



Gestalt Institute of Toronto

The 2017-2018 Training Catalogue

A Message from the Executive Director and the Director of Training

We began our message last year announcing our move to a new building, and we begin this year with our entry into the international arena — with our sponsorship of the August 2018 AAGT International Conference, on the theme of Radical Respect: Contemporary Gestalt Therapy in Troubled Times. The theme reflects a Gestalt Therapy worldwide response to the growing need and demand of respect for difference that is at the heart of the Gestalt approach.

Carolina, Jay and Heather Keyes, from the Instituto Humanistico Integral in Mexico, will be the co-convenors for the conference. We are proud of Canada's reputation as a sanctuary country and specifically of Toronto's reputation as a diverse city which inspired the AAGT to hold its conference here. We are excited to share the depth and breadth of our Gestalt community with the leaders and teachers that have inspired us. Several of our senior graduates are serving on committees and doing ground support for some of the necessary functions. The doors are open for participation.

This year the staff and students of the GIT welcome new faces to our teaching faculty — Lauren Nancarrow Clarke and Emily Peng, both graduates of the GIT and experienced practitioners, bring their depth of experience to our training program. We are continuing to raise funds to create a dedicated student clinic space, one of our final projects in the new building. We invite your ideas and support to bring this to fruition.

On behalf of the faculty, the office team, and our community of students, graduates, and trainers, we invite you to share an enriching year of meeting at the boundary!



Carolina Edwards
Executive Director



Jay Tropianskaia
Director of Training

How Gestalt Therapy Evolved Through the Years

Over the past decade we have witnessed a shift in both psychotherapy and psychoanalysis that has been called the relational shift. This means the therapist can no longer consider themselves fully responsible for the therapeutic situation, and that in fact, the relationship between therapist and client is the field out of which the work emerges.

This relational shift has brought Gestalt Therapy back to its roots in its founding premise that there is no organism separate from the environment.

The discovery of mirror neurons in the field of neuroscience and the work of Daniel Stern in infant development have proven, as Paul Goodman wrote many years ago, that contact is the first reality. The desire to connect emerges in the womb and follows us through life. Our current world in which the social medium is electronic contact reflects our separation from our bodies. We call this separation, desensitization, and it characterizes the work of our modern times.

Gestalt Therapy continues to adhere to its principles about change. We do not seek to change those behaviours and symptoms we call undesirable — that so much self-help literature seeks to eliminate. We see these as creative adjustments that were life saving in the development of each individual, created in order to make contact in the only way possible at the time. Gestalt Therapy honours our creative adjustments and does not seek to remove them from clients, but seeks to understand, know and respond to the underlying intention in the way they are being expressed. It is said that Gestalt Therapy puts us at our experiential vulnerable edge; because we meet the unknown in every intimate connection.

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

The Five Year Training Program

The Gestalt training program consists of five years of part-time study on evenings and weekends, which allows students to continue their current employment while completing their studies. The program is scheduled between the months of September and April, followed by a five-day residential workshop in a country setting in May for Years One, Two, and Three; and in June for Year Four and the One Year Training Program for Professionals group.

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

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 the awareness that 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.

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 as qualified to practise psychotherapy in Ontario, one must be registered with the CRPO.

The Five Year Training Program is recognized by the CRPO, which means that its curriculum addresses all of the standards and competencies mandated by the CRPO, and graduates of the program will be accepted by the CRPO without any additional documentation.

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 applying for registration.

Prospective students are encouraged to check the College website, www.crpo.ca. The "Resources" tab is particularly useful in finding details about the College's requirements.



Personal Development Years

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. It is called the year *to express*. The emphasis is on working within the established framework of Gestalt theory as it is applied to one's personal growth and life goals within and outside of the group. The group is a living laboratory in which to explore present-based awareness of one's self in relation to others. Students can expect to connect with others at the deepest level. Learning acquired in Year One forms the foundation of Gestalt Therapy practice as developed across the five years.

Learning Outcomes

- Reclaim spontaneity—learn the difference between risk-taking and recklessness
- Find language to identify and express your own process in relation to others
- Awaken body awareness as a first step to embodied relationality
- Discover the “how” of who you are — your phenomenology

- Explore who you are at the boundary of experience
- Identify difficult behaviour as a function of your creative adjustment
- Recognize the importance of the group and its context in your own evolution
- Confront fear of intimacy and gain confidence in interpersonal skills

Students Are Expected to Complete

- Oral and written exams
- Reflective journal as an ongoing personal exploration of theory as learned in the classroom
- It is recommended that students begin personal therapy in Year One in order to meet the requirement of 30 hours by the end of Year Two

Personal Development Years

Year Two

Introduction to Field Dynamics

As Year One is the year to express, Year Two is the year *to explore*. It builds upon the foundational work of Year One as group members are challenged to apply embodied self-awareness to the awareness of the other. The group process becomes more figural, including awareness of roles within the group. Students will learn to develop curiosity in one another's difference, to understand and explore their responses to group members, and to deepen their use of the group as a support for ongoing growth.

