

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 **Online Course**

2018 Course Prospectus

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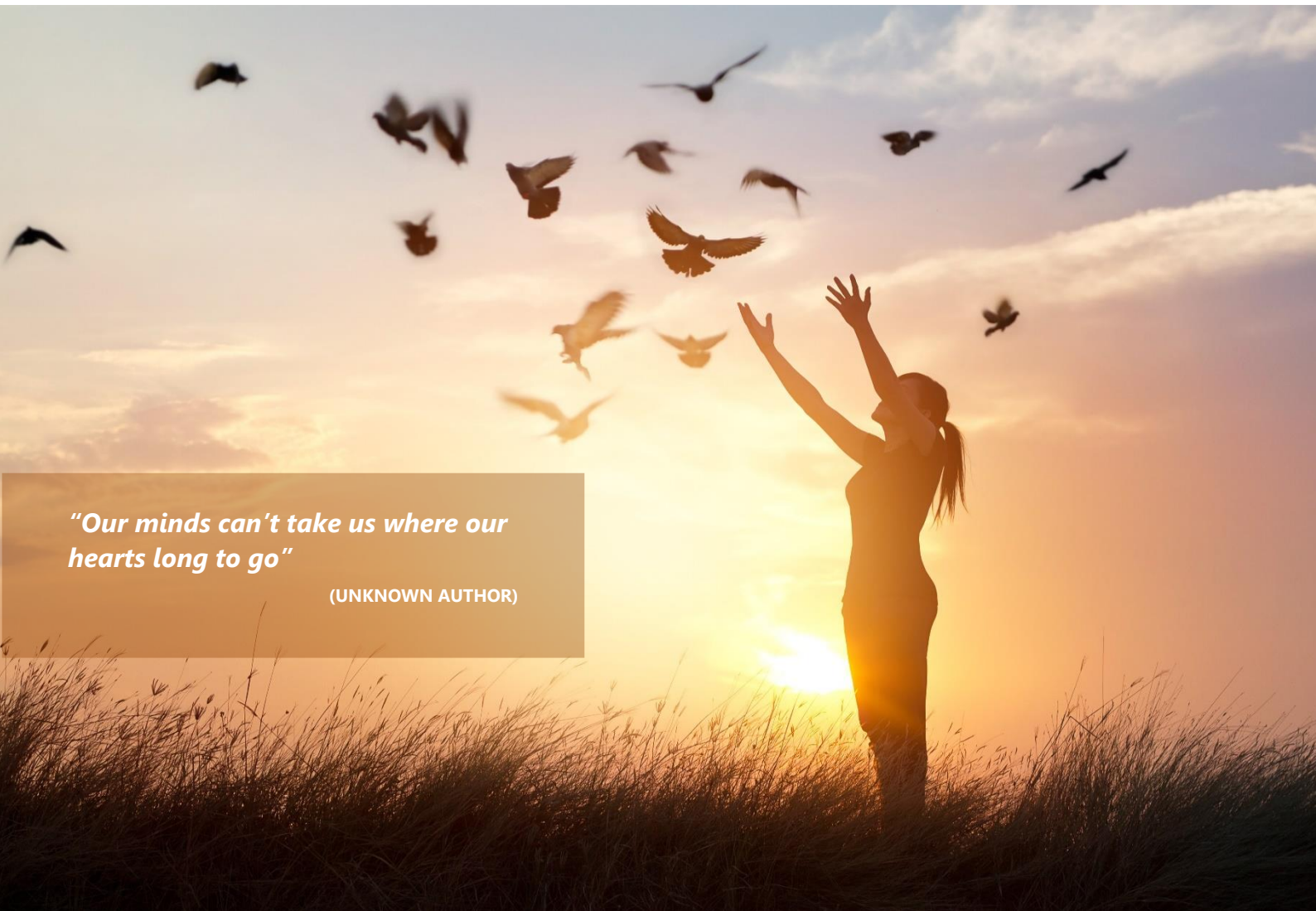
Introduction

This Prospectus outlines the online **Professional Training in Gestalt Therapy** program currently offered by Terrigal Gestalt Institute (TGI). This Professional Development course is a personally tailored individual program designed to introduce practicing clinicians to an overview of the Gestalt modality, so that it can be integrated into existing practice.

