

REGAIN & RESTORE FREEDOM OF MIND

WEEKEND RECOVERY RETREAT

WE INVITE YOU TO...

A weekend away to reflect, regain and restore your sense of freedom of mind. This weekend workshop is based on similar workshops that have been successfully run for many years by Cult Information and Family Support in Australia. It will be facilitated by experienced educators familiar both personally and professionally with the unique challenges of being a former member of a high-demand or cult-like group. If you have left a group like this, then this weekend is for you!

Places are limited, with numbers kept low to enable personal interaction and group safety. The content is non-religious and accepting of all belief systems.

TOPICS COVERED:

- Psychoeducation on group-based coercive control
- Thought reform tactics & how to resist
- Critical thinking and decision-making
- Relationships and healthy boundary-setting
- Post-traumatic stress disorder and the brain
- Re-establishing trust in yourself and others
- The grieving process and managing loss
- Reintegration and identity issues
- Somatic and art therapies as tools for healing

How to register or to enquire further:

Email support@nz.oliveleaf.network or visit our Events tab on our website with any questions or for more details.

Funding issues? Don't let the cost prevent you from attending; contact us if you need financial support.



AT A GLANCE

- **What:** Facilitated recovery weekend for former members of high-demand religious groups
- **Duration:** Friday evening to Sunday arvo, 14-16th Nov. 2025
- **Location:** Kariotahi Beach, Auckland
- **Cost:** \$120.00 per person
- **Includes:** Catering & workshop sessions Saturday-Sunday.

YOUR HOSTS



**TORE KLEVJER,
COUNSELLOR &
PRESIDENT OF CIFS
AUSTRALIA**

**LINDY JACOMB,
OLIVE LEAF NETWORK
KEY FACILITATOR**



**POIA ALPHA,
COUNSELLOR & CULT
SURVIVOR**



MORE INFORMATION:

LOCATION

Our workshop venue will be at a privately owned, large and stunning beach front home in Kariotahi Beach, Auckland (within an hour of Auckland Airport and near Waiku).

ACCOMODATION

You are responsible for booking your own accommodation, and organising travel to/from the workshop venue. If you would like to carpool or ride share, or want support to find accommodation, contact us and we can help. We encourage you to book near to the venue and to bear Auckland's traffic congestion in mind when considering travel times!

SCHEDULE

Friday evening: We will have an optional informal meet 'n' greet at (location TBC) over dinner and drinks, for those who would like the chance to meet each other before we get stuck into the weekend.

Saturday: The workshops will run 9:00am to 4:00pm, beginning with a mihi whakatau (welcome) and outline of the weekend. A catered lunch, and morning and afternoon tea, will be provided. The workshops sessions will be primarily psycho-educational and based on topics relevant to the cult recovery journey, with plenty of opportunity for discussion, questions and interpersonal input.

The evening will be free time and we encourage you to relax, eat well, move your body, and rest to process the day's discussions and input, and to prepare yourself for the second day.

Sunday: The workshops will follow a similar format to Saturday, but with a 3.00pm finish to allow plenty of time for participants to travel home before a new week begins. Morning and afternoon tea will be provided, with lunch options available to purchase nearby. The Sunday afternoon sessions will include time for reflection, grounding yourself and conclude with a poroporoaki (farewell/closure).

FACILITATORS - AN INTRODUCTION

Tore Klevjer is the President of Cult Information and Family Support Australia, and a counsellor specialising in cult recovery. As a former member of the Children of God, he brings hard-won lived experience to these workshops, and after running many in Australia over the years, we are so pleased to have him deliver one in New Zealand for the first time.

Poia Alpha will be the counsellor present for the weekend, available for gentle and safe therapeutic conversations with participants. A former recruit and member of the Branch Davidians, of Waco Texas infamy, Poia brings deep understanding of the trauma, moral injury, spiritual disorientation, family harm, and unique grief of joining and leaving a high-demand religious group, and the challenges of rebuilding a life and identity afterwards.

Lindy Jacomb is the founder of the Olive Leaf Network, a Cult Chat podcast co-host, and former member of the Exclusive Brethren. With her own lived experience as well as deep insights gained from her Olive Leaf Network role supporting former members of high-control groups from all around New Zealand, from Shincheonji to Destiny Church, Lindy will also be a valued facilitator and participant in discussions over the weekend.

PAYMENT

We would appreciate payment of \$120.00 (NZD) being made by the 2nd November, 2025. If you need to discuss payment options please contact us. We are deeply grateful to our sponsors, the Vavasour Trust and the Lotteries Commission, for subsidising the costs of the weekend for participants significantly. Payment information will be emailed to you upon registration.

WE LOOK FORWARD TO A WEEKEND OF R & R WITH YOU!