



Gestalt Institute of Toronto

The 2022–2023 Training Catalogue

A MESSAGE FROM THE EXECUTIVE DIRECTOR AND THE DIRECTOR OF TRAINING

What does it mean to have met this year in-person? There is a kind of joy — the sense of a living body in proximity to another, the reality of the flat screens of the past year left far behind.

This spring we held our first in-person residentials since 2019 and for all but one class this was their first. People called the experience “the magic of Gestalt”. Our fourth year students spoke about their “first in-person client”. Some things we will never forget... The sense of movement through the air of breathing and approaching, this is the magic of life. Even though the ability to reach beyond our borders will ensure that online is now a part of us, the GIT renews its commitment to in-person training.

Welcome to the Annual Catalogue of the Gestalt Institute of Toronto. We open our doors again to you this year in the expectation that strangers will leave as friends. In Gestalt the whole is more than the sum of the parts, which means your presence

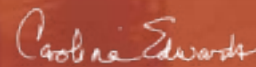
enriches and changes us and together we can “transform pain into beauty” (Francesetti). This is the intention of all of our workshops and seminars, and we are grateful that the online option ensures our continuity with international leaders. This year, Margherita Spagnuolo Lobb, Michael Clemmens, Jan Roubal, Carmen Vázquez Bandín and Ruella Frank take Gestalt into the realms of eating disorders, assessment, addictions, psychosomatic disorders and the heart of our “holding back”.

We are delighted when our own graduates give back with their unique offerings. Rob Whiteman and Julie Devaney have answered the call of people who are desiring an in-depth experience of Gestalt group therapy. Sheldon Holder and Fiona - offer The Racialized Body, Selfing, and Society as a response to working with the black community in the training program. Really Meet Each Other with Carolina and Luisa returns for those of you

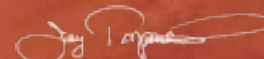
desiring intimate ground. Jay follows last year's Art of Confrontation workshop with the Art of Listening plus a look at therapy through Shaman eyes.

Our Institute is growing and we are very excited to welcome our newest faculty member Michael Cottrell, RP, long time GIT graduate, and devoted Gestaltist, and our new Office Manager Megan Hollingsworth who joins Carly in our front line team. Congratulations to the thirty-three new Graduates who have joined the family of Gestalt psychotherapists working to walk by the side of the suffering other as partners in healing.

We do not know whether this year will unfold with greater unknown or with stability, but we give you our commitment to teach humans to depend on one another just as we depend on the trees that we can breathe together.



Carolina Edwards
Executive Director



Jay Tropianskaia
Director of Training



THE GESTALT INSTITUTE OF TORONTO

The Gestalt Institute of Toronto is one of the oldest established psychotherapy training schools in Canada. We were established in 1973 as a center for some of the leading Gestalt practitioners of the day, including Lore Perls and Isadore From. In addition to the training of psychotherapists we have a tradition of providing some of the most challenging programs and workshops for personal growth. Our commitment to experiential learning means that our graduates have embodied the theory and approach in their lives as well as their work. Over and over we hear from our students and participants — I have never connected more deeply to others, I now can be myself within a group, or I have found my honest voice.

In June 2014, we became the first psychotherapy training institute in Ontario to be recognized by the College of Registered Psychotherapists of Ontario (CRPO) as addressing all of the required competencies for the training of psychotherapists. We are also certified as a designated learning institute (DLI) which provides the opportunity for international students to apply for a study visa to train with us. And in December 2021 the GIT became a private career college. The GIT is part

of an international community of leading Gestalt training institutes throughout the world.

Gestalt therapy today is vital and throughout Europe and Britain, Russia and the Ukraine, Asia and the Americas, committed to the movement from the psychotherapy of the individual to embodied relationality and therapist inclusion.

Our students come from backgrounds as varied as academia and the arts, education, occupational therapy, social work, human resources, health care management and somatic practice. Some have always known that they flourished in the experiential approach or they seek to balance their academic strengths with embodied knowledge. The Gestalt psychotherapist brings their whole self into a variety of settings, in private practice as well as institutional settings working with a range of human suffering including psychopathology and addictions, anxiety and trauma.

THE FIVE YEAR TRAINING PROGRAM IN GESTALT PSYCHOTHERAPY

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 in a country setting in early May for Years Two and Three, and in late May for Year One and Year Four.

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

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.

YEAR ONE — GESTALT APPROACH TO INTERPERSONAL GROWTH

In Year One students are introduced to Contemporary Gestalt with its emphasis on the interpersonal self and the restoration of a sense of belonging. Year One is a year unlike any other, where a return to creativity and spontaneity is encouraged through experiential learning within a supportive, diverse and dynamic group. The emphasis is on the lineage of Gestalt Therapy and the interactive practice of foundational theories. The Group becomes a living laboratory in which to explore present-based awareness of yourself in relation to others. Students can expect to connect with others at the deepest level, and to discover aspects of self both mirrored in and inspired by group members. Learning acquired in Year One forms the foundation of Gestalt therapy practice as developed across the five years.

