



Situations vs Selfies

**One-Day Online Workshop
Chris O'Malley & Rod London
UKCP Registered Gestalt Psychotherapists**

An opportunity to explore 'therapy of the situation' – focusing on clients in their environment. How does a phenomenological-field approach support a holistic practice? What do we miss by focusing on the individual in isolation? A chance to explore a key aspect of the lively and radical Gestalt approach, taking a panoramic view of the situation in favour of a close-up that is too rigid, narrow and individualistic.

Saturday 26th June 2021; 10am-4pm

Online via Zoom

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. He is co-director of Gestalt Birmingham.

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. He is co-director of Gestalt Birmingham.

Continuing Professional Development Programme

Workshop Fees

- Full price: £60
- Our intention is to make this workshop as inclusive as possible; for a reduced rate, please contact Rod directly

For more information and bookings:

Email: rod@gestaltbirmingham.co.uk

Phone: 0121 314 7075

What is the workshop about?

Unlike many other therapeutic approaches, Gestalt Therapy prioritises exploring the interaction between the individual and their environment:

"If you are in touch only with yourself, you miss the world; if you are in touch only with the world, you miss yourself, so that ecological unity cannot be restored"

Fritz Perls, 1971

Inspired Georges Wollants, we will explore the implications of Field Theory – one of the 'Three Pillars' of Gestalt Therapy – which support a focus on the client in their situation, rather than artificially separating and disconnecting them from their context. As Wollants (2012) puts it, this approach helps us avoid pathologising the client, and instead looks at the needs of the situation.

Exploration of the methodology of a Situational approach will be through dialogue, experiential exercises, and experimentation.

Specific areas that will be covered will include:

- An overview of Field Theory and its clinical applications as supported by Wollants
- The value of delaying differentiation of the individual and their context – especially during assessment
- How the client and their situation make demands on each other – and how these can be addressed in therapy
- How to 'drop the disorder' from a Gestalt perspective - viewing 'disorder' as a developmental striving for the best possible form
- Bracketing our assumptions and developing a 'situational attitude'
- The audacity of including ourselves, as therapist, in the client's situation

What will the workshop involve?

The workshop will involve experiential learning underpinned by gestalt theory. Elements of bodywork and use of creative media 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.

Who might be interested?

Practising Gestaltists, counsellors and psychotherapists of all modalities. It may act as a refresher for those with previous training in the approach.

