



# Gestalt Institute of Toronto

The 2016-2017 Training Catalogue

## A MESSAGE FROM THE EXECUTIVE DIRECTOR AND THE DIRECTOR OF TRAINING

As you open these pages to our 2016-2017 catalogue, the door to the new location for the Gestalt Institute of Toronto will open on Parliament Street. The dream of a new building was seeded in a meeting of the GIT Board of Directors in 2014 and through their support, was carried to term by your Executive Director and the Board Treasurer, Jeff Bouganim. The new building offers more possibilities for group spaces, for student therapists, for movement classes and for future expansion. Expect to receive invitations to Gestalt community activities within the building as our second and third generation Gestaltists bring their enthusiasm and curiosity to the living laboratory that is Gestalt in an expanding field.

Although it seems a lifetime ago, it is two years since the GIT was recognized by the CRPO and our Gestalt family of RP's and RP (Qualified) continues to grow, giving us an expanded community of our greatest resource — our students and graduates.

A new section of our training catalogue called Somatic Gestalt and the Arts reflects the way our graduates combine their natural gifts with Gestalt, and take Gestalt back to its roots in an artistic way of living. New faces from our Gestalt family are appearing in training seminars such as our new series The Gestalt Approach to Working with Anxiety, Narcissism, and more (transforming diagnostic terms into relational) and workshops such as Mindfulness and Social Phobia. The 2016-2017 Catalogue continues to provide the edge of growth in contemporary Gestalt through exciting and intriguing Continuing Education programs and seminars for therapists, group leaders, students and graduates who work in a variety of clinical and practical contexts. We are excited to share our programs and our new space with you.



Carolina Edwards,  
Executive Director



Jay Tropianskaia,  
Director of Training

## WHAT IS GESTALT THERAPY?

Gestalt therapy is a psychotherapeutic approach developed by Frederick S. Perls and his wife Laura Perls in the 1940's and 1950's. Frederick who was better known as "Fritz," and Laura, originally Freudian analysts, were influenced by the principles of Gestalt psychology and existential philosophy, and drew from sources in medicine and psychiatry. Gestalt became part of the humanistic approach to psychotherapy and was groundbreaking in shifting the focus from the analyst as observer to the inclusion of self by the therapist, expressed in a dialogic relationship between therapist and client.

Most of us have grown up believing that if we could only improve ourselves we could function better in the world, find a place for ourselves and have healthy relationships. In the words of Gestalt therapist and author Gordon Wheeler we have become "armies of one." Gestalt therapy training restores the forgotten knowing that we have never been separate from our families, our communities, our peers, our enemies, our planet but rather have given up essential parts of ourselves in order to belong.

We were not taught how to belong without losing ourselves, nor were we taught that relating through our differences is our strongest opportunity to expand our sense of self. This ability to keep on growing is why Gestalt therapists have such satisfaction from their work—every encounter evokes a new aspect of self in both therapist and client. The same is true in all our relationships. This is why Gestalt has also been called a way of living.

The Gestalt therapist works in relation to their client to deconstruct the "army of one" syndrome by making the therapy session a "live laboratory" for exploring new ways of being in the world.

**These are some of the principles of Gestalt therapy as taught at the Gestalt Institute of Toronto**

- The Gestalt therapist is more interested in meeting the client than in moving the client
- The Gestalt therapist does not work to change behaviors or symptoms that are deemed undesirable. The therapist accepts these as creative adjustments in the field for every individual that enabled them to survive in an otherwise impossible context

## WHAT IS GESTALT THERAPY? CONTINUED

- Therefore any expected change in behavior or experience depends upon a dynamic change in the pattern of supports in the whole field
- The therapist works in the space between self and client—this dynamic of the contact boundary can be felt
- The therapist is trained in Dialog: the intention to listen with the idea of learning something from the other
- Gestalt therapy puts us at our experiential vulnerable edge. To meet the unknown is possible in every intimate connection
- Gestalt works from the ground up and teaches the language of the Body
- The heart of Contemporary Gestalt is the safe and effective use of oneself in which both therapist and client grow through the encounter

Contemporary Gestalt is accountable to clinical knowledge, issues of trauma, multiculturalism and diversity and the growing field of quality research without sacrificing its awareness that “people are not nouns” and diagnosis is of “the space between.”

In the new regulated environment, the Gestalt Institute of Toronto has worked together with other therapy professionals and systems in Ontario to forge a stronger public awareness of the power of psychotherapy within the broadest range of health care.

The Gestalt Institute of Toronto's training programs continue to be committed to experiential and experimental learning within group process, an approach that has been our trademark since 1973. Real change is possible in a diverse group coming together to support each other and the process. We are committed to shared agreements to speak the language of responsibility, to the principle that self acceptance leads to greater acceptance of the other, to a willingness to make mistakes in the presence of others and to awareness of how we are each an implicit part of everything that occurs in our shared reality and therefore any change in pattern of one person affects the entire group.

## THE FIVE YEAR TRAINING PROGRAM

The Gestalt Training Program consists of five years of part-time study on evenings and weekends. The program is scheduled between the months of September and April, followed by a five-day residential workshop in a country setting early in May for Years One, Two and Three, and in June for Year Four and the One-Year Training for Professionals group.

The first three years of *The Five Year Training Program* may be taken for intensive personal growth for students not intending to go forward into the Professional Development Training of Year Four and Five which is geared to becoming a Registered Psychotherapist. Years One to Three, or equivalent, are prerequisite training for entrance to Year Four and Year Five.

## BECOMING A REGISTERED PSYCHOTHERAPIST IN ONTARIO

Registration under Ontario's Psychotherapy Act is managed by the College of Registered Psychotherapists of Ontario (CRPO). To be called a psychotherapist, or to hold oneself out as qualified to practise psychotherapy in Ontario, one must be registered with the CRPO.

The Gestalt Training Program is recognized by the CRPO, which means that its curriculum addresses all of the standards and competencies mandated by the CRPO.

During the Training Program, particularly in the senior years, faculty make regular references to the CRPO requirements. In addition, workshops and discussion groups provide support and guidance for students and alumni seeking registration.