LEARNING OUTCOMES INCLUDE:

- Gain familiarity with the roots of Gestalt theory and its impact on contemporary Gestalt
- Reclaim spontaneity—learn the difference between risk-taking and recklessness
- Find the language to identify and express your own process in relation to others
- Awaken body awareness as a first step to embodied relationality

- Develop curiosity in the “how” of who you are – your phenomenology – as it changes in different situations and with others
- Explore who you are at the boundary of experience
- Confront fear of intimacy and gain confidence in interpersonal skills

STUDENTS ARE EXPECTED TO COMPLETE:

- Oral and Written Exams
- 180 hours of experiential and didactic teaching
- A Reflective Journal as an ongoing personal exploration of theory as learned in the classroom
- Personal Therapy with a Gestalt therapist: For students intending to continue to Year Three it is essential to begin personal therapy with a Gestalt psychotherapist to fulfill the required 30 hours of personal therapy by the end of Year Two.
- Successful completion of Year One includes assessment of understanding of theory, interpersonal skills and satisfactory attendance at classes.

YEAR TWO — INTRODUCTION TO EMBODIED RELATIONAL FIELD PRACTICE

Year Two provides more structured application of the tools of Gestalt inside the group experience. Group members learn to attend to their embodied responses to one another, using ‘I and Thou’, Here and Now to contextualize the experience of difference. Urgent responses of judgment and blame are replaced by transparency and awareness of one’s process with the other. This inclusive, non-shaming language will be key in answering the therapist question of how to be direct without causing harm. The theory of creative adjustment guides us away from “first wave” reactivity to responding to the intention for contact underlying all behavior. Group process becomes the stimulus for, awareness of, and dissolving of any fixed patterns or roles which are co-created with the group — replacing these with flexibility and genuine curiosity. In this year you can expect to deepen your sense of the group as a support for ongoing challenge and growth.

LEARNING OUTCOMES INCLUDE:

- Build and maintain effective relationships
- Use of effective communication – 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, use of I’–Thou’ and ‘Here and Now’
- Integration of Gestalt theory of human psychological functioning and development
- Discover language for internal experience in order to create rapport with the other
- Develop ability to receive 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
- Integration of knowledge of human and cultural diversity in relation to other group members

STUDENTS ARE EXPECTED TO COMPLETE:

- Oral and written assignments
- 180 hours of experiential and didactic teaching
- Thirty hours of personal therapy with a Gestalt psychotherapist by the end of Year Two
- Successful completion of Year Two includes integration of theory, attendance, and interpersonal assessment — the ability to include another’s experience with humility and respect in one’s own responses. This last is the most important aspect leading to readiness to begin Year Three.

YEAR THREE — USE OF SELF IN EMBODIED RELATIONAL PRACTICE

In Year Three, students learn to experiment with the safe and effective use of themselves in deep phenomenologically based dialogue with one another, as well as supervised practice with students in Years One and Two. In this way, students begin to experience themselves at the beginning of therapist training—applying both professional ethics and boundaries to their relations with students in earlier training years, as well as with peers in their own year. As co-leaders assisting faculty, students begin to learn the meaning of process-led groups and expand their creativity through workshop creation and developing skills in the Gestalt experiment.

LEARNING OUTCOMES IN YEAR THREE INCLUDE:

- Integration of awareness of self in relation to professional role
- Develop safe and effective use of self in the therapeutic relationship
- Learn to bracket assumptions and become aware of bias to assume non-judgmental stance
- Maintain appropriate professional boundaries with Year One and Two students and co-leaders

- Adapt the therapist's approach within a diverse group
- Demonstrate awareness of the impact of context and the presence of the therapist and the co-leader on process
- Demonstrate effective skills of awareness of self, the client, the co-created field and the process of contact — “the dance”
- Develop an experimental attitude and approach
- Employ empathy, respect and authenticity
- Maintenance of self-care and level of health necessary for responsible therapy and group membership

STUDENTS ARE EXPECTED TO COMPLETE:

- Oral and written assignments
- 150 hours of experiential and didactic teaching
- 50 additional hours of supervised leadership
- Brief live therapy demonstrations
- Total of fifty hours of personal therapy with Gestalt psychotherapists by the end of Year Three

Application from Year Three to Year Four is by individual assessment and group 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. Emphasis is on Gestalt as the clinical application of phenomenology. Beginning in November, students are approved to see clients under supervision, they obtain professional liability insurance and choose a supervisor, and become members in the Student Clinic. Students are supported and guided through an experiential and practical training in all aspects of the practice – from preparing for the first meeting, to intake, risk assessment, note taking and managing the therapy hour.

Once students begin supervised therapy practice there is deeper and more immediate integration of the Gestalt approach to change, field theory and the practice of embodied relationality. Learning includes the intrinsic and extrinsic forms of diagnosis, the primary ethic of the

profession and of Gestalt therapy, and fundamentals of being a psychotherapist including safe and effective use of self and principles pertaining to transference, counter transference and self-disclosure. The Year Four program also includes clinical group supervision.

STUDENTS ARE EXPECTED TO COMPLETE:

- Oral and written assignments
- Membership in Student Clinic requiring intake training and practicum
- 150 hours of experiential and didactic learning
- Up to 20 hours of clinical group supervision.

YEAR FIVE — ADVANCED GESTALT PSYCHOTHERAPY TRAINING

Year Five is a completion year for therapists-in-training who are beginning to obtain their own clients to build and maintain a therapy practice.

