

Terrigal Gestalt
INSTITUTE

*"The day came when remaining tight in
the bud was more painful than the risk it
took to blossom"*

Professional Training
in Gestalt Therapy

2017 Course Prospectus

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Introduction

This Prospectus outlines the 6 weekend Professional Training in Gestalt Therapy program currently offered by Terrigal Gestalt Institute (TGI) in Springfield, Central Coast, NSW. This Professional Development course has been developed to introduce practicing clinicians to an overview of the Gestalt modality, so that it can be integrated into existing practice.

This course is unaccredited and has no academic component. If participants intend to go on to complete a Gestalt Masters program, there may be further academic work required (please enquire about this option on enrolment).

This course is highly experiential and is taught in a small group setting with an integration of theory, practice and experiential work. Participants should note that they are expected to use their own personal material for the experiential component. Group size is 6 minimum and 10 maximum participants. Each weekend has a Gestalt theme with an experiential and practice component. Unit Guides and Unit Readings are available in PDF format.



"Our minds can't take us where our hearts long to go"


(UNKNOWN AUTHOR)

About Terrigal Gestalt Institute

Terrigal Gestalt Institute was founded in 2005 and is a training and professional development organisation based on the Central Coast of NSW. Until recently TGI offered a PACFA & GANZ accredited four year Advanced Diploma of Gestalt Therapy, which has now been discontinued.

From 2016 TGI has offered unaccredited short professional development courses, various personal development Gestalt groups and programs, as well as Gestalt Healing Retreats. We also offer Clinical Supervision and mentoring.

TGI is well placed in the therapeutic and health industry to provide profound relational training that is creative and holistic, and equips clinicians to provide an enriching clinical space for their clients.



"Know that true Joy is not the absence or opposite of sadness and pain, but the willingness to embrace it all."

(JEFF FOSTER)

Our Vision

“Terrigal Gestalt Institute has a vision to become a place of healing and excellence. A place that offers therapeutic services, training and professional development, personal & spiritual development, and healing for participants, that is both comprehensive and profound. Our emphasis is on providing our programs through a transpersonal lens of community, connectedness and deep respect for each other.”



*“Come to the edge Life said.
They said: We are afraid ...
Come to the edge Life said.
They came ... It pushed them ...
And they flew.”*

(GUILLAME APOLLINAIRE)

The Gestalt Approach at TGI

Our personal and professional development programs at TGI are Gestalt focused with an emphasis on awareness and relational skills. 'Gestalt' is a German word which has no direct English translation but which refers to a pattern of configuration: a 'whole' made up of distinct parts, each part having a place within the whole. The Gestalt approach is holistic and awareness-centred and has a central focus on relationship and learning through direct experience. The Gestalt

approach aims to develop self-awareness, understanding and support, enabling us to create a more meaningful and fulfilling life. Gestalt concepts are ultimately empowering, allowing us to live life more fully, improve interpersonal communication and conflict resolution skills, and strengthen our creativity.

Fundamentally, the aim of the Gestalt approach is to heighten an embodied awareness 'phenomenologically' (the immediate experience). This principle in and of itself is profound in promoting healing and growth. Gestalt aims to increase awareness of a person's current functioning in relation to both the present environment and past events so that real choices based on authentic needs are possible. Contemporary Gestalt combines the 'I-Thou' dialogic relationship, with spontaneously created ways of experiencing one's self, the other and the environment.

The Gestalt approach is a very effective and respectful change process for working with individuals, couples and groups, and supports effective communication and conflict resolution. The Gestalt practitioner essentially provides a space free of judgment or 'cure', and respectfully allows 'what is' to be explored and experienced more completely. Furthermore, the practitioner trusts the process of the client to guide the work, relinquishing any agenda in regards to the direction of the work.

