



Field Based Gestalt Practice With Malcolm Parlett & Anne Pettit

April 19th-24th 5 day residential; (Malcolm 3 days) Poulstone Court, Herefordshire
July 6th - 8th Gestalt Centre Wales and Nov 30th - 2nd Dec, Gestalt Centre Wales

In this course of three modules, we shall explore the skilfulness and experience of the Gestalt approach – the heart, mind, body, and spirit of the discipline, and how we practise it. There are many different Gestalt applications: in particular, in psychotherapy, coaching, consultation, counselling, management, and education. Although each of these has specialised features, there are also fundamentals which apply across the whole range of Gestalt practice.

This course will give special attention to one of the fundamental perspectives, namely Gestalt ‘field theory’. We shall explore in depth what ‘the field’ (or ‘situation’) refers to; and how important it is to come to know the ‘client’s life (or work) situation’ as the client experiences it themselves. The fact of a practitioner and a client meeting together in the same space means that a new ‘relational field’ comes into being. What are its qualities? What supports dialogue and inquiry, and what degrades them? As practitioners we discover qualities of the immediate field through becoming more fully embodied – attending to the wealth of sensory and feeling knowledge that’s available if we become more aware of it. In addition, both practitioner and client discover more about themselves (their ‘self’ or ‘selves’) through discovering what in the immediate field triggers them, or commands their interest or attention. And the practitioner also supports experiments – by changing the field deliberately to widen clients’ experiences.

The approach will involve discovery of the ideas and areas of competence that underlie skilfulness in ‘field-based practice’. We shall engage with practical examples and personal experiences. Moving beyond standard educational models that are mostly ‘book-led’ and pre-structured, the emphasis here will be on learning through ‘trying out’ ideas practically in a safe and informal forum, allowing for individual variation in participants’ learning needs. Intentionally, the ‘field of the course’ will be supportive, allowing, and flexible in its structure: it will also be constantly looked at in a holistic fashion, as a highly relevant, changing situation in which we can inquire, grow, and challenge ourselves continuously.

As a requirement, prospective participants are requested to contact Anne for a consultation (via skype or meeting) to determine the most appropriate individualised programme for you, building in all the workshops. All three workshops within this modular experience are a distinct series and ideally all are attended. However, it is possible to attend individual modules if preferable.

Malcolm Parlett is a Gestalt coach of many years standing, whose interests include Gestalt field theory, and its application in all forms of Gestalt practice. His book, *Future Sense*, was published in 2015, and proposes that Gestalt practice is based on five fundamental areas of ability and understanding that underlie practitioners' experience, competence to practice, and utilisation of their 'whole intelligence'. He trained in Gestalt work at the Gestalt Institute of Cleveland in the late 1970s. He is the former editor of the *British Gestalt Journal* and before retirement was Visiting Professor of Gestalt Psychotherapy at the University of Derby.

Anne Pettit is a UKCP reg. Gestalt Psychotherapist, Supervisor, Trainer and founding director of Gestalt Centre Wales. She began her training in 1989 and has had a Private practice for 19 years. She sees individuals, facilitates groups, alongside a Supervisory Practice of eleven years, she also co-ordinates and runs CPD events. She has extensive experience in the NHS, where she has worked for 30 years. Anne has been further inspired in recent years to maintain a dialogic stance. She wants to support and inspire others to bring this form of psychotherapeutic artistry to the field through this particular lens, incorporating the latest thinking of field and whole intelligence, integrating Gestalt Practice.

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All workshops held at Gestalt Centre Wales 10-4pm

VENUE Gestalt Centre Wales, Manor House, Bank Street, Chepstow, NP16 5EL

COST £1200 (early bird £950.00 by 31st January 2018)

A payment plan can be implemented if required.

BOOKING Please contact Anne at gestaltcentrewales@gmail.com or 07863 976 833 or Lucy Grinnall (administrator) at admin@gestaltcentrewales.com

CANCELLATIONS If you cancel more than 21 days before the course you will receive a 50% refund. No cancellations or transfers otherwise.

Refreshments (including alternative teas) available, please bring a lunch to share at events held at Gestalt Centre Wales.