Key Competencies

- Integration of Gestalt theory of human psychological functioning and development
- Integration of awareness of self in relation to one's role as group member and trainee
- Integration of knowledge of human and cultural diversity in relation to other group members
- Use of effective communication — access genuine curiosity and interest in one's own responses to another's approach and style, especially non-verbal communication

- Build and maintain effective relationships
- Address emerging conflicts and differences with perspective, self-awareness and respect, use of I-Thou, and Here and Now
- Discover language for internal experience in order to create rapport with the other
- Develop ability to take and give feedback
- Include differences in interactions with others
- Achieve successful resolution of authority issues
- Maintain self-care and level of health, and manage energy during training weekends
- Begin to access and apply a range of relevant professional literature

Students Are Expected to Complete

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

Readiness to begin Year Three is based on successful completion of Year Two academic, attendance, and interpersonal assessments.

Personal Development Years

Year Three

Applied Gestalt Leadership

This year is where students begin to learn to lead from process and to create experiential learning for one another, for students in other years, and for the general public. Students' roles change from peer/student to leader/therapist, as they now work with faculty in Year One and Two classes. Students learn to apply professional ethics and boundaries to their relations with students in earlier training years and peers in their own year. Practice throughout the year with supervised Gestalt Therapy sessions gives increased confidence with the method and with use of self.

Key Competencies

- Integration of awareness of self in relation to beginning of professional role
- Adaption of the therapist's approach within a culturally diverse group
- Use of effective listening skills
- Address conflict in a constructive manner
- Employ empathy, respect, and authenticity
- Maintain self-care and level of health necessary for responsible therapy and group membership
- Learn to bracket assumptions

- Demonstrate awareness of the impact of context and the presence of the therapist and the co-leader on the process
- Demonstrate clear boundaries
- Develop effective skills in observation of self, the client and process
- Develop safe and effective use of self in the therapeutic relationship

Students Are Expected to Complete

- Oral and written assignments
- 100 hours of direct supervision and co-leadership within The Training Program
- Brief live therapy examinations
- 20 hours of personal therapy with a Gestalt psychotherapist during this year for a total of 50 hours by the end of Year Three

Individuals who have completed the requirements for Year Three will receive the Certificate of Applied Gestalt Leadership (as well as the much coveted Gestalt T-shirt!). Application from Year Three to Year Four is by group interview held in June.

Professional Development Years

Year Four Training and Supervision in Gestalt Therapy

Students in Year Four are trained in the fundamentals of therapy practice and a range of diverse clinical applications. Students learn a broader range of considerations that are applicable to all psychotherapy, including safe and effective use of self and principles pertaining to transference, counter transference, and self-disclosure. Students receive practical training on how to set up 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 under supervision 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 create their own client base as well.

All competencies covered in Years One through Three are now applied to the practice of psychotherapy with particular emphasis on:

- Exploration of the impact of personal bias and experience to the therapy relationship
- Use of effective professional communication
- Gaining a broader awareness of issues of multiculturalism, diversity and power dynamics in the meeting of therapist and client
- Case presentation and review, clinical note-taking, documentation and legal concerns
- Compliance with legal and professional obligations
- Application of ethical decision making
- Obtaining clinical supervision and consultation
- Conducting an appropriate risk assessment
- Conducting an effective closure process to end a course of therapy appropriately

Students Are Expected to Complete

- Oral and written assignments
- Oral theory and practical examination
- Outreach project to introduce Gestalt to a new community
- Professional practicum
- 176 hours of experiential and didactic learning developing proficiency in professional standards and competencies
- 20 hours of clinical group supervision

Professional Development Years

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 and 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: Benefits, Limitations, and Contradictions of Differing Psychotherapeutic Approaches; Diversity; Advanced Gestalt Therapy Approaches; Research; 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. Individuals successfully meeting all requirements receive a Certificate of Completion of The Five Year Training Program in Gestalt Psychotherapy.

May and June Five-Day Residential Training

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

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

Five-Day Residential for Training Programs
A fee of \$585 for 2017-2018 training year includes accommodation and all meals. The residential fee is separate from tuition fees.

Travel arrangements are the responsibility of the individual.

2017-2018 Tuition Fee Schedule

Year One — Gestalt Approach to Personal Growth
\$3,900*

Year Two — Introduction to Field Dynamics
\$3,900*

Year Three — Applied Gestalt Leadership
\$4,150*

Year Four — Training and Supervision in Gestalt Therapy, \$4,150*

Year Five — Advanced Gestalt Psychotherapy Training
\$2,075*

*\$100 administration fee is added if paid in instalments.

GIT Tuition fees qualify to be claimed as a non-refundable tax credit with Revenue Canada.

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 the Year One curricula 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 currently practising therapists and counsellors, trainers and facilitators, consultants and leaders. 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.

Learning Outcomes Include

- 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
- Clinical practice and supervision

- 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

Those who successfully complete the One Year Training Program for Professionals (125 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 2017–May 2018, 9:30am–12.00pm + Four Weekends: Friday Evenings 7:00pm–9:30pm, Saturdays 10:00am–4:30pm, Sunday 10:00am–12:30pm + One Saturday, April 14, 2018, 9:30am–6:00pm + The Five-Day Residential June 5–10, 2018

Tuition Fee: \$2,700 plus residential fee Five-Day June Residential fee of \$585 includes accommodation and all meals. Travel arrangements are the responsibility of the individual.

Tuition fee can be used as a non-refundable tax credit.