The experience of the Gestalt practitioner in relation to the client is present and available, which in turn becomes a rich resource in the healing process. This relational approach to therapy creates the way for an authentic and meaningful meeting between practitioner and client, and a fertile ground from which to grow and explore (akin to Carl Roger's idea of 'healing through meeting'). The client is considered the 'expert' on themselves – rather than the practitioner. Hence, the innate wisdom of the client is encouraged and brought to the foreground.

The personal development of Gestalt practitioners is an integral component of the training and is essential in the effective integration and application of theory and practice. Training in Gestalt is quite unique in this respect; 'walking the talk' of self-awareness and authenticity.

The Essence of Gestalt ...

- Existentialism - 'here & now' awareness / responsibility for one's own choices
- Field & Holism - a belief that we are all connected / appreciation of the whole person: mind, body, spirit & emotions, as well as the individual's unique field of experience
- Dialogue - the therapist's approach is relationally focused with the therapist as an active participant in the process - relating with respect, curiosity and authenticity
- Phenomenology - awareness of self as experienced now: cognitive / emotional / body responses / awareness of self in relationship to others – 'embodied awareness'
- Experimentation - exploring new ways of being and relating that are potentially more growthful / working through unfinished business and blocks to awareness & integration

What can participants expect to gain from our training course?

The aim of the Gestalt training program at TGI is to provide participants with a profound relational, creative and experiential experience that will enrich their lives both personally and professionally, and provide identifiable professional skills that can be integrated into current practice.

Who May Apply?

Applications for the Professional Training in Gestalt Therapy program are invited from experienced practitioners in the education or health sectors (eg. counsellors / psychotherapists / social workers / coaches / psychologists / child care workers / nurses / occupational therapists / physiotherapists / teachers etc) who would like to integrate Gestalt theory and technique into their existing practice.

If you are unsure of your eligibility for enrolment in this course please contact us for further discussion.

Participants who live away

At TGI we have developed our training programs so that participants who do not live locally can access our training. Most training activities are structured over weekends. Library resources are also available by post, upon request. Facilitators also maintain e-mail and phone contact when necessary, with participants who live away, to meet their specific training needs.

Course Outline

- Overview of the Gestalt approach – embedded in contemporary therapeutic theory
- Phenomenology & the Contact Cycle– awareness and the contact boundary
- Field Theory & Dialogue – being part of the bigger picture, relational themes
- Impasse & 'Experiment'– chair-work and 'the critic'
- Creative Media 1 – Objects / Art / Sand-tray
- Creative Media 2 – Dream-work / Metaphor & Imagery



*"Success is going from failure to failure
without a loss of enthusiasm."*

(AUTHOR UNKNOWN)

Gestalt Evolution

Gestalt training has evolved over the last couple of decades to keep pace with more contemporary therapeutic ideas and approaches. The strength of the Gestalt approach has always been in its relational focus embedded in a field context, its emphasis on 'here-and-now' embodied awareness and dialogue, and its creative and experimental approach to therapy.

When Fritz and Laura Perls were formulating the Gestalt approach in the 1940s / 1950s they drew from the therapeutic field of the time including the work of:

- Sigmund Freud's psychoanalytic approach
- Martin Buber's 'I-Thou'
- Kurt Lewin's Field Theory
- Carl Rogers' person-centred approach
- Moreno's psychodrama
- Zen Buddhism
- Jan Smuts work on Holism
- Wilhelm Reich's work on Body Armour
- Gestalt psychology (Goldwein, Kohler et al)

