



*Learn to open up for what is not working
and get new inspiration to a problem-
solving dialogue.*

Intensive Couple Seminar at Hegnegaarden, Orø in Denmark

Sunday, 30.07.2017, 15.00 to Friday, 04.08.2017, 14.00

About Couples

We are all human beings, and as such we need meaningful and satisfying relations in order to prosper. A "one to one" relationship is an exclusive relationship which paves the way for deep intimacy and devotion. This close relation is very emotional and we nevertheless sometimes get carried away in destructive behaviours. Most humans carry only one model with them for close relations and that one often comes from the relation to the parents.

The challenge for all humans in a couple relations is therefore to grow together in the relation – to take the necessary space – without at the same time taking the role of the controlling and preachy parent – or the role of the defiant and provoking child. When you care for each other and dare to open up for what is difficult and does not work, then it can be possible for you to find new inspiration for further development – daring sharing is caring.

Couple Relations in General

We are unique individual beings who confirm each others uniqueness. If we isolate, we loose both ourselves and each other. We do not create relations by chance. We meet each other through an active life and by reaching out for each other

A relation needs at least two individuals You and I

The earliest relation all people have is the relation to the parents. This relation is the base model for our relations to others later in life. Much of our adapted behaviour we are not even aware of. It just happens. Your own early relations can form the base model for how you relate to others later in life. We all actively create patterns in our relations that we can only change when being aware.

Examples of patterns in relations:

- You might prefer to make the relation intellectual and conduct long and interesting conversations without involving any feelings
- You might prefer your independence above all, and thereby isolate yourself.
- You might have a great need for control in your relations and thereby create great dependency between you and others.
- You would rather adapt and conform yourself in relation to others and thereby become passive.
- You might only indirectly go for satisfying your wants and longings and thereby not get the contact you really want.

Gestalt Institute of Scandinavia, GIS • International ApS.

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Certified by EAGT, The European Association for Gestalt Therapy and EAP, The European Association for Psychotherapy,
And by The Danish Association for Psychotherapy.

Other Relations

We have many relations in life. Having children also involves some dynamic relationships that changes over time. These relations need to develop and transform as the children grow up, become teenagers, and get other needs.

At your work the relations to your colleagues and your nearest boss are also very important in the daily life and life quality. These relations might change over time. Maybe you will get a new boss? Maybe you become boss yourself?

Likewise an important relational base is your friends and your acquaintances, which you might change over time according to your interests and life situation.

Experienced training leaders - high ethics!

Our training leaders have profound comprehensive experience in personal growth, development of leadership and organization, teambuilding and management training. We practise on the basis of high ethical principles in respect of the participants' wants and boundaries. GIS only uses international accepted training methods, which are internationally acknowledged and have proved their effect. These methods are based upon gestalt psychotherapy, gestalt methodology, psychology and pedagogy. You will deal with themes that are relevant and existential for you and your partner. The

work will take place partly in larger groups and partly in small groups.

When and where

From Sunday 30th July to Friday 4th August 2017 at Hegnegaarden, Orø in Denmark. Start first day 15.00. End last day 14.00.

The leaders of the seminar:

John Ewans Porting and Jette Maja Porting, and supervised senior practitioners from last part of the GIS-International Training Program.

Practical Information

For practical information about structure, leaders and teachers please see more on www.gis-international.com or contact us at gis@gis-international.com.

Prices and sign up

Please contact GIS-International by telephone +45 59 47 00 17 or by e-mail: gis@gis-international.com
All participants will be interviewed by phone by one of the leaders before seminar start.

There is limited space to this program so sign up as soon as possible! Deadline for applying is July 7th 2017 to the GIS office.



Seminar Leaders:

All GIS seminars are led by highly skilled and very experienced Gestalt therapists, trainers and supervisors who contribute a breadth of knowledge, perspective, capabilities, and experience to this learning approach.

Visit Hegnegaardens web site:
www.hegnegaarden.dk

John Ewans Porting has for many years worked as trainer and supervisor in the areas of treatment and teaching. He is deeply involved in integrating the Gestalt approach and methodology into areas of therapy, individual-, couple- and family work, teaching, artistic expression and creativity, organizational development, and leadership training. He is engaged in teaching and overall supervision in the training programs in Denmark, Estonia, Faroe Islands, Finland, Sweden, and in GIO in Greece. John is currently studying leadership and organizational change through a PhD research.

May 2017 **GIS-International - Lectures for Life**

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