The program consists of individual teaching and mentoring skype sessions with PDF study material (Unit Guides / Readings / Handouts) delivered in six modules.

This course is unaccredited and has no academic component other than keeping a personal / learning journal and various experiential tasks with each teaching unit.

There may also be opportunity to come together in face-to-face or skype Gestalt process groups with other online program participants throughout your program experience (depending on participant numbers at any given time). You will be able to tailor this course to your own needs, and journey at your own pace, within a two year period.



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

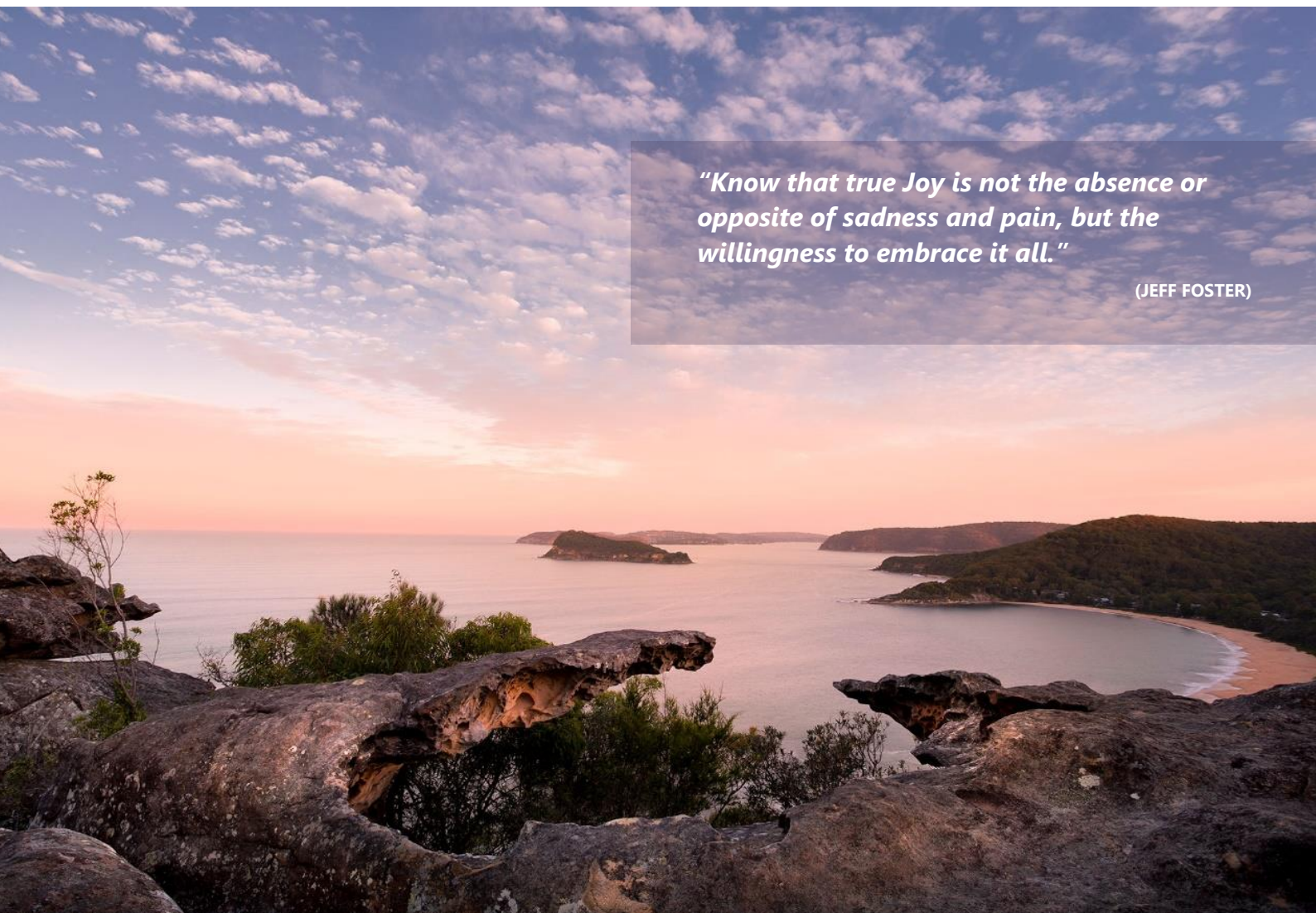
(UNKNOWN AUTHOR)