Process Group Facilitator Training Program

This program was designed to introduce group facilitators and leaders to the experiential, embodied, and relational group process training developed by the Gestalt Institute of Toronto over the past 45 years.

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 for those graduates of the GIT who have been in private practice for at least five years and desire to apply as instructors 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.

The Group Will Explore

- Embodied relational field approach as applied to the group as a whole

- Styles of group leadership 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 “use your self” safely and effectively to make creative interventions
- Awareness of support in the field

Instructors: Jay Tropianskaia, RP, Senior Faculty & Tony Greco, RP, Senior Faculty — See bios on pages 34 and 35

Course Schedule: Eight Fridays, October 13, November 10, December 1, 2017; January 26, March 2, 23, April 13, 27, 2018, 9:30am–12:00pm + Three Saturdays, October 21, 2017, March 17, June 2, 2018, 10:00am–4:00pm + Two weekend practicum placements within specified groups (dates to be chosen in class based on participants’ availability).

Fee: \$1,750 (maximum 8 participants)

Admission to this program is by letter of intent and application form.

The Supervisory Relationship

Supervisor training for Gestalt practitioners

This program, designed to meet CRPO standards for clinical supervisors by April 2018, has been structured to provide and reinforce the skills, responsibilities, and clinical practice of Gestalt psychotherapy while meeting the standards of general supervision practice.

Upon completion of this 30 hour program participants will be able to

- Contract with supervisees
- Structure two-way developmental feedback between the supervisee and the supervisor
- Meet the ethical and legal requirements of note-taking and file management
- Establish clarity of the supervisors' role in providing supervision versus therapy
- Use various methods and approaches needed to develop the KSAO's of supervisees
- Recognize and acknowledge the importance of diversity in the supervisor relationship
- Understand the limitations and benefits of technology use and the legal and ethical considerations
- Explain the fundamentals of structuring the initial, ongoing, and termination sessions

- Use the supervisor role to maintain critical reflection in both a theoretical and practical level

The program is experiential in approach, and an important aspect of the program is peer support and community for participants. Live supervision sessions and peer case reviews will be included in four of the seminars. Admission to this program is by application.

Participants in this Program Must

- Be a Regulated Practitioner in psychotherapy in good standing with their College
- Have a minimum of five-years clinical experience in Contemporary Gestalt Therapy
- Must be familiar with the CRPO Professional Practice Standards for Registered Psychotherapists

Instructors: Jay Tropianskaia, RP, Director of Training, Senior Faculty & Colleen Carruthers, RP, Consultant — See bios on pages 34 and 37

Dates and Times: Five Saturdays: June 3, October 28, November 25, December 2, 2017; January 20, 2018, 10:00am–4:00pm

Fee: \$1,400

Master Supervision Class with Michael Clemmens

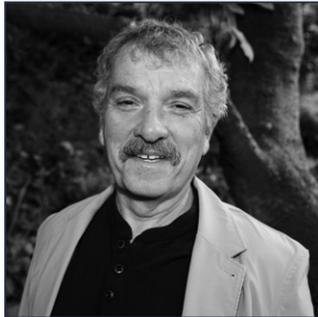
For those students and graduates who are seeing clients, here's an opportunity to have supervision with a master Gestalt therapist.

Instructor: Michael Clemmens, PhD

Date & Time: Sunday, March 4, 2018, 2:00pm–5:00pm

Fee: \$180

Michael Clemmens is a licensed psychotherapist with a private practice in Pittsburgh, PA working with individuals and couples. He is a lead faculty member at the Gestalt Institute of Cleveland and Esalen Institute in Big Sur, CA. He travels extensively nationally and internationally teaching and offering experiential learning opportunities.



Michael is the author of *Getting Beyond Sobriety: Clinical Approaches to Long Term Recovery*, other

articles on Gestalt Therapy, and co-author with Arie Bursztyn of “The Embodied Field: Culture and Body” published in *The Bridge: Dialogues Across Culture*. His newest publication is “The Interactive Field: Gestalt Therapy as an Embodied Relational Dialogue” to be included in the upcoming textbook by Routledge *Gestalt Therapy: Advances in Theory and Practice*. Michael’s main interest is in the interaction between physical processes, relational dynamics and the larger contextual field.

Individual Sessions with Michael Clemmens

Date and Times: Monday, March 5, 10:00am, 11:00am, 12:00pm, 2:00pm, 3:00pm, 4:00pm

Fee: \$175 Graduates & Community / \$125 GIT Student

Call 416-964-9464 ext 14 to book an appointment

Dynamics of Power and Privilege for the Gestalt Practitioner

This group is created for practitioners who want to do case reviews based around issues of power and privilege. Contemporary Gestalt Therapy emphasizes the space between therapist and client in an embodied field, which includes the spectrum of race/sexuality/class/ability/gender/etc. These systemic issues impact the therapeutic relationship often out of awareness and can emerge in therapist and client shame, loss, confusion, and as barriers to contact.

Emily Blackmoon, Social Worker and Gestalt therapist, is offering this series of Sunday afternoon meetings as a way for GIT student therapists and graduates to receive support with cases where systemic power and privilege strongly figures in the field. The group is envisioned as an engaged pedagogical space to share and learn, and to deepen their understanding of what power they hold within the space.

