

# Description



Training Description - Psychotherapy  
2019 – 2020 Nordic and Baltic Training

## **The Gestalt Institute of Scandinavia** **GIS-International**



### **4-YEAR GESTALT TRAINING PROGRAM** **Clinical Psychotherapist**

**Training Description for the Clinical Gestalt Psychotherapist Specialisation**  
*Denmark, Estonia, Faeroe Islands, Finland, Sweden*

Gestalt Institute of Scandinavia, GIS-International ApS  
CVR 27 50 48 09

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Member of and certified by The European Association for Psychotherapy (EAP) • JEP member of Psykoterapeut Foreningen (MPF)

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July 2018

*GIS-International reserves the right to adjust in this program.*

## **About Gestalt Therapy and Methodology**

Gestalt therapy was introduced in the Nordic countries in the late 60´ s.

The original American approach and style has through the years been heavily influenced by the Nordic culture and existential tradition.

Nordic Gestalt therapy has nowadays developed a balanced approach of respect, empathy and clarity in the relational, dialogical meeting between persons.

The three elements in Gestalt Therapy are:

- The Meta theory, that builds on Existentialism.
- The theory, that builds on Gestalt Psychology, Field Theory, Developmental Psychology, Social- and Clinical Psychology.
- The method, that builds on the Phenomenological Method.

## The Gestalt Institute of Scandinavia, GIS-International.

GIS-International is an international institute for training in Gestalt methodology in the areas of therapy, personal growth, creativity in art and development of leadership and organisations. The institute was founded in 1976. At the moment, there 60 students from the Nordic countries including Faroe Islands and Estonia involved in the 4-yr training programs.

GIS-International arranges long-term Gestalt training programs.

- 4-year Gestalt Training Program  
Clinical Psychotherapist
- Gestalt Practitioner, Organizational Consultant, Coach and Counselor
- Master Class Post Graduate Training and Supervision
- 2-year Gestalt Training Program in Creative Expressiveness and Personal Leadership for Actors and Instructors of Theatre
- ½-year Gestalt Pre-Training Program of 120 Hours of 60 Minutes
- Supervision and Training programs for professionals
- Post Graduate Training and Supervision
- Personal Authentic Leadership training
- Specific Long and Short-Term Gestalt Programs for Personal Development, Couple Therapy, Seminars, Supervision and Training

### EAGT, EAP and PF

The Gestalt Institute GIS-International has received the highest standards of accreditations in Europe.

GIS is accredited by EAGT, the European Association of Psychotherapy.

GIS is accredited by EAP, the European Association of Psychotherapy.

GIS is accredited by PF, the Danish Association for Psychotherapy.

**EAP**, the European Association of Psychotherapy. EAP is the umbrella organization that oversees the implementation of the highest standards in all the different modalities of psychotherapy in Europe.



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**EAGT**, the European Association of Gestalt Therapy is an organization with the aim of gathering European Gestalt therapists, Training Institutes and National Associations and fostering highest professional standards of Gestalt therapy.  
GIS-International was accredited in 2008 and re-accredited in 2013.

# EAGT

## Certificate

The Institute

GIS • International

has been accredited as Training institute  
according to the level of EAGT

on(date)

September, 2013

Nieuw Buinen, The Netherlands

This accreditation is valid through

5 years till September, 2018



President  
Gianni Francesetti



Chair of TSC  
Nurith Levi

EAGT office ■ Noorderdiep 304, 9521 BL Nieuw Buinen, The Netherlands ■ [www.eagt.org](http://www.eagt.org)

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In Denmark GIS-International has also been evaluated and has received accreditation in 2008 and re-accreditation in 2013 and in 2018 according to the Quality-Evaluation standards organized by the Danish Association for Psychotherapy (PF) in cooperation with the evaluation company Reflektor following the guidelines outlined by the Ministry of Social Affairs, the Ministry of Educational Affairs and the Ministry of Home Affairs.



In connection to the accreditation from EAGT, EAP and PF, GIS is now able to offer certification within the EAGT, the EAP frame and the PF frame when you fulfill the GIS-International requirements.