About Terrigal Gestalt Institute

Terrigal Gestalt Institute was founded in 2005 and is a training, professional development, and healing 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 2018 TGI will be offering online professional training and professional development modules, as well as Gestalt Healing Retreats. We also offer personal Gestalt therapy, Clinical Supervision & mentoring, and Gestalt Spiritual Direction.

TGI offers profound relational training that is creative and holistic, and equips clinicians to provide an enriching and creative clinical space for their clients.

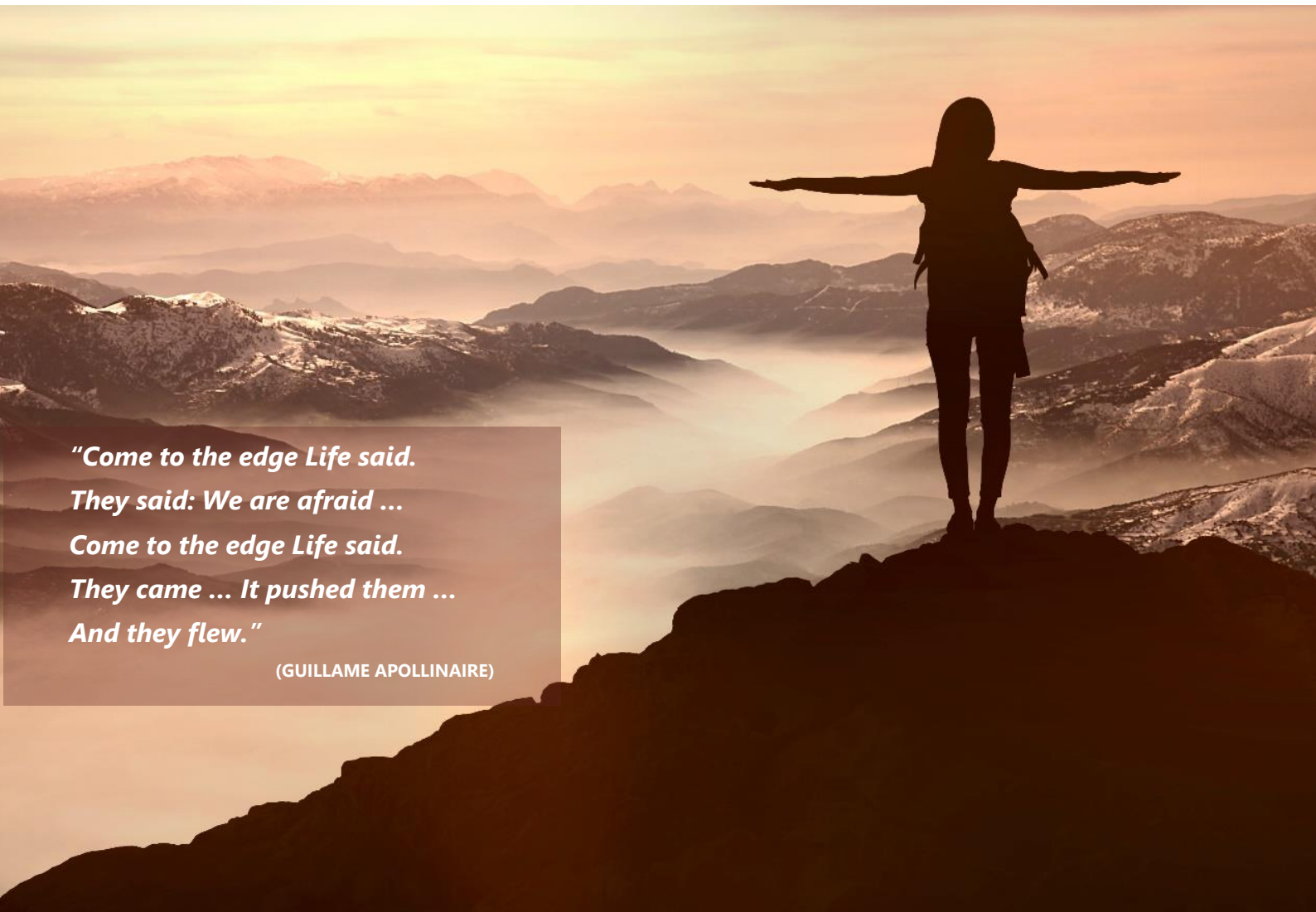


"Know that true Joy is not the absence or opposite of sadness and pain, but the willingness to embrace it all."