Prospective students are encouraged to check the College website, [www.crpo.ca](http://www.crpo.ca). The "Resources" tab is particularly useful in finding details of the College's requirements.

## YEAR ONE — GESTALT APPROACH TO PERSONAL GROWTH

Year One is a year unlike any other where a return to creativity and spontaneity are encouraged through experiential learning within a supportive, diverse and dynamic group. The emphasis is on foundational Gestalt theory as it is applied to one's personal growth and life goals within and outside of the group. The focus of training is on embodied awareness, boundaries, and increasing sensitivity to self in connection with the other.

- Reclaim spontaneity—learn the difference between risk-taking and recklessness in self-exploration
- Find language to identify and express your own process in relation to others
- Discover who you are at the boundary of experience
- Identify difficult behavior as a function of your own creative adjustment in the field
- Recognize the importance of the group and its context in your own evolution
- Recognize the difference between Emotions and Emotionality

The Group is a living laboratory in which to explore

- Present-based awareness of yourself in relation to others
- The importance of the context on the “how” of your process of “being”
- Embodied relationality
- Confronting fear of intimacy and gaining confidence in interpersonal skills
- How to really connect with others

## YEAR TWO — INTRODUCTION TO FIELD DYNAMICS

Year Two builds upon the personal work of Year One as group members learn to apply their embodied awareness of self with others, to group process theory and awareness of the field. Individuals learn to develop curiosity to understand and explore their responses to group members and to understand the group as a support for ongoing growth. Each individual is then able to take safe risks in exploration and expression of forms of contact. The “army of one” syndrome is replaced with the concept of the necessity of support from the field.

- Focus on awareness of the group as the experimental field
- Access genuine curiosity and interest in one's own responses to another's approach and style
- Address emerging conflicts and differences with perspective, self-awareness and respect
- Discover language for internal experience in order to create rapport with the other
- Develop ability to take and give feedback
- Achieve successful resolution of authority issues

- Become flexible in response to opposition and change
- Include differences in interactions with others

### Students are expected to complete

- Oral and written assignments
- Thirty hours of personal therapy with a Gestalt therapist by the end of Year Two

Successful completion of Year Two leads to the readiness to begin Year Three.

## YEAR THREE — APPLIED GESTALT LEADERSHIP

This year you will learn to change your role from peer/student to leader/therapist, working now with Year One and Two. Leadership and co-leadership stance and style are developed in supervised practice. Students gain a deeper understanding of group process and learn to apply professional ethics and boundaries to their relations with students in Year One and Two as well as with peers in their own year. Practice throughout the year with supervised Gestalt therapy sessions give increased confidence with the method and with self.

- Discover how to be flexible, aware and effective in one's individual forms of leadership
- Learn to identify and support group process in a variety of group settings
- Gain the ability to stay within process, with curiosity, perspective and creativity
- Take on a professional role in relation to students in Year One and Two and to apply ethical decision making, professional boundaries, build and maintain effective relationships, and obtain clinical supervision

- Lead in the development and delivery of a Gestalt Themed Public Workshop sponsored by the GIT
- Apply the safe and effective use of self as a reference for establishing rapport with the client in practice therapy sessions
- 206 hours of therapist and group leadership training
- 100 hours of direct supervision and co-leadership within The Training Program

### Students are expected to complete

- Oral and written assignments
- Co-leading assignments and brief live therapy examination
- Twenty hours of personal therapy with a Gestalt therapist during this year for a total of fifty hours by the end of Year Three

Individuals who have completed the requirements for Year Three will receive the *Certificate of Completion of the Gestalt Personal Development Training Program* (as well as the much coveted Gestalt T-shirt!). Application from Year 3 to Year 4 is by interview held in June of each year.

## YEAR FOUR — TRAINING AND SUPERVISION IN GESTALT THERAPY

Students in Year Four are trained academically and experientially in the fundamentals of therapy practice and a range of diverse clinical applications of the work. Gestalt applied theory is more deeply explored including safe and effective use of self and principles of self-disclosure and embodied relationality. Students are supported in the principles and practice of therapy under supervision, and receive practical training on how to setup and maintain a practice, as well as the rights and responsibilities of future membership in the College of Registered Psychotherapists of Ontario. Students are approved to see clients in January of Year Four and obtain liability insurance as well as a supervisor. Membership in the Student Clinic provides clients for new therapists, and students obtain their own client base as well. The fourth year program also includes clinical group supervision.

- Explore the impact of personal bias and experience to the therapy relationship
- Gain a broader awareness of issues of multiculturalism, diversity and power dynamics in the meeting of therapist and client

- Develop experience in case presentation and review, clinical note-taking, documentation and legal concerns
- Apply risk assessment tools to the client and the situation
- Develop competency in understanding and application of ethics and regulatory requirements
- Develop an individual therapeutic style that integrates the Gestalt approach
- Learn to develop a professional practice including how to speak about themselves as therapists, and build client base
- Work collegially with other professionals and use community resources
- 176 hours of experiential and didactic learning developing proficiency in professional standards and competencies
- 20 hours of clinical group supervision

**Students are expected to complete**

- Oral and written assignments
- Oral theory and practical examination
- Written submissions by course
- Professional Practicum

## YEAR FIVE — ADVANCED GESTALT PSYCHOTHERAPY TRAINING

The intention of Year Five is for new and training therapists to broaden their awareness of the field as a whole, develop their ability to combine their Gestalt training with other specialized skills and applications, while they continue to build and maintain a practice, refine their skills in embodied relational Gestalt, and strengthen professional boundaries and use of professional resources. This is also a year in which students who have substantially completed the requirements for graduation from the GIT may apply for Qualified (RP) status with the College of Registered Psychotherapists of Ontario (CRPO).

- Seminars on topics such as: Comparative Approaches to Psychotherapy: the Benefits, Limitations, and Contradictions of Differing Psychotherapeutic Approaches; Advanced Topics in Ethics: Competence, Working within your Training and Qualifications; Advanced Gestalt Therapy Approaches; Risk Assessment; and Neuroscience and Psychotherapy.
- Monthly readings, video and discussion sessions on current issues in psychotherapy

- Ongoing direct client hours under supervision
- 48 hours of didactic and experiential learning
- 20 hours of clinical group supervision

Year Five students are welcome to continue on as members of the Gestalt Student Clinic.

