

## Letter of Information and Invitation

### Program for the GIS-International

### Gestalt Seminar at Vihula in Estonia

**Tuesday 17<sup>th</sup>, 1600 to Sunday the 22<sup>nd</sup> of April 2018, 1100.**

***The Overall Frame for this Seminar is:***

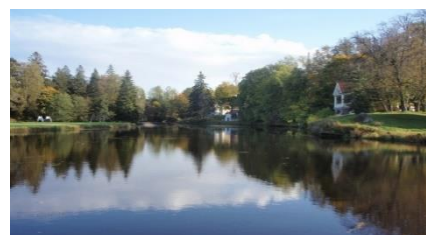
***"How Early Attachment Influences your Life in the Now!"***

***And How to Cope – and Live!"***



#### **Vihula Manor Country Club**

is located in northern Estonia, on the coast of Baltic Sea, just 90 km from capital city Tallinn, an hour scenic drive through



picturesque countryside and ancient forests. The lovely manor complex is idyllically situated in North-Eastern corner of the beautiful **Lahemaa National Park**, with sandy beaches, enormous erratic boulders, mossy pine forests, majestic wetlands, ancient fishermen villages of Altja and Käsmu. One of the main Lahemaa attractions is undoubtedly the manors - the baroque Sagadi Manor, Estonia's most well-known Palmsee Manor and picturesque Vihula Manor.



From Vihula Manor all major attractions are within easy reach: 3 km to secluded **sandy beach** of Baltic sea, 5 km to the **historical Altja fishing village**, offering a glimpse into the life of coastal people in the past and today, 6 km to **Sagadi Manor**, 14 km to **Palmsee Manor**, 20 km to "**captains village**" of **Käsmu** with unique maritime museum, 25 km to **regional capital Rakvere**. Please find more information at [www.vihulamanor.com](http://www.vihulamanor.com)

**Gestalt Institute of Scandinavia, GIS • International ApS.**

CVR 27 50 48 09

Næsbyvej 28, Orø • DK-4300 Holbæk • Tel. +45 5947 0017 • [gis@GIS-International.com](mailto:gis@GIS-International.com) • [www.GIS-International.com](http://www.GIS-International.com)  
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.

## **The Faculty for the Week**

*Barbro Huldén, SF – Jette Maja Porting, DK – Katrin Rosental, EE – Malle Päeva, EE – Liisa Halonen, SF – Iver Hecht, DK – John Ewans Porting, DK.*

## **Following groups are scheduled**

- People interested in Gestalt and Personal Development - and Pre-training Students: Authenticity and Passion in Life. (Jette Maja Porting and/or Liisa Halonen)
- Students having a break
- Students within the Training Program. (Barbro Huldén, Katrin Rosental, Malle Paeva, Liisa Halonen or Jette Maja Porting)
- Advanced Master Class for Gestalt Psychotherapists, and Organizational Gestalt Consultants: From Attachments Disorders to Living Skills (Iver Hecht).

## **You will work in different smaller and bigger group settings**

### **The home group setting:**

Students 1<sup>st</sup> year, 3<sup>rd</sup> year, 4<sup>th</sup> year, 5<sup>th</sup> year, and pre-training, 1 - 2 of the senior trainers lead each level.

### **The small group setting:**

All students mix into groups of 8.  
Every group has 2 leaders – from the 4<sup>th</sup> to 5<sup>th</sup> year.  
The senior leaders will be the overall supervisors during the 3 intensive sessions supervising the small groups.

### **The total group setting:**

Every morning starts with an overall lecture, awareness process and reflection. The senior faculty presents lectures about present and theoretical issues in their groups. The last evening, we all are having the Grand Party.

## **These settings and the possibilities at Vihula will give you intensive opportunities:**

To do personal work, to discuss theory, to integrate, to get supervision, to give supervision, to build network, to get inspiration for your professional and personal life, to have fun and to get challenge and nourishment.

The spa, the surroundings, the swimming pool will give you optimal opportunities for exercise, and many other ways of taking care of yourself. See the Vihula homepage for possibilities and spa-reservations.

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## Seminar Fees

	Nordic		Estonian	
	DKK	Euro	DKK	Euro
▪ Seminar fee for the pre-training seminar, private:	5.400	725	3.620	485
▪ Seminar fee for students having a year off:	5.300	715	3.550	480
▪ Seminar fee for students attending the 4-year training program:	Included in the annual training fee			
▪ The Advanced Master Class with Iver Hecht	5.400	725	3.620	485

## Accommodation fee

The price for you includes living cost, food and coffee, and last evening party. But NOT for the bus to and from Tallinn and Vihula. (see below!)

If you want to make use of the special treatments in the Spa you can make reservations on the net. These – of course – are on your own private expenses.

### Tuesday to Sunday:

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

### Monday to Tuesday. Developmental Psychology or Extra leisure day:

▪ Nordic	1.260	170	970	130
▪ Estonian	1.260	170	770	105

Be aware that the price is a reduced and total package price.

So no reduction is given in the accommodation price if not staying the whole week.

**Transport** by bus from Tallinn to Vihula and return. The cost for the bus to and from Vihula is 200 DKK for Nordic and 150 DKK for Estonian students. **Please sign up for bus at the GIS-office.**

Tuesday 17<sup>th</sup> of April: Bus from the airport – and thereafter going from the harbor in Tallinn – to Vihula, will leave at 14:00 local time from the airport.

Sunday 22<sup>nd</sup> of April: Busses from Vihula to the airport and harbor in Tallinn will leave at 10:45 local time.

GIS has booked the busses from/to the airport and from/to the harbor in Tallinn.

If you are arriving later or leaving earlier, please arrange your own transportation e.g. by taxi.

## Deadlines

**For all students**, the deadline for signing up is March 1st, 2018 to the GIS office.

**For the Pre-training and the Masterclass** the deadline for signing up is March the 15<sup>th</sup> 2018 at the GIS office.

## Warm regards from

**Jette, Barbro, Katrin, Liisa and John**

**The Education and Ethical Board**

**And from Simon Bordal at the GIS-International Office**

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