Instructor: Emily Blackmoon, RSW, BSW, CAPT, MS
Dates and Times: Time: Four Sundays, March 18, April 22, May 27, June 24, 2018, 2:00pm–4:00pm
Fee: \$200.00

Emily Blackmoon is a Registered Social Worker and



senior Gestalt student, focusing her work on Indigenous women, youth, and families. She works at the intersections of anti-oppressive social work, Gestalt theory, and Indigenous teachings on healing and wellness. Emily is passionate about how issues of power, privilege, equity, and reconciliation inform the relational

dynamic in the therapeutic process. She has a private practice in Toronto.

Mirror, Mirror, On the Screen

Re-Viewing the Relational Therapeutic Situation

A supportive workshop for your memory and for your pride. This four week workshop will use videotaping to expand awareness of how you are and what you do in relation to another person.

Being able to observe ourselves in a relational situation from another perspective is one way to build awareness of the dance between the therapist and client. Using a video camera in the workshop positioned from the perspective of your client, we can review what happened in slow motion, pause, stop, fast forward, edit, and delete!

This workshop is for therapists and students.

Instructor: Alicia Tough, MScOT, OT, Reg, GIT Graduate

Dates and Times: Four Monday evenings, March 12, 19, 26, April 9, 2018, 7:00pm–9:00pm

Fee: \$190

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.

Embodied Gestalt

Support for the therapist who seeks to work in an embodied way

“The body is the vessel in which the transformation process takes place.” -James Hillman

This workshop is intended to support supervised therapists and licensed professionals in the application of embodied awareness to their practice. The background context is developmental trauma — leaders will introduce a new vocabulary to understand how the symptom carries the trauma. Participants can expect to do therapy sessions within the class in which their own personal experiences are used as material for learning.

Program Goals

- Building safety at a body level beginning with practitioners' own relationship with the body
- Building intuition of body resonance
- Gaining body awareness of the dance between client and therapist — breaking down the “dance steps” of the therapy encounter
- Learning to track body sensations from impulse to movement
- Practicing skills in body resonance with another person

Instructors: Emily Peng, MEd, RP, Faculty & Shan Qi, MEd, GIT Senior Student

Dates and Times: Twelve Wednesday mornings, October 11, 25, November 8, 22, 2017; January 10, 24, February 7, 21, March 7, 21, April 11, 25, 2018

10:00am–12:30pm

Fee: \$540



Counselling for Professionals

Emily Peng joined the GIT faculty in 2017. She enriches her Gestalt training with ongoing training in developmental somatic psychotherapy, bodywork, psychodrama, and somatic experiencing. See faculty biography for more detail.

Shan Qi is a GIT senior student, a graduate of the *Developmental Somatic Psychotherapy Program* in New York, and has completed training in somatic experiencing, psychodrama, and sensory awareness. She and Emily Peng lead ongoing groups in the Chinese community in Toronto. Before coming to Canada, she was the project manager at Shanghai Social Worker Association.

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 counselling skills through direct experience of what worked and what did not.

This is an opportunity to enhance your counselling 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 counsellors to emotional challenges, experience tools to explore the emotional issues, and provide opportunities to share and experiment with challenging cases.

Instructor: Carolina Edwards, RP, MCISc, Senior Faculty, Director, Auditory Management Services — See bio on page 34

Date and Time: Friday, April 13, 2018, 10:00am–4:00pm

Fee: \$225

The Gestalt Approach Series

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 the embodied relational approach and field theory are applied to different contexts. Prior knowledge of Gestalt is not required.

Diversity: The Stranger

“All real living is meeting.” -Martin Buber

Intimate relationships are essential to our well-being but fear of otherness can frazzle the mind and close the heart as prejudices and pre-judgments hold us hostage from connecting, resulting in increased isolation and suffering. Strapped to rigid beliefs about ourselves and “the other,” the ground is fertile for further relational trauma. It is in this context that the “stranger” seems to have the power to undo us, to touch the pain of our innermost self, the foundation of our narration and of our “fragile” identity. We will combine an experiential component and discussion with groundbreaking theory on trauma to look at how:

- We orient ourselves in the world
- Oppression shows up on our bodies

- Lived experiences shape our understanding, feelings, ambivalence, and fears that stand in the way of “meeting” the other
- We can support ourselves and one another in a healing journey to restore our passion for engaging and building fulfilling relationships

Instructor: Luisa de Amaral, RP, GIT Graduate

Date and Time: Monday, November 13, 2017,
10:00am–4:00pm

Fee: \$225

Luisa’s passion for travel, education, and diversity has



taken her across many borders. She is a certified psychotherapist with a medical background and is currently in private practice. Luisa divides her time between Gestalt and promoting awareness for environmental and social justice issues, embracing the paradox of human existence with sensitivity and playfulness.

Depressive Experiences

“Can I as therapist stand on the ground of human suffering and risk being infected?” -Gianni Francesetti

The depressed client can present a challenge to the therapist who is asked to share a field of helplessness, which seems counter to the therapist intention to heal. The relational approach invites us to examine how our own embodied response to depressive experience can become the key to contact with the other. This seminar explores how therapist and client co-create a shared field of depression. Out of this awareness of what Francesetti calls the “absence between us” we can find the key to affective interventions and restore our faith in the reality of contact.