YEAR FIVE PROGRAM INCLUDES:

- Five seminars on advanced approaches taught by international leaders
- Monthly reading group, 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

It is during this year that students typically complete their clinical hours and supervision requirements for writing their clinical paper as their final steps towards graduation. Once the draft of the students' final paper has been approved, the GIT sends a letter of substantial completion to the College of Registered Psychotherapists of Ontario (CRPO) at which time they may begin their application process for RP (Qualifying) status. Timing of final paper and graduation is intended to ensure that graduates attain their RP (Qualifying) status immediately following their graduation so there is no interruption of their therapy practice.

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 Diploma of Completion of The Five Year Training Program in Gestalt Psychotherapy.

Year Five students are welcome to continue on as members of the Gestalt Student Clinic until they have reached RP(Qualifying) status.

Our graduates work in a variety of settings from running successful psychotherapy practices, to working in clinics, hospitals and schools.

FIVE DAY RESIDENTIAL FOR TRAINING PROGRAMS

All residential training takes place in a country setting outside of Toronto. The residential is a requirement for all students in Years One to Four. The first residential training in early May is for Years Two and Three to complete their year. The second residential training in late May completes the requirements for Year One and Four. A fee of \$740 for the 2022–2023 training year includes accommodation and all meals. The residential fee is separate from tuition fees. Travel arrangements are the responsibility of the individual.

TUITION FEE SCHEDULE FOR 2023

Year One

Gestalt Approach to Interpersonal Growth
\$4700*

Year Two

Introduction to Embodied Relational Field Practice
\$4700*

Year Three

Use of Self in Embodied Relational Practice
\$4700*

Year Four

Training & Supervision in Gestalt Practice
\$4700*

Year Five

Advanced Gestalt Psychotherapy Training
\$2500*

*\$100 administration fee is added if paid by installments.

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

THE SUPERVISORY RELATIONSHIP

An Online Supervision Training Program



DATES: Six Saturday Sessions
October 22, November 5, 2022,
January 14 & 28, March 18,
April 15, 2023

TIMES: 10:00am–4:00pm

FEE: \$1500.00

CONTINUING EDUCATION: 30 hours

This program was specifically designed to support the Gestalt practitioner of embodied relationality field sensitive practice while at the same time meeting the standards set out by CRPO for competence as a clinical supervisor.

BEFORE ATTENDING THIS PROGRAM, PARTICIPANTS MUST:

- be a Regulated Practitioner in psychotherapy in independent practice and good standing with the CRPO
- have a minimum of five years clinical experience in Contemporary Gestalt Therapy
- must be familiar with the CRPO Professional Practice Standards for Registered Psychotherapists

Upon successful completion of this 30 hour program participants will be able to provide developmental supervision in a three party relationship to psychotherapy trainees and other registered psychotherapists. Specifically, the participants will be able to:

- contract with supervisees, to plan a structured approach to co-create the relationship within the field perspective of Gestalt therapy
- ensure the legal and ethical guidelines of all parties are met during the ongoing relationship
- structure two-way developmental feedback between the supervisee and the supervisor: the experience at the contact boundary
- meet the ethical and legal requirements of note-taking and file management
- establish clarity of the supervisor's role in providing supervision versus therapy
- use various methods and approaches needed to develop the KSAO's of supervisees, trained in embodied relational Gestalt practice
- 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.

This program will be by application only.

Deadline for Letter of intent and Application: Monday October 3, 2022

For application information & registration **visit gestalt.on.ca/continuing-education/tsr/** or scan the QR code below.





A GESTALT PSYCHOTHERAPY APPROACH TO EATING DISORDERS

DATE: Thursday, September 15, 2022

TIME: 9:00am–3:00pm

REGULAR FEE: \$250

GIT STUDENT & ALUMNI FEE: \$225

CONTINUING EDUCATION: 5 HOURS

FORMAT: ONLINE VIA ZOOM

Here at last what we have long awaited: a Gestalt embodied relational field approach to eating disorders.

In the words of Margherita Spagnuolo Lobb: Eating, as we know, is not only a nutritional act, but it's something that puts us in a relationship with each other from our birth. These experiences are accompanied by experiences of guilt, shame, and social discomfort in infancy and adolescence, in which the body becomes the 'card' with which we carry our body in the world according to the permission that was given to us to experience it.

The Gestalt approach of the Istituto di Gestalt HCC Italy is based on a phenomenological, aesthetic, and field epistemology, looking at the reciprocity of the relational dance between therapist and patient in a co-created and shared field.

This aesthetic embodied perspective reduces the distance between the physical body and the lived body, getting solid boundaries, suitable to the energy that flows into the body now spontaneous, visible through breathing, posture, gestures, and the different way to bring oneself into the world.

Participants will experiment with their own body-feeling about food and eating, and personal work will be possible.

MARGHERITA SPAGNUOLO LOBB



Margherita Spagnuolo Lobb is a psychologist, licensed psychotherapist, international trainer and director since 1979 of the Istituto di Gestalt HCC Italy (Milan, Palermo and Siracusa). She trained with Isadore From, Erving and Miriam Polster and was deeply influenced by Daniel Stern. She has authored and edited numerous books, and hundreds of papers and chapters on various aspects of Gestalt therapy theory and method and is the recipient of several awards honoring her contributions to the profession.



