



How to Deal with Your Early Attachment Issues – and how to get more Authenticity and Passion in Life

***A seminar at Vihula Manor,
17th to 22nd of April 2018***

Do you want to learn how to deal with your early attachment issues – and how to live your life more fully in the Now?

The reason for you to enter this seminar is you wanting something more in your life. You will get an insight of the Gestalt Methodology, which is the existential, relational, and emotional school of psychotherapy. So, in other words: An intensive week of learning and growing.

During this seminar, we use techniques, which support you to realize new sides of your personality. You will discover how other people really experience you, and with growing awareness you choose how to be more alive in your life. You will be able to feel your wellbeing in allowing yourself to be more present in the Now. And you will

discover, how you put up filters between what you really want and what you allow yourself to do. You will discover your inner patterns and find ways to challenge them.

Maybe for the first time you have the keys to change in your hand and will realize, how you yourself can create change and development. This you won't forget. The course is an eyeopener both emotionally and intellectually. We see this as a process of awareness that make you conscious of your self-worth, your personal platform, and your spontaneous life passion – and at the same time this process gives you a frame of understanding of life and relationships.

Gestalt Institute of Scandinavia, GIS • International ApS.

CVR 27 50 48 09

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GIS-International is accredited by: EAGT, The European Association for Gestalt Therapy, EAP, The European Association for Psychotherapy, and by PF, The Danish Association for Psychotherapy.

Both theory and praxis

Gestalt Methodology has its roots in solid theory and praxis. We see praxis as a way to understand and integrate theory. First you experience and feel, then you through awareness put words to your awareness. The week is a process in which you experience and learn to stay in the Now together with other people.

During the seminar, the group process alternates between group-work in big and small groups and between individual work, where you and the therapist work together. You will deeply integrate what you have experienced and felt. You will get familiar with the terminology and reference of understanding – the Gestalt Methodology – as it is practiced by Gestalt Practitioners and Therapists all over the world.

The certified Training program

Because the course includes both practical therapeutic work, reflection and learning, it also counts as qualification to the European Certified GIS-International Training program to becoming a Gestalt Psychotherapist.

The seminar takes place at Vihula Manor. The GIS-International Training Groups are having Seminars at Vihula at the same time.

Seminar dates

Tuesday 17th, 1600 to Sunday the 22nd of April 2018, 1100. Vihula, Estonia.

Seminar Fees

Private: Seminar fee for the pre-training seminar:

Nordic 5.400 DKK, 725 EUR

Estonian 3.620 DKK, 485 EUR

Students having a year off:

Nordic: 5.300 DKK, 715 EUR

Estonian: 3.550 DKK, 480 EUR

Students attending the 4-year training program:

Included in the annual training fee

Accommodation

Double room:	DKK	Euro
Nordic:	4.400	590
Estonian:	3.520	470
Single:	5.810	780

Information

Please visit our webpage for more information about the seminar. You can also call us on +45 59 47 00 17 or mail us on gis@gis-international.com



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