



The Voice Sanctuary | Sunshine Coast

RESTORATIVE RETREAT

For psychosis, mania and non-ordinary states of
consciousness

22nd – 26th May 2026

An opportunity to make
sense of your experiences,
build life skills and connect
with others who understand



OVERVIEW

The Voice Sanctuary is pleased to offer a bespoke retreat program for people who have experienced psychosis, mania or non-ordinary states of consciousness.

These experiences can be extremely challenging, deeply impacting a person's life, worldview and confidence. Yet there can be gifts and positive outcomes from the experience too. This retreat provides a unique opportunity for people to explore their experiences and learn practical skills in a peaceful, trauma-informed space, with people who have lived experience as well as mental health training.



Coming together through the bond of common experience, we feel safe and we feel seen. Through the power of compassionate connection, we help each other heal and thrive.

PROGRAM OUTLINE

Our program is held on the beautiful Sunshine Coast of Queensland. In a small group of up to 12 participants, this retreat program offers peer group activities of sharing, learning and connection, based on the topic of recovery from psychosis and related experiences

There are two options for participation to help cater for different budgets and funding capacities:

1. **PROGRAM ONLY:** One evening and two full days (Friday 22nd – Sunday 24th May), with participants going home in between sessions.
2. **PROGRAM & RESPITE ACCOMMODATION:** Full program plus four nights' accommodation with supports, and an additional day of relaxation and integration (Friday 22nd – Tuesday 26th May)

LEARNING OPPORTUNITIES

In a beautiful, safe and guided space, this respite is an opportunity to:

- ∞ Learn about psychosis and non-ordinary states of consciousness, with knowledge drawn from neuroscience, psychology, spirituality and indigenous cultures;
- ∞ Enhance your self-awareness and develop your own meaning, story and language which helps you to integrate your experiences;
- ∞ Learn to ground and balance your energy, and enhance your self-care;
- ∞ Learn skills to help stay well if you re-experience psychosis
- ∞ Enhance social and community participation

The day program provides theory, practice, story-sharing and skill-building, along with campfires and shared meals.

For those who chose to stay in the accommodation, there will also be opportunity to rest and relax, and enjoy a nature immersion (e.g. rainforest walk, ocean swim).



Connection is a grounding force. It keeps us in the “here and now”. It locates us in time and space, and brings a sense of belonging and comfort

WHO IS THIS RESPITE FOR?

We have designed our program for people who have experienced psychosis, mania or expanded states of consciousness which felt ungrounded, chaotic or distressing. You may have lost touch with ordinary reality for a period and been unable to function in everyday life. You may still experience these states, or phenomena like hearing voices, and not know how to work with them. Or you might want to look back on your experiences and make sense of them.

We welcome people from all walks of life and diverse cultural backgrounds.

Given the nature of the theory and group work in this program, we also ask that you:

- ∞ Are currently stable in your mental health and able to practice self-care when you need to.
- ∞ Are ready to explore and integrate what psychosis or mania means for you.
- ∞ Are keen to learn skills to stay grounded and well for the future.
- ∞ Are willing to share this journey with a small group of peers and lived experience practitioners in a communal environment.

Some participants may also:

- ∞ Need a break from their ordinary lives to enhance wellbeing.
- ∞ Would like to provide a break for their carers or loved ones that support them.



Nature is our most trustworthy teacher and guide; when we attune to natural rhythms and we sync our heartbeat with Mother Earth, we find the eternal truth of our Being.

LOCATION

The Sunshine Coast in Queensland is about 1.5 hours north of Brisbane, and is home to a wonderland of beaches, mountains and forests which provide a deeply therapeutic environment.

Our day program is held at The House of Hope, a beautiful property in Woombye West on the Sunshine Coast hinterland. The property includes:

- ∞ Large home with verandas and comfortable living areas
- ∞ Peaceful Park garden with spacious lawns and rainforest habitat
- ∞ Firepit
- ∞ Yoga deck
- ∞ Swimming pool
- ∞ Group rooms

Local information

Woombye is a rural town nestled in the foothills of the hinterland mountain range of the Sunshine Coast of Queensland. Historically it was a staging post for Cobb & Co coaches and later a thriving fruit-growing hub, while today it is a community that blends heritage with modern country living, centred around its historic railway station and township.

Woombye is located about 30 minutes from the beaches of the Sunshine Coast, and 10 minutes from the Kondalilla and Mapleton National Parks, both popular for nature visits.

Weather

The average temperature range for May in Woombye is between 14 – 21 degrees, with an average of 6 days of rain.



A place to rest, a place to be in the present moment, a place to breathe...

