



Gestalt Birmingham

## An Introduction to Gestalt Therapy

Two-Day Workshops with  
Dave Mann, Chris O'Malley  
& Rod London

UKCP Registered Gestalt Psychotherapists

A choice of dates for a weekend introduction to the lively and engaging theory and practice of Gestalt Therapy. Lots of experiential opportunities to learn about yourself in relation to others and the world around you.

8<sup>th</sup>-9<sup>th</sup> June 2019

13-14<sup>th</sup> July 2019

7-8<sup>th</sup> Sept 2019

Gestalt Birmingham, Zellig Building, Custard Factory, Digbeth,  
Birmingham B9 4AT

**Dave Mann** UKCP Registered Gestalt Psychotherapist

MSc (Gestalt Psychotherapy), Dip Supervision, Dip SPTI, Dip Couns, TSM (GPTI & SPTI), RMN  
Dave is a published author and has delivered psychotherapy/counselling training up to Masters level at training Institutes across the UK and internationally. He is a former Assistant Editor of the British Gestalt Journal and examines trainee psychotherapists nationally. Publications include:

**Gestalt Therapy: 100 Key Points & Techniques** (Taylor & Francis 2010) and various chapters on aspects of Gestalt Therapy.

**Chris O'Malley** UKCP Registered Gestalt Psychotherapist & BACP Accredited

MSc (Gestalt Psychotherapy), Cert Supervision, SM (GPTI), BA (Hons)

Chris has many years teaching experience and has also worked in counselling services in the NHS, HE and police sectors. He has recently been published in professional journals and has run workshops at international conferences.

**Rod London** UKCP Registered Gestalt Psychotherapist & BACP Accredited

MSc (Gestalt Psychotherapy), Dip Supervision, BEd. (Hons)

Rod has many years teaching experience including counselling/psychotherapy training and has also managed counselling/mental health services in schools, the NHS and HE settings. He is a group supervisor at Carr's Lane Counselling Centre.

# Continuing Professional Development Programme

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## Workshop Fees

- Early Bird rate (by 30<sup>th</sup> April): £140
- Early Bird rate for those working at BCS/Citizen Coaching (by 30<sup>th</sup> April): £100
- Full rate: £180

**For more information or a booking form:**

**Email:** [info@gestaltbirmingham.co.uk](mailto:info@gestaltbirmingham.co.uk)

**Phone:** 0121 314 7075

## What is the workshop about?

We will journey through the various maps used in gestalt to explain how each of us block, inhibit or restrict our contact with the world and how these ways-of-being develop and are maintained. Exploration of the methodology of the gestalt approach will be through dialogue, experiential exercises and experimentation.

Specific areas that will be covered will include:

- Ways in which experience is conceptualised in gestalt therapy.
- Application of the gestalt cycle to our everyday relating and how we moderate our contact with our environment and others.
- Exploring how each of us reach out to make sense of our world (phenomenology),
- How our situation affects us moment by moment in a process of 'selfing'.
- The art of dialogue.
- The gestalt experiment – exploding the myths.
- Unfinished Business
- The Paradoxical Theory of Change

## What will the workshop involve?

The workshop will involve experiential learning – it is not for those who want distance learning! All experiential work will be underpinned by gestalt theory and the belief that we learn best in a fully embodied, holistic way. Elements of bodywork, demonstration pieces, use of creative media and the possibility of dream work will run alongside traditional teaching methods. We believe that it is important to strike a balance between structure and sufficient flexibility to allow for emerging needs from the group. Active participation will be encouraged whilst respecting each individual's flow between contact and withdrawal. As the prime aim of gestalt is awareness, so awareness will be the prime aim of this workshop.

## Who might be interested?

Counsellors and psychotherapists of all modalities as well as those wishing to embark upon further training in gestalt therapy. It may act as a refresher for those with previous training in the approach. Anyone working in the 'helping professions' is likely to gain from attending this experiential training event – social workers, psychiatric nurses, occupational therapists to name a few. Essentially if you have an interest in human relating then these courses will have something for you.

A CPD certificate will be available.