### Graduation

Graduation from *The Five Year Training Program* requires: completion of all academic requirements, 30 hours of direct one-on-one or dyadic supervision with an approved supervisor, a minimum of 150 direct client hours, and the acceptance of an extensive clinical paper. Graduation takes place in June or December of each calendar year. Students who are intending to graduate are advised to make application to the College of Registered Psychotherapists of Ontario six months prior to graduation in order to continue their practice following graduation. Individuals successfully meeting all requirements receive a *Certificate of Completion of The Five Year Training Program in Gestalt Psychotherapy*.

## TUITION FEE SCHEDULE FOR 2016-2017

Year One — Gestalt Approach to Personal Growth

- \$3,900 plus administration fee, if paid in installments

Year Two — Introduction to Field Dynamics

- \$3,900 plus administration fee, if paid in installments

Year Three — Applied Gestalt Leadership

- \$4,150 plus administration fee, if paid in installments

Year Four — Training and Supervision in Gestalt Therapy

- \$4,150 plus administration fee, if paid in installments

Year Five — Advanced Gestalt Psychotherapy Training

- \$2,075 plus administration fee, if paid in installments

*Tuition Fees can be used as a nonrefundable tax credit.*

## MAY AND JUNE FIVE-DAY RESIDENTIAL TRAINING

The May Five-Day Residential Training takes place in a country setting outside of Toronto. This program is a requirement for all students at the end of Year One, Two and Three in order to complete their program.

The June Five-Day Residential Training Program completes Year Four and the One-Year Training Program for Professionals.

### Five-Day Residential for Training Programs

A fee of \$570 for 2016-2017 training year includes accommodation and all meals. Accommodation fees for the residential week are separate from tuition fees. Travel arrangements are the responsibility of the individual.

## ONE YEAR TRAINING PROGRAM FOR PROFESSIONALS

This program is designed for professionals desiring to apply the Gestalt approach to a variety of clinical settings. It affords a similar foundational intensive training in Gestalt as Year One of The Five Year Training Program while including theoretical applications for the practitioner. In this way the program takes into account the previous personal growth and work in the field for therapists and counselors, trainers and facilitators, consultants and leaders who are currently practising. Gestalt theory and methods will be taught as they apply to the particular client groups and responsibility areas of the participants. This is an excellent opportunity for professionals to learn the Gestalt approach to apply to the skills and understanding within their own disciplines. Personal development is an integral part of this training.

- Gestalt approach to assessment which is assessment not of the individual but “of the situation”
- Gestalt approach to “resistance” as creative adjustment in a field with insufficient support
- Gestalt as embodied and relational

- Introduction to the Gestalt approach to the safe and effective use of self
- Creating the experiment—the therapy session as a living laboratory in which change can happen
- Clinical practice and supervision

Those who successfully complete the One Year Training Program for Professionals (130 course hours) are awarded a *Certificate of Completion of the One Year Training in Gestalt Theory and Methodology* and may apply to Year Two of the Training Program.

**Course Schedule:** Twenty Friday Mornings, October, 2016–May, 2017, 9:15–11:45am + Four Weekends: Friday Evenings 7:00–9:30pm, Saturdays 9:30am–5:00pm, Sunday 10:00am–12:30pm, + One Saturday, April 8, 2017, 9:30am–6:00pm + a five-day residential held outside of Toronto June 6 to 11, 2017

**Tuition Fee:** \$2,700 plus residential fee. Tuition Fee can be used as a nonrefundable tax credit. Five-Day June Residential fee of \$570 includes accommodation and all meals. Travel arrangements are the responsibility of the individual.

## PROCESS GROUP FACILITATOR TRAINING PROGRAM

This program was designed to introduce group facilitators and leaders to the approach developed by the Gestalt Institute of Toronto over the past 43 years of experiential, embodied and relational group process training.

*The Group Facilitator Training Program* is being offered to therapists and trainers who have graduated a Gestalt training program, as well as professionals from a variety of backgrounds who desire to learn this approach. Completion of this program will provide a *Certificate in Gestalt Process Group Facilitator Training*. This program is one of the eligibility requirements to teach at the GIT.

The Gestalt group leader stays alive and creative to each present moment, and is refreshed by the interaction between self and group in which something new is always possible.

- Relational field approach as applied to the group as a whole
- To explore styles of group leadership and to uncover your power stance of leadership

- When and how to work within intra-personal, interpersonal, dyadic and subgroups and the group as a whole
- How to identify and support levels and stages of the group
- How to stay with the process while including yourself as an integral part of it
- How to “use your self” safely and effectively to make creative interventions
- Awareness of support in the field as the key to bring about the conditions that will enable the group and its constituent parts to develop

**Instructors:** Jay Tropianskaia, RP, Senior Faculty, Tony Greco, RP, Faculty

**Course Schedule:** Eight Friday Mornings, October 14, November 11, 2016 January 6, 27, March 3, 24, April 7 and 21, 2017, 9:30am–12:00pm + Three Saturdays, October 29, 2016, February 18 and May 13, 2017, 10:00am–4:00pm + Two Weekend Practicum Placements within specified groups

**Fee:** \$1,750 (maximum 8 participants, admission to this program is by letter of intent and application form)

## THE GESTALT APPROACH TO....

This series of one-day workshops are designed for the practitioner or therapist in training who wishes to apply their Gestalt training to specific contexts of interest and for people seeking to discover how Gestalt principles including embodied relational approach and field theory are applied to different contexts. Prior knowledge of Gestalt is not required.