REGISTRATION: VISIT OR SCAN

gestalt.on.ca/continuing-education/msl-gated



BEYOND SOBRIETY: ADDICTION & RECOVERY AS A LONG TERM PROCESS

DATES & TIMES:

Friday December 2, 2022 7:30pm–10:00pm

Saturday December 3, 2022 10:00am–5:00pm

Sunday December 4, 2022 10:00am–1:00pm

REGULAR FEE: \$495

GIT STUDENT & ALUMNI FEE: \$450

CONTINUING EDUCATION: 12 HOURS

FORMAT: ONLINE VIA ZOOM

This workshop is an elaboration of the principles and outlines of *Getting Beyond Sobriety* (Clemmens, 1997) and focuses on the emotional, somatic and relational patterns that emerge as people move through the sober/clean worlds.

Our first focus will be to identify the attachment patterns so common in early recovery that need to broaden through a more focused relational engagement.

A second focus will be on the traumatic nature and impact of active substance use/behavior as the creative adjustments that allow recovering people not to be "triggered" or relapse. Addiction itself can be a traumatic event(s) and a flight from this experience through any trauma reactions is inadequate to living a life of peace and relaxation. Particular attention will be to become aware of the reactivity in the nervous system and how to intervene on a somatic/relational level.

All of these themes are based in a relational expansion, moving from the "self" management focus to the inclusion of larger spheres of the field experience. Without such an expansion, recovering people become stale, isolated and more prone to shame and frustration.

This weekend workshop is open to anyone who works with recovering clients (which we all do even if not identified), to those in recovery and to Gestalt and non-Gestalt therapists.

MICHAEL CRAIG CLEMMENS



Michael Craig Clemmens is a psychologist and trainer in Pittsburgh, Pennsylvania. He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Esalen Institute in Big Sur, California. Michael is the author of *Getting Beyond Sobriety* (1997), the editor of *Embodied Relational Gestalt: Theory and Applications* (2019) and numerous articles on Gestalt therapy, body process, and addiction. His main interest is the complex interaction of our bodies and the multi-layered field.



REGISTRATION: VISIT OR SCAN

<https://gestalt.on.ca/continuing-education/mcc-bsarp/>



FIELD THEORY PERSPECTIVE ON THE PROCESS OF CHANGE IN PSYCHOTHERAPY

DATES: Thursday & Friday
January 19 & 20, 2023

TIME: 9:00am -3:00pm

REGULAR FEE: \$495

GIT STUDENT & ALUMNI FEE: \$450

CONTINUING EDUCATION: 10 HOURS

FORMAT: ONLINE VIA ZOOM

REGISTRATION: VISIT OR SCAN

gestalt.on.ca/continuing-education/jr-ftp/

The relationship is considered to be the formative power of change psychotherapy, a central process that defines the situation participants' on-going and ever-changing way of participating in the psychotherapy situation. From the field perspective, the relationship is not considered as being co-created by involved individuals. Instead, client and therapist are seen as functions of the here and now field organisation, as processes that are formed by the flow of the situation. This could be seen as a new appearing paradigm for a change in psychotherapy, which is made neither by the therapist, nor through the dialogical co-creation. Rather, the change is seen as a process with its own dynamics that transcends the involved individuals. The change is happening and the process is "using" the involved people for the change to happen. This approach will be illustrated on the work with depression.

JAN ROUBAL



Jan Roubal, M.D., Ph.D., is a psychotherapist, psychiatrist, supervisor and psychotherapy trainer. He teaches psychotherapy at Masaryk University in Brno, Czech Republic, where he also participates in the work of the Center for Psychotherapy Research. Jan works on the leading edge of Gestalt therapy and research including his groundbreaking work on the Gestalt approach to depression, how we present and think about case studies, the experiment, and simplifying the way we speak about field theory and phenomenology in the therapy session. He publishes texts mostly on psychotherapy in clinical practice and has co-edited two books, a Czech publication on Current Psychotherapy (2010) and Gestalt Therapy in Clinical Practice: The Aesthetics of Contact (2013). In addition he is the chair of the EAGT Research Committee.



THE EMOTIONS THAT SCREAM IN THE BODY: PSYCHOSOMATIC DISORDERS FROM A GESTALT THERAPY APPROACH

DATE: Friday, March 31, 2023

TIME: 9:00am - 3:00am

REGULAR FEE: \$250

GIT STUDENT & ALUMNI FEE: \$225

CONTINUING EDUCATION: 5 HOURS

FORMAT: ONLINE VIA ZOOM

From various fields it is affirmed that today's society may be living the heyday of narcissism as a central theme of culture. According to this, the current narcissistic society, turning humanity into an object of analysis, classification and observation of itself, has split culture into two great trends: on the one hand, the cult of what is only psychological and mental, of rational knowledge for the pleasure of analysis; on the other, the cult of the human body as a source of aesthetics and pleasure. The human being has ceased to be a "living being". Can the "physical" be separated from the "psychological"? According to Gestalt Therapy, human beings are holistic beings, we are "made of only one piece".

During this seminar we are going to analyze the basic theoretical elements that support our Gestalt view of the human being and his suffering, and then, above all and mainly, we will focus on the Gestalt point of view of some of these specific forms of suffering that we know by the name of psychosomatic. Finally we will try to offer some keys for gestalt work with the so-called psychosomatic illnesses. Some examples of session excerpts will illustrate the main aspects of our approach.

This workshop will be theoretical, experiential, and offer the possibility of personal work and some supervision.

CARMEN VÁZQUEZ BANDÍN



Carmen Vázquez Bandín is a clinical psychologist, Gestalt psychotherapist, international teacher and supervisor, member of the AETG (Spanish Association for Gestalt Therapy), EAGT (European Association for GT) and NYIGT (New York Institute for Gestalt Therapy). She works in private clinical practice in Madrid, Spain.