(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, spiritual, and professional development programs at TGI are Gestalt focused with an emphasis on awareness, embodied experience, 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 and formation 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 online 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 online **Professional Training in Gestalt Therapy** program are invited from experienced practitioners in the education or health sectors 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. Some experience of personal development is recommended to navigate the material.

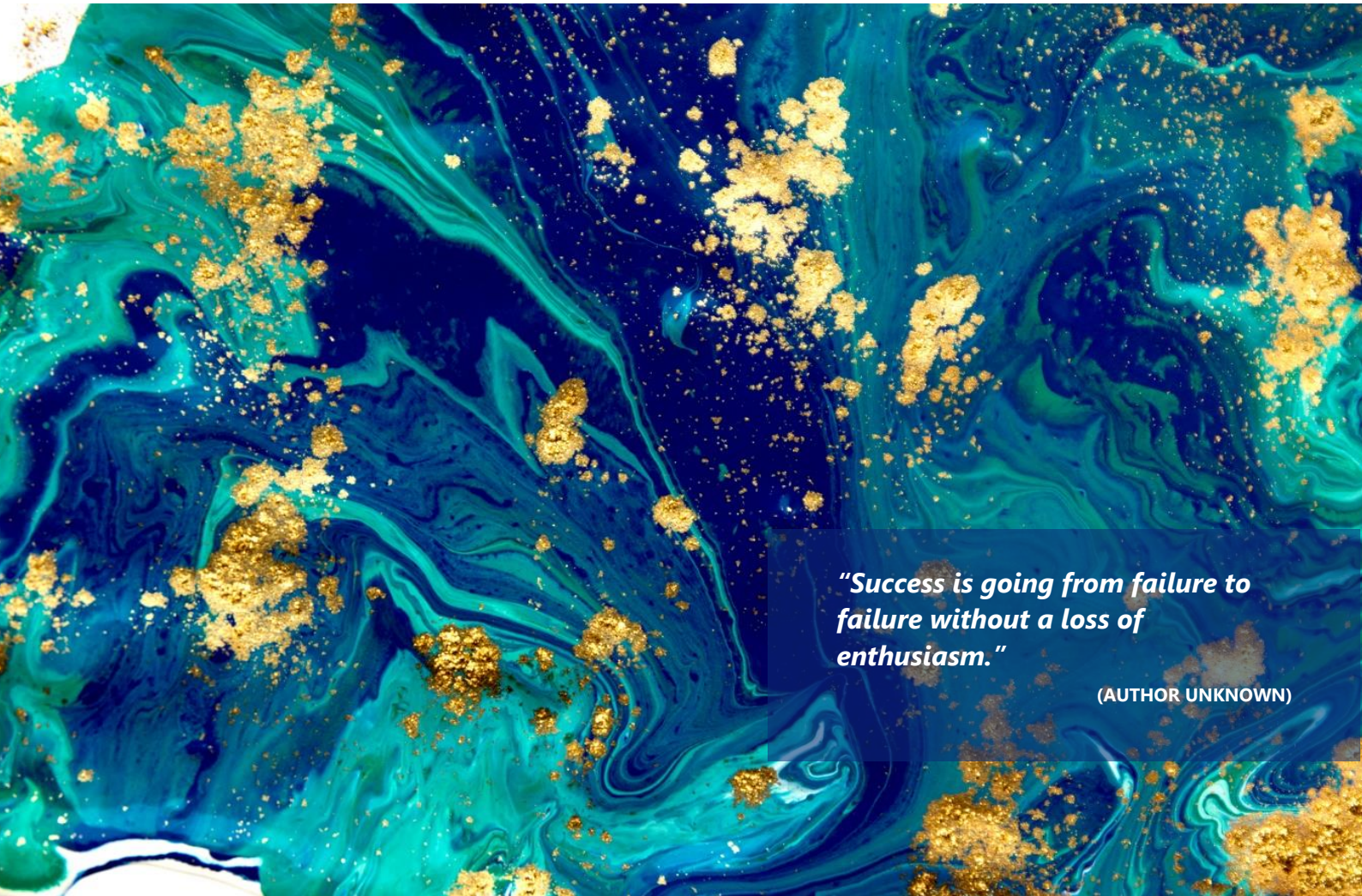
Applications for the individually tailored online course can be submitted via email at dinah@terriganegestalt.com.au. Dinah will be in touch to discuss how to proceed. You will need to include in your application your reasons for wanting to do the online training and include a current resume.