Instructor: Jay Tropianskaia, RP, Senior Faculty — See bio on page 34

Date and Time: Monday, December 4, 2017, 10:00am–4:00pm

Fee: \$225

Trauma and Embodiment

“Trauma is not what happens to us, but what we hold inside in the absence of an empathetic witness.” -Peter A. Levine

Emily Peng and Shan Qi bring Developmental Somatic Psychotherapy into a Gestalt relational context for therapists working with trauma to gain awareness of how to integrate somatic experiences for trauma resolution. This seminar will explore how past trauma experience affects our current bodily experience as it emerges for both therapist and client in the therapy relationship. The intention of this one-day seminar is to:

- Introduce the definition of trauma and symptoms
- Build up your somatic resources and somatic sense of self
- Develop your capacity and capability of using inner and outer resources to support different responses
- Through Gestalt experiments you will focus on building up the safety, stabilization, boundaries, and pacing, through being able to establish embodied resonances with yourself and others

Instructors: Emily Peng, RP, GIT Faculty & Shan Qi, GIT Senior Student — See bios on page 19

Date and Time: Monday, April 16, 2018, 10:00am–4:00pm

Fee: \$225

The Gestalt Institute of Toronto Joyously Welcomes Ruella Frank:

The Gestalt Institute of Toronto has a special relationship with Ruella Frank, as many of our graduates have deepened their embodied awareness through her training program in Developmental Somatic Psychotherapy in New York City. Ruella's foundational work explored the movement of infants towards contact with adults, later forming the basis of adult-to-adult embodied communication, which has informed the development of embodied relational Gestalt practice.

Self in Motion

A Radical Phenomenological Approach to Gestalt Theory

As a phenomenological methodology, Gestalt Therapy is concerned with an understanding of how we live the situation we are living: how to analyze, describe, and know it. In this training, participants will learn the basic principles of Gestalt Therapy Theory by investigating the dynamics of movement.

In breaking down movement process to its most basic elements, we will explore ideas of Self, Creative Adjusting, Contacting, Modalities of Contacting, etc. That is, by focusing on MOVING — tactility (touch), kinesthesia

(the feel of ourselves moving), and kinetics (movement itself), we will learn the essentials of how we experience ourselves with an other.

Special attention will be given to the emergence of fundamental movements in the first year of life and their constitutive participation in the moment-to-moment experiences throughout life: a developmental perspective.

Instructor: Ruella Frank, PhD — See bio on page 36

Dates and Times: Friday, January 26, 7:30pm–10:00pm;
Saturday, January 27 & Sunday, January 28, 2018
10:00am–4:00pm

Location: To be announced

Fee: \$425





Monday Seminars: Sight and Sound Series

The arts and Gestalt have always been close. Our community includes therapists who combine their relational art with sound, dance, acting, movement, and poetry. Gestalt has been called an aesthetic approach going back to an ancient meaning “of the senses.” These seminars are doorways to recovering the senses, helping us to make richer contact with the world.

Sound Dialogue

A one-day process oriented exploration of music-centered psychotherapy, and its application to Gestalt therapy

Experience the here and now of connection through the language of music. This experiential workshop explores instruments, sounds, and our own voices to find musical conversation together. We will discover our music and experience the process of clinical improvisation as a valuable tool for psychotherapy. Through improvisation, participants will discover new ways of making contact with others and experience group process at a whole new non-verbal and wonderfully creative level. No musical experience or proficiency with instruments is required — only a willingness to explore.

Instructor: Sarah Pearson, MMT, RP, MTA, GIT Graduate

Date and Time: Monday, October 23, 2017,
10:00am–4:00pm

Fee: \$225



Sarah is a hospital-based music therapist working primarily in inpatient oncology and palliative care. She is a working musician, a clinical supervisor at Wilfred Laurier University, and is the lead facilitator of the Music Care Training Program, a baseline training for allied health workers to incorporate music into their care.

Gestalt Metaphor

Gestalt has a long history of working with metaphor as a key to accessing the emotional embodiment of the client. With our contemporary focus on embodied relationality, the use of metaphor works powerfully with clients who otherwise cannot connect to their body responses by giving them a language that encompasses sense and feeling.

Laurie calls metaphor “seeing from the heart” and teaches the art of it as a practice for therapists to open their senses and drop out of the mind, and is an invitation to clients to feel seen at their essential self.

This seminar is geared for practicing therapists, although the visitor to the art can gain much in awakening what may have been a dormant skill.

Instructor: Laurie Weinberg, RP, GIT Graduate

Date and Time: Monday, February 12, 2018,
10:00am–4:00pm

Fee: \$225

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 opened her up to her natural ability to see in metaphors — an aesthetic way to connect with the embodied self or therapist and client. Laurie introduces this classical Gestalt approach as part of the Monday seminar series.



Broad Strokes

Expressive Arts and Gestalt

Explore the elements of expressive arts and Gestalt in process for a day, explore the doing of the artistic process without a specific plan. Don't expect to "talk about it" in this one day journey of co-creating and responding to art and one another.

We Will

- Delve into "studio" space (attunement to our senses, materials, bringing forth creative longings and desires)
- Put on our "artist" hats and explore what it is like to create something new in a tangible, concrete, and artistic way
- Work with possibilities: we might do some large paintings, work with clay, or imagine sculpture/installation work
- Work individually but also co-creatively in pairs and/or groups with emphasis and sharing the co-creative process (i.e. obstacles, challenges, surprises, resources, emotions, and sensations)
- Put attention, value and time for artistic/aesthetic responses to images and new creations (through movement, sounds, words/poetry) that spontaneously come from our bodies/ senses in the wake of being moved by what emerges

Spend a day as an artist!

