. The Pellin Groups.
5. Day - to- day life at Pellin Italy.
6. Location
7. Cost.
8. The Programme People.
9. Further Information

## **1. What is Pellin Italy?**

“For me, Pellin Italy has always meant excitement. It has been excitement with hard work and responsibility but excitement none the less.”

Peter Fleming

The Pellin residential programmes have been held in southern Italy since 1972. The programmes offer a unique opportunity for people of all ages and backgrounds to meet together and work on issues in their lives in a challenging and caring environment. The programmes are held in English.

The Cilento region of southern Italy which has been our home since 1972 has physical beauty and a history that is both Italic and Greek. The Cilento was a home to philosophers before Plato and the famous Greek ruins at Paestum are regularly visited from Pellin.

The programme enables people to achieve the insight and the courage to change their lives in ways that they might not have believed possible. It also offers the opportunity to learn about the Pellin way of working with people, which is helpful for those working in a wide variety of fields: social work, medicine, teaching business, law, being a student and working with children.

## **2. What can you get from Pellin Italy?**

You can take a deep look at yourself in a safe and nourishing setting. People have faced many issues for themselves at Pellin Italy over the years.

You can take risks around sharing with other people. For example, someone may share a secret about personal guilt and get relief and reassurance about that deeply important hurt.

You can find the positive energy in negative behaviour and attitudes. For example, genuine caring when disowned can become negative patronising. The energy tied up in the patronisation, when used positively, can lead to personal and professional closeness.

You can look at needs and solve problems in long term relationships and marriages.

You can face dangers in the use of drugs and alcohol and begin to give them up.

You can solve work and professional problems.

You can uncover professional and creative talent.

You can break through creative and performing blocks and take home a new approach which can release and sustain your energy.

You can find the courage to attempt career change. People who have attended Pellin Italy in recent years have made radical and fruitful career changes. Some have moved from social work into law or medicine, while others have moved from journalism into counselling. Still others have been encouraged to move into paid employment after years at home bring up children.

### **3. How can Pellin Italy help you change your life?**

There are many reasons why the Pellin summer programme enables people to achieve lasting, nourishing change. Among these are:-

#### 1. Small Steps.

In Pellin work we believe that change is achieved by small steps. For all of us the extreme difficulty of deep personal change requires the encouragement and the motivation we get from successful small steps. Peter Fleming knows from his own experience how hard change is to achieve. He is totally involved in supporting people in a programme of the right small steps, the right persistence for each person. His accuracy ensures that these small steps are safe, and that they lay the basis for further change after the programme has ended.

#### 2. Realistic Expectations.

The programme encourages people to work on themes in which there can be a realistic expectation of change, for example: a couple may learn to listen and communicate with each other more effectively, not necessarily decide whether to split up or stay together.

#### 3. The Pellin Method.

During the programme participants engage in individual Gestalt work, give and receive personal feedback and learn new listening skills. This combination, though hard work, helps people achieve rapid change.

#### 4. The Tools of Change.

The ideas that make up the Pellin method of Contribution Training which will be taught in the summer programme, are in the Pellin Training Manual which is available for each participant to study before the programme begins.

#### 5. Support Partners.

Individuals are paired up to support each other during the programme. This system has always been part of the Pellin programme and enables people to work steadily outside of group time, if they wish and to receive support when change becomes hard.

## 6. Individual Programmes.

Peter will discuss an individual programme with each participant when he or she enrolls. This gives people the best possible chance to benefit from the time in Pellin Italy.

## **4. The Pellin Groups.**

The programme is centred on the training and therapy groups. There are a total of twelve group meetings each week. The core of the programme is the five working days from Sunday through Thursday. On these days there is a group in the morning and a group in the evening. There is a short group on the day that people arrive, Saturday, and another short group at the end of the programme, Friday morning.

After lunch the afternoons are free and people can make their way to the beach, spend time studying, or simply relax on the patio and absorb the Cilento hills.

**Peter Fleming** will be conducting all the groups at this year's programme. This will be a particular opportunity to benefit from the added practicality and power that Peter has added to Contribution Training and Pellin work over recent years. One quick example is his new work on the relation between hope and change. The sources of hope are embedded in the Pellin ethos and the CT (Contribution Training) tools that will be taught in this programme.

