

Intensive Gestalt Art Seminar

ABSTRACT

Yaro Starak has explored this topic for over eight 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 available everywhere. In this workshop Yaro work together with Gemma Garcia, Gestalt therapist and Visual artist, with whom he founded the Gestalt Art Therapy centre in Australia.

Fritz Perls was excited to incorporate dramatists and body workers in his workshops, of which many have become well known in their artistic work. At this time, 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 will 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 an art focused Gestalt workshop at Orø

METHODOLOGY:

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

MATERIALS

During the introduction to ART Therapy, there will be many art materials used (see the program) 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.

DATE

Sunday June 30th, 4 PM to
Saturday July 6th, 2 PM.

PLACE

Hegnegaarden, Næsbyvej 28, Orø, 4300 Holbæk, Denmark

PRICE

Organizational participants: 9.600 DKK (1.300 EUR)
Private participants: 7.200 DKK (975 EUR)
GIS students, sponsored. 5.040 DKK (680 EUR)

ACCOMMODATION

4.560 DKK (618 EUR)



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 Dr. 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**

- **Working with Projections - SICAI DIR**

The Gestalt Art Therapy Centre adapted this cycle to the art experience and described it as: SICAI DIR® 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 theory 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.

- **GESTALT ART THERAPY PRACTICE**

- 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 dreamer 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 or avoid seeing in ourselves. Perls takes this idea to an extreme and looks at how all we see is in part a projection of ourselves. Dreams could be studied as our unconscious projections.

- **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 facilitators

YARO STARAK, B.A., M.S.W, Adv. Dip. SW, Dip.GT.

Gestalt Psychotherapist.

Gestalt Art Therapist CAT®

Men leadership training

Author of books on Gestalt Psychotherapy & Group facilitation

[Co-Director Gestalt Art Therapy Centre-Australia](#)

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. He writes monthly newsletter at his blog: [Reflections Yaro](#). Also Yaro is participating in some [Art Group exhibitions](#).

GEMMA GARCIA. Dip. GT., Dip. Ericksonian Hypnosis., Aura Soma Therapist L2.

Gestalt Therapist

Gestalt Art Therapist CAT®

Co-Director Gestalt Art Therapy Centre - Australia

[Visual Artist](#). Art Instructor. Freelance Book Editor

Freelance Curator, Coordinator Art Group Exhibitions.

Director of APE Brisbane Australia ([Art Performances and Exhibitions](#))

Gemma studied Gestalt Therapy at the Gestalt Institute of Valencia-Spain. She worked in the Emergency field for the Spanish government for 15 years - conducting research with groups of Firemen about the emotional impact of high stress situations and combining the use of Gestalt Therapy with Art. Gemma is a trained Ericksonian Hypnotist from the University of Valencia (Spain) and she is an Aura Soma Therapist (L2).

Gemma is also a talented Visual Artist. She uses art as part of her process of personal growth, exploring new forms of expression and therapy across a broad range of art materials & mediums. Gemma is an art group coordinator and curator and she has every year some art exhibitions. She moved from Spain to Australia and co-founded the Gestalt Art Therapy Centre with Yaro Starak - The only Gestalt Art Therapy Centre known in Australia.

Gemma's background is Spanish, due her experience living in Australia, a far away from her country and family, and her necessity to find a Gestalt Therapist Supervisor, she used the new technologies like skype, to receive her personal support, (her Gestalt therapist Supervisor has online supervisions with her). With Yaro's collaboration, Gemma created a year online training in Spanish language of Gestalt Art Therapy. Yaro and Gemma are developing this training nearly ten years. Gemma is fascinated about the new technologies and how they can be useful in therapy and training.

Yaro Starak and Gemma Garcia organized the First Conference of Art Therapy in Bali in March 2011 and also organized the Second Conference of Art Therapy in Bali in July 2012.

Every year they are developing Art Therapy Retreats in Australia and Spain.