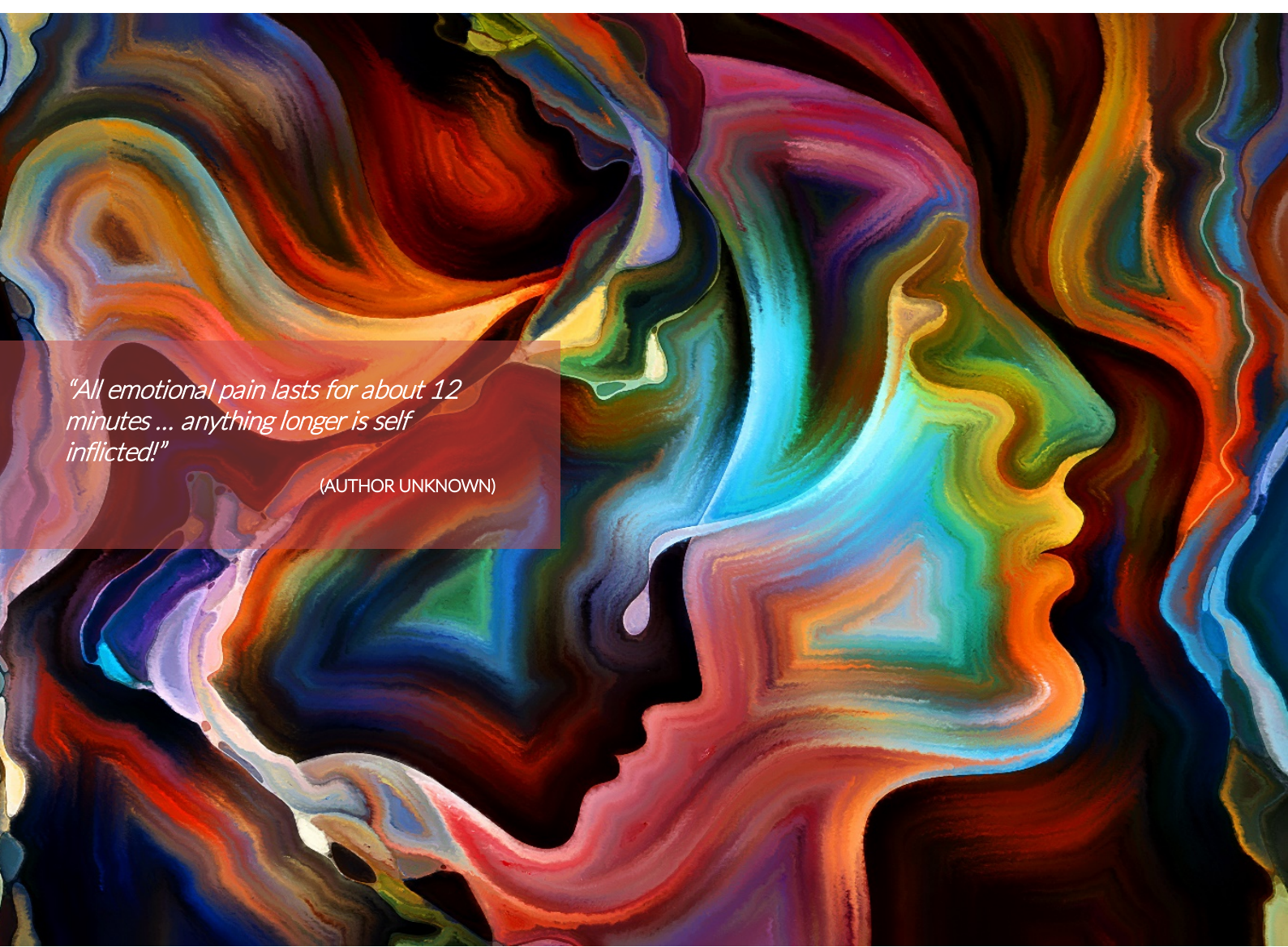
As Gestalt has developed and evolved over the decades we can now identify with other contemporary ideas and approaches including:

- Inter-subjectivity
- Somatic Therapy
- Acceptance and Commitment therapy
- Strengths based therapy
- Elements of CBT
- 'Mindfulness'
- Contemporary relational themes in counselling and psychotherapy

Our curriculum still covers the main traditional Gestalt themes of:

- Phenomenology – awareness and meaning making
- Dialogue – I-Thou relating
- Field Theory – Inter-connectedness: a systems perspective
- Experiment – the creative heart of Gestalt
- Paradoxical Theory of Change - accepting 'what is'

These are linked to more traditional themes in the contemporary therapeutic tapestry of thought and ideas. All is embedded in a transpersonal framework of 'compassion and love', and in seeking an authentic and powerful connection to self and other.



