

Sunbury Community Health Centre

Understanding People in Life and Work

With a focus on:

Parenting & Partnering

with

Illusion & Reality

- Bring to mind something in this room, or at work, or at home, or out in society in general, or some event or happening, and think about the **MEANING** it **HAS**. [My wording in precise here !]

Illusion & Reality

- The starting point for all psychological growth is to realise that : -
 - “nothing in our world comes with its meaning attached – we GIVE everything its meaning”
- The meaning we GIVE ultimately determines how we will react to and interact with our world – materially, socially, psychologically, and spiritually.

The Search for Meaning

- This program is really all about understanding more clearly the factors that influence how we give meaning to our world; how that meaning has influenced the way we relate to our world; and how to change this whole process for the better should we have the desire to do so.

About helping people shift from a focus on

Doing things differently

to a focus on

Seeing things differently

Whilst the former can be acted out or simply put on and worn like a mask, the latter involves a change in understanding that naturally leads to a change in relating to one's self and one's world.

"We don't see things the way they are; we see them as we are"

Kahlil Gibran