

## **Veterinary Mind/Body Wellness Medicine Retreat**

### **Interview with Dr.'s Allen Schoen (AS) & Ulrike Wurth (UW)**

**UW:** Thank you for offering one of your mind/body wellness retreats here in Australia in conjunction with the IVAS annual congress. Over 25 years ago, you lectured throughout Australia and stimulated the interest in veterinary acupuncture enough for us to organize an IVAS certification course. Since then, you have pioneered many other aspects of integrative veterinary medicine and more recently are sharing your insights on the importance of mind/ body medicine in veterinary practice. Can you briefly explain what this retreat and workshop is about and what participants can anticipate to experience and learn?

**AS:** Thank you for inviting me back to Australia to share my latest insights into creating a healthier and happier veterinary practice and life. This retreat/workshop is a warm invitation to your inner self to be immersed in a healing environment with kindred spirits, choosing to take time to love and nurture yourself and to reflect on our veterinary and personal journeys. Initially there will be opportunities to learn and experience various aspects of the latest in science based mind/ body approaches to help us care for ourselves, our families, staff, colleagues, patients, clients and all beings.

**UW:** What will the retreat be like? Will this be primarily lectures or experiential participation or both?

**AS:** This two day retreat is a co-creative experience, where we will have time and space to explore all the challenges and opportunities we share on our veterinary journeys. It will be an ideal weekend to prepare yourself for the IVAS Congress in Cairns.

**UW:** What will the sessions be like for participants?

**AS:** The weekend will be divided between four 3 hour sessions, each having one hour lecture focusing on various challenges of our profession including compassion fatigue, burnout and practice issues, as well as exploring the multitude of neuroscience based self health care solutions and approaches to these issues.

Following the lecture, there will be time for group dialogue, then dividing up into dyads (one on one) for individual processing and practicing the science based techniques with each other and then coming together again for final discussions on the integration of the sessions topics and experiences.

**UW:** Will veterinarians be able to integrate these approaches right away into their life and career? How will it impact on their future career choices?

**AS:** We will review first aid mind/body medicine to long term visionary solutions that you can immediately integrate into your practice and your life. There will be time for yoga, experiencing various meditation techniques, breath work, relaxation techniques as well as rejuvenative, contemplative and fun times in the abundance of the surrounding natural beauty of where the rain forest meets the Great Barrier Reef. There will also be time for self nurturing in the relaxing spa and reflection in the magical surroundings of the Reef House at Palm Cove, situated directly opposite the beautiful Palm Cove beach, 30 minutes north of Cairns, Queensland.

We will explore new visions of where we can all go in the 21<sup>st</sup> century as healers and how we can co-creatively be of further benefit to all beings in our lives as well as the world.

**UW:** Is this just for veterinarians or for veterinary technicians, staff or their family members as well?

**AS:** Everyone involved with you, your family and staff can benefit from the retreat. By having someone else in your family or practice also be part of the program, they will be able to offer you support on integrating these approaches into your life and practice when you return home. We actually encourage you to bring along your partner, veterinary nurse or special friend who may also benefit from this and share the experience. We look forward to sharing this experiential magical, healing and nurturing retreat with you, our kindred spirits.

**UW:** What are the exact dates and details for this exciting, potentially life transforming retreat?

**AS:** Here are the details on dates and costs:

**Dates**— Friday 18th August — Sunday 20th August 2017 **Place**—Reef House, 99 Williams Esplanade, Palm Cove Queensland

**Cost**—Early bird \$660.00 (including GST) before 30th June 2017— inclusive of welcome, morning and afternoon teas and lunch. \$770.00 (including GST) until 31 July, 2017.

**Accommodation**— \*\*Early bookings for accommodation are recommended as August is the high season in Palm Cove and this is a small hotel. Please contact Reef House to book your accommodation.

**UW:** How do veterinarians get further details of the program registration and accommodations?

**AS:** For further details of program, registration and accommodation click the following link.

<http://www.vetacupcollege.com.au/australian-college-of-veterinary-acupuncture/veterinary-mindbody-wellness-retreat/>

Any other questions contact - [ulrikewurth@vetacupcollege.com.au](mailto:ulrikewurth@vetacupcollege.com.au)

**UW:** Thank you again for offering this workshop and we look forward to experiencing it in these beautiful surroundings and with our worldwide IVAS colleagues and friends. Do you have any final thoughts or comments?

**AS:** I so look forward to sharing with all of you, the healthy mind body medicine approaches that I have integrated into my veterinary career that can help improve our careers and personal lives. These approaches have the potential of significantly improving our veterinary and personal life journeys. The retreat will be a great and nourishing segue to the IVAS congress. I look forward to seeing you all there!