"All emotional pain lasts for about 12 minutes ... anything longer is self inflicted!"

(AUTHOR UNKNOWN)

Professional Development and Supervision Hours

Participants for the course will be able to claim professional development hours and individual and group supervision hours during the course.

*"Fear knocked at the door. Love answered
... and there was no one there."*

(SUFU MAXIM)



Course Features

RESOURCES

The TGI Library has a range of books available for use via post. Participants also have access to a range of industry journals and articles. There is a copy of the Library Resources available upon request.

LEARNING AND TEACHING RESOURCES

TGI makes available to participants the following resources (via USB / Dropbox):

- Unit Guide – Unit Aims and Learning outcomes / Course content
- Unit Readings – relevant readings from a variety of sources

TRAINING VENUE

Springfield, Central Coast, NSW

CONTACT

PH: 0439 752 710

E-mail: dinah@terrinalgestalt.com.au

POSTAL ADDRESS

P.O Box 909 TERRIGAL NSW 2260

PAYMENT PLANS

The cost for the course is \$2,800

(\$2,600 Early Bird – 2 weeks before commencement of course)

TGI offers flexible payment plan options for participants. There is a \$350 deposit at enrolment (at the Entry Interview if conducted) and the remainder of the fees can be paid off over the training months. Up-front payment is preferred and discounted, but participants can also pay in weekly, fortnightly or monthly installments.


Please enquire re individual payment plans when you enroll for the course.

TGI Facilitators

Dinah Buchanan is the primary Facilitator for this training group and on occasion additional facilitators are drawn from a pool of TGI facilitators including Declan Brady, Johanna Treweeke and Philip Oldfield.

As a team we are focused on providing training and a personal development experience that is relevant, contemporary and grounded in the solid principles of Gestalt practice.

We are committed to providing a combination of support and challenge through a creative, relational and embodied framework, individually and within the group process.



*"You cannot heal a single human being,
even with psychotherapy, if you do not
first restore his relationship with Being."*

(MARTIN HEIDEGGER)

Facilitator Profiles



Dinah Buchanan

Director TGI & Primary Facilitator

M.Couns., Grad Dip Gestalt Therapy, PACFA
Registered PACFA Clinical Member

"It gives me great delight to see others open to the possibilities that the Gestalt journey has to offer. As the whole is greater than the sum of the parts, so the intangible 'more' awaits us ..."

Dinah is a Gestalt Psychotherapist, Clinical Supervisor and Educator with many years of experience in Counselling, Child & Family Health, Gestalt Therapy, Group Training, and mentoring & Supervision. She has offered therapeutic services for over 25 years on the Mid North Coast, in Sydney and on the Central Coast, NSW. She has also been a Gestalt Trainer / Facilitator for the past 15 years. She currently has a private practice on the Central Coast, and in Sydney, NSW.

Dinah's particular focus includes personal/spiritual development, working with Dreams & Metaphor / working with Depression/Anxiety and Grief /Bereavement. Dinah has a special interest in integrating spirituality and psychotherapy and understanding psychological crisis through a transpersonal lens. She is also currently completing studies in Spiritual Direction at the University of Divinity in Melbourne.

Dinah has a passion for assisting others to discover their inner strengths, move through difficulties, transform their lives and realise their full potential. Relationship Enhancement, Conflict Resolution, Practice Management and Integration of Spiritual and Gestalt Concepts.



Declan Brady

Adv. Diploma G.T, Bsc (hons) Computer Science,
GANZ Member

"I believe that having a core spiritual life provides support, strength and nourishment in our daily lives and I am passionate about bringing this element to my therapy and training."