Instructor: Lesley Swartz, Art Therapist, RP, MEd, EXAT, GIT Graduate

Date and Time: Monday, March 5, 2018, 10:00am–4:00pm

Fee: \$225

Lesley Swartz is a registered psychotherapist, specializing



in expressive arts and gestalt therapy. She is a group facilitator, expressive arts therapy trainer, and clinical supervisor. She has been on faculty for ten years and is Associate Director at The Create Institute (Centre for Expressive Arts Therapy Education) in Toronto. She holds a Masters of Education from the Ontario Institute of

Studies in Education (OISE/UT) where she focused on holistic and aesthetic education and creative community development, and recently completed five years of study at The Gestalt Institute of Toronto.

The Clown and Gestalt

Mario Lourenco, graduate of the GIT, RP and Clown invites you to experience the poetic intersection between therapy and clown as a road to personal development. The relationship between Gestalt and the Clown originates with the founder Fritz Perls whose spontaneity, use of theatre, and cosmic sense of humour became a trademark for the attitude and approach of Gestalt. Just as the clown operates without a “fourth wall” that separates the player from the audience, Gestalt therapists can gain support from the art of clowning in becoming more responsive to the forms of contact in the space between client and therapist.

In this One Day Seminar Expect to

- Explore ways to free yourself from your blocks, distortions and repetitions, and to redirect your awareness into the fluid exchange between self and environment.
- In play, experience aspects of self that you try to conceal
- Learn to suspend judgments and critical thinking through the “clown game” and with the support of gestalt therapy
- Facilitate the embodiment of hidden aspects of yourself

Instructor: Mario Lourenco, RP, MEd, GIT Graduate, Actor, Performing Artist

Dates and Times: Monday, January 29, 2018,
10:00am–4:00pm

Fee: \$145

Mario is a registered Gestalt psychotherapist, a graduate of the National Conservatory of Theatre in Lisbon, and has an MEd in Counselling & Psychotherapy at UofT (OISE). In addition to being an actor and drama instructor, Mario has been studying the art of clown in Toronto since 2007. As a Gestaltist and a Performer, he is interested in using the Art of clown to facilitate the embodiment of all aspects of yourself that you are able to tap into and bring



to the visible world with the support of the red nose.

The Relationship Workshop

This short workshop is back again as encouragement and support for those of you who still have hope and for those of you who are on the relationship road of personal development and growth. This is the workshop I wish I had time to run as a university. Topics include the importance of your differences, why you may keep meeting the same person, breaking the cycle of co-dependency, how to negotiate difference before you get surprised, how the most important thing in relationships is not how much you love but how much you can be loved and more. Taught with humour and compassion, you might find you are not as alone as you sometimes feel when you join others like yourself in this program.

Instructor: Jay Tropianskaia, RP, Senior Faculty — See bio on page 34

Dates and Times: Five Tuesday Evenings, October 17–November 21, 2017 (no class on November 14), 7:00pm–9:00pm

Fee: \$295

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. In Gestalt there are no “bystanders”—for everyone in the room this is not a passive process but one in which everyone can grow. Don’t be surprised if you as a member of the group become involved in a dramatic presentation of the struggle “in the chair.”

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, Senior Faculty, Private Practice — See bio on page 35

Dates and Times: Monthly on Wednesday Evenings, October 18, November 22, 2017; January 17, February 21, March 21, April 18, May 16, 2018, 7:30pm–9:30pm

Fee: \$350

Gestalt and Mindfulness

The body is in the mind. In the training of Gestalt psychotherapists we continually admonish students to focus “below the neck” in order to cultivate full embodied presence. What we do not say is that the mind is an emotion of the body, and the unifying of the sense of body-mind is called cultivating presence. This program is highly recommended to students of Gestalt to enhance their awareness of self as part of the field, to learn step-by-step how to be open to whatever arises, pleasant or unpleasant. This is the heart of relational Gestalt. Learn to track movements of sensations and to know these movements as resonance with your self and the other. Increase your embodied awareness of the inner Gestalt cycle.

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.

Instructor: Marina Riker Kucic, RP, GIT Graduate, Private Practice

Dates and Times: Ten Mondays, February 5–April 23, 2018 (no class February 19, April 2), 5:00pm–7:00pm

Fee: \$375 (maximum 10 participants)

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.

Sunday Afternoon at the GIT: Creative Spaces

Creativity comes out of the spontaneous response to life — the way we feel when we enter a room, the impact of colours and movement in nature and in a crowd, the way we choose our clothes in the morning, the way we problem solve our lives... Some of us identify as creative artists, poets, painters, actors, singers. These are the persistent survivors of a culture that teaches us that productivity is the opposite of creativity. Many of us have been taught to fear mistakes, which stops us from following those creative impulses we had as children through which we engaged with our whole selves with life. In this way we have become limited to the use of often flat and colourless words to describe our experiences. Gestalt therapy has always encouraged clients and practitioners to engage playfully and creatively with one another. This short Sunday series provides a nonjudgmental and safe space for your impulses to unfold and to reclaim your creativity.