REGISTRATION: VISIT OR SCAN

gestalt.on.ca/continuing-education/cvb-etsib/





EMBODIED ASSESSMENT

DATES: Three Fridays – February 17,
March 3, March 24, 2023

TIME: 10:00am – 4:00pm

REGULAR FEE: \$750

GIT STUDENT & ALUMNI FEE: \$695

CONTINUING EDUCATION: 15 HOURS

FORMAT: ONLINE VIA ZOOM

INSTRUCTOR: MICHAEL CLEMMENS
(SEE PAGE 15 FOR BIOGRAPHY)

This three-part training is an in-depth focus on somatic aspects of the client/therapist field. The intention of this practice laden training is to develop awareness in practitioners of how to integrate emergent somatic aspects of the client's experience and style into the practice of relational Gestalt Therapy.

The three individual days will focus on the these topic areas:

- Assessing client's "contact style" as an embodied integrated pattern including breathing, structural alignment, gesture, speech and visual orientation. Practice sessions will focus on giving descriptive observations to clients and supporting their awareness of their embodiment styles
- Exploring the relational physical interaction between the client and facilitator from the perspective of space, mutual gestures and movement as reflective of developmental and characterological pattern
- Attending to our own embodied patterns as we attune to our clients.
- Participants will become more adept at attending to their own physical self-support as baseline and ground to the work.

Each day will include:

- Embodiment practice to sharpen attunement skills and self-embodiment
- Theoretical overviews of different aspects of Gestalt and embodiment
- Demonstrations of specific skills for each section
- Small Group Practice sessions highlighting skills for working in an intentional embodied fashion with client
- Discussion and further learning points/practices to be applied in ongoing practice.

REGISTRATION: VISIT OR SCAN

gestalt.on.ca/continuing-education/mcc-emas/



A GESTALT APPROACH TO WORKING WITH CHILDREN

DATE: Friday, May 26, 2023

TIME: 10:00am – 4:00pm

REGULAR FEE: \$225

GIT STUDENT & ALUMNI FEE: \$200

CONTINUING EDUCATION: 5 HOURS

FORMAT: IN PERSON AT THE GIT

So often working with children/teens and family the focus is on behaviour and how to change it. Through a Gestalt relational approach, the parents/caregivers can learn what the child/teen is reflecting back to them as a message/response to their own behaviour pattern. In this way, the family learns that they are all part of a "dance" and with awareness they can access the harmony they are seeking. In this seminar, you will learn how each member of the family responds to the other both through actions and words and how the therapist can shed light on these unaware patterns to access the true intentionality. During individual therapy work with child/teen, the therapist can support the child to rediscover their naturalness and solidify their sense of self and overall agency in relation to others. In this way, the children and teens can be supported in their worth and listened to in their innate knowledge that there isn't anything wrong with them, but that something isn't working well in their lives.

KAREN BOUGANIM



Karen Bouganim, OT Reg. (Ont), is an Occupational Therapist and Gestalt Psychotherapist with over 20 years of experience working with children and families. She began her career working in the community assisting people with chronic mental illness before moving into the public school system to work with children. She traveled to California to partake in an intensive training program with Violet Oaklander, the founder of Gestalt Therapy for children, in 2002 and has worked with Margherita Spagnuolo Lobb for the past 2 years. Her training in Child Parent Somatic Psychotherapy with Ruella Frank has allowed her to weave into her therapy a more embodied approach to her already unique relational work with children and families.

REGISTRATION: VISIT OR SCAN

gestalt.on.ca/continuing-education/kb-www/





RETROFLECTING: OPENING TO THE AUTHENTICITY OF EXPERIENCE

DATE: Friday & Saturday
June 9 & 10, 2023

TIME: 10:00am – 5:00pm

REGULAR FEE: \$495

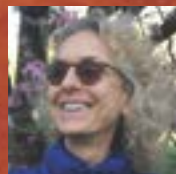
GIT STUDENT & ALUMNI FEE: \$450

CONTINUING EDUCATION: 12 HOURS

FORMAT: ONLINE VIA ZOOM

All therapy sessions begin within a necessary and significant retroflected field of experience. In this workshop, you will learn the value of retroreflections as support for the client's processes of self-regulating within an uncertain situation. You will discover how both client and therapist can hold themselves in, back, and down, and how to use embodied language to describe these experiences and their impact within the relational field. You will become more sensitive to the building of your bodily retroreflections through subtle isometric contractions, learn to observe them in your movement patterns and those of your clients, and come to understand how such bodily expressions are always statements of the field. Once discovered, you will learn how to "unpack" the client's retroreflections to discover the anxious hidden introjects and projections within, and thus find the theme or themes of the session. In disclosing this experience, the background becomes figural, and we articulate the world of our clients as they live it within the unfolding relational field. For students of Ruella Frank and Gestalt therapists this workshop brings our traditional Gestalt concept of retroreflecting into a bi-directional, relational context and revitalizes the work for both therapist and client.

RUELLA FRANK



Ruella Frank 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, Canada, Mexico, and South America.

