

Workshop title: Playful Contributions: Are Case Studies the Future of Gestalt Therapy?

Facilitator: Christine Stevens & Rachael Kellett

Facilitator Biographies:

Christine Stevens

Christine Stevens PhD is Editor of *The British Gestalt Journal*. She is a Gestalt therapist, supervisor, international trainer and writer. She is a member of the EAGT Research Committee, and Research Liaison officer for the IAAGT. She worked for 16 years on the faculty of the Doctorate in Psychotherapy programmes at Metanoia Institute, London. She is Co-ordinator for the EAGT for the International Practitioner Case Study Project. As Director of Clay Studio, Nottingham, she is involved in arts-based social engagement work. She regards her practice as trans-disciplinary, informed by social sciences, and engaged in artistic enquiry and psychotherapy practitioner research.



Rachael Kellett

Rachael Kellett is a Gestalt Psychotherapist, Supervisor and group facilitator with over 20 years' experience. She has a busy private practice in Beaconsfield and High Wycombe. She is a member of the steering committee supporting the International

Case Study Project in the UK and has a keen interest in all practitioners being able to contribute to research and the future of Gestalt

Capacity: 6 upwards

Outline/Aims: This workshop will introduce participants to the Practitioner Case Study Research Project. This is a collaborative international opportunity for Gestalt therapists to work together in supportive groups to help build an evidence base for Gestalt through systematic case studies. The workshop will outline the protocol that has been developed for this and which is supported by the EAGT. Attendees will experience vision, enthusiasm, practical explanation, as much detail as they want and an invitation to be part of this innovative practice-based contribution to the future of Gestalt therapy.

Alignment: When we hear about calls for research to support our practice we can feel very stuck and disengaged. However, research that is compatible with our skills and experience as practitioners, in well-resourced groups with supportive colleagues as part of CPD can be fun, even seriously playful!