



## Digital Detox Retreat May 25 - 26 2024

*“Digital Addiction is a real and serious form of addiction afflicting children, teenagers and adults alike. The 24/7 of digital connectivity means that unhealthy attachment to phones and devices, plus the content and relatedness they facilitate, is leading to digital addiction in society.”*

This **Digital Detox 2 day Retreat** is designed to assist attendees with both educating them as to the neuroscience informed understanding of Digital Addiction, while simultaneously digitally detoxing throughout the weekend.

The experience of **Digital Separation Anxiety** will be felt and explored on the Retreat, as well as teaching strategies and tools for creating boundaries and separation from digital life.

**Learn how to empower yourself** to recover from the compulsions to check devices, and how to restart an authentic embodied experience with your real environments, and real relationships.

The weekend will allow you to understand how others are affected by similar Digital dynamics as yourself.  
**Build a support network and create community** for authentic relating.

**Parents/Guardians can attend with teenagers** from age 12 upwards as both their support and to educate themselves.

**A free followup Integration night** will be offered to all attendees following the Retreat.

Our facilitation team bring a blend of counselling, somatic psychotherapy and embodied experiencing to this important Retreat experience. **See over for details. on our facilitation team.**



## Teenagers & Parents Pinjarra W.A.

### BOOKING INFORMATION

**When:** Sat & Sun, May 25 & 26, 2024  
Sat please arrive by 8.00am sharp

**Where:** Harmony Retreat

**Address:** 305 Burnside Road, South Pinjarra  
Western Australia

**Cost:** \$495 per person

**Includes:** All Meals & Accommodation

**Tickets:**  
<https://www.eventbrite.com.au/e/digital-detox-2-day-retreat-tickets-864410143007>

**Email:** [info@energeticsinstitute.com.au](mailto:info@energeticsinstitute.com.au)

**Web:** [www.energeticsinstitute.com.au](http://www.energeticsinstitute.com.au)  
[www.happinessjourney.com.au](http://www.happinessjourney.com.au)  
[www.paddyhocking.com](http://www.paddyhocking.com)

*“Invest 2 days in yourself. Take these tools back home and start to reclaim your life, self-esteem and your sanity!”*





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# Digital Detox - Meet Your Team

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## **Richard Boyd - Body Mind Psychotherapist**

Director of IBMP and Energetics Institute  
MBA, PGrad, BA IP, Dip Commerce  
Adv. Dip. & Dip. Core Energetics Psychotherapy  
Level 1 and 2 Cert. Sensorimotor Trauma Resolution Therapy  
Cert. Transpersonal Counselling  
Cert. Executive Coaching AICM

Richard is one of Australia's most experienced and passionate somatic psychotherapists, having spent the last 25 years practicing in bodymind centric practices for addictions, and mental health. He is an international workshop facilitator, speaker and mentor to industry and private persons, and has a parallel I.T. background that has assisted in working out strategies for Digital Addictions and Digital Separation Anxiety.



## **Paddy Hocking - Outdoor Education Teacher**

Flow State Leadership Owner  
BA Outdoor Education  
Diploma of Education  
Deep Ecology Facilitator

Paddy has over 20 years experience leading Outdoor Education camps across Australia & Overseas. He has 15 years Teaching experience and has worked with school and university students of all ages. He has led workshops for adults from all walks of life, including corporate, not for profit and industrial sectors. He is a globally recognised Deep Ecology facilitator and highly regarded Leadership Mentor.



## **Chiara McHale**

Happiness Journey Owner  
Accredited Change Coach  
BSc (Hons) Sport Rehabilitation  
NLP Practitioner

Chiara McHale is a Mental Health & Change Coach, known for her expertise in relationships, addiction, anxiety, depression, and overcoming unwanted habits. With 17 years experience in healthcare, Chiara is driven by a deep commitment to facilitating personal growth, dedicating herself to empowering individuals to overcome mental health challenges. Through her coaching, courses and workshops, she assists clients with the tools and insights necessary to forge paths towards peace, happiness and fulfilment.

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