REGISTRATION: VISIT OR SCAN

gestalt.on.ca/continuing-education/rf-roae/



THE ART OF GESTALT

DATES: Three Tuesday Evenings:
October 18, 25, November 1, 2022

TIME: 7:00pm – 9:30pm

REGULAR FEE: \$225

EARLY BIRD FEE: \$200

(Register & pay by September 10, 2022 for Early Bird Rate)

FORMAT: In Person at The GIT

Contemporary Gestalt is called an aesthetic, meaning "of the senses". The art of Gestalt requires attention to the most subtle sensing of the impact of the world on us and where we meet the world. This is compared to the meeting of a work of art and a visitor to that work who allows themselves to be changed by the connection. This is a meeting that occurs beyond thought, beyond verbal and it always happens in relation to the other, where change and self revelation meet. This workshop is not to become an artist, but to draw what you feel to see what it shows you about yourself in a co-created field. Not to be a dancer, but to move your body outside of pattern to see what your body wants to show you about how you dance with the world. Not to be a singer, but to discover sound as a way of expressing who I am in the present moment with you. Carolina takes you into depths of meeting yourself with others, beyond words, to find yourself as artist, dancer and singer.

CAROLINA EDWARDS



Carolina Edwards, RP, has been a Gestalt psychotherapist since 1994 and as an educational audiologist, author and lecturer, has worked with children with hearing loss and their families for over 40 years. As senior faculty of the GIT she combines natural empathy and embodied skills with a lifetime of spirituality, movement based training and love of the arts. This last inspires her interest in bringing the artist's eyes, and use of materials into Gestalt practice.

FOR REGISTRATION VISIT or SCAN:

gestalt.on.ca/workshops/ce-aog/





PROCESS THIS!

DATES: Eight Monday Evenings:
October 24, 31,
November 7, 14, 21, 28,
December 5 & 12, 2022

TIME: 7:00pm - 9:00pm

REGULAR FEE: \$425
EARLY BIRD FEE: \$375
(Register & pay by September 10, 2022 for Early Bird Rate)

FORMAT: Online via Zoom

“A thousand plastic flowers don't make a desert bloom. A thousand empty faces don't fill an empty room.” —Fritz Perls

In a chaotic world of images, text, and other stimulating media, does authentic connection feel out of reach? Are you feeling disconnected? Process This! is an online group to explore how to be ourselves in the presence of others; and with supportive feedback, start to notice where we get stuck, and what gets in our way.

Group therapy provides a unique opportunity to experiment with ways of connecting, creating a safe place to see how our experience can impact others in unexpected ways. Facilitators will offer creative interventions to support the deepening of connection in one-on-one and whole group encounters. Using a Gestalt approach that emphasizes supportively exploring physical sensations long enough to understand the deep emotions that might be too hard to feel on your own; this group can support you in developing a new capacity and resilience to bring yourself more authentically to the challenging situations of your life.

JULIE DEVANEY



Julie Devaney, RP, is a Gestalt Psychotherapist in private practice in Toronto. She brings a creative and often playful approach to the difficult and painful issues in client's lives. She has a pas-

sion for leading groups that support individuals in a deeper understanding of themselves through fully feeling the differences and similarities in each of our lives by looking in the mirrors offered by one another. For fifteen years, she provided trauma-informed workshops to support health care staff and patients in hospitals from St. John's to Whitehorse, as well as the US and UK.

ROB WHITEMAN



Rob Whiteman, RP(Q), is a Gestalt Psychotherapist working with individuals, couples, and groups in private practice. Starting with an education in business, Rob has over fifteen years of experience

in the private sector which affords him the ability to understand complex and difficult interpersonal dynamics and systemic issues which people face in their daily lives. His approach as a "compassionate detective" helps distill the language and patterns people carry into functional, creative trauma-informed body work.



FOR REGISTRATION VISIT or SCAN:

gestalt.on.ca/workshops/jdrw-tp



THE ART OF LISTENING

DATES: Four Tuesday Evenings:
January 10, 17, 24, 31, 2023

TIME: 7:00pm - 9:00pm

REGULAR FEE: \$250
EARLY BIRD FEE: \$225
(Register & pay by December 15, 2022 for Early Bird Rate)

FORMAT: In Person at The GIT

Many of us have lost our most important ability – the ability to receive.

We love without being able to be loved. We listen without the ability to be heard. We look without the ability to be seen. The gift of being heard is the greatest gift we can receive and we so rarely achieve it. Instead when we speak our truth we get advice or an argument, or we hurt the ones we love and risk rejection.

This workshop aims to teach how to support yourself and the other to have hard conversations, how to be an effective communicator of your own truth, how to recognize “first wave” responses in order to wait before responding, how to stay at the table with the other, and how to separate the trauma of the past from the challenge of the present.

JAY TROPIANSKAIA



Jay Tropianskaia, RP, Director of Training and Senior Faculty of the Gestalt Institute of Toronto, Canada, has practiced as a Gestalt psychotherapist for the past 28 years. In addition to teaching and training in the Five Year Training Program in Gestalt Psychotherapy at the GIT, she offers trainings in supervision, working with couples, emotional expression and regulation, spirituality and gestalt, and process group facilitation. Her range of interest is well represented in this year's catalog. She continues to work in bringing the GIT into alignment with contemporary embodied relational field approach.

