



Dianne McCormick | Clinical Psychologist | Practice no. 0482137

dianne.m@mweb.co.za



+27 82 492 0090

<http://www.being-reflective.com>



37 Stuartfield Ave, Wynberg, Cape Town

Lived Restorative Practice

A different kind of therapeutic retreat –

individual, private and personalised

Insight alone is not always sufficient to sustain growth.

We may understand what needs to change, recognise the patterns that hold us back and know intellectually that our own needs matter, yet still find it difficult to live differently.

Lived Restorative Practice offers a temporary interruption to those patterns.

Set in Cape Town, this personalised six-day programme creates protected time away from everyday demands, expectations and habitual roles. Each retreat is individually designed around the participant's therapeutic needs, with a balance of guided therapeutic work, restorative activity, time in nature, creativity, movement and intentional time alone.

The structure is developed individually in consultation with a psychologist, allowing the experience to reflect what each person most needs at this particular point in their life.

How the programme works

The retreat begins with two individual consultations to explore the participant's therapeutic needs and intentions and to design a programme around them.

Participants stay independently in private accommodation and follow a personalised daily programme, with space to move through much of the experience in their own time and at their own pace.

Depending on individual needs, the programme may include one-to-one consultations with the practitioner at key points during the retreat, typically on Days 1, 3 and 5. These provide opportunities to reflect on what is emerging, explore challenges or insights, and adapt the programme as the experience unfolds. Between consultations, participants engage with the programme independently, allowing time and space for reflection, rest and the experience of putting new ways of being into practice.

Mornings may begin with a facilitated mindfulness, grounding or movement practice in a natural setting, followed by less structured time for walking, rest, journalling or reflection.

Afternoons may include a carefully selected restorative or creative activity. Depending on the individual programme, this might involve spending time in nature, visiting a new environment, movement, reflective writing, or simply practising being somewhere without needing to respond to the usual demands of everyday life.

Reflective exercises are incorporated where appropriate and periods of deliberately unstructured time form part of the programme. For people who have spent much of their lives responding to the expectations of others, discovering what they themselves feel like doing can be therapeutic work in its own right.

Participants may also be given access to selected material from an in-depth self-awareness programme designed to support longer-term personal exploration and therapeutic growth. Where appropriate, one or two reflective exercises may be chosen collaboratively during the initial consultation to complement the individual focus of the retreat.

The material is offered as a resource rather than a requirement. Participants are encouraged to engage with it only where it feels useful, allowing space for reflection without turning the retreat into another set of tasks to complete.

Protecting the retreat

For the duration of the programme, participants are encouraged to step temporarily away from their usual relational, work and digital demands. Depending on the individual's therapeutic goals, guidelines may include:

- limiting social media and unnecessary phone use;
- suspending social commitments;
- creating temporary space from usual caregiving and relational demands;
- maintaining agreed periods of reflection;
- allowing plans to remain deliberately open; and
- treating restorative time as part of the programme rather than as time that is available to others.

These boundaries are an intentional part of the therapeutic experience.

A different kind of therapeutic work

The purpose is not to escape ordinary life or relationships. It is to create enough distance from familiar patterns to notice them, and enough space to begin practising something different.

Duration

The recommended minimum programme is **six days**, allowing sufficient time to move beyond the initial process of slowing down and begin experiencing a different rhythm.

Each programme is individually developed and may be extended where therapeutically appropriate.

Rest. Reflect. Reconnect.

For enquiries contact Dianne McCormick: dianne.m@mweb.co.za