

# INTAR 2007

May 5 - 9

Gabriola Island, B.C.

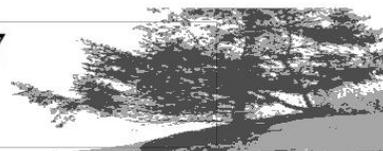
Welcome to INTAR 2007, the Haven, and Gabriola Island. Below you will find details on the meeting itself, the meeting timetable, and descriptions of the meeting's activities.

Besides the meeting itself, and the events each evening, other recreational opportunities are available. Sea kayak rentals can be arranged for those who are interested, and we have a few bicycles available for INTAR use. We also have transportation available to get around the island. There are several lovely places for walks, and a small shopping mall.

To make any of these arrangements, or for any other information, look for Gisela Sartori or Bruce Whittington.

## MEETING TIMETABLE

	Day 1 <b>MAY 5</b>	Day 2 <b>MAY 6</b>	Day 3 <b>MAY 7</b>	Day 4 <b>MAY 8</b>	Day 5 <b>MAY 9</b>
<b>7:00–8:00</b>		"morning class"	"morning class"	"morning class"	"morning class"
<b>8:00–9:00</b>		breakfast	breakfast	breakfast	breakfast
<b>9:15–noon</b>		<b>INTAR history and mission</b>	<b>small groups</b>	<b>small groups</b>	<b>closing plenary</b>
<b>noon–1:00</b>		lunch	lunch	lunch	lunch
<b>1:00–3:00</b>		experiential sessions free time	experiential sessions free time	experiential sessions free time	free time
<b>3:00–5:00</b>		<b>small groups</b>	<b>small groups</b>	<b>small groups</b>	<b>3:10: ferry to Nanaimo</b>
<b>5:00–6:00</b>		<b>large group</b>	<b>large group</b>	<b>large group</b>	catered supper at panel venue
<b>6:00–7:00</b>	supper	supper	supper	supper	<b>public panel at Malaspina University College</b>
<b>7:30 on</b>	opening ceremony and introductions	<b>David Raithby – A body/mind approach to mental health</b>	<b>Film: Someone Beside You</b>	<b>Anthony Holland: Tuesdays With Morrie</b>	



## DAILY EVENTS

- **INTAR history and mission**

On Day 2, the first full day of the meeting, there will be an introductory large group session in the morning to recap the history of INTAR, goals, and mission.
- **Small group sessions**

These sessions will be broken down according to the three “streams.” On Days 3 and 4, there will be small group sessions each morning, and on Days 2, 3, and 4, there will be small group sessions each afternoon.
- **Daily large group sessions**

Each afternoon, on Days 2, 3, and 4, there will be an informal large group session to draw together the work of the small groups in each “stream.”
- **Closing plenary**

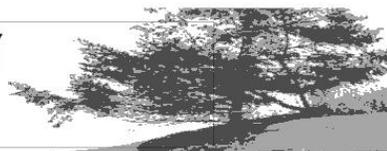
The morning of Day 5 will be devoted to a final large group session to finalize the meeting’s work and set strategic objectives.
- **Experiential sessions**

Each afternoon on Days 2, 3, and 4 will be available for experiential activities and special workshops such as Basic Attendance, meditation and mindfulness, acupuncture, and so on.
- **“Morning class”**

Each morning Elfi Dillon-Shaw, RMT, will lead a group in movement, breathing, and yoga exercises (for which there is a C\$5 charge). Gabriola Island is also home to other body workers in various disciplines who can arrange sessions for INTAR participants.

## EVENING ACTIVITIES

- **Day 2: A Body/Mind Approach to Mental Health, by David Raithby.** David is a senior leader at the Haven and an experienced psychotherapist practicing in Nanaimo. He will present on the Haven’s approach to mind/body integration and healing.
- **Day 3: *Someone Beside You*,** an exploration of psychosis and contemporary road film by Swiss filmmaker Edgar Hagen, explores the work of Edward Podvoll of Naropa University. The film premiered this March, and is brought to us by Windhorse Associates. Film website: <http://www.someonebesideyou.com/>.
- **Day 4: Anthony Holland presents *Tuesdays with Morrie*.** Anthony Holland is one of Canada’s best Shakespearean actors, and a theatre legend in this country. He now lives on Gabriola Island, and has been presenting *Tuesdays With Morrie* to enthusiastic audiences here, in Vancouver and the rest of Canada, and in the U.S.
- **Day 5: Public Panel on Alternatives to Psychiatry.** To make the evening go more smoothly, there will be a superbly catered supper at Malaspina College. The charge will be about C\$15 per person. There will be information on menu choices and cost at INTAR.



## THE MEETING'S THEMES

In putting this year's INTAR meeting together, the organizing committee has tried to identify some crucial themes in the life and development of the organization. These themes have to do with INTAR's role in the movement for alternatives, and what we want INTAR to do and become. We are mindful that INTAR is an informal organization, and many feel that this informality, particularly in our more-or-less annual meetings, is one of our strengths.

Based on conversations among INTAR members and particularly those who have been most interested in organizing the Gabriola Island meeting, we have identified three organizing themes for the meeting. These areas are meant to be interpreted broadly, and synthetically. Our goal is to facilitate the process of establishing INTAR as an organized, self-aware, and productive group that will advance the interests of the movement for alternatives.

These are the three themes, along with some fundamental questions in each area. The list of questions is meant to offer only the most general suggestions.

- **Theme 1: Alternatives**

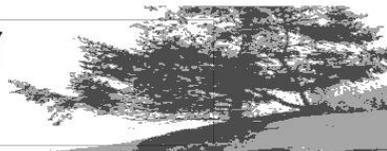
- What exactly is an alternative, and what is it an alternative to?
- What are the most effective strategies we can apply to overcome resistance to alternatives?
- What is the best process for developing alternative initiatives, from planning to start-up to implementation?

- **Theme 2: Organization and structure**

- From a broad perspective, how do we see INTAR as an organization?
- Who are our constituents? Who do we want them to be in the future?
- What do we want from INTAR? What do we want INTAR to do?
- Are there innovative approaches to organization and structure that will help us along?
- How do we see INTAR relating to other NGOs, individuals, governments, etc.?

- **Theme 3: Dissemination and outreach**

- What is INTAR's mission? What should it be in the future?
- From a broad perspective, how can INTAR best communicate with the rest of the world? And among ourselves?
- How does the dominant discourse on "mental health" affect us, and what can we do to change it? How can we get our message across?
- What are specific approaches we can apply to communications, collaboration, education, dissemination of information, etc.?



## **HOW THE SESSIONS WILL BE ORGANIZED**

As you will see from the meeting schedule, there are small-group sessions on Days 2, 3, and 4. At these times, there will be at least three small groups, one around each theme. Facilitators have taken responsibility generally for each theme area, but there are no specific topics set and the facilitators are meant to get the theme areas going but not to lead each session. Each afternoon in the large group, we will have a chance to pull together the trend in each theme area, and see where each area is going. There is no expectation that anyone will stay with one theme area. As the themes develop, more specific small group sessions may also be formed.

