



## Gestalt Training Program (GTP)

October 11, 2018 – May 3, 2020

### OVERVIEW

The Gestalt Training Program (GTP) is designed to foster the growth, development, and transformation of people in a manner unique to the Gestalt Institute of Cleveland in service to individuals' personal and professional development.

GTP strives for diversity and the building of a community of people with different backgrounds, ideologies, cultures, races, religions, and professions. We engage in the important work of expanding our capacity for living a meaningful life and our potential to contribute meaningfully to the world. We support the integration of body, mind, emotion, and spirit in search of a richly satisfying way of life.

GTP attends to six core areas of inquiry and experience: intellectual, emotional, spiritual, physical, relational, and creative. Basic Gestalt theory and methods are presented. GTP is also an important first step in an advanced training process

### IS GTP FOR ME?

Anyone working with individuals, couples, families, or groups in a broad range of professional settings will benefit from the program: health care and healing professionals, coaches and business leaders, social services workers, teachers, ministers and pastoral counselors, consultants, and graduate students. GTP is particularly ideal for practitioners seeking to enhance their training and individuals seeking to expand their capacity to relate to others in their personal or professional lives.

**CONTINUING EDUCATION:** 250 hours (see accreditation information below)

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Continuing Education (CE):

250 contact hours

Contact:

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### SCHEDULE

Session 1: October 11-14, 2018	Thursday: 1:00pm-7:00pm
Session 2: December 13-16, 2018	Friday: 9:00am-7:00pm
Session 3: February 21-24, 2019	Saturday: 9:00am-7:00pm
Session 4: April 25-28, 2019	Sunday: 9:00am-1:00pm
Session 5: June 27-30, 2019	
Session 6: September 12-15, 2019	
Session 7: November 14-17, 2019	
Session 8: January 23-26, 2020	
Session 9: March 19-22, 2020	
Session 10: April 30-May 3, 2020	

### LOCATION

Gestalt Institute of Cleveland, 1588 Hazel Drive, Cleveland, OH 44106

### CURRICULUM & METHODOLOGY

The skills taught in GTP have a broad array of applications for working with individuals, couples or small systems, or groups. GTP provides hands-on experience in skill application, accompanied by immediate feedback from faculty. Gestalt concepts are learned through practicum (practice), lectures, experimentation, personal growth groups, and large community interactions.

### ADMISSIONS

The admission process is an opportunity for us to begin to know about each other.

**Pre-requisite(s):** Admission into GTP requires that you complete a Gestalt Experience Workshop (GEW), which will introduce you to the type of personal growth work you will experience during our 18-month program.

**Application:** Complete and submit a Training Program Application, along with the application fee.

**Interview:** After your application is received, you will be contacted and interviewed, either in person or over the phone, by a faculty member.

You will be notified of your acceptance into GTP as soon as these steps are fulfilled.



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### PROGRAM REQUIREMENTS

Additionally, while participating in GTP, you must complete at least 25 hours of individual therapy with a Gestalt-oriented psychotherapist. Partial credit may be given for previous individual therapy, approved small group therapy experiences, and for some training programs and workshops.

### ENTRANCE TO ADVANCED TRAINING OPPORTUNITIES

GTP will begin to hone your interpersonal skills and increase your range of effective interventions. GTP is also a required first step in an advanced training program. Upon completion of the program, you may then apply for advanced training in a specialized area such as working with individuals, groups, couples and families or with physical process. After successfully completing an advanced training track, you are eligible to graduate as a Gestalt practitioner.

### TUITION & FEES

Application Fee: \$150.00 (non-refundable)

Tuition: \$8,800.00

Early Bird: \$8,300.00 (register before July 20, 2018)

Tuition and fees do not include travel, lodging, meals, and other expenses incurred.

Payment options are available upon acceptance to the program. Contact:  
[registrar@gestaltcleveland.org](mailto:registrar@gestaltcleveland.org) or 216-421-0468

### FACULTY

GTP draws its faculty from a distinguished group of individuals from around the country. Each member of the faculty, in turn, draws on personal experience and training, as well as years of professional practice in a variety of venues and specialties. Together, the faculty provides a unique understanding not only of Gestalt principles and concepts, but also of ways to apply GTP learnings in your day-to-day personal and professional lives.

