

Presence in clinical practice

An experiential retreat for doctors and therapists

Prince Edward County, Ontario · 21–25 January 2027

In clinical work, we bring more than our knowledge and methods. We also bring ourselves, our ways of attending, responding, moving closer and pulling back.

This small residential retreat offers time to attend to the person doing the clinical work. Guided reflection, meditation, somatic work and time in nature invite us to explore what supports our presence with others, where we meet our limits, and the strengths we can draw on.

What we will explore

The emphasis is on direct experience: guided exercises invite us to explore, with clarity and awareness, our bodily responses, familiar patterns and ways of relating to ourselves and others in our clinical encounters. We will make room for curiosity about what feels available, what we tend to avoid, and what helps us remain present when experience becomes difficult. Personal reflection will be brought into conversation with our work as clinicians.

The invitation is to develop a clearer felt sense of ourselves in practice, recognise our resources as well as defensive habits, and reconnect with what gives our work meaning.

The rhythm of the retreat

Thursday · Arrive and settle

Grounding, introductions and intentions; time to arrive in the group and the place.

Friday–Saturday · Deepen the work

Guided reflection, meditation and somatic and experiential work, with time to pause and notice what emerges.

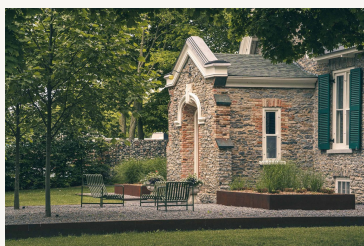
Sunday · Integrate

Time in nature, group reflection and guided practices to connect experience with everyday life and clinical work.

Monday · Carry it forward

Closing reflections and consolidation, with departure planned for lunchtime.

A place to step out of the everyday



House of Falconer is the proposed setting: a stone house with individually styled suites in downtown Picton, in Prince Edward County. The intention is a small residential setting with room for shared work and personal reflection.

houseoffalconer.com

The venue and residential arrangements remain to be confirmed. Photograph: House of Falconer, shown in summer.

The facilitators



Karine St-Jean

Clinical psychologist

Karine takes a humanistic, relational, and experiential approach. Her practice draws on mindfulness and Internal Family Systems (IFS). She works in harm reduction and psychedelic integration, in the context of trauma and life transitions.



Jean-François Jodouin

Clinical psychologist

Jean-François works with sexual health, trauma, and somatic and relational psychotherapy. His clinical work and teaching bring attention to bodily experience, relationship and the integration of non-ordinary states of consciousness.



Derek de Braga

Therapist · M.A., Counselling Psychology

Derek works with individuals, couples, families and groups. His approach brings together mindfulness, harm reduction, somatic and emotion-focused work, with attention to trauma and the integration of non-ordinary states.

Practical details

Dates proposed · 21–25 January 2027 · Thursday evening to Monday lunchtime · four nights

Group & languages · Doctors and therapists · planning for 5–8 participants · English and French

Location proposed · House of Falconer · 1 Walton Street, Picton, Ontario

Fees · \$3,500 + taxes

Registration · A preliminary conversation to explore fit. Full programme to be confirmed. Residential details will be confirmed at registration. Rooms are private, with the option of sharing a small cottage with a few other participants.

The working programme involves meditation and other non-ordinary states. Eligibility, participation conditions and other practical arrangements will be finalised with you during registration.

To express interest or ask a question : info@intuitus.eu