

Relational Gestalt Therapy:

An Introduction

1-day workshop: **Saturday 2nd October**

Camille Mc Donald and Tony Jackson

Overview: Gestalt Therapy Australia (GTA) is a centre for relational skills training and psychotherapy education. The counselling and psychotherapy programs and the personal development courses offered at GTA are based on the interrelated areas of knowledge and practice associated with relational philosophy and principles, Gestalt therapy theory and methods, a common factors approach to evidence based practice and contemporary mental health practitioner competencies.

GTA is offering this 1-day introduction to the relational Gestalt approach to those wanting to find out more about this exciting approach through an experiential workshop. Linkages will be made between practice and theory using the format of the learning group. Participants will have an opportunity to experience and how relational Gestalt might be used effectively in counselling and psychotherapy practice for enhanced living and relationships based on relational Gestalt principles.

Learning Outcomes: Through the use of experiential exercises, small group conversations, teaching, and discussions in the large group participants can expect to:

- Inquire into their own process and immediate experience in a group format.
- Using this method of learning, participants develop personal capacities such as mindful awareness, curiosity and presence while practicing the inquiry skills necessary for relational Gestalt practice.
- Develop an understanding of themselves in relation to others and their style of regulating contact in the world.
- To experience the paradoxical theory change through creative experimentation.
- Develop an introductory understanding of the worldview that underpins the relational Gestalt approach; that human experience occurs in a context where people are mutually influencing each other.
- To gain an understanding of the meaning making experience central to the relational Gestalt approach; that people make sense of their experience based on their unique perspective, meaning is personal, context related and clarified through interaction.
- Be introduced to the core theoretical underpinnings of the relational Gestalt approach.
- Be able to apply some of the theoretical ideas to personal and group experiences.

Facilitators

Camille McDonald BEd, GradDip(Ed), MA(ATh), AdvDipGestaltTherapy, ClinMGANZ, AThR, PACFA Reg.

Camille is a psychotherapist registered art therapist. She teaches art therapy to post graduate students at LaTrobe University and works in private practice providing supervision and psychotherapy. Camille recently worked for a community based organisation providing art psychotherapy for children who had experienced sexual abuse and prior to this worked as an art therapist in a drug and alcohol rehabilitation facility. She has experience working with children, young people and adults in areas including trauma, abuse, depression, anxiety, grief and loss. She has an ongoing interest in how art making and reflection can enhance the therapeutic relationship.

Tony Jackson BTheol, BA (Psych), GradDipCouns, AdvDipGestaltTherapy, MGANZ, PACFA

Tony is a psychotherapist in private practice. He works with individuals, couples and groups. He also offers supervision. He has a particular interest in the ways that understanding ourselves in the context of our relationships offers opportunity for a greater sense of vitality and choice in life. He has recently joined the GTA faculty and also teaches counselling and group work to undergraduate counselling students.

General Information

Participants: Limited to 20 participants

Venue: GTA | 333 Heidelberg Road | Fairfield | Melbourne | Victoria

Dates: Saturday 2nd October

Time: 9.30-4.30 pm

Fee: \$ 190 (GST inclusive)

Deposit: \$ 100 with registration form

Full Payment: Outstanding amount of \$90 due by 5th September 2010.

Catering: Morning tea and lunch provided.

Contact: Theresa Roa (GTA Office Manager) 03 9489 6300 or theresa@gestalt.com.au

How to register

Fill in the registration form on our website at www.gestalt.com.au and attach the following additional information:

- Detail any previous counselling and psychotherapy training
- Detail any professional counselling and psychotherapy experience.