### WORKING WITH ANXIETY

The anxious client is in need of being seen and heard by the practitioner, and of gradually becoming freed from that which keeps them from saying and doing what they need to say and do. Through both didactic and experiential work, the group will focus these "Gestalt therapy" invitations:

- To grasp their experience of anxiety and the context of their anxiety through drawing, characterizing and role-play
- To experience contact in relation to past and present life events where contact has been elusive or not possible
- To come into the present, and practice ways to become grounded
- To experience taking the space and the conditions they need

**Instructor:** Frances Khanna, Ph.D., C.Psych., Associate Faculty, Sensory Awareness Leaders' Guild

**Date and Time:** Monday, November 21, 2016,  
9:30am–4:30pm

**Fee:** \$225

### WORKING WITH ANGER

Anger is one of the primary emotions cited by Fritz and Laura Perls but is often identified as aggression. Therapists, believing that the truest expression of anger is explosive, will either create cathartic experiences in the session or pull back from engaging in the exploration of anger. This workshop is for therapists or training therapists who desire more experience in working with an angry client or with anger as a form of contact.

**Instructor:** Jay Tropianskaia, RP, Senior Faculty

**Date and Time:** Monday, January 23, 2017,  
9:30am–4:30pm

**Fee:** \$225

## THE GESTALT APPROACH TO....

### WORKING WITH NARCISSISM AND CO-NARCISSISM

The literature identifies narcissism as a personality disorder that rarely shows up in therapy “unless there is an ulterior motive and therefore therapists are mostly working with people who have suffered because of narcissists.” This seminar moves from a diagnostic approach to a Gestalt relational approach examining co-narcissism as a creative adjustment to narcissism. It will arise as a symptom which keeps repeating itself until it is understood. Here therapist awareness of our embodied response plays a crucial role in assessing the situation where the co-narcissistic response will arise. The leader will speak about how the therapist can pick up the estrangement within the encounter and the fragility of the narcissistic engagement. This is especially profound in couples work when the form of contact called narcissistic may disguise itself within the partnership.

**Instructor:** Susan Craig, RP, GIT Graduate, Susan Craig Associates & Brian Bustard, M.D.—see *biography on page 31*

**Date and Time:** Monday, March 20, 2017,  
9:30am–4:30pm

**Fee:** \$225

### WORKING WITH ADDICTIONS

As therapists, we all see addicts but if it is not made explicit, we don't know it. If we are willing to expand our concept of addiction it will include all distractions. The Gestalt approach to addictions applies the theory of creative adjustment—it does not ask the client do you want to quit but how is using useful to you? To enter into the journey of addiction it is necessary for therapists to examine our own urgent disconnections from the present moment as well as our biases and understandings of the nature of addictions.

**Instructor:** Jay Tropianskaia, RP, Senior Faculty

**Date and Time:** Monday, May 15, 2017, 9:30am–4:30pm

**Fee:** \$225

## EMBODIED GESTALT

*Shift your perspective as therapist or client*

Relational in Gestalt terms refers to the fact that things have meaning only in relation to one another. Body awareness is a big resource we can easily neglect to track in our therapy and it is this awareness that brings us more fully into the here and now. For students and therapists who are interested in applying the Gestalt embodied relational approach, this experiential workshop will guide you to see how clients form their own experience relating to the other (as therapist you are part of it) with their fixed movement patterns. You will learn to sense and know your client's communication as a "form of contact" rather than an "interruption" to contact. This brings you into their world, to experience directly their struggle to connect. Out of this awareness comes the co-creation of bodywork experiments and leads to the capacity to meet the world more gracefully, fluidly and effortlessly.

**Instructors:** Emily Peng, M.Ed., GIT Senior Student & Shan Qi, M.Ed., GIT Senior Student—see *biography on page 30*

**Dates and Times:** Five Wednesday Mornings, November 2-30, 2016, 10:00am–12:00pm

**Fee:** \$285

## GESTALT AND MINDFULNESS

Cultivating presence is essential in how we relate to ourselves, others and the world. Gestalt, like Mindfulness, is the art of being open, aware and awake in the present moment to whatever comes. Both are an intentional and attentional strategy of awareness. Both show us how to be truly alive and present. In this way Mindfulness meditation can enhance the Gestalt practitioner's awareness of self and the field.

In these six mornings, you will learn step by step how to be open to whatever arises, pleasant or unpleasant. You will take the position of an impartial witness to your own experience and create a space for making a choice. Instead of resisting, learn to surrender and rest in awareness that is witnessing what is happening. These practices spill over into your life and for the Gestalt student, will increase your awareness of your response to the other and to the environment.

**Instructor:** Marina Riker Kucic, RP, GIT Graduate, Private Practice—see *biography on page 31*

**Dates and Times:** Six Monday Mornings, January 9–February 13, 2017, 10:00am–12:30pm

**Fee:** \$225 (maximum 10 participants)

## URGENT RESPONSE

### *The Gestalt approach to addictions*

A recommended workshop for those affected by addictions as well as counselors and therapists working with addictions. Urgency comes out of our brain's function called pattern recognition by which it can urge us to identify a hamburger with happiness, or a new dress with survival. Gestalt therapy works in the pause—between our forgotten deepest needs and the short-lived urgent solution that never meets those needs.

In this 10 week workshop you will learn

- That the addictive pattern holds the key to our underlying needs
- To confront the dread of boredom
- To accept loss as an important part of living and a key to reclaiming hope
- To recognize your spiking pattern that keeps you from feeling
- How to relate to people in your life who are addicted

**Instructor:** Jay Tropianskaia, RP, Senior Faculty

**Dates and Times:** Ten Tuesday Evenings, February 7–April 18, 2017 (no class on February 21), 7:00–9:30pm  
**Fee:** \$595

## GESTALT COUNSELLING FOR PROFESSIONALS

The capacity to see, feel and respond is at the heart of our work with children, adults, families and other colleagues although it was not often the way we were taught to counsel. Instead many of us as professionals had to develop our counseling skills through direct experience of what worked and what did not. This is an opportunity to enhance your counseling skills, to share and learn with other professionals through Gestalt theory and methods. The Gestalt approach is one which emphasizes experiencing rather than talking about, as a way of learning, so be prepared to be engaged, excited and challenged. In this one day seminar we will look at how to respond as educators and counselors to emotional challenges, experience tools to explore the emotional issues, and provide opportunities to share and experiment with challenging cases.