Instructor: Jane Husak, RP, BFA, GIT Graduate, Private Practice

Dates and Times: Eight Sunday afternoons, February 25, March 4, 11, 18, 25, April 8, 15, 2018, 2:00pm–4:30pm

Fee: \$275

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.



The Urgent Response

The Gestalt Approach to the Addictive Pattern underlying our inability for contact in today's world

A recommended workshop for those affected by addictions as well as counsellors 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 ten week workshop you will learn:

- 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 — See bio on page 34

Dates and Times: Ten Tuesday Evenings, February 6–April 24 2018 (no class Feb 20 & March 13) 7:00pm–9:30pm

Fee: \$595

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 Faculty, GIT Graduate, 5Rhythms© Movement Therapy Facilitator — See bio on page 35

Dates and Times: Weekend of April 28–29, 2018, 10:00am–5:00pm Saturday and Sunday

Fee: \$275

Annual June Residential

GIT Faculty lead the five-day residential program. Participants will engage in individual and group sessions, and experience a variety of creative modalities. Alumni and 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. It's an excellent opportunity for those who wish to renew their connection with the creativity of Gestalt in a beautiful natural environment that supports a program of intensive personal change. You will join with GIT students who are completing their year of study.

Instructors: Senior Faculty of the GIT

Dates and Times: June 5–10, 2018

Fee: \$1,690 (program, accommodations, and meals)

Summer Seat Sale

An opportunity to observe and experience different therapy styles in short pieces of work by each of our GIT senior 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. This is a good introduction to Gestalt Therapy and the faculty of the GIT. It's a popular program, so sign up early!

Instructors: Senior Faculty of the GIT

Dates and Times: Three Evenings, Tuesday, August 21; Thursday, August 23; Tuesday, August 28, 2018; 7:00pm–9:00pm

Fee: \$160



Back to the Future The 47th Annual Potpourri



Our third year students continue to challenge “normal” life with a Gestalt spin on issues that lie just past the next step — to the unknown next present that some call the future! Explore the robots we are becoming and the joy of life as a cartoon.

If you have ever wondered what is Gestalt, this series of short workshops will touch on the incredible lightness of being at the heart of our training. Time to really meet the students, faculty, and your fellow time travellers at The Gestalt Institute of Toronto.

Date and Time: Saturday, April 14, 2018, 9:30am–6:00pm
Fee: \$45

Allow our students to guide you through a day-long trip to such alternate dimensions as:

- *The Matrix*
- *Arrival*
- *Passengers*
- *Dr. Who*
- *I, Robot*
- *Hot Tub Time Machine*
- Next Gen
- The Bar Scenes in *Star Wars*
- Colonizing Different Planets
- Zombie Apocolypse (futuristic family)
- Viruses
- Animae — Life as a Cartoon

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. 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 counselling led her to Gestalt and the GIT, and her subsequent offering of training in counselling 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 a private practice in Toronto.

Faculty

Tony Greco, RP, Senior 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.

Lauren Nancarrow Clarke, RSW, brings over a decade of facilitating group and individual therapy. As the newest GIT faculty member, she brings her warmth, sense of connection, and commitment to teaching and therapy. Lauren has worked in Seattle and New York City, and now in Toronto at a large mental health and addictions hospital since 2007.



She first graduated from Smith College School of Social Work with a masters in social work specializing in psychodynamic and relational practice, and from the GIT in 2014.

Lauren has also trained in using movement with individuals to become a 5Rhythms® movement therapy facilitator. She creates and offers personal development programs at the GIT incorporating the body into Gestalt to experience more wholeness and connection in life.

Faculty

Emily Peng, MEd, RP, joins our team this year, bringing somatic experiencing and expressive arts into the richness of contemporary Gestalt. She is a graduate of the Gestalt Institute of Toronto, the Developmental Somatic Program in New York, and Somatic Experience training for Trauma Resolution.



Emily's dream is to bring her teaching to her other home in China, and so we are very fortunate

to have her in the training program this year to support our therapists' development of their own body resonance and kinaesthetic awareness. While she continues to develop her integration of learning, practice, and teaching, we can only imagine what is to come as she develops this synthesis out of her own instinct for where inner and outer space meet.

Guest Leaders

Michael Clemmens is a licensed psychotherapist with a private practice in Pittsburgh, PA. He is a lead faculty member at the Gestalt Institute of Cleveland and Esalen Institute in Big Sur, CA. He travels extensively nationally and internationally teaching and offering experiential learning opportunities.

Ruella Frank, PhD, has been exploring early infant movements and their relationship to the adult since the mid-1970s. She brings many years of experience to her work as a Gestalt psychotherapist — as a professional dancer, yoga practitioner/teacher, student of various movement theories, and student of Laura Perls, co-founder of Gestalt therapy.

Ruella is founder and director of the Center for Somatic Studies, faculty at the New York Institute for Gestalt Therapy, faculty at Gestalt Associates for Psychotherapy, and also teaches throughout the United States, Europe, Mexico, and Russia.

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.



Guest Leaders

Colleen Carruthers brings her expert leadership in coaching and learning practice to the GIT as co-creator of our competency based training program for Clinical Supervisors. She coaches individuals, teams and organizations and from her background as a registered psychotherapist, certified coach and instructional designer, facilitates leadership development programs for supervisors, managers, and senior executives. Colleen is a graduate of the GIT and holds a degree in adult education from Brock University, and has a private therapy and coaching practice located in Peterborough, Ontario.