GIS-International is a member of EAP, European Association of Psychotherapy, of EAGT, the European Association of Gestalt Therapy. These associations represent the highest standards in psychotherapy training and in the practice of psychotherapy. GIS-International is also a member of the Danish association PF, Psykoterapeut Foreningen. The associations EAP, EAGT and PF have codes of ethics that has been agreed upon by GIS-International.

GIS-International is a legalized company and has the Head Office placed in Denmark. John Ewans Porting is Managing Director and leads the Senior Education Board: Sue Congram, GB - Barbro Huldén, SF – Katrin Rosental, EE – Jette Maja Porting, DK.

The GIS-International faculty are members of their national Gestalt association. They are involved with the on-going development of psychotherapy and psychotherapeutic professionalism in several bodies: Psykoterapeut Foreningen (DK) - regular meetings and seminars, EAGT and EAP – international conferences, workshops and seminars as participants and/or lecturers, international conferences and seminars organized by AAGT, i.e.

# The GIS-International 4-year Training Programs

## Overall Purpose, Goals and Objectives

- a. To develop and maintain training programs of high international standard and professionalism
- b. To encourage the students to achieve personal development as individuals, therapists and leaders
- c. To train highly skilled and professionally competent clinical Gestalt psychotherapists and/or Organizational Consultants who are compatible with the highest international standards
- d. To ensure deep personal integration of theory, practice and ethics

## Contents

The training programs are experiential, theoretical, and practical. The study program is divided into 2 parts. 1<sup>st</sup> part of 2 years and a 2<sup>nd</sup> part of 2 years with duration of 4 ½ years altogether including a ½ year of pre-training. Each year the student concludes by an evaluation, an oral examination and a written work.

The total minimum of the Training Program is 1639 hours of 60 minutes or 2185 study hours of 45 minutes. Individual study, self-reflection and written tasks are estimated extra 900 hrs./1200st.hrs.

## The Program Includes:

- Intensive personal development work in theory and in practice, integrating Gestalt Theory, principles and methodology.
- Experience and training in working with the client's change process in the mental health area
- Personal and professional leadership training.
- Specialization within Clinical Psychotherapy 3<sup>rd</sup> and 4<sup>th</sup> year.
- Specialization within Organizational Consulting and Counselling, 3<sup>rd</sup> and 4<sup>th</sup> year
- Direct and indirect supervision.
- Theoretical and practical experience with most significant other psychotherapeutic theories and methodologies.
- Clinical work with individual clients and with groups under intensive direct and indirect supervision. (Min. 450 hours).

## 1<sup>st</sup> part

In the 1<sup>st</sup> part of the training program the emphasis is on personal development work, relational work, leadership, and Gestalt theory and methodology.

The members within a training group do not develop at the same speed. Nevertheless the standard process is described as the structural overview of the training program as a following page shows.

At the end of 2<sup>nd</sup> year the student takes part in an evaluation process before applying and entering the 2<sup>nd</sup> part of the Training Program. The specific criteria's for entering the program are dealt with and agreed upon (Professional background, clinical experience, sufficient knowledge of psychopathology and developmental and clinical psychology).

## 2<sup>nd</sup> part

In the 2<sup>nd</sup> part of the training program the focus is on leadership, on group and individual supervision, and on theory both in group work and in individual work.

Each student learns from individual direct and indirect supervision. The purpose is that the student maximises his/her personal leadership skills: integration of personality, therapeutic practice, theory, and ethics.

During 3<sup>rd</sup> and 4<sup>th</sup> year the student specialises in one of the following lines:

- Clinical psychotherapy
- Organizational consultancy and counselling

The specialisation within Clinical Psychotherapy is primarily for people in the treatment area, see below (Terms of admission).

The specialisation within the Gestalt Practitioner, Organizational Consulting and Counselling is open for persons working with development of other people and organizations (see below Terms of admission).

Dispensation: For students wanting to specialize in both areas further and specific studies and experience is required. A specific contract is made with the individual student.

