



3 weekend Gestalt Seminar: Personal Development, authenticity and passion

Qualifying as access giving to the psychotherapist education

Something you want in life!

You participate in this seminar, because you want something in life, authentic contact to others, feeling passion and develop as a person. You get a qualified insight into Gestalt methodology, an emotional based psychotherapy with roots in psychoanalysis, existentialisme, bodywork o.a. In other words: 3 intensive weekends and 2 meetings in between.

During the seminar we use techniques that will enable you to discover new parts of your personality. You discover, how other people experience you, and you will be able to choose more freely how you want be in life.

You will feel how your quality of life improves by staying in the here and now. You will become aware of how you prevent yourself from getting from what you really want in life.

You discover old patterns of thinking and acting and will start to challenge them. You become conscious of how to create change and you will hold the key to your own growth.

These are experiences you never will forget. The seminar is an eye opener, both emotionally and intellectually. It provides a new frame of understanding and creates awareness, higher self-worth, personal stance and joy of life.

Gestalt Institute of Scandinavia, GIS • International ApS.

CVR 27 50 48 09

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GIS-International is accredited by: The European Association for Gestalt Therapy (EAGT) • The European Association for Psychotherapy (EAP)
and The Danish Association for Psychotherapy

Theory and practice

Gestalt is based in solid theory and practice. The way to understand theory is to experience first and then put words to it.

The 3 weekend Seminar follows a process, where you start becoming aware in the here and now together with others. This creates a common ground for further development in the group. Then we start our discovery of inner and outer processes. What happens inside of me, what happens between me and others? Becoming aware and getting direct feedback from others. How do we influence each other? Do other people see you as you think they do? Are you able to contain others or are you pulling back? How come?

How we work

At the seminar we both work individually and in the group. The intensity is growing through the course and will have focus on integration, reflection and learning towards the end. You will start understanding what you experienced and will be able to take this new awareness with you into the world.

You will get to know Gestalt methodology and concepts as used by Gestalt psychotherapist throughout the world.

The seminar will follow a basic structure, but topics and exercises will be adjusted to the groups needs.

Qualifying as access to education

Because the seminar contains both practical therapeutical work, reflection and theoretical concepts, it qualifies as access giving to the European certified psychotherapist education with 60 hours.

There will be one seminar leader and 2 assistants from the last part of the psychotherapist education. The assistants will facilitate the follow up meetings between the seminar weekends.

When?

1st weekend 12/01 to 14/01 2018
2nd weekend 02/03 to 04/03 2018
3rd weekend 04/05 to 06/05 2018

Start Friday with check-in at 17.
End Sunday at 13.

There will be 2 follow-up meetings between the 3 weekends.

More information

You find more information about the seminar and the place at www.gis-international.dk. Please contact us at +45 59 47 00 17 or gis@gis-international.com

Register

Contact GIS-International at tlf. 59 47 00 17 or at gis@gis-international.com

Pris

Company	17.320 DKK
Private	11.500 DKK
Students	9.920 DKK
/benefit claimant	

Accommodation and meals included.

All participants will be interviewed by the leader of the seminar before start.

The trainingcenter Hegnegården is situated on the little island Orø, with direct acces to own forrest and fields down to the Isefjorden.



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