FOR REGISTRATION VISIT or SCAN:

gestalt.on.ca/workshops/jt-aol/





REALLY MEET EACH OTHER:
THE POWER OF PROCESS

DATES: Six Tuesday Evenings
February 28, March 7,
14, 21, 28, April 4, 2023

TIME: 7:00pm – 9:00pm

REGULAR FEE: \$375
EARLY BIRD FEE: \$325
(Register & pay by January 15, 2022 for Early Bird Rate)

FORMAT: In Person at The GIT

Over the years we have heard these same remarks from Gestalt group participants: “In the group I felt seen for the first time, I found the meaning of intimacy with others, I have really met like-minded people, I feel present with others without losing myself, I have found my voice...” Through a process oriented approach Gestalt is known to reach levels of intimacy fairly quickly even between strangers and yet without the induction of shame or the generating of unfinished business.

In this workshop you will “really meet others” and learn to listen to the intentionality of the other through the “how” not the “what” of communication, develop curiosity in the other through curiosity in one’s own reactions and responses and ask questions that originate in your genuine honesty. Gestalt therapy is a conversation that comes close to “high play” as group members explore their capacity to co-create the “unknown next step” out of the shared present moment.

Join a group of strangers in an experiment of deep connection.

LUISA DE AMARAL



Luisa de Amaral, RP, has been working as a Gestalt therapist for more than a decade and is currently in private practice in Toronto, where she works with individuals, couples and groups. As a GIT faculty, she brings a broad understanding of diverse cultures and issues of gender to the training program. She is known for her curiosity, sensitivity and playful creativity.

CAROLINA EDWARDS – SEE PAGE 21 FOR BIO

FOR REGISTRATION VISIT or SCAN:
gestalt.on.ca/workshops/celda-rmeo/



THE RACIALIZED BODY,
SELFING & SOCIETY

DATES: 7 Tuesday Evenings
October 25, November 1, 8
15, 22, 29, December 6, 2022

TIME: 7:00pm – 9:00pm

REGULAR FEE: \$325
EARLY BIRD FEE: \$290
(Register & pay by September 10, 2022 for Early Bird Rate)

FORMAT: In Person at The GIT

In this workshop, we will explore the phenomenology of race and racism in contemporary society, the dual awareness that raced bodies navigate, and the power relationships that bear down upon raced bodies. We will also explore how to build an ethic of care with racialized people, with a focus on building and repairing relationality. Highly recommended for therapists and therapists in training to build recognition of client’s experience of being racialized in order to build trust in the therapy situation.

FIONA MOOLA



Fiona Moola, RP(Q), is a racialized woman with ancestral roots from apartheid South Africa. Fiona is an Assistant Professor at the Toronto Metropolitan University and an Adjunct Scientist at the Holland Bloorview Kids Rehabilitation Hospital. She is also a Registered Psychotherapist (Qualifying).

SHELDON HOLDER



Sheldon Holder is an activist, musician, writer and trainer. He is in his final year of the Five Year Training Program. Sheldon combines his Gestalt experience with his double major in Human Geography and History and a minor in Equity Studies at the University of Toronto to make this important contribution to Gestalt approach to diversity and training.

FOR REGISTRATION VISIT or SCAN:
gestalt.on.ca/workshops/fmsh-rbss/





THE SHAMANIC THERAPIST

DATES: Four Tuesday Evenings
April 4, 11, 18, 25, 2023

TIME: 7:00pm – 9:00pm

REGULAR FEE: \$250
EARLY BIRD FEE: \$225

(Register & pay by February 15, 2023 for Early Bird Rate)

FORMAT: In Person at The GIT

INSTRUCTOR: JAY TROPIANSKAIA
SEE PAGE 23 FOR BIO

The Space Between — an invisible world that is co-created by the movement of life in relation to life. The therapist knows this through the change in atmosphere as a client enters and the particular signature of the client's movement, breath and tone of voice which evokes a response in the therapist unique to that encounter. The Shaman anticipates these energetic movements, and actively seeks to align their own energy with the elements of the space, a plant, an animal or a human in order to co-create or assemble a mutually beneficial reality. Both therapist and shaman engage in healing not as a doing to another but as a dance in which the recognition of what is missing and what is being called for becomes the cure itself.

Shamanism makes the invisible visible by naming it and bringing it into substance through the doors of sensing. The Shamanic therapist shifts themselves into whatever form will produce a shift in the other so that both can attain the highest level of connection possible. To do this there is an inner checklist of the state of one's own luminosity — a collection of all of the feelers, sensors and ways of seeing available to one's energy body.

In traditional Shamanic training one must be able to identify blindfolded the difference between forms of water, wind, soils and fires, the phases of the moon and the degree of human awareness. They do this by identifying the feeling inside their own energy body. To know the other one must know oneself.

Become a shaman's apprentice for the four evenings of this workshop and learn to use your intention and your presence to affect a shift in any space you enter.

FOR REGISTRATION VISIT or SCAN:
gestalt.on.ca/workshops/jt-tst/



EMBRACING EMBODIED PRESENCE

DATES: 8 Friday Mornings
April 14, 21, 28, May 5
12, 19, 26 & June 2, 2023

TIME: 10:00am – 12:30pm

REGULAR FEE: \$425
EARLY BIRD FEE: \$375

(Register & pay by February 15, 2023 for Early Bird Rate)

FORMAT: In Person at The GIT

A workshop for therapists and therapists in training
“...give as much support as is needed and as little as possible” –Laura Perls

In this eight part workshop you will be invited to be brave and challenge yourself to show up to the felt sense of therapeutic work. As therapists, we are always impacted by our clients' bodies. Mirror neurons, micro expressions, and breathing together create movement and flow between us. When we increase our awareness of our own body's response, we learn to trust our body's knowledge and we gain more ease in our work.