Participants who live away

At TGI we have developed our programs so that participants can access our training remotely and online. The teaching and mentoring components are conducted individually (and sometimes in groups) via skype, and Library resources are available by post, upon request. The TGI primary course facilitator will also retain regular e-mail and phone contact with participants, to meet their individual training needs. There may also be opportunities to meet for face-to-face process / supervision groups with other online participants (depending on online participant numbers).

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)**

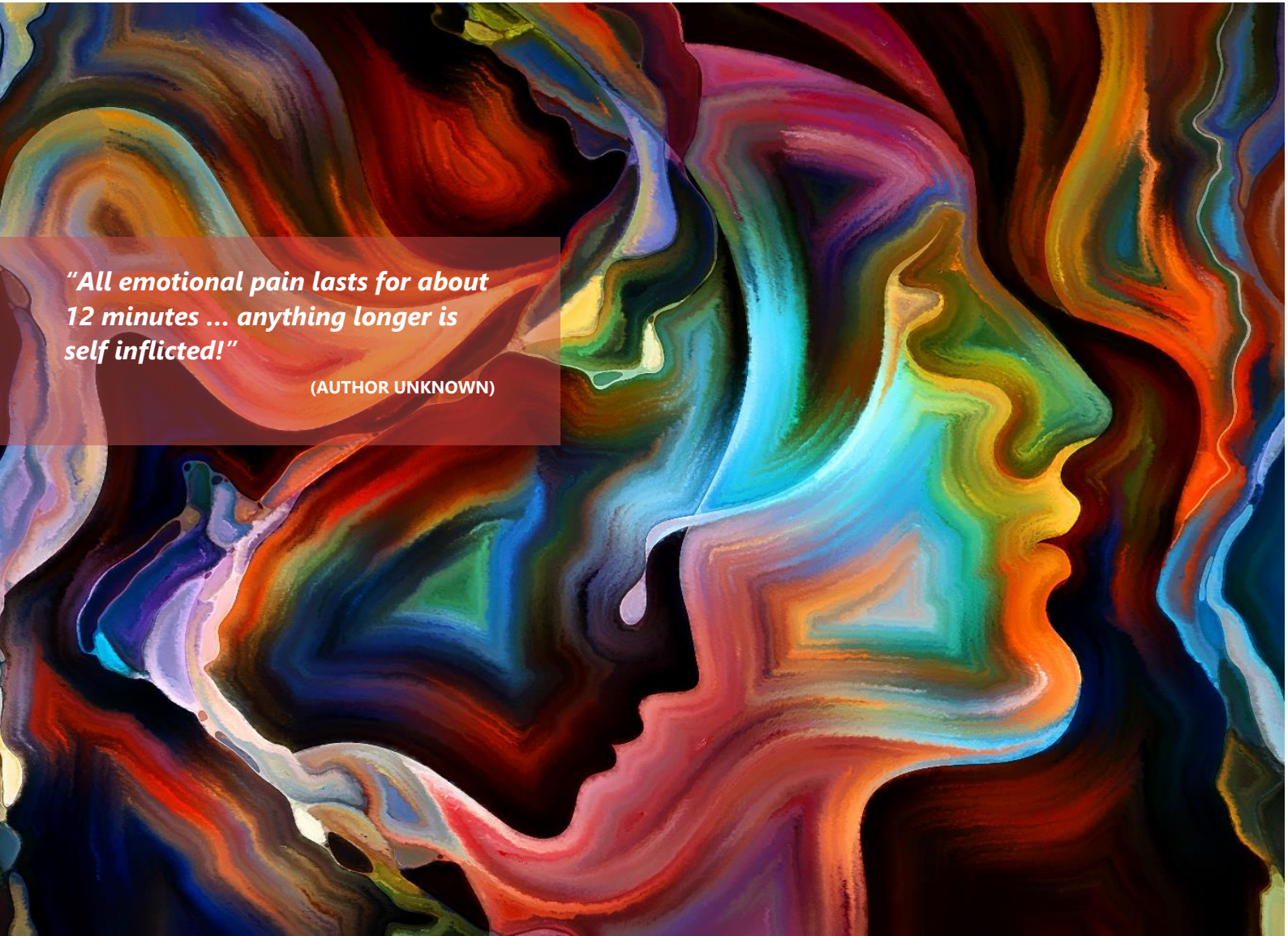
As Gestalt has developed and evolved over the decades we can now identify with other contemporary ideas and approaches including:

