



Commonly Asked Questions about the Five-Year Training Program in Gestalt Psychotherapy

1. ***Where can I find information about admission requirements, tuition costs, and where to apply?***

<https://gestalt.on.ca/training-programs/five-year-training-program/year-one/>

2. ***Are there any exceptions to the requirement for the completion of an undergraduate degree?***

No, this is mandatory.

3. ***Does my degree need to be in Psychology, or do I need any professional psychotherapeutic experience?***

Although this can be helpful, it is not required.

4. ***Are there any guidelines for the letter of intent?***

This is your chance to tell us about you: why you want to join the program, what led to your interest in Gestalt therapy, and why you think you might be a good fit for the Training Program.

5. ***Is there anything else you recommend?***

It is particularly helpful if you have experience in a Gestalt group or workshop or if you have experience as a client with a Gestalt Therapist. If interested in a workshop including the information nights, please check our website for information and if you would like to start with a Gestalt therapist you can reach out to our student clinic for low-cost therapy. Register here: <https://gestalt.on.ca/low-cost-therapy-clinic/>

6. ***Can I meet with anyone to ask questions or get more information?***

Our Information Nights, held monthly on site, are the best way to have your questions answered, get a better understanding of the program, check out the Institute and meet faculty and current students. You can see what next dates are available and register here: <https://gestalt.on.ca/workshops/information-night/>

7. ***When do applications open and close?***

We open our applications on January 2 and close applications once we have filled the classes. We accept 44 students per year. In 2023 applications closed by April, but it is best to get your applications in as soon as possible if you want to secure a spot!

8. ***What happens after I apply?***

Once you apply, we will verify that all your information has been received and wait until we have received your three references. Once these are collected, they will be reviewed by our Director of Training and if successful she will contact you to set up an interview.

9. I am an international student, is there anything I need to know?

Please refer to this link: <https://gestalt.on.ca/international-students/>

Note that the Gestalt Institute of Toronto does not have a different fee for international students.

10. How long is the training?

The Gestalt Training Program consists of five years of part-time study on evenings and weekends. The program is scheduled between 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.

11. Can I take the program Full-Time? Does it have to be in person?

Our program is only offered in person and on a part-time basis.

12. What is the schedule of classes for The Training Program?

Regular classes are scheduled from September until May excluding December.

Schedules of classes are as follows:

- **Year 1:** Wednesday evenings from 7:30 to 10 pm, 3 times per month plus one weekend per month beginning Friday: 7:30 to 10 pm Saturday: 10:00 am to 7:30 pm; and Sunday: 10:00 am to 1 pm.
- **Year 2:** Thursday evenings from 7:30 to 10 pm, 3 times per month plus 1 weekend per month beginning Friday: 7:30 to 10 pm Saturday: 10:00 am to 7:30 pm; and Sunday: 10:00 am to 1 pm.
- **Year 3:** Thursday evenings from 5:15 to 7:15 pm, 3 times per month plus one weekend per month beginning Friday: 7:30 to 10 pm Saturday: 10:00 am to 5 pm; and Sunday: 10:00 am to 1 pm.
- **Year 4:** Wednesday evenings from 5:15 to 7:15 pm, 3 times per month plus one weekend per month beginning Friday: 7:30 to 10 pm Saturday: 10:00 am to 5 pm; and Sunday: 10:00 am to 1 pm.
- **Year 5:** Consists of 5 all-day seminars on advanced topics Saturdays and/or Sundays 9:30 am to 4:30 pm; 9 Clinical Supervision sessions in a group format once per month and 7 Contemporary Issues classes once Per Month
***Years 2 & 3 have five-day residential in early May and Years 1 & 4 have five-day residential at the end of May. ***

13. What will I graduate with after the program? Will I be a Registered psychotherapist?

Upon successful completion of the program and all graduation requirements, you will receive a Diploma of Completion of the Five Year Training Program in Gestalt Psychotherapy. This is recognized by the CRPO without reservations or conditions. This means that graduates of our five-year psychotherapy education and training program can be confident that they meet the entry-to-practice competencies for admission to the College of Registered Psychotherapists of Ontario.

**** Additional FAQ's about the program, fees & funding, and certification can be found our website at this link: <https://gestalt.on.ca/faqs/> ****