**Instructor:** Carolina Edwards, RP, M.Cl.Sc., Senior Faculty, Director, Auditory Management Services

**Date:** Saturday, March 25, 2017, 10:00am–4:00pm

**Fee:** \$225

## ANNUAL JUNE RESIDENTIAL

This five-day residential program is led by the GIT Faculty. Participants will engage in individual and group sessions and experience a variety of creative modalities. Alumni, as well as individuals with Gestalt therapy or equivalent group experience, who are interested in exploring an in-depth Gestalt approach are invited to apply to attend the June residential. An excellent opportunity for those who wish to renew their connection with the creativity of Gestalt and want an intensive personal change process. You will join with GIT students who are completing their training.

**Instructors:** Faculty of the GIT

**Dates and Times:** June 6-11, 2017

**Fee:** \$1,650 (program, accommodations and meals)

## CONTEMPORARY HOT SEAT

Experience the evolution of the approach that Fritz made famous, when you step into the hot seat in your own agency and explore your dreams, your dilemmas and your conflicts. A master Gestalt therapist demonstrates live therapy with an updated approach that is dynamic, relational and field sensitive. Don't be surprised if you as a member of the group become involved in a dramatic presentation of the struggle "in the chair." In Gestalt there are no "bystanders"—for everyone in the room this is not a passive process but one in which everyone can grow.

Join Tony Greco in the here and now, and engage creatively, even playfully, in a process that will stir your imagination and heighten your awareness. This is a great opportunity to get personal work done in a group—original Gestalt-style therapy group!

**Instructor:** Tony Greco, RP, Faculty, Private Practice

**Dates and Times:** Monthly on Wednesday Evenings, October 12 and November 9, 2016, January 18, February 22, March 15, April 19 and May 17, 2017, 7:00–9:00pm

**Fee:** \$350

## THE RELATIONSHIP WORKSHOP

If you are currently in a relationship, between relationships or contemplating a relationship, then this workshop is for you. Learn the things your mother never told you and your father never warned you about. Topics include co-creating a world that works, tolerating your differences, getting off the co-dependency triangle, learning how to fight, facing the challenges of intimacy, surrender and control and the myth of trust. Taught with humour and compassion, you might find yourself laughing out loud when you join others like yourself in this program.

**Instructor:** Jay Tropianskaia, RP, Senior Faculty

**Dates and Times:** Five Tuesday Evenings, October 25–November 22, 2016, 7:00–9:00pm

**Fee:** \$295

## THE FUTURE IN THE PRESENT

The human experience of reacting to the future, to what is not present yet, is the subject of this sensory awareness workshop. Through simple experiments, such as approaching something you want, you will discover how you include the future as you engage with what is present.

In the play of the experimenting, a quiet within allows you to experience the unique contact, where you are right now, just as you are. There may be spontaneous changes in your living through the process.

**Instructor:** Frances Khanna, Ph.D., C. Psych., Associate Faculty, Sensory Awareness Leaders' Guild

**Dates and Times:** Weekend of December 9–11, 2016, Friday 6:00–8:30pm, Saturday 10:00am–4:00pm, Sunday, 10:00am–12:30pm

**Fee:** \$295

## SOCIAL PHOBIA

Do you sometimes cringe at the thought of going to a party where you don't know anyone? Is the subway sometimes just too overwhelming? Or do you just feel as though you don't belong anywhere?

You are not alone! Behind the masks of self-confidence, quietness, shyness or even bravado, there can be a very shy, awkward and uncomfortable person. Social phobia can make life feel lonely or contracted.

This group will give you opportunities to explore your socially phobic self with other like-minded people in a safe and supportive way. Get to know yourself better with the support of others who "get it." There is a magical place in Gestalt called "the between" which is where all the wondrous and sometimes confusing things occur between self and other in a social interaction in a safe group.

**Instructors:** Laurie Weinberg, RP, GIT Graduate & Alicia Tough, OT, GIT Senior Student—see *biography on page 31*

**Dates and Times:** Eight Tuesday Evenings, March 7–April 25, 2017, 7:00–9:30pm

**Fee:** \$275

## ON BEING IN YOUR HEAD

As humans we are often aware of our thoughts, images and internal conversations, and what is felt in our eyes and ears, mouth, throat and cranium is often remote. In this summer sensory awareness workshop, you will be invited to bring your attention to what is felt when you make simple contact. For example, by pausing to notice the air that envelops your head. Through a focus on any sensation that comes to you, you will experience coming to quiet internally. You will have an opportunity to notice the impact of quiet on your existence in the moment. In the process there will be an opportunity to know better the extra effort you may have learned to exert, and to experiment with being permissive in allowing what wants to change.

**Instructor:** Frances Khanna, Ph.D., C.Psych., Associate Faculty, Sensory Awareness Leaders' Guild

**Dates and Times:** Weekend of June 16–18, 2017, Friday 6:30–9:00pm, Saturday 10:00am–4:30pm, Sunday 10:00am–12:30pm

**Fee:** \$275

## SUMMER SEAT SALE

An opportunity to observe and experience different therapy styles in short pieces of work by each of our GIT faculty. Contemporary Hot Seat, while no longer the theatrical demonstration of our earlier days, still uses group members as client volunteers to do powerful personal work that touches the heart of everyone in the room. A good introduction to Gestalt therapy and the faculty of the GIT. This is a popular program so sign up early!

**Instructors:** GIT Faculty

**Dates and Times:** Three Evenings; Tuesday, August 15; Thursday, August 17; and Tuesday, August 22, 2017; 7:00–9:00pm

**Fee:** \$160

## GESTALT AND THE RHYTHM OF THE HEART *A movement workshop*

The moment we recognize how we overlap with each other—in body, spirit and mind—we gain a greater sense of support and wellness. In this workshop you will connect with others through movement and dialog, in a safe container. Expect to re-discover the ways you are unique, and the ways you impact and are impacted by one another and by the world. This is a six week series of movement and dialog. Come and allow yourselves to expand into playfulness, connection and vulnerability. Come and explore our overlap.

The heart remains our centre force—knowing that the compassion and clarity of the heart offers guidance. The rhythm of its beat offers a constant support to life. No experience of Gestalt or movement needed. All abilities and curiosities welcome.