ACCOMMODATION

If you choose to stay with us, you will be accommodated in the Sunshine Coast hinterland, close to the House of Hope and the nature-based tourist attractions.

Details of the accommodation will be confirmed closer to the retreat, as it depends on numbers, but will include:

- ∞ Your own private bedroom
- ∞ A support person staying overnight
- ∞ Meals
- ∞ Transport to and from the venue
- ∞ Pick-ups and drop-offs from the airport if needed

Please note that common areas like kitchens, bathrooms and living areas may be shared, depending on numbers.



When we look into the eyes of another, we find ourselves...

GROUP GUIDELINES

This respite is an opportunity to help each other, learn together and make friendships. There are group activities and other chances to talk, laugh and learn.

We ask you to respect others in the shared space, and to consider what is best for the group, especially if your personal actions may impact others. This includes:

- ∞ Communicating with respect and kindness
- ∞ Keeping confidentiality (not sharing other people's stories outside of the group)
- ∞ Taking care of your own safety and wellbeing
- ∞ Asking for help when you need it
- ∞ Abstaining from alcohol or non-prescription drugs
- ∞ Helping keep the venue clean and tidy
- ∞ Letting the facilitators know if there is a problem, so we can address it



Our journey unfolds in spirals.
Again and again we revisit things anew, only to
find a new treasure, a new insight.
Trust the process.

PROGRAM SCHEDULE

The following schedule is a rough guide to the group program and may change depending on group numbers and facilitators.

DAY	TIME	DESCRIPTION
Friday	5:30 – 6:30 pm	Arrival and shared dinner
	6:30 pm – 8:30 pm	Welcome fire circle: acknowledgement to country, introductions, information about the journey ahead, sharing intentions
Saturday	9:30 am	Grounding practice
	10 am – 12 pm	Group teaching: Worldviews of Psychosis
	12 pm	Lunch
	1 pm – 3 pm	Conscious story-telling for healing
	3 – 4 pm	Debrief and wrap-up
Sunday	9:30 am	Grounding practice
	10 am – 12 pm	Group teaching: Caring for the four bodies (physical, emotional, mental and spiritual)
	12 pm	Lunch
	1 pm – 2:30 pm	Creating your map for healing & harmony
	2:30 pm – 4:30 pm	Celebration and closing circle

Integration

We recommend you set aside an integration day or two after this program, with space for quiet time to reflect, journal and rest.

For those who are accommodated with us for the respite, your integration day on Monday includes free time to reflect and/or visit nature spots (swimming holes, walks, etc).



Yes, you can recover. You can heal. You can live your best YOU. Its always possible.

You just have to choose it and do it.

YOUR GUIDES & MENTORS

Our small team (Louisa, Dee, Anthony and Jenny) bring unique expertise to this respite, including lived experience of psychosis and non-ordinary states of consciousness. Having grown through own personal struggles, the wisdom we share is embodied through practice. We are trained in various mental health disciplines, and Louisa and Dee have worked with people in a therapeutic capacity for many years.

Louisa D Pearce

Louisa is a social worker, peer specialist and author. She has recovered from multiple diagnoses, including schizophrenia, gaining direct insight into mental illness and healing.

Louisa started her career in 2011 as a peer worker and trainer for a consumer-led organisation, Voices Vic, helping people who heard voices. Louisa has since worked in community mental health and private hospitals, and she now works in private practice as a mental health counsellor and teacher. She has a Masters of Social Work and Diploma of Community Services, and is also trained in Embodied Processing and Energy Medicine. She is the author of *Spirit-Gnosis: Hearing Voices* (2020) and *The Little Girl that Nobody Wanted* (2013), a memoir about recovery from childhood trauma.



Dee Duffy

Dee hails from Scotland and brings the wisdom of her lived experience to her work, as well as her bubbly personality and sense of humour.

Dee is a social worker who began her career as a Registered Nurse in Scotland in 2003. In her 20+ years career, Dee has worked in community mental health and AOD services, hospitals, and not-for-profit organisations.

Dee has a Diploma in Community Services, a Bachelor of Nursing (Adult), and a Bachelor (Hons) of Social Work. Dee also has lived experience of CPTSD, depression, and anxiety and also has lived experience of being a carer.



“The retreat was an inspired oasis for people to come together and share stories of survival, generate healing, create connection, all with the added benefits of nurturing food and beautiful surrounds.”

TESTIMONIALS

“The retreat was an inspired oasis for people to come together and share stories of survival, generate healing, create connection, all with the added benefits of nurturing food and beautiful surrounds.

For me, it was transformative and truly felt like a giant step forward in my recovery journey. Although I am still processing, I now feel a sense of hope for my future again. I am so grateful to the facilitators, all of whom have their own lived experience — the sense of compassion, care and acceptance was like nothing else. We need more such places of healing around the world.”

