



***How do you and your partner become the best team?***

***- Learn how to approach each other through an authentic and constructive dialogue.***

## **Intensive Couple workshop**

***- Improving Living Skills in your Relation -***

**From Tuesday April 9<sup>th</sup> 16:00 to Sunday April 14<sup>th</sup> 11:00, 2019  
At Vihula Manor in Estonia**

### **Improve your life with your partner**

How do you grow together? How do you give each other space? How do you create a meaningful and satisfying relation with your partner?

Sometimes we get carried away in a destructive behaviour in the close and emotional relation without knowing why. This couple week will work on how to address the challenges in the relation, so you as a couple can grow together. We will investigate themes as trust, getting connected, finding resources and less developed emotional and relational areas. We will look at what you as couple co-create between you. It means how you are together and what each of you bring into the relation.

When you care for each other and really dare to open for what is difficult or even painful, then it is possible for you to meet in another way. Here it is possible to find new inspiration for further development in your relation.

### **Experienced training leaders**

#### **- high ethics!**

Our training leaders have profound comprehensive experience in personal growth, couple therapy and individual therapy. We practise based on high ethical principles in respect of the participants' wants and boundaries. GIS only uses international accepted training methods, which are internationally acknowledged and have proved their effect.

These methods are based upon gestalt psychotherapy, gestalt methodology, psychology and pedagogy. You will deal with themes that are relevant and existential for you and your partner. The work will take place partly in larger groups and partly in small groups.

### **A parallel Masterclass**

A masterclass for professional Psychotherapists will take place parallel to the couple seminar. The leader of this group is Joseph Melnick, who is a well-known and very skilled expert in couple therapy. The two groups will to some extent work together.

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

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Certified by EAGT, The European Association for Gestalt Therapy and EAP, The European Association for Psychotherapy,  
And by The Danish Association for Psychotherapy.

The Masterclass participants will for example be connected to the couples in the couple seminar, which will give an intensive and ongoing and giving result. All processes are guided and supervised by Joseph Melnick and John Ewans Porting.

### When and where

From Tuesday 9<sup>th</sup> of April at 16:00 to Sunday 14<sup>th</sup> of April 11:00, 2019 at Vihula in Estonia

### Seminar Fees

Normal private fee:

Nordic		Estonian	
DKK	Euro	DKK	Euro
11.600	1.560	8.120	1.092

Special private reduced fee:

Nordic		Estonian	
DKK	Euro	DKK	Euro
6.800	915	5.800	780

We offer an Early bird signing-up before Jan. 15 with a 10% reduction of fee.

### Accommodation fee

The price for you includes living cost, food and coffee, and last evening party.

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

### Double room pr. Person (Tuesday to Sunday)

		DKK	Euro
Nordic participants	p. pers.	4.500	605
Estonian participants	p. pers.	3.600	484

Be aware that the prices for stay are reduced and total package prices. If you want to stay for an extra leisure day the price is:

		DKK	Euro
Nordic participants	p. pers.	970	130
Estonian participants	p. pers.	770	105

### Airport transfer

Bus from Tallinn to Vihula and return. Please sign up at the GIS office by mail.

- Nordic 200 DKK, 25 EUR
- Estonian 150 DKK, 20 EUR

Departure Tallinn airport: Tuesday April 9<sup>th</sup>, 2019 the bus to Vihula leaves at 14:00 - the bus makes a stopover at the harbor in Tallinn and then directly to Vihula.

Departure Vihula: Sunday April 22<sup>nd</sup>, 2019 the bus to Tallinn airport and harbor leaves at 10:45 local time.

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

### The leaders of the seminar:

John Ewans Porting, leader of GIS-International and Kia Karrebæk, both from the GIS-International senior faculty.

### Registration deadline: March 15, 2019

- There are only 8 couple places sold on a first-come, first-served basis.
- Deposit on 1500 DKK (200 EUR) to ensure your reservation needs to be paid by February 10<sup>th</sup>, 2019.
- **Remember Early bird offer before Jan. 15<sup>th</sup> with 10% reduction of the fee!**

### 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](mailto:gis@gis-international.com)



*The seminar takes place at Vihula Manor.*

*The GIS-International Training Groups are having Seminars at Vihula at the same time.*

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