

## REGISTRATION FORM

### Summer Sizzler

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal code \_\_\_\_\_

Home phone \_\_\_\_\_

Alternate phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Amount enclosed \_\_\_\_\_ Cheque

Amex  Mastercard  Visa  Expiry \_\_\_\_\_

Card number \_\_\_\_\_



Send to 194 Carlton Street Toronto ON M5A 2K8  
with cheque payable to: Gestalt Institute of Toronto  
or fax 416.964.0244 with credit card information

Incorporated in 1973 as a charitable educational organization, the Gestalt Institute of Toronto is dedicated to providing high quality professional and personal development training. HRDC Educational Institute # 7009/3913. Canada Customs and Revenue Charitable Institution # 11893 7911 RR0001. Some programs are eligible for accreditation for continuing education credits from the Ontario College of Certified Social Workers and Social Service Workers, the Ontario Association of Speech Language Pathologists and Audiologists, and the College of Massage Therapists of Ontario.

## Summer Sizzler

AN INTENSIVE GROUP  
THERAPY PROGRAM

Jun. 7 to Aug. 2, 2012



194 Carlton Street Toronto ON M5A 2K8  
telephone 416.964.9464 facsimile 416.964.0244  
email [info@gestalt.on.ca](mailto:info@gestalt.on.ca) website [www.gestalt.on.ca](http://www.gestalt.on.ca)

*Courage, Choice, Change*



**Nine Thursdays:** Jun. 7 - Aug. 2, 2012

**Time:** 7:00 pm to 9:30 pm

**Fee:** \$375

**Location:** The Gestalt Institute of Toronto is located on the Carlton streetcar line, four blocks east of the Yonge Street subway.



**Frances Khanna**

Fran combines her background in Gestalt therapy and sensory awareness in exploring the impact of support on experience. A member of the Faculty of the Gestalt Institute of Toronto,

Fran also leads programs on anxiety and panic, as well as programs for actors. She is a registered psychologist and has worked in education for twenty-five years. Her work with cognitive, behavioural and emotional issues has been influenced by Gestalt since the 1970's.

**Program Led by Frances Khanna, Faculty, and Senior Students**

**SUMMER SIZZLER**

**An Intensive Group Therapy Program**

This is an ideal opportunity for individuals to be introduced to or revisit the Gestalt method. The content is specifically designed for participants.

The program will motivate you to work on some old issues, to make some changes in your life, and to have more fun, giving you a new lease on life. Gestalt participants will develop authenticity, comfort in their own skin, and confidence.

These familiar Gestalt modalities are included in the program: bodywork, clowning, theatre, individual and group therapy. Personal issues of all kinds will be welcome in these weeks of Gestalt at its best.

**What people say about working with Fran**

*"Fran's gentle tenacity creates an atmosphere that is conducive to tolerance, courage, inspiration and intimacy."*

**About the Gestalt Institute of Toronto**

We have been successful in providing effective personal development and professional training programs in Gestalt for thirty-eight years. Through this experiential and innovative approach participants discover aspects of themselves that can put to rest preoccupation with self and enable them to direct their attention, vitality, and creativity towards their environment.

**About Gestalt Therapy**

In its purest application, Gestalt therapy addresses only what is happening in the moment. It is a present-centered and experiential approach to personal change. Through living in the present we are able to take responsibility for our responses and actions. To be fully present in the here and now offers us more excitement, energy, and courage to live life directly.

**What people say about Gestalt**

*"I am better at addressing my feelings in the moment. I include myself."*

*"I have developed a sense of courage and self-acceptance, and more honesty and directness in my relationships. And I have more fun."*