- **Narrative Therapy**
- **Inter-subjectivity**
- **Somatic Therapy**
- **Acceptance and Commitment therapy**
- **Strengths based therapy**
- **Elements of CBT**
- **'Mindfulness' & Contemplative practices**
- **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.

An abstract painting of a human head profile, facing right. The head is composed of vibrant, swirling colors including red, orange, yellow, green, blue, and purple, creating a sense of movement and depth. The background is dark, making the colorful head stand out.

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

(AUTHOR UNKNOWN)

Professional Development and Supervision Hours

Participants for the online program will be able to claim professional development hours and individual supervision hours over the duration of the course.

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

(SUFİ MAXİM)



Course Features

RESOURCES

The TGI Library has a range of books available for use in person or via post. Participants also have access to the GANZ Gestalt Journal and other articles. There is a copy of the Library Resources available upon commencement of the course.

LEARNING AND TEACHING RESOURCES

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

- **Module Study Guides – Unit Aims and Learning outcomes / Course content**
- **Module Readings – relevant readings from a variety of sources**
- **Module Handouts**

TRAINING VENUE (for face-to-face groups)

Central Coast, NSW

CONTACT

Dinah Eades Buchanan PH: 0439 752 710

E-mail: dinah@terriganalgestalt.com.au

POSTAL ADDRESS

P.O Box 909 TERRIGAL NSW 2260

PAYMENT


The course is costed individually based on course material accessed, skype time, groups attended, and admin time, over the life of the course (payment will be required monthly over that duration).

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

TGI Facilitators

Dinah Eades Buchanan is the primary Facilitator for this training course and on occasion additional facilitators are drawn from a pool of TGI facilitators (see profiles below and on TGI website). At TGI we are focused on providing professional training and a personal development experience that is relevant, contemporary, creative, 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 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 Eades Buchanan

Director TGI & Primary Educator

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, NSW. Dinah is also an adjunct lecturer in Grief & Loss for Charles Sturt University, Canberra, and an educator for the St Marks Professional Supervision training course in Sydney.

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

Master of Social Work, 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 participants 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

B.A. Sociology

Phil is a highly skilled Gestalt Therapist and 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, & Spiritual Direction

TGI Faculty members are available for therapy (individuals, couples and groups), Clinical Supervision for professionals, and Gestalt Spiritual Direction – please contact Dinah on 0439 752 710

Can I go on to do more Gestalt training?

For participants who are interested in further Gestalt therapy training, this course may give you entry into already established further training (further assignments and face-to-face hours may need to be completed for this option). TGI also offers occasional short Gestalt Professional Development programs & seminars. Please see website for further details.

Clinical Supervision Training

With St Marks Theological Centre, TGI offers a ***Grad Cert in Professional Supervision***. The format for this course is four two-day Intensives spaced over six months. Please see website for further details.