### Co-Chairs

Allison E. Bruce MEd, PCC

Mary Ann Kraus, PsyD, BCC

Elizabeth Welch, MA, CDP



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### ACCREDITATION



The Gestalt Institute of Cleveland is approved by the **Ohio Psychological Association** to offer continuing education to psychologists. It is the responsibility of the provider to abide by the OPA-MCE guidelines. (Provider Number: 346597238)



The **State of Ohio Counselor, Social Worker & Marriage and Family Therapist Board** grants the Gestalt Institute of Cleveland approved provider status to provide continuing education for Counselors and Social Workers. *Approval for Social Work contract hours varies from state to state. Please consult your state's credentialing Board for more information.* (Provider Number RCS071005)

### LEARNING OBJECTIVES

Upon completion of this program, participants will be able to:

- Describe what Field Theory is and how it applies to the Gestalt theory.
- Explain each of the steps of the Gestalt Cycle of Experience. Describe how it has contributed to your understanding of human experience.
- Discuss how the Gestalt principle of body/mind/spirit (body/self) contributes to the relational field.
- Describe and give an example that illustrates the Gestalt theory of resistance (creative adjustment).
- Describe and give an example that illustrates introjection.
- Describe and give an example that illustrates projection.
- Describe and give an example that illustrates the Gestalt "Paradoxical Theory of Change."
- Describe how a learning community can be manifested at all levels of system – intrapersonal, interpersonal, subgroup, larger group and total community.



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- Demonstrate the capacity to use dialogue / I-Though interaction as a tool for exploring differences in the context of relationship.
- Describe his or her personal awareness of the range of hope and fear that each of us brings to our relationships.
- Use increased self-awareness to support making clearer choices about how much contact with another we are able and/or want to support at a given point in time.
- Provide one or two examples that illustrate enhanced awareness of the change process (both cognitively and experientially.)
- Describe potential advantages and disadvantages of confluence and deflection.
- Review advantages/disadvantages of all resistances: introjections, projection, desensitization, retroreflection, confluence and deflection.
- Present a Gestalt definition of conflict, and how interactive styles can lead to constructive and destructive managing of differences.
- Notice and give an example that illustrates the use of polarities in work with clients.
- Discuss the concept of the Johari Window and illustrate knowledge of the four quadrants with personal examples of content in each window. Describe how you learned about something that was not known to him or her previously.
- Describe typical stages of group development and how they can be productively supported by a talented facilitator.
- Demonstrate skills that facilitate personal and professional development in interpersonal and group experiences, specifically self-awareness, taking an "I-thou" stance in dialog, making phenomenological observations, supporting contact at interpersonal and group levels of system.
- Explain the Gestalt Approach to development across the life span including Childhood, Adolescence, and emerging Adult.
- Describe two examples, each, of the application of gestalt theories of development to oneself and one's clients.
- Illustrate with examples the Gestalt Approach to development across the life span including Childhood, Adolescence, and emerging Adult, as well as embodied development.
- Illustrate the application of Gestalt skills in work with developmental dilemmas.
- Define the concepts of theme and metaphor (as relates to Gestalt theory & practice).
- Describe the application of learning from this program (e.g. Cycle of Experience, resistances and polarities) in the shaping of a unit of Gestalt work.
- Identify 3 challenges in the application of Gestalt Principles to developmental dilemmas.



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- Demonstrate skill in shaping a unit of Gestalt work.
- Demonstrate skill in developing awareness experiments.
- Describe some examples that illustrate thematic experiments.
- Provide several examples of the integration of Gestalt principles in your personal and professional development.
- Describe principles central to a Gestalt approach to assessment.
- Provide you with an opportunity to learn and to practice Gestalt concepts and applications.
- Provide you with an opportunity to experience GIC's approach to change as based on:
  - Valuing phenomenological and subjective experience
  - Expanding awareness and consciousness
  - Using a present-centered approach
  - Learning Gestalt theory and methods
  - Adopting an experimental stance
  - Understanding processes of human development and transformation
  - Exploring intimacy and interpersonal interactions within the larger field
  - Understanding systems and field theory
  - Encourage you to develop your own personal style, and to engage in ongoing innovative and creative applications of Gestalt principles within your professional and personal life.
- Support you in the integration of mind, body and spirit.