In this workshop you can expect to:

- Deepen your sensitivity to body responses with your clients
- Expand your capacity to stay in awareness of self while paying attention to the other
- Heighten your sensitivity to the felt sense of the space and movement, called “the dance, between self and other”
- Increase your ability to develop clear boundaries that may have been blurred by trauma
- Support yourself to work less by trusting your clients more
- Encourage you to let go of “doing to” and embrace “being with”.

LAUREN NANCARROW CLARKE



Lauren Nancarrow Clarke, MSW, is a Gestalt psychotherapist who has worked with individuals and groups in hospital and community settings for the last fifteen years. She is on faculty at the Gestalt Institute working with senior students on contemporary issues in practice. Lauren has also been an avid ecstatic dancer for over twenty years. She is passionate about how the body's information supports our ability to be present with one another in honest ways. Lauren continues to love to learn with her clients and groups about how to be embodied, with open heartedness and curiosity.

FOR REGISTRATION VISIT or SCAN:
gestalt.on.ca/workshops/lnc-eeep/





INFORMATION NIGHTS

A perfect introduction to the method, the approach and the community of the Gestalt Institute of Toronto.

Learn firsthand about our Training Programs and workshops through combining with like-minded people in lively Gestalt experiential explorations of yourself and others. Evenings are led by Gestalt faculty.

FEE: Complimentary

FORMAT: Online Via Zoom

DATES & TIMES:
MONDAY EVENINGS 7:00pm – 9:00pm

October 3, 2022	February 6, 2023
November 7, 2022	April 17, 2023
January 9, 2023	

FOR REGISTRATION VISIT or SCAN:
gestalt.on.ca/workshops/info-nights/



STUDENT CLINIC

An approved in-house practicum for senior students.

Gestalt therapy is a present-centered and experiential approach to personal change. People come to Gestalt therapy who seek embodied support in times of crisis and transition, who desire to finish unfinished business, find creative solutions in relationships and decrease their level of fear and anxiety. Supervised student therapists in Year Four and Five of the Five Year Training Program provide high level, empathic and interactive therapy at an affordable fee.

The service is available in Toronto, Thornhill, Mississauga, Burlington, Guelph and at the present time online for more distant areas. Appointments are available at the Student Clinic for daytime, evenings and weekends and we currently have student therapists who can provide therapy in languages other than English, so please inquire. You can go to the Student Clinic on the GIT website to register for information.



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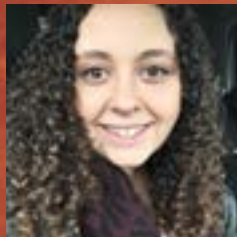
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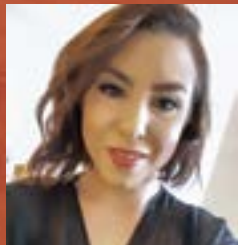
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BOARD OF DIRECTORS

The Gestalt Institute of Toronto is a charitable organization registered with the Canada Revenue Agency and Human Resources Development Canada, and most recently became a private career college.

The GIT Board of Directors works with the administration and Faculty to establish policy and direct ongoing strategies for development and change. The current board represents a high level of skills and experience which have made it possible for the GIT to go to new levels with confidence. We are grateful for the giveaway of time and energy of board members who are all voluntary, a number of whom have served for several years.



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GROWING THE FUTURE

The GIT is a transformational change agent in the psychotherapeutic community and society. If you have been changed in any way by your experience with Gestalt you are part of the lineage. As such we share an ethical responsibility to pay it forward. Join us in our drive to include diverse voices in our training program. To support Gestalt's ongoing growth and relevance we invite you to donate to our new scholarship fund dedicated to the black/indigenous communities who have minimal representation at our school and whose voices are very present in their absence in an increasingly diverse student body. You can support through a tax deductible donation to any of the funds listed below. All donations are gratefully appreciated.

DONATION FUNDS

Bursary Fund (provides for 5 bursaries each year to students who can benefit from financial support to continue their training)

Building Community Fund (for Black and Indigenous students to attend the GIT Five Year Training program)

JoAnne Greenham Memorial Fund (to honour our long-time Executive Director who passed away in February 2014)



THANK YOU TO THE GENEROSITY OF OUR 2021-2022 DONORS

- Lifetime Member:* Marsha Baillie
- Platinum Member (\$10,000 or more):* Anonymous Donor
- Gold Donor (\$1000 or more):* Marsha Baillie, Carol Good, Wendy Levant, Barbara Tangney, Year Two Classes, Anonymous Donor
- Silver Donor (up to \$1000):* Natalie Gold, Lisa Moses, Massyha Taghavi, George McLennan, Karina Waluk, Anonymous Donor

Our Values

Experiential Approach

Experimental Attitude

Embodied Empathy

Curiosity & Play

Co-Creating A World



Congratulations To Our Graduates

2021 – 2022

Nima Abbaspour

Aliya Amarshi

Nermin Arslangiray

Darya Bakhtari

Kia Chester

Bruce Clarke

Anton Corvus

Melissa Coutts

Hind Eideh

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Patricia Farias

Paula Fernandez

Michael Haltrecht

Yue Jian

Danica Kotsopoulos

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