Declan has been a faculty member of TGI for the past eight years and also co-owns and runs a private psychotherapy practice in Sydney. He has worked extensively in the corporate world, holding senior managerial positions in several major organisations. He has always been interested in understanding how to best motivate others, providing support to pursue individual goals within the restraints of organisational life. He now combines his leadership and managerial experience with his lifelong interest in personal development and growth, to support others through periods of change in their lives.

Declan has a particular interest in living a spiritual life and has been practicing mindfulness meditation for the past 18 years. He has also authored a book "Mindfulness, Neurobiology and Gestalt Therapy" (2013).



Johanna Treweeke

BA (Welfare Studies) UWS, Grad Dip Gestalt Therapy, Clinical Member GANZ , AIWCW Member

Gestalt Therapy Trainer & Clinical Supervisor, Holistic Psychotherapist for Individuals, Couples and Groups.

“My aim is to support trainees to develop their own unique style, utilising their creative intelligence to connect with others with meaning, authenticity and compassion.”

Johanna has also been a faculty member of TGI for the past eight years and also works privately as a psychotherapist in Coffs Harbour. She has been counselling individuals, couples, families and groups for 18 years and she is also completing her Masters degree in Social Work. Her work builds on skills of field intelligence with an emphasis on creativity.

Johanna's current passion is the intersection of Gestalt Therapy and Process Work. Johanna has presented seminars and papers on a variety of approaches in psychotherapy – including Process Work, creativity and impasse, mindfulness, eco-psychology, narrative therapy, psychodrama, metaphor, dance and art therapies. Johanna's academic background includes five years lecturing at Southern Cross University in Counselling and Social Science and ten years conducting post-graduate training in Gestalt Therapy.

Johanna's special areas of interest include:
Mindfulness and Gestalt / Process Work / Field Intelligence / Creativity / Shame and Belonging / Couples Therapy / Dreams / Journaling



Philip Olfield

Philip Oldfield (B.A. Sociology, GANZ Clinical Member)

Phil has been a Gestalt Trainer since 1986. He works in private practice in Surry Hills, seeing private clients, training and supervising counsellors and Psychotherapists, conducting training programs for government departments, hospitals, community organisations and businesses.

Phil is particularly interested in gay and lesbian health and relationship issues, sexuality and the impact of HIV on our communities.

Other TGI Services

Therapy & Clinical Supervision

TGI Faculty members are available for therapy of individuals, couples and groups, and for Clinical Supervision for professionals – please contact Dinah on 0439 752 710 or 02 4322 8868.

Can I go on to do more Gestalt training?

For participants who are interested in further Gestalt therapy training, this course can give you entry into already established further training (further assignments and face-to-face hours may to be completed for this option). TGI also runs a regular Professional Development programs – please enquire for details.

How can I find out more?

Visit the TGI website: www.terriganestalt.com.au

Follow us on Facebook at www.facebook.com/TerriganestaltInstitute

Contact: Dinah Buchanan

Phone: 0439 752 710

E-mail: dinah@terriganestalt.com.au

Web: www.terriganestalt.com.au

F&Q

What is the cost up front?

This course is offered by TGI at competitive rates and TGI also provides flexible payment plans that will suit most participants. There is an enrolment deposit of \$350 and the remaining fees are payable in installments each training weekend, or by direct deposit weekly or fortnightly across the training year. Discounted payments are available for full up-front payment before the commencement of the course. Credit card facilities are also available.

What are the extra costs?

There is an extra cost for recommended text books – enquire on enrolment.

How often do I need to attend training?

The face-to-face training hours are structured as follows: Six weekends approximately once a month over a six-month period.

Is there an Entry Interview?

Once your Enrolment has been received the Director of Training (Dinah) will contact you to arrange an Entry Interview (face-to-face or skype). Entry to the course is based on your suitability for the course in terms of study and work experience, and willingness and ability to participate in small group intensive training. You may also request an interview prior to enrolment.