Gestalt Healing Retreats

Dinah & Barry Buchanan also run three-day 'Opening to Grace' Gestalt Healing Retreats at Kincumber on the Central Coast – deepening spiritual journeys with a synthesis of Gestalt Therapy and contemplative spirituality. See website for further details.

How can I find out more?

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

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

Contact: Dinah Eades Buchanan

Phone: 0439 752 710

E-mail: dinah@terriganestalt.com.au

Web: www.terriganestalt.com.au

What is the cost up front?

This course is costed individually based on skype, group, and admin time over the life of the course (payment is usually made monthly over this duration). Payment can be made by EFTPOS, or by direct deposit.

What are the extra costs?

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

How is the course structured?

This course is individually tailored to meet your specific learning needs and personal / professional interest. Delivery of the course is via skype sessions with a TGI Facilitator (usually Dinah), with PDF teaching modules (including Study Guides / Readings / Handouts) delivered in PDF format by email or Dropbox. Experiential tasks usually accompany each teaching module and you will be asked to keep a personal reflection / learning journal throughout the duration of the course. You can pace your learning as you wish, taking your time to complete each unit within your time constraints. The course must be completed overall within a two year period.

Is there an Entry Interview?

Once your application has been received the TGI Director (Dinah Eades Buchanan) will contact you to arrange an Entry Interview (face-to-face or skype) where we will discuss details of your personally tailored program and how to proceed. Entry to the course is based on your suitability for the course in terms of clinical and personal development experience.

What is the academic / assessment load?

The course is unaccredited and there is no academic component for the course. You will be asked to complete various experiential tasks that accompany each teaching unit, and also to keep a personal reflection / learning journal throughout the duration of the course to support experiential learning. If you intend to go on to complete further Gestalt training, there may also be several other assignments to complete (please enquire re same) and 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 modules completed, and asked to complete course fee payment for those completed modules.

Application 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 / chaplains / pastoral care workers / energy workers etc.) who would like to integrate Gestalt theory and technique into their existing practice.

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



Entry Interview

- Following receipt of your application for this course you will be contacted by the TGI Director (Dinah Eades Buchanan). An informal Entry Interview will be conducted to assess your learning needs for the course and further details for the course discussed.

Qualities developed during training

- A capacity for developing self-awareness, self-reflection, and deep personal insight
- A capacity to relate to others in a facilitative and dialogical way from a stance of respect and mutual interest
- A capacity to reflect on and examine the impact of your actions on others
- A capacity to be aware and articulate the impact of others on you
- A capacity for curiosity and enquiry - particularly in regard to self-processes
- A capacity to take responsibility for physical and emotional well-being
- A capacity to understand and practice ethical behavior as outlined by relevant professional codes such as PACFA / ACA / APRA
- A capacity to learn and grow from life experiences
- A capacity to receive feedback on strengths and growing edges



Submitting your Application

Please submit your Application TOGETHER WITH A CURRENT RESUME Online:

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

OR

Post to:

Dinah Eades Buchanan

Terriganal Gestalt Institute

PO Box 909

Terriganal NSW 2260



TGI COURSE APPLICATION

Professional Training in Gestalt Therapy (Online)

Participant Details

Name:.....

Date of Birth:

Address:

.....

Contact Details

Mobile:.....

Landline:.....

E-mail address:

Professional Details

Occupation:

Other professional activities:

.....

.....

Qualifications / previous studies:.....

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Relevant life experience:.....

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Previous personal development / experiential work:

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

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Any previous Gestalt experience?.....

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Any previous experience in a small group format?

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Other information / comments to support your application:

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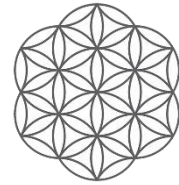
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Resume Attached: []

SIGNATURE:

DATE:



Terrigal Gestalt

INSTITUTE

P.O Box 909, Terrigal NSW 2260

CENTRAL COAST, NSW

Contact: Dinah Eades Buchanan

Phone: 0439 752 710

E-mail: dinah@terriganalgestalt.com.au

Website: www.terriganalgestalt.com.au