

REGISTRATION FORM

Write Around the Bend

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Amount enclosed _____ Cheque

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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.

Write Around the Bend

Oct. 16 to Nov. 6, 2013



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

website www.gestalt.on.ca



Four Sunday Afternoons: Oct. 16 to Nov. 6, 2013

Time: 7:00 pm to 9:30 pm

Fee: \$150

Instructor: Sarah Sheard, Graduate

Location: The Gestalt Institute of Toronto is located on the Carlton streetcar line, four blocks east of the Yonge Street subway. There is plenty of street parking if you are travelling by car.



Sarah Sheard, M.A.

Sarah has 25 years' experience mentoring writers at Ryerson and Humber College. She has published four novels as well as numerous personal essays and short fictions. She won a

National Magazine Award in journalism for an essay on her 13-year sojourn as a literary editor with The Coach House Press and in 2003, her literary papers were acquired by York University.

Program Led by Sarah Sheard, Graduate and Senior Students

WRITE AROUND THE BEND

This block-busting interactive Gestalt writing workshop will help you reboot your own smarts and energy for tackling creative resistance, fear of rejection, the harsh inner critic, procrastination and other ingenious, self-defeating habits of creative people. Gestalt takes an experiential, playful approach to the creative process, working with what comes up in the moment to address everyday reaction to life that get in the way of self-expression.

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.