

# INTERNATIONAL TRAINING PROGRAMME FOR GESTALT THERAPISTS IN NORWAY

We are pleased to announce a new training program in Norway. For many years, the Norwegian Gestalt Institute has offered training abroad (Czech Republic, Hungary, Poland, France, etc.) and now we invite former students from abroad to come to Norway. Trainers in this programme are chosen from institutes throughout Europe and represent various topics and trends in gestalt therapy.



**THE PROGRAMME RUNS FOR TWO YEARS; PARTICIPANTS REGISTER FOR ONE YEAR AT A TIME.**

The first year includes four workshops consisting of in total 96 hours, and supervision sessions of three hours each in smaller groups.

Course content will be a repetition of and immersion in gestalt theory and method taught in the basic therapist education. In addition, visiting lecturers from training institutions throughout Europe will introduce new perspectives. Each workshop is designed as an independent unit.

The course of study will increase students' capacity to think critically and independently as therapists, and support their ability to make use of gestalt models, theories, and methods in practice.

# PROGRAMME YEAR ONE 2019/2020:

Monday, Tuesday, Wednesday. All days 09:00-17:00

4-5-6 NOVEMBER

**DAAN VAN BAALEN**

OVERWHELMING EXPERIENCES / POST-GRADUATE TRAINING

In this workshop I will discuss and demonstrate how to work with clients who have experienced an overwhelming amount of stress that exceeds their "normal" ability to cope or integrate the emotions involved with that experience. This is often called "traumatic experience". I prefer however to use the term creative adjustment, which describes the possibilities for an individual to keep a present overwhelming experience out of awareness, in order to survive when a new situation occurs that reminds that person in some way of the original overwhelming situation, then organises the same - now "fixed" - creative adjustment, again out of awareness. Based on the gestalt therapy philosophical foundations and commonly used interventions, gestalt therapy appears to be well suited for consideration as a first-response therapy approach to the treatment of trauma. Gestalt therapy encompasses the common factors of psychotherapy and parallels the three major phases of trauma therapy: assessment, trauma-related work, and termination.

In this workshop the participants will learn how to use their awareness and contact functions in working with clients who have experienced overwhelming situations.

Daan van Baalen MD, PhD.

He is trained in Gestalt therapy, Psychosynthesis and Analytical Group therapy. He is the co-founder of Norsk Gestaltinstitutt Høyskole (1986) and where he still is teaching gestalt-therapy. He is past external relation officer of EAGT, past chair of GPO in EAGT, board member of EAP and past member of EAP editing committee. He has published several articles about Gestalt therapy in different languages and been teaching in several European countries.

20-21-22 JANUARY

**GONZAGUE MASQUILIERE**

SEXUALITY AND THERAPY

In this workshop, participants will explore various aspects of sexuality, such as sensuality, closeness, and distance, as well as the relationship between sexual behaviour and aggression. Questions such as how to define normal and abnormal sexual behaviour will be discussed. Sexual disposition and preference will be examined, and how to work therapeutically with sexual problems will be explored.

Participants will learn to see sexuality as part of a larger whole in the human experience and to understand the difference between treating sexual symptoms or the relationship between two parties. They will be able to choose whether the field being examined is the client alone or together with a partner/other in a close relation and to evaluate one's own level of expertise in this area.

Gonzague Masquelier is a psychologist and gestalttherapist. He has for many years been the director of the Parisian School of Gestalt (EPG) which trains future professionals. He is teaching international and are the author of several books that also are translated to several languages.

16-17-18 MARCH

**JEAN MARIE ROBINE**

CONTRIBUTIONS TO WORK IN A FIELD PERSPECTIVE

The radical shift, when a gestalt therapist chooses to work in a field perspective, seems endless. New consequences regularly emerge, new possibilities, new definitions of our old concepts - the list is endless. During this workshop, students



will learn to examine the use of resonance, of the therapist's self-disclosure in the therapeutic setting, and recurrent relational patterns. Perls and Goodman's concept of the id of the situation will be discussed and explored.

Jean-Marie Robine is an international trainer and a clinical psychologist. He is besides gestalttherapy, trained in psychodrama, expressive therapies, client-centered therapy, couples and family therapy and psychoanalysis. In 1980, he founded the Institut Français de Gestalt-thérapie. Robine is past president of the European Association for Gestalt Therapy, the past president of the Société Française de Gestalt, co-founder of the Collège de Gestalt-thérapie, and a full member of the New York Institute for Gestalt Therapy. He is the author or co-author of eight books on gestalt therapy that have been translated into several languages.

**8-9-10 JUNE**

**JULIANNE APPEL-OPPER**

**LIVING BODY RELATING TO OTHER LIVING BODIES**

This workshop focuses on how bodily processes are conceptualised in various psychotherapeutic situations. In addition to a theoretical focus, participants will explore how client and therapist create an embodied field together, where both influence and regulate each other bodily. They will develop awareness of the body and how client and therapist create, interact, and mutually influence and regulate/are regulated together in the therapeutic situation and how to work with

the body phenomenologically in therapy.

Julianne Appel-Opper is a psychologist and an Integrative and Gestalt psychotherapist, supervisor and trainer. She has been a Visiting Tutor at several psychotherapy training institutes internationally. Julianne has developed the 'Relational Living Body Psycho-therapy' which she has taught internationally and published about in international journals and books. For many years she has offered series of trainings in Berlin in both English and German.

## **SUPERVISION:**

Supervision four times in small groups for three hours with Norwegian supervisors, either Tuesdays from 17.30-20.30 after the workshop, or between workshops.

**DEADLINE FOR APPLICATION:**

October 1th 2019

Price: NOK 26.000,-  
+ registration fee NOK 1.900,-  
Total: 27.900,-

**Includes supervision**



NORSK GESTALTINSTITUTT  
HØYSKOLE

[WWW.GESTALT.NO](http://WWW.GESTALT.NO)