

REGISTRATION FORM

The Trouble With Anger

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.

The Trouble with Anger

Feb. 27 to Apr. 2, 2012



194 Carlton Street Toronto ON M5A 2K8
telephone 416.964.9464 facsimile 416.964.0244

website www.gestalt.on.ca

Courage, Choice, Change



Six Monday Evenings: Feb. 27 - Apr. 2, 2012

Time: 7:00 pm to 9:30 pm

One Monday: April 9, 2012

Time: 10:00 am to 4:00 pm

Fee: \$450

Co-leaders: Senior students of The GIT

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



Jay Tropianskaia, Senior Faculty

Jay works at the growing edges of Gestalt Therapy and has made major contributions to the Gestalt Institute of Toronto since 1990 including the challenging and provocative series *The Trouble With Anger* and *The Mask of Anger*. She is an international trainer and has worked with leadership groups across North America. Jay's special gift is her ability to bridge psycho-therapy and spirit, which she calls "Gestalt Shamanism" based in the contribution of Jorge Rosner under whom she trained at the Gestalt Institute of Toronto. Her background includes 20 years of Tibetan Buddhist practice, Sufi studies, and Religious Studies at Columbia University, NYC. She is also currently a Faculty member of The Institute for Contemporary Shamanic Studies in Toronto. Jay has had a private practice in Toronto since 1992.

Program Led by Jay Tropianskaia, Assistant Head of Faculty, and Senior Students

THE TROUBLE WITH ANGER. . .

A popular series for people whose anger poses a problem for themselves or others

Anger is the most misunderstood of all of the emotions. In this program you will learn to make active use of this forceful energy. The immediacy of the work will help you to relieve yourself of guilt, anxiety, and stress, enabling you to combine excitement with contact and non-toxic confrontation.

Release for its own sake is incomplete if you are suffering the consequences of repressed anger.

Through the Gestalt approach, your aggression is considered essential for change. You will delight in the satisfaction that honest and direct encounter can provide.

What people say about working with Jay

"It is a wonder to watch Jay in action. She recognizes the precise moment in which to be ruthlessly compassionate. She never allowed me to fool myself."

About the Gestalt Institute of Toronto

We have been successful in providing effective personal development and professional training programs in Gestalt for thirty-seven 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 got a chance to stop and hear myself. All of myself. Mind, body and soul. That rarely happens for me."

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