- Emma (March 2024)

"The respite was a significant milestone on my recovery journey. The joy, sensitivity, and integrity of the peer facilitators meant that it was the perfect combination of authentic relationships, skilled therapy, and a restful holiday. There were challenges, which I was expertly supported through. Having the opportunity to tell my story with kindred spirits as witnesses was very meaningful, and the educational aspects were also important. Thank you, Louisa, for providing such a profound and needed service.

- Chris (March 2024)

“I feel very fortunate to have gone on the voice sanctuary respite to the Sunshine Coast hinterlands. (Absolute beauty in the choice of location, an absolute treasure in itself) From the anticipation, support and organisation, to arrival and journey on the sanctuary and in the company of such beautiful people, everything just flowed magically. I can't express enough, my gratitude to Louisa, the team and all participants for such a wonderful spiritual adventure.”

- Justin (March 2024)



Investing in your healing is like a “yes” to the Universe. Yes! Yes! Yes! I am ready to shift, to change, to grow and to learn.

PRICING

The prices are as follows:

1. **\$990/person** for day program
 - *Earlybird discount fee of \$880 available
 - *Concession discount fee of \$770 available – limited places
2. **\$4500/person** for 4 nights

Our prices work within NDIS guidelines and value the expertise of lived-experience facilitation and a trauma-informed, well-supported and structured program. We offer a high quality of care and content, along with comfortable venues and nutritious food.

The respite may be funded privately (with payment plans available) or through NDIS if you are a participant.

FUNDING & PAYMENT

NDIS Participants

Depending on your package, this program can be funded in two ways:

1. Short Term Respite calculated by support ratio of 1:2 and 1:3
2. Capacity-building (various items codes available, depending on your plan)

We will provide a Service Agreement and you will be charged after the respite is complete. Please see the Service Agreement for more information.

Private Funded Clients

Privately funded clients can pay in two ways:

UPFRONT PAYMENT

Secure your spot with a 25% payment and pay the remainder by 22nd March 2026.

PAYMENT PLAN

Secure your spot with \$50 upfront and then pay a negotiated weekly amount with a nominated credit card.

APPLICATIONS

Our application process is as follows:

1. Confirm your interest with us by email, phone or website
2. Complete the registration form we send you (online)
3. We will arrange an informal online meeting with you, so we can talk about your expectations and needs, and make sure that this respite is a good fit for you at this time.
4. We will notify you of acceptance or postponement in a timely manner
5. If successful, we will send you a Service Agreement to sign

Eligibility

Recovery from psychosis, mania and non-ordinary states of consciousness can involve different stages of vulnerability. Attending this respite can also present challenges for people, such as travelling interstate, meeting new people, and participating in group activities.

Our application process helps we ensure that participants are:

- ∞ ready for exploration and integration of their experiences
- ∞ feeling stable in their mental health and self-care practices
- ∞ have supportive environments to return to after this experience

Postponement

If we feel you are not suitable for this respite, it is most likely because we are concerned that your mental health may be compromised by this respite *at this time*. We may also have to select people based on age and gender, to ensure a balanced community.

We take the view that if this happens, then another respite at another time would be perfect for you, and we will work with you to make this happen.

If we do postpone your attendance, we will let you know the reasons why, and we will endeavour to invite you to a suitable respite in the near future.

CANCELLATION POLICY

We have a strict cancellation policy to allow us to pre-pay for accommodation, and to cover overheads and staff.

Once you have been accepted and you have signed the service agreement, you are agreeing to pay for this service and committing to attend. If circumstances change for you, the following cancellation terms apply, unless we can find someone to come in your place:

- ∞ Cancellations **after the 22nd April 2026**, NDIS clients may be charged a 50% fee, and private clients will forfeit payments made, up to 50% of the fee.
- ∞ Cancellations **after the 6th May 2026**, NDIS clients may be charged the full fee and private clients become non-refundable.

IMPORTANT DATES

The dates below can provide a guide as to the application process. Please note that we review applications as we receive them to allow time for people to plan their trips. This means that spots may fill before the closing date, and we therefore recommend that you apply as soon as you can.

Applications open:	Friday 19 th December 2024
Intake interviews:	Ongoing until all spots are filled
Cancellations until:	22 nd April 2026
Group Program Dates	22 nd – 24 th May 2026
Full Respite Dates	22 nd – 26 th May 2026

WHAT NEXT?

For more information and to start the application process, please contact:

Louisa D Pearce

Phone 0490 165 654

Email: louisa@voicesanctuary.com.au



Flowers bloom in their own time.

Provide the soil, the sunshine, the water and the love, and one day a miracle will unfurl...