**Instructor:** Lauren Clarke, RSW, GIT Graduate,  
5Rhythms© Movement Therapy Facilitator—see *biography*  
*on page 30*

**Dates and Times:** Six Tuesday Evenings, October 11–November 15, 2016, 7:00–9:30pm

**Fee:** \$225

## THE RELATIONAL DANCE: EMBODIED MOVEMENT

This six part workshop explores embodied movement as a relational dance. Become dynamically present by opening to the experience of relational dance in a safe, supportive and respectful environment. Only when we are fully present to the constant dance our bodies are engaged in, can we open to the dance that we do with the other. That means becoming aware and alert to sense and feel our bodies and our responsiveness to the space, the ground, the group and the other. Through a series of experiential exercises done in groups and dyad, we will find compassionate curiosity, and explore the joy of spontaneous and organic movement.

Come as you are. No previous dance experience required.

**Instructor:** Camille Djokoto, GIT Senior Student, Dancer, Performing Artist—see *biography on page 30*

**Dates and Times:** Six Monday Evenings, January 16–February 27, 2017 (no class February 20), 7:00–9:30pm

**Fee:** \$225

## DISCOVER YOUR SOFT SPOT

Through many years of living, we learn to shield, bury, hide and protect our softest spots. We build walls to not experience our vulnerability with tenderness. And yet, what would it look like to be with these spots, to move with them and perhaps even to play with them?

Through the use of music, movement and dialogue you will discover more about the places in yourself that have been hidden. You will have the opportunity to experience new ways of relating to your softer spots.

This group will be limited to ten participants to offer a smaller container for discovery.

**Instructor:** Lauren Clarke, RSW, GIT Graduate, 5Rhythms® Movement Therapy Facilitator—see *biography on page 30*

**Dates and Times:** Weekend of February 25–26, 2017,

10:00am–5:00pm

**Fee:** \$275

## BREAKING THE SOUND BARRIER

### *A workshop on finding your voice*

What is the sound of YOUR voice?

Each of us is born with a unique voice. Over time, our voice gets lost in a barrage of other people's voices. It's hard to hear the truth amid all that noise. As a singer and voice coach, I discovered that when we sing, we connect to our feelings. Our feelings are key to our truth.

In this workshop you will explore the full range of your voice from your whisper to your shout, your silence to your song. Discover the relationship between your body and your voice, how you are heard, and how you hear yourself. Uncover the uniqueness that was rightfully yours all along.

No prior singing experience is required to take this workshop.

**Instructor:** Mia Sheard, RP, GIT Graduate, Gestalt Psychotherapy Private Practice, Singer/Songwriter—see *biography on page 31*

**Dates and Times:** Eight Monday Evenings, October 17–December 5, 2016, 7:00–9:30pm

**Fee:** \$300

## TRACKING CHANGES

### *A story-writing workshop for therapists*

Stories have beginnings, middles, endings. They have a narrator, a quest, characters, devils and angels, a timeline, actions and obstacles. We continuously narrate, edit, condense, revise and repeat our own stories to ourselves and others. Your clients do this too. Listening to the client's story and reflecting back is what therapists do, working with clients. This workshop offers clinicians and others a range of structured approaches to finding and drafting the stories of ourselves and our clients.

Why write? The act of writing pulls stories out of our heads and onto the page. Writing throws a lasso around whatever hooks you in the moment and drags it back inside you for a closer look-see. This workshop will offer numerous concrete experiments in sharpening how you pay attention to your attention and when, (and how) to send your internal critic out for sandwiches while you draft your story.

**Instructor:** Sarah Sheard, MA, RP, GIT Graduate, Private Practice, Author—see *biography on page 31*

**Dates and Times:** 3 Wednesday evenings, May 3, 10, 24, 2017, 7:00–9:30pm

**Fee:** \$160

## ACTING OUT / ACTING IN *Gestalt theatre in the summer*

One of the most important things an actor learns is that you are never acting alone. Whether an actor is improvising or has set lines, the delivery of those lines comes out of their own embodied response to how the other actor delivers their line. Even in a solo performance the actor is responding to and feeding off the audience. In life as in theatre, when we pay attention to this visceral response, our performance is spontaneous, alive and feels like anything can happen.

This summer workshop invites you to play with the drama of your own life, through spontaneous embodied theatre.

**Instructor:** Jane Husak, BFA, GIT Graduate, Private Practice—see *biography on page 30*

**Dates and Times:** Eight Wednesday Evenings, June 7–July 26, 2017, 7:00–9:30pm

**Fee:** \$275

## THE GESTALT STUDENT CLINIC

The postgraduate student clinic is run by the Year Four and Five students, who provide excellent and affordable psychotherapy under supervision. Confidentiality is assured. Each student therapist is required to have ongoing supervision with Faculty. The service is available in Toronto as well as Barrie, Hamilton, Niagara Falls, and Peterborough.

**Fee:** \$35 per session

For an appointment, call 416.964.9464 ext. 18

## DIRECTORY OF GIT GRADUATES

Many graduates of The Training Program of the Gestalt Institute of Toronto have private Gestalt Therapy practices. Therapists are available in Toronto as well as Barrie, Hamilton, Mississauga, Peterborough, and Ottawa. They can be reached through a directory on our website at [www.gestalt.on.ca](http://www.gestalt.on.ca).

## HOT DOCS — 46TH ANNUAL POTPOURRI

*The lighter side of real life at the GIT*

This year's annual fest invites fans, creators and supporters of the Gestalt Institute of Toronto to join the Year Three students in a daylong romp through reality as we know it.

For those who never really knew what Gestalt means, this series of short workshops touches on the existential heart of Gestalt with humor, tenderness and hope.

**Instructors:** Third Year students of the Gestalt Institute's Five Year Training Program

**Date and Time:** Saturday, April 8, 2017, 9:30am–6:00pm

**Fee:** \$45

We invite you to get real with us in docs such as

- The Pursuit of Happiness—on happiness as a byproduct, not a goal
- Heart of Darkness—a celebration of our shadow
- Grizzly Man—the many faces of anger
- Roger and Me—complexities of friendship
- League of Exotic Dancers—a sensuality workshop
- My Brother's Vows—family patterns
- A Strange Love Affair with Ego—our attraction to narcissists
- Super Size Me—embracing self-image
- Born To Be Wild—reclaiming your natural self
- March of the Penguins—group behaviour
- Inside Job—on self-focus

And many more...

