Gestalt Art Therapy

DATE
Sunday July 16, 1600 PM to
Friday July 21, 14.00 PM.

PLACE
Hegnegården, Næsbyvej 28, Orø, 4300 Holbæk, Denmark

PRICE
Organizational participants: 9.600 DKK
Private participants: 6.600 DKK
GIS students, sponsored: 4.800 DKK

ACCOMMODATION
3.600 DKK

ABSTRACT
Yaro Starak has explored this topic for over six years now and found that the Gestalt community everywhere does not have a curriculum where the Gestalt Art approach is integrated into the Gestalt therapy practice. Of course, bits and pieces of drama, drawing, and other so called artistic elements are added to a session with a training group. Yet, a specific training in the use of art tools in gestalt work is not active everywhere.

Fritz Perls was excited to use dancers, dramatists and body workers in his workshops, of which many have become well known in their artistic work. Now the art aspect in training students is not sufficiently in focus, and the experiential aspects of Gestalt is losing its important place.

At this GIS week workshop, we introduce the skills and tools of Gestalt Art Therapy.

OBJECTIVES:
* To enable trained gestalt therapists attain creative tools of practice in their work.
* To offer a new workshop at Oro and attract participants from the graduate population.

METHODOLOGY:
The workshop will offer some theoretical principles with extensive practical elements and experiential group processes using Art materials as tools to enhance therapy.

MATERIALS
During the introduction to ART Therapy part, there will be many art materials used (see below) each “tool” will be explained and practiced with a volunteer client and also we will use the group process work to demonstrate the healing medium in art. The art materials are negotiated as to availability.
Program

DAY ONE:

- **GESTALT THEORY - THE CYCLE OF EXPERIENCE**

The most basic Gestalt principle is called AWARENESS-EXCITEMENT-CONTACT cycle developed by Dr. F. Perls and J. Zinker. They describe the interdependency between organism and environment. The flow of energy starts with sensation, then to awareness, then mobilization of the energy, then action, then contact and rest.

- **GESTALT ART THERAPY PRACTICE**

  - **SICAIDIR, Working with Projections**

    The Gestalt Art Therapy Centre adapted this cycle to the art experience and described it as: SICAIDIR process. SENSATION, IDENTIFICATION, CONCRETIZATION, ACTION, DIRECT STYLE, INDIRECT STYLE, INTEGRATION & REST. This method will be demonstrated in the experiential sessions.

  - **Painting (Body contours)**

    Using the body like a shape where the participant can experiment and investigate the projections, using colour in a Theoretical Gestalt approach.
DAY TWO:

- **GESTALT THEORY - Working with Groups.**
  Stages of group development and process work. Various action methods will be experienced in the practice session.
  
  - **GESTALT ART THERAPY PRACTICE**
    
    Psychodrama
    Gestalt Theatre
    Dance/Movement

DAY THREE:

- **GESTALT THEORY - Family/ Couple Therapy.**
  Family of origin work, systemic family approach.
  
  - **GESTALT ART THERAPY PRACTICE**
    
    - Sand Play
    - Mandalas
    - Family Constellation
DAY FOUR:

GESTALT THEORY- ART THERAPY PRACTICE- Gestalt Therapy with Children.

Janie Rhine and Violet Oaklander were the pioneers in developing gestalt art methods in working with Children. This day will be focusing on how art tools can enhance the understanding how children develop and heal.

- Working with the Inner Child.
- Work with narrative and Metaphor
- Clown
- Puppets
DAY FIVE:

- GESTALT THEORY - Working with Dreams.

Nearly all the techniques come from that same set of ideas that Jung offered us, that the dream is a subjective presentation of the dream him/herself and that there is a sense of wholeness in every image. As with Freud and Jung, for Perls what is unconscious in the personal psyche is initially projected out onto other people and to other objects. That is, we see in others first what we refuse to see in ourselves. Perls takes this idea to an extreme and looks at how all we see is in part a projection of ourselves.

- GESTALT ART THERAPY PRACTICE
  - Masks
  - Sculpture
  - Painting
DAY SIX: INTEGRATION

The last day will be a series of presentations by students about their learning at the seminar. The finishing of the day will be a group ritual based on ancient aboriginal tradition in Australia.

Workshop facilitator

YARO STARAK

Yaro Starak  B.A., M.S.W., Adv.Dip.SW., Dip. GT.

Yaro finished his undergraduate studies majoring in psychology at the University of Manitoba and later his post graduate studies at the University of British Columbia, Canada. He continued further studies at the University of Toronto specialising in adult education, group dynamics and supervision.

He trained as a Gestalt Therapist at the Toronto Gestalt Institute and after graduating he became faculty member of that Institute for four years.

He immigrated to Australia in 1978 to lecture at the University of Queensland. Over the past twenty five years. Yaro has been teaching and training various professional groups and Gestalt groups in Brisbane, Tasmania, Sydney and overseas in Sweden, Denmark, Mexico, Germany, Estonia, Italy and Spain.

He has published and co-edited four books in Gestalt Therapy and Group Process, three training manuals and numerous articles in several international journals on group work, Gestalt Therapy, Family Therapy, Alternative living, Men’s issues and Deep Psychology.

Yaro is an accredited Values & Leadership coach and founding member of GANZ – Gestalt Australia & New Zealand – the accrediting body of Gestalt Therapy training Institutes.

He is a regular presenter at the Psychotherapy in Australia Conference, GANZ conference, AAGT and Latin American Congress in Mexico City. Yaro also is a visiting faculty member of the Valencia Gestalt Institute, Spain.