In these hard and scary times we can all benefit from the uncomfortable yet profound personal insights, and the ambition of new plans that Pellin programmes deliver.

For some this could be about finding the energy to solve problems in a current relationship or the motivation to search for love in a new relationship. For others, the programme could be about finding the right work and purpose, and at times rekindling a passion for work that might have become stale, or around which we may have become cynical. In Peter's work there is a tight and practical connection between hope and motivation. This is true both at work and at home. As Freud maintained we all need love and work.

The use in Pellin groups of gestalt methods, art therapy, the teaching of cognitive tools and the demanding yet safe use of feedback means that people leave a Pellin summer with a grounded belief in their future and practical tools and insight with which to take the first practical steps. All of us want a future that has new satisfaction and has hope.

## **5. Day - to - day life at Pellin Italy.**

People arrive on Saturday.

This evening, after time to get settled share a meal and take in the surrounding, there is a short introductory group meeting.

The programme formally begins on Sunday morning

From Sunday to Thursday there are two group meetings a day.

The morning group meeting is from 9.00am to 12.30.

The evening group meeting is 5 to 8 pm.

There is a short group meeting on Friday morning to end the week's programme.

The rest of Friday is free time with the chance of the beach or a day trip to our local points of interest and fame: Paestum, Amalfi or Pompeii. Or just to rest and take in the hills around us.

The programme provides for personal attention and the possibility of an intense training relationship with Peter Fleming.

We provide three meals a day that are prepared by Antonio Ferraro, the manager of the programme. The food is mainly vegetarian, using fresh local fruit, cheese salad fish, pasta and vegetables.

Accommodation will be in high standard single rooms either in Antonio's home or nearby houses.

There is selected library to help people both relax and study. We create a safe and absorbing learning environment that provides for peoples' needs in both fun and training.

## **6. Location.**

This year's programme will be located at Taramandala, which is just outside the beautiful medieval hill town of Castellabate in the Cilento hills and six kilometres from the seaside town of Santa Maria di Castellabate.

## **7. Cost.**

The cost is £480 for one week and £900 for the two week programme. This includes pre programme discussions with Peter Fleming, the groups, accommodation and board, and transfers from the local, Agropoli, train station. The cost does not include airfare, train fares or recreational trips while in the programme.

Upon booking, participants will receive an information pack with further details of travel, location etc.

A non refundable £200 deposit is required to secure a place, the balance to be paid by on arrival at Pellin.

## **8. The Programme People.**

**Peter Fleming** was born in Australia where he trained as an economist. He travelled widely; married; had children; and worked in Vancouver, Canada, as a social worker, where he trained with Fritz Perls, the founder of Gestalt Therapy. In Vancouver he met and studied with his teacher and inspiration, David Pellin. When he established his own training institute in 1972 he named it after David. Peter is a registered Psychotherapist with both UKAHPP (United Kingdom Association of Humanistic Practitioners) and UKCP (United Kingdom Council of Psychotherapy). He is the

founder of the school of thought called Contribution Training. He is married to Brenda Biamonti and has four children and three grandchildren.

**Antonio Ferraro** was born in Naples and graduated from the Faculty of Letters and Philosophy in Modern Languages and Literature. He moved to the USA where he took a Masters in Bilingual Education at City College New York. He taught in dual language programs in inner-city schools in New York city for twenty years.. Antonio has been studying Tibetan Buddhism for thirty years and had the good fortune to practice with some of the most accomplished Tibetan lamas of the Dzogchen lineage in the Nyingmapa and Bon Tradition. Antonio moved back to Italy in 2004 and established Teremandala as his home in the Cilento. He is a tour guide in Castellabate and leads nature walks in the Cilento National Park. He is a student of Contribution Training and plans to conduct Pellin programmes in Italian at Taramandala.

## **9. For booking and further information contact:-**

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Explore all the information on the Pellin website at [www.pellin.org.uk](http://www.pellin.org.uk) and the links to other websites that give you information on the strength and excitement of a summer at Pellin Italy.