Administrative Staff

Scarlett Peterson, Office Coordinator. We were delighted this year to welcome Scarlett back to the GIT to take on the responsibility of office coordinator. Scarlett worked at the GIT between 2005 and 2010 and knows our systems inside and out.



Logan Adams, Marketing & Community Liaison. You probably know Logan as the voice of the GIT. He has been the steady presence over the past three years, bringing his laser eye and creative talents to the GIT publications, social media, and those beautiful cards that promote our workshops.



2017 GIT 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 supporting the ongoing renovations to 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.

Carol Good, President
Jeff Bouganim, Treasurer
Colleen Carruthers, Corporate Secretary
Linda Kamerman
Michelle Keeley
June Menzies
Jerome Pascaris
Lynn Semesiuk
Barb Smith



Donors

We are grateful for the following generous donations this past year. Charles Carr, Mario Lourenco, Ian & Catherine Preston, Barbara Coulston, Anita Adler, Wendy Levant, Barbara Beresford, Karen Tsang, Frank Marchese, Louise Wall, Scott Thomas, Bud Tangney, Marsha Baillie, John Cartwright, William Watters, Nazi Taheri, Miranda Monastero, Xie Fan, Vanessa Caldwell, Terra Kowalyk, Chriz Miller, Angela Rudden, Gillian Fournier, and the Year Two students for their fundraising for the ongoing creation of the Student Clinic space.

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 moved to new expanded quarters. We are currently raising money for the creation of a dedicated Student Clinic space. In addition you can support through a tax deductible donation to the GIT Building Renovation Fund, the JoAnne Greenham Memorial Fund, the Bursary Fund and/or the Professional Library Fund.

Donation Form

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

I would like my donation to support:

- Student Clinic Fund
- The Building Renovation 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.

Year at a Glance

	Starting Date	Page		Starting Date	Page
September			December		
Training Program	September 7	4	Depressive Experiences	December 4	21
Information Night	September 11	42			
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Information Night	October 2	42	Information Night	January 16	42
Embodied Gestalt	October 11	18	Self in Motion	January 26	22
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The Relationship Workshop	October 17	28	February		
Contemporary Hot Seat	October 18	28	Gestalt and Mindfulness	February 5	29
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for Professionals	October 20	12	Gestalt Metaphor	February 12	25
Evening Armchair Series	October 23	42	Sunday Afternoon at the GIT:		
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			Evening Armchair Series	February 26	42
November					
Diversity: The Stranger	November 13	20			
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Year at a Glance

	Starting Date	Page		Starting Date	Page
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Dynamics of Power and Privilege for the Gestalt Practitioner	March 18	16	August		
April			Information Night	August 7	42
Counselling for Professionals	April 13	19	Summer Seat Sale	August 21	32
Back to the Future: 47th Annual Potpourri	April 14	33			
Trauma and Embodiment	April 16	21			
Evening Armchair Series	April 23	42			
Discover Your Soft Spot	April 28	31			

Information Night

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.

2017

Tuesday, September 11, 2017

Monday, October 2, 2017

2018

Tuesday, January 16, 2018

Monday, March 12, 2018

Monday, May 14, 2018

Tuesday, June 12, 2018

Tuesday, August 7, 2018

Instructors: Senior Faculty of the GIT

Time: 7:00pm–9:00pm

Fee: None

Please call 416-964-9464 to register

Evening Armchair Series — Gestalt Magick

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 humour is your first step to Gestalt magick — entry into the ever-changing unpredictable present.

Sixth Sense: On Following Your Gut

Led by Carolina Edwards Monday, October 23, 2017

Karma Becomes Dharma: Since I Didn't Choose My Family How Do I Use This Gift?

Led by Jay Tropianskaia Monday, November 27, 2017

What's A Meta-For? Myth and Metaphor of My Life

Led by Tony Greco Monday, February 26, 2018

Psychic Family Gifts: Unbelievable Things I Learned at Home to Survive

Led by Jay Tropianskaia Monday, April 23, 2018

Gestalt Channeling: Whose Voice Is This In My Head?

Led by Carolina Edwards Monday, June 18, 2018

Time: 7:00pm–9:00pm

Fee: \$10/session Please call 416-964-9464 to register

The Gestalt Student Clinic

The Gestalt Student Clinic is run by our Year Four and Five students. They 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: \$40 per session.

For an appointment call 416.964.9464 ext. 18



Association for the Advancement of Gestalt Therapy Biennial Conference August 14-19, 2018

Join us at the first International Conference held in Toronto! Tuesday, August 14th to Sunday, August 19, 2018 at the Delta Chelsea Hotel in downtown Toronto.

Radical Respect: Contemporary Gestalt Therapy in Troubled Times

The 2018 International AAGT Conference intends that this meeting will address today's demand for respect inherent in Gestalt Therapy in its totality (including its roots in social activism), and will contribute to the evolution of our vibrant and diverse community of Gestalt therapists at the end of the second decade of the 21st century.

If you are interested in working on a committee, we are delighted to welcome your help. Email cedwards@gestalt.on.ca to offer your participation.



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