

discover

deciding on a course

Do you want to work with people using an approach that prioritises the therapeutic relationship and meaningful connections?

Are you interested in helping in ways that focus on awareness, creativity and present-centredness?

If these are significant interests in your professional development then our innovative relational gestalt education and training program is for you.

GTA's relational gestalt education and training program provides significant opportunities for professional and personal development for counselling and psychotherapy professionals.

GTA also offers:

- Education Programs
- Professional Development
- Personal Development
- Psychotherapy Groups
- Supervision Groups
- Group Process training



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A GANZ approved course

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growth through awareness

2012 Course Guide

Centre for Relational Skills Training and Psychotherapy Education

connect

about gta

Gestalt Therapy Australia (GTA) is a centre for relational skills training and psychotherapy education. Both counselling and psychotherapy programs and the personal development courses offered at GTA stand on the interrelated areas of relational philosophy and principles, gestalt therapy theory and methods. Based on Relational Gestalt principles, GTA has designed innovative experiential educational courses for effective counselling and psychotherapy practice and self-development courses for living and relating well.



relate

worldview

The worldview that underpins the relational gestalt approach at GTA is based on the understanding that all human experience occurs within a context of mutual influence. This interconnected and interdependent worldview values the uniqueness of the individual, recognizing that while meaning is personal, it is constructed within a context and is clarified through interaction.

Relational gestalt seeks to collaboratively explore the experiential world of people by focussing on the process of awareness and the practice of inquiring into emerging experience. Change occurs through creatively experimenting with new behaviour. Health is indicated by flexibility and responsiveness across a spectrum of human experience.

grow

process

People come to GTA to learn and to grow in an environment that values community. Learning and growth occur through an open-ended exploration into immediate experience and existing knowledge. What emerges from this dynamic and collaborative process becomes the basis for further inquiry. From this learning environment, students develop personal capacities such as awareness, curiosity and presence while concurrently developing the skills for relational gestalt practice. The holistic focus of GTA courses ensures that personal and professional development are valued as interrelated and inseparable dimensions of the curriculum.



2012

courses

GTA offers the following personal and professional development courses:

Advanced Certificate of Relational Gestalt Counselling

The two-year Advanced Certificate of Relational Gestalt Counselling course assists students to explore the relational worldview and the gestalt therapy approach that underpins relational gestalt counselling practice.

Advanced Diploma of Relational Gestalt Psychotherapy

The Advanced Diploma of Relational Gestalt Psychotherapy is a two-year course (Years 3 & 4) that expands on the relational gestalt psychotherapy practice of the previous two years.

Intensive Training Format

- Advanced Certificate of Relational Gestalt Counselling

Graduate Psychotherapy Courses

- The Embodied Therapist
- Becoming a Supervisor: A relational model for counselling & psychotherapy supervision
- Therapy for Psychotherapists: The gift of the wounded healer
- Exploring Experiential Worlds: Understanding and practicing relational gestalt psychotherapy
- Understanding and working with Relational Group Process

Master of Gestalt Therapy (La Trobe University)

Consultancies offered by GTA

GTA offers consultancies to government, non government and corporate organizations.

- Organisational Consulting from a Relational perspective
- Relational Coaching

For further information and to register for any of the workshops please visit our website.

workshops and seminars

professional development

April

Understanding and Working with Depression

This workshop will briefly outline an understanding of depression and then explore the impact of the depressed patient on the therapist in terms of what supports in the face of despair and suffering when working from an interpersonal perspective.

Claire Taubert

Friday 20th April 9.30-5pm

\$280 (plus GST)

May

Working Relationally with Trauma

This workshop, which will be a mixture of theory, discussion and practice, is for anyone who would like to deepen their understanding of working with trauma from a relational gestalt perspective

Noel Haarbarger

Wednesday 16th May 9.30-5pm

\$280 (plus GST)

June

Anxiety: An Interpersonal Approach

This one-day workshop will present an introduction to understanding and working with social anxiety, generalised anxiety and OCD through a relational gestalt lens.

Richie Robertson

Wednesday 20th June 9.30-5pm

\$280 (plus GST)

July

A Taste of Relational Gestalt Therapy

This introductory evening is for those wanting to find out more RGT and how it might be used effectively in counselling & psychotherapy practice

Leanne O'Shea

Wednesday 25th July 6.30-9.30pm

Free of charge

August

Exploring Issues of Eros and Sexuality in the Therapeutic Relationship

A one-day workshop that takes a relational approach to sexuality and Eros and explores how we might begin the journey towards an embodied relational understanding of the Erotic in therapeutic practice.

Friday 17th August 9.30-5pm

\$280 (plus GST)

September

Working with Adolescents

A two day training event with Mark McConville Ph.D, Internationally renowned gestalt therapist and Clinical Psychologist specialising in adolescent, emerging adult, and family psychology.

Day 1: The adolescent arc

- Exploring "the field that develops" as a developmental arc
- The clinical management of the increasingly high prevalence of adolescent anxiety disorders

Day 2: Working with the family system

- Exploring the model of the "natural history of parenting" which draws from a relational paradigm
- Working with parents and supporting the evolution of parenting practices to be in sync with children's developmental capacities

This two-day event is a must for family therapists, school counsellors and psychologists who work with families and adolescents.

Mark McConville Ph.D

Monday 10th & Tuesday 11th 9.30-5pm

\$495 (plus GST)

October

Day 1: Understanding and Working with the Inner Critic Day 2: Trusting the Paradox of Change

Noel Haarbarger

Day 1: Friday 19th 9.30-5pm

Day 2: Saturday 20th 9.30-5pm

Day 1 or 2: \$280 (plus GST)

Day 1 & 2: \$495 (plus GST)

November

Grief: Working Together

Loss and grief are a central theme in counselling and psychotherapy. This workshop is designed to support therapists to identify, acknowledge and to be present to those who are bereaved.

Tony Jackson

Friday 9th November 9.30-5pm

\$280 (plus GST)

new intensive format

In 2012 GTA will be offering the opportunity for regional and interstate students to undertake the Advanced Certificate in Gestalt Counselling over five, four-day weekends.

The program will closely follow the weekly experiential training program which combines a focus on practitioner competencies, theory exploration and practice skills. For further information visit our website at www.gestalt.com.au



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