## Terms of Admission

1. To becoming Clinical Gestalt Psychotherapist. (Category 1)  
Relevant higher education and training; psychologists, MD's, psychiatrists, nurses, occupational therapists, physiotherapists, priests, special teachers, social workers, psychotherapists, and others with sufficient clinical and theoretical background, experience and education.
2. To becoming Gestalt Therapist –practitioner, -organizational consultant, -counsellor, -mediator and –coach, (Category 2 and 3):  
This program is for professional people, who through their training and work experience with development and leadership of people have gained sufficient practical and theoretical background. Accepted to the organizational consultant line of training are leaders and managers, HR consultants, actors and instructors of theatre, other artists, teachers, educators, media people (TV and radio), journalists, employees in company departments, and other applicants with sufficient and relevant education and experience.)
3. Undergone Gestalt therapy or other psychotherapy in groups or individually corresponding to a minimum of 120 hours (60 minutes).
4. Minimum 26 years of age.
5. Theoretical studies in developmental psychology, clinical psychology and in psychopathology in the specialisation as a clinical psychotherapist is required.
6. Personal interview.
7. Personality test and test-review. Agreement is made on areas of development within personal development, theory, clinical experience according to background.

## The Practical Steps in Applying

- Step 1 You apply by filling out the GIS application form. You will find the form on our website or you will get it by phoning our GIS office.
- Step 2 You have a dialogue by phone with the GIS office to clarify who of the study counsellors from the Training Board you are to meet for interview and test feed-back.
- Step 3 The GIS office sends you an invoice on test, interview and test feedback and a deposit. In case of you not being accepted to the training program your deposit will be returned.
- Step 4 We send you a personality test. You fill in the test (1 Hour) and return it to the GIS office.
- Step 5 The independent test psychologist corrects and returns the test.
- Step 6 You meet the senior GIS leader and counsellor in person or on Skype for an interview and a test feed-back. In this interview, you and the GIS representative will discuss the premises, possibilities and specific requirements and dispensations for entering the training program.
- Step 7 The GIS Training Board and administration confirms you as a student.
- Step 8 As a private student you make a motivated application for the possible GIS grant and reduction of the training fee.
- Step 9 You receive a contract and you choose whether to pay upfront or in three instalments.
- Step 10 The GIS office sends you the bill on the remaining training fee for the year.

## Application

Please forward application to:

The GESTALT INSTITUTE OF SCANDINAVIA  
**GIS-International**  
Næsbyvej 28 · DK-4300 Holbæk  
Tel +45 59 47 00 17 · Fax +45 59 47 00 69 · Email: [gis@gis-international.com](mailto:gis@gis-international.com)

Please enclose CV and photo with the application.

**[www.gis-international.com](http://www.gis-international.com)**



## **Educational and Ethical Board**

The Educational and Ethical Board (EEB) consist of five members: John Ewans Porting (JEP) chairman, DK - Sue Congram (SC), GB, (Ethics) - Barbro Huldén (BH), SF – Katrin Rosental, (KR), EE, (Psychotherapist Education) – Jette Maja Porting (JMP) coordinator, DK.

John Ewans Porting (JEP) DK is chairman of the Educational and Ethical Board (EEB). The Educational and Ethical Board (EEB) has regular meetings on site or by phone/Skype.

Once a year the meetings are extended meetings with censors and/or representatives from the student council. (April or June or September)

The EEB oversees and evaluates the training programme to insure quality and development of teaching and faculty – and to ensure quality and the on-going development of the training program. The EEB supervises, gives feed back to and inspires the faculty members in their professional development. The Educational and Ethical Board (EEB) instructs the leader before entering the group and passes on the group reference book in which group process from prior groups are described by former leaders.

## **Study Counsellors**

The study counsellors are:

Katrin Rosental (KR), EE – for students in Estonia and Finland and John Ewans Porting (JEP), DK for students in Denmark, Faeroe Islands and Sweden.

## **Student Council**

The students elect two students, - two students from the 1<sup>st</sup> and 2<sup>nd</sup> year international groups and one from 3<sup>rd</sup> and 4<sup>th</sup> year. The election takes place in the June training seminar. The student council of 5 students elects a spokesman who has regular meetings with the training board.