## FACULTY



**Jay Tropianskaia**, RP, Director of Training, Senior Faculty, has been working at the growing edge of Gestalt since 1992. Jay's contribution to the legacy of the GIT includes her 2013 codification of The Five Year Training Program curriculum and mapping of competencies throughout the program, and the introduction of the recent shift in curriculum emphasis to embrace the contemporary Gestalt approach which is embodied relational and field centered. Jay is currently working on providing a language to bring the Gestalt approach to the wider community of professionals through writing, blogging and creation of continuing education programs. In addition to her teaching throughout the Training Program, Jay creates and offers programs including the Gestalt approach to addictions, anger management and the art of relationship. Jay graduated the Gestalt Institute of Toronto and has a private practice in Toronto.



**Carolina Edwards**, RP, Executive Director, Senior Faculty, began her career as an audiologist, pioneering a new field of educational audiology within Canada, forming her own company Auditory Management Services and later lecturing across North America and writing numerous articles in the field.

The search for her own enhanced training in counseling led her to Gestalt and the GIT, and her subsequent offering of training in counseling to rehabilitation professionals and educators. Carolina has brought her love of Gestalt to her position of senior faculty at the GIT since 1996. She has brought a high level of administrative and financial accountability as the Executive Director, and through Carolina's vision and direction, the GIT is moving to its newly renovated home in August 2016. She has a private practice in Toronto.

## FACULTY



**Tony Greco**, RP, Faculty, graduated from the Gestalt Institute of Toronto in 2004. He has been in private practice since graduation, working with individuals, couples and groups. Tony joined the GIT faculty in 2013 and brought his extensive store of knowledge of the roots of psychotherapy

into the creation of our Year Five Contemporary Issues in Psychotherapy Reading Group. Working in the here and now with compassion and presence, Tony brings his commitment to classical Gestalt practice with his latest offering, Contemporary Hot Seat, a monthly series. Tony has a Bachelor of Arts and has pursued graduate and postgraduate work in philosophy and political theory at the University of Western Ontario.



**Frances Khanna**, Ph.D., C.Psych., Associate Faculty, is a Registered Psychologist with a Ph.D. in Applied Psychology from the University of Toronto (OISE). She graduated from the Gestalt Institute of Toronto in 1997, joining the faculty in 2000. Her work assessing child development in schools and hospital settings (1971-1998) has been influenced by Gestalt since the mid-1970's.

Frances belongs to the Leaders Guild of the Sensory Awareness Foundation, and is combining mindfulness with Gestalt Therapy in her private practice and in her group work at the Gestalt Institute of Toronto. She has a special interest in the treatment of anxiety.

## GUEST FACULTY



Susan Sinclair directs the *Alexander Technique Teacher Training Program* and maintains a private practice at her Toronto studio in the Alexander Technique and the Pilates Method. Susan has presented her work internationally, and is on faculty at The Houston School for The Alexander Technique and The Alexander Alliance Tokyo. She is an Alexander Technique International certified teacher and sponsor.

## 2016 BOARD OF DIRECTORS

The Gestalt Institute of Toronto is a charitable organization registered with the Canada Revenue Agency and a private, educational institute with Human Resources Development Canada. The GIT Board of Directors works with the administration and Faculty to establish policy and direct ongoing strategies for development and change. A special thanks goes to the Board this year for spearheading the acquisition of the new building and all the efforts required to do so. We continue to be grateful for the giveaway of time and energy of board members, a number of whom have served for several years.

Karen Hulley, President

Colleen Carruthers, Corporate Secretary

Jeff Bouganim, Treasurer

Yvonne Brunelle

Sabrina Deutsch-Salamon

Carol Good

Karen Hulley

Linda Kamerman

Michelle Keeley

June Menzies

Gabrielle Pop-Lazic

Lynn Semesiuk

## DONORS

We are grateful for the following generous donations this past year. Marsha Baillie, Barbara Coulston, Barbara Beresford, Mia Sheard, Colleen Carruthers, Modya Silver, Caroline Mardon, Helen Champagne, Susan Craig, Charles Carr, a number of anonymous donors and the Year Two Students for their fundraising and contribution to the student bursary.

## SUSTAINING THE LINEAGE

### Building the Future



The Gestalt Institute of Toronto has an oral history and a written tradition that goes back to 1973 and before. If you have been changed in any way by your experience at the GIT, you are part of the lineage of

Gestalt. Your donation can support our physical expansion and help us to increase our ability to reach a wider community so that Gestalt can continue to evolve and be relevant. In August 2016 the Gestalt Institute of Toronto moves to new quarters. The sale of 194 Carlton made this possible. Now comes the hard work to bring our building up to the standards of a center for community growth. Among other things, we need a new front door. If you or someone you know would like to contribute, you can do so through a tax deductible donation to the GIT Building Fund. We continue to accept donations to the JoAnne Greenham Memorial Fund, the Bursary Fund and the Professional Library Fund.

## SUSTAINING THE LINEAGE

### Donations 2016

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

I would like my donation to support:

- The Building Fund
- The Joanne Greenham Memorial Fund
- Bursary Fund
- Professional Library Fund

The Gestalt Institute of toronto is pleased to recognize donors in the Annual Catalogue and on the GIT website. If you would prefer to remain anonymous, please check here

Method of payment

- Check payable to the Gestalt Institute of Toronto
- VISA     Mastercard     AMEX

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Date: \_\_\_\_\_

I would like to give a donation of \$ \_\_\_\_\_ to the Gestalt Institute of Toronto.



**Alicia Tough** has a special interest in relationships. She uses Gestalt to meet clients where they are in their process of moving between creative surviving and thriving. An occupational therapist by profession since 2009, Alicia's training in improv acting comes in handy when co-creating energetic group experiences.



**Camille Djokoto** is a professional dance artist, senior student and therapist in training at the GIT. Camille's interest in bodywork is heavily influenced by her training in Middle Eastern and North African dance and her continued studies of the relationship between support and movement.