What is the format of the training?

All training is done in small groups with a minimum of six (6) and maximum of ten (10) participants.

What is the academic / assessment load?

There is an ungraded personal reflection essay required at the end of the training year and a personal reflection Journal to keep throughout the training year to support experiential learning. If you intend to go on to complete further training there may also be several other assignments to complete (please enquire re same) and possibly some extra face-to-face hours to make up.

What happens if I want to withdraw from the course?

You will be issued with a transcript of your attendance thus far, and may be eligible for a partial or full refund of fees depending on when you withdraw from the course.

Application for Enrolment Form

ADMISSION PROCESS

TGI practices a non-discriminatory selection of participants on the grounds of race, gender, class, sexual orientation, religion or any disability or belief that does not directly interfere with the competent fulfilment of training and practice.

Who May Apply?

Applications for the Professional Training in Gestalt Therapy course are invited from experienced practitioners in the education or health industries (eg. counsellors / psychotherapists / social workers / coaches / psychologists / child care workers / occupational therapists / physiotherapists / teachers etc.) who would like to integrate Gestalt theory and technique into their existing practice.

If you are unsure of your eligibility for enrolment please contact Dinah on 0439 752 710 for further discussion.

Entry Interview

- Following receipt of an application for enrolment you may be invited to attend an Entry Interview which is an informal process conducted by the TGI Director of Training (Dinah). You may also request an Interview before enrolment if you wish.
- At the Entry Interview, you will be asked to pay a \$350 deposit which secures your enrolment. Payment methods and schedules will be discussed at the Interview.
- In prospective applicants, we look for a willingness to develop the following qualities and capacities, as a pre-requisite for commencing training at TGI.

Entry Criteria

- A capacity for developing self-awareness and self-reflection.
- A capacity to relate to others in a facilitative way from a stance of respect and mutual interest.
- A capacity to reflect on and examine the impact of their actions on others.
- A capacity to be aware and report the impact of others on them.
- A capacity for curiosity and enquiry.
- A capacity to take responsibility for physical and emotional well-being.
- A capacity to cope with the various demands of the course including the fulfillment of financial obligations, the timely completion of learning tasks and active participation in the course.
- A capacity to understand and practice ethical behavior as outlined by relevant professional codes such as GANZ/PACFA.
- A capacity to learn from life experiences.
- A capacity to receive feedback on strengths and constraints.

Submitting your Enrolment application

Please submit your Enrolment application TOGETHER WITH A CURRENT RESUME to:

The Administrator

Terrigal Gestalt Institute

PO Box 909

Terrigal NSW 2260

OR

E-mail scanned document to dinah@terriganestalt.com.au

Applications close one week prior to commencement of course.



TGI ENROLMENT APPLICATION

Professional Training in Gestalt Therapy

Participant Details

Name:

Date of Birth:.....

Address:

.....

Contact Details

Mobile:

Landline:

E-mail address:.....

Career Details

Occupation:

Other professional activities:

.....

.....

Qualifications / previous studies:.....

.....

.....

Relevant life experience:

.....

.....

Previous personal development / experiential work:

.....

.....

.....

Reason for enrolling in this course:.....
.....
.....

Any previous Gestalt experience?.....
.....
.....

What previous experience have you had in a small group format?.....
.....
.....

Other information / comments to support your application:.....
.....
.....

Personal Referee

Name:.....
Contact No.:

Professional Referee

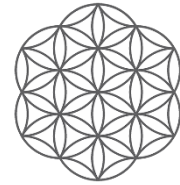
Name:.....
Contact No.:

Resume

Attached: []

SIGNATURE:

DATE:.....



Terrigal Gestalt

INSTITUTE

P.O Box 909, Terrigal NSW 2260

CENTRAL COAST, NSW

Contact: Dinah Buchanan

Phone: 0439 752 710

E-mail: dinah@terriginalgestalt.com.au

Website: www.terriginalgestalt.com.au