The student council meet on site twice a year when all training groups are gathered (April and June). In connection to the intensive training periods the student counsel meet on Skype.

## **Overview of the Training Program**

### **Pre-training**

Purpose and goal: To provide the students with the first basic knowledge about Gestalt. To give the client/potential student awareness and personal insight of how Gestalt methodology works. Total of 120 hours of 60 minutes/160 study hours of 45 minutes. To assess and evaluate the student 's background: Education, experience, other training, own therapy, existential readiness to start/continue the demanding GIS training program.

### **First Year. Seminar 1-5**

Purpose and goal: To provide the students with basic knowledge about Gestalt principles, - methodology and therapeutic practice – the philosophical, theoretical and therapeutic directions that has influenced Gestalt. To put emphasis on the student's personal development and emerging integration.

- Intensive personal development
- Basic notions and theory of Gestalt
- Gestalt therapy's history, development and place in society
- Developmental psychology and personality formation
- Individual therapy and self-reflection
- Oral examination in Gestalt principles and methodology
- Written work: Auto biography describing own personal development and connecting to Gestalt terminology and methodology
- Evaluation process where the evaluation tools are introduced and integrated

### **Second Year. Seminar 6-10 + Supervision option 1 – 2.**

Purpose and goal: To continue personal development with increasing integration. To deepen knowledge about the fundamental psychological and therapeutic theories and methods of Gestalt and to provide knowledge about the roots of Gestalt (Existentialism (Kirkegaard, Yalom, Spinelli), Gestalt Psychology, Psychodrama (Moreno), Psychoanalysis (Freud) Body oriented therapy (Reich and Lowen). To integrate ethics in the work with Gestalt methods, principles and techniques. To understand and integrate how the emotional Gestalt approach connects to the existential Doing and Being.

- Continued personal development with emphasis on relational work starting with the group process and group dynamics
- Deepened work with communication skills and conflict resolution (encounter)
- Training in basic skills (*Person-Therapist-Observer* work)
- Integrate understanding of and skills in working with the basic theories, concepts and methods in Bioenergetics, Psychodrama, Existentialism, Psychoanalysis, Zen etc.
- Oral examination in the fundamental psychotherapeutic theories and how they connect to Gestalt theory, approach and practice
- Basic knowledge about other psychotherapeutic methods and their connection to Gestalt therapy
- Written work about how one of the fundamental psychotherapeutic theories and how it has influenced Gestalt theory, approach and practice
- Evaluation process where the student's readiness personally, relationally and professionally is assessed. The process determines whether the student is accepted to the third year of training or is recommended another second year

### **Third Year. Seminar 11 – 14 + Supervision Option 3 – 4.**

Purpose and goal: To get maximum focus on the role as a therapist and emphasis on the relational area. Training of personal leadership. Training of own therapist role in clinical individual therapy under direct and indirect supervision. Starting training of own therapist role in group therapy. Acquiring theoretical and practical knowledge about Mental illness and Diagnostic systems, and personal integration. Deep understanding and integration of own parallel process, transference, counter transference, ethics and boundaries. Understanding and integration of Field theory and Phenomenology in theory and in practice.

- Focus on individual therapy and relational processes
- Direct and indirect supervision techniques
- Methods and techniques of Gestalt – their strengths and weaknesses
- Understanding the international and the national diagnostic terminologies in the Mental Health area and how they relate to Gestalt practice in theory and practice
- Improve the ability in assessing the therapeutic process between client and therapist
- How to interact and cooperate with other professionals in the mental health area
- Ethics, boundaries and norms of the therapist
- How to integrate research into practice and final work in training
- Training of skills in clinical therapy under supervision, individually and in groups
- Assistantship/supervised leadership in the other students' P-T-O groups
- Oral examination in Gestalt theory and clinical methodology
- Written work describing an area of Gestalt theory and applied clinical methodology
- Evaluation introducing the end-evaluation process in connection to the student's professional capabilities in the clinical and mental health field

### **Fourth Year. Seminar 15 – 18 + Supervision Option 5 – 6.**

Purpose and goal: That the student gets psychotherapeutic skills through personal, professional supervision and integration of theory, practice and psychotherapeutic ethics. Specialization and preparation of thesis that is presented and published at the end of the training. Final examination. Finishing-up evaluation where strengths, weaknesses, continued personal and professional areas of development and boundaries are defined and integrated. Continued focus on deep understanding and integration of own parallel process, transference, counter transference, ethics and boundaries.