**Emily Peng & Shan Qi** lead on-going therapy groups in the Chinese community in Toronto. They enrich their Gestalt training with ongoing training in developmental somatic psychotherapy, bodywork, psychodrama and somatic experiencing.



**Jane Husak** is a graduate of the GIT training program, and is a BFA graduate of the Ryerson Theatre school. Jane's love of theatre and movement arts has greatly informed her practice as a psychotherapist. She is looking forward to bridging these worlds with you.



**Lauren Clarke** is a graduate of the Gestalt Institute of Toronto, registered social worker, and 5Rhythms® movement therapy facilitator. Lauren brings her own mix of warmth, compassion and seriousness to her therapeutic work.

## WORKSHOP INSTRUCTOR BIOGRAPHIES



**Laurie Weinberg** has been a psychotherapist in private practice since 2002. She also works part time at an addictions recovery centre in Toronto. Her Gestalt training was a wonderful way to encounter her socially phobic self and experience moments of delight at the same time! Laurie works with her clients to peel away the layers that obscure their own delight in being themselves.



**Marina Riker Kucic** is a graduate of the Gestalt Institute of Toronto. In the last two decades, Marina has been providing counselling and psychotherapy interventions to women from diverse and marginalized communities in the not-for-profit sector. As a therapist, Marina integrates clinical mindfulness and psychotherapy. She has a private practice in Etobicoke.



**Mia Sheard** is a psychotherapist, a singer-songwriter, and a vocal coach to those looking to rediscover their love of singing. Mia has been running the Breaking the Sound Barrier workshop for several years now.



**Sarah Sheard** is a published novelist and editor, creative writing mentor with The Humber School for Writers since 1995, and creative writing instructor at Ryerson University (1995-present). She is also a Gestalt therapist in private practice.



**Susan Craig & Brian Bustard** are a married couple who share their interest in therapy and the inner safari. Both are graduates of the Gestalt Institute of Toronto. Susan is a Registered Psychotherapist with a practice in Belleville, Ontario. Brian is a physician psychotherapist certified by the General Practice Psychotherapy Association. His practice is in Toronto.

## YEAR AT A GLANCE

	Starting Date	Page		Starting Date	Page
<b>SEPTEMBER 2016</b>					
The Training Program.....	September 7 .....	5			
Information Night.....	September 13 .....	34			
<b>OCTOBER 2016</b>					
Information Night.....	October 3 .....	34			
Gestalt and the Rhythm of the Heart.....	October 11.....	21			
Contemporary Hot Seat .....	October 12.....	18			
Process Group Facilitator Training Program.....	October 14.....	13			
Breaking the Sound Barrier .....	October 17.....	23			
One Year Training Program for Professionals ....	October 21.....	12			
Armchair Series.....	October 24.....	34			
The Relationship Workshop .....	October 25 .....	19			
<b>NOVEMBER 2016</b>					
Embodied Gestalt .....	November 2 .....	16			
The Gestalt Approach to Working with Anxiety.....	November 21 .....	14			
Armchair Series.....	November 29.....	34			
<b>DECEMBER 2016</b>					
The Future in the Present.....	December 9.....	19			
<b>JANUARY 2017</b>					
Gestalt and Mindfulness .....	January 9 .....	16			
The Relational Dance: Embodied Movement .....	January 16 .....	22			
Information Night.....	January 17 .....	34			
The Gestalt Approach to Working with Anger.....	January 23 .....	14			

## YEAR AT A GLANCE

	Starting Date	Page		Starting Date	Page
<b>FEBRUARY 2017</b>					
The Urgent Response .....	February 7 .....	17			
Discover Your Soft Spot .....	February 25 .....	22			
Armchair Series.....	February 27 .....	34			
<b>MARCH 2017</b>					
Social Phobia .....	March 7 .....	20			
Information Night.....	March 13.....	34			
The Gestalt Approach to Working with Narcissism and Co-Narcissism .....	March 20 .....	15			
Gestalt Counseling for Professionals.....	March 25 .....	17			
<b>APRIL 2017</b>					
Hot Docs:					
46th Annual Potpourri .....	April 8 .....	25			
Armchair Series.....	April 24 .....	34			
<b>MAY 2017</b>					
Tracking Changes .....	May 3 .....	23			
Information Night.....	May 15 .....	34			
The Gestalt Approach to Working with Addictions.....	May 15 .....	15			
<b>JUNE 2017</b>					
Annual June Residential .....	June 6 .....	18			
Acting Out/Acting In.....	June 7 .....	24			
Information NIght.....	June 13 .....	34			
On Being In Your Head.....	June 16 .....	20			
Armchair Series.....	June 19 .....	34			
<b>AUGUST 2017</b>					
Information Night.....	August 8 .....	34			
Summer Seat Sale.....	August 15 .....	21			

## INFORMATION NIGHTS

Gestalt needs to be experienced, not just talked about. Information Nights will not only answer your questions but bring the vitality of Gestalt to you first hand. Meet faculty and senior students at the GIT and take part in a demonstration and discussion of the Gestalt method.

### 2016

Tuesday, September 13, 2016

Monday, October 3, 2016

### 2017

Tuesday, January 17, 2017

Monday, March 13, 2017

Monday, May 15, 2017

Tuesday, June 13, 2017

Tuesday, August 8, 2017

**Instructors:** Faculty

**Time:** 7:00–9:00pm

**Fee:** None

Please call 416-964-9464 to register.

## EVENING ARMCHAIR SERIES

Faculty apply a playful Gestalt approach to the larger issues in the seemingly ordinary and the smaller issues in the very large. Perspective and a sense of cosmic humor is your first step to integrating what you avoid and shedding the masks of the “not real” me.

### Hell is Other People (Sartre)—Relationship Series

Whose Mistake is This?

Monday, October 24, 2016

### Why Do I Keep Picking the Same Person?

Monday, November 29, 2016

### Power Dynamics and Work Relationships

Monday, February 27, 2017

### Modern Family

Monday, April 24, 2017

### Soul Mates—On Codependency

Monday, June 19, 2017

**Time:** 7:00–9:00pm

**Fee:** \$10/session

Please call 416-964-9464 to register.





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