- Strong emphasis on group therapy and group processes in systems (couples/families)
- Understanding the cultural and social conditions for clients, families and other systems
- Direct and indirect supervision techniques
- The strengths and weaknesses of Gestalt therapy
- The strengths and weaknesses of the therapist
- Ethics, boundaries and norms
- Training of skills in clinical therapy under supervision, individually and in groups
- Assistantship with – and supervision from – senior leaders
- How to interact and cooperate with other professionals in the mental health area
- Supervision in how to build own practice: Legal, professional, supervision, journaling and ethics
- Presentation of a written research study and thesis work as a lecture, integrated in supervised practice and in the final oral examination and evaluation

- Oral examination where the student demonstrates clinical psychotherapeutic skills in theory and in practice
- The research written work – thesis – is anchored in the student's supervised practice with outside clients, describing, discussing, and concluding the chosen subject.
- The student presents the thesis in a lecture given to all students, leaders and invited guests.
- Professional end-evaluation process in connection to the student's professional and personal capabilities in the clinical and mental health field. In the evaluation process the student gets clarity on the further personal and professional development and ongoing supervision after training.

### **Educational Structure and Form**

The Gestalt Training Program is experimental, therapeutic and theoretical. To ensure fulfilling the overall goal the following educational structures and forms are used:

**Lectures** where theory and themes are introduced deepened and discussed.

**Experimental exercises** where personal awareness and experience grows.

**Personal therapeutic work** where personal integration takes place in the Here and Now.

**Group work** where group dynamics are addressed made aware, understood and integrated.

**Feedback processes** to learn to give and receive valuable information in a dialogue.

**Individual study guidance** of the student for inspiration and keeping the student on track.

**Supervision, direct and indirect.**

### **Structure of the Training Program**

#### **Pre-training Courses**

Before entering the training program, students must have undergone Gestalt therapy in groups or individually corresponding to a minimum of 120 hours (60 minutes). One possibility is the one year basic training consisting of 160 lessons (45 minutes).

#### **Training Courses/Intensive Residential Seminars**

The first 2 years of the training program consist of 10 full-day seminars of 6-7 days. The students work with their personal and professional development under therapeutic, psychological and pedagogical guidance. Seminars 1-3 mainly have a personal development focus. Seminars 4-6 mainly have a relational focus. Seminars 7-10 mainly have a focus on group therapy and leadership issues. During the last 2 years the focus is on direct and indirect supervision and on individual specialization either in the therapeutic or the organizational area. The student connects to the same international group although the training

#### **International Training Settings**

Twice a year all students from all countries meet in intensive seminars for international and inter cultural exchange and experience. This takes place in April Estonia and in June in Denmark.

#### **Assisting in Therapy Groups (Practical Training and Direct Supervision)**

The student gets the opportunity to train his/her leadership role with instruction and under direct supervision. The student participates with increasing responsibility throughout 1<sup>st</sup> year, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> year - individually considering the student's need and actual capability. The student takes part in · GIS-International's other training activities in Denmark, Estonia, Faroe Islands, Finland and Sweden.

#### **Supervision and Training Seminars.**

These seminars are held with parallel client groups. The students work under direct supervision with outside clients in an intensive development process and -setting.

The aim of the work and structure is "stretching" the student's personal and professional capability and self-understanding. Important issues are therapist boundaries, strengths and weaknesses, "how to treat", "how to teach", working with transference and counter transference (projections), and therapeutic ethics.

#### **Clinical work under supervision**

The student is having clients and groups under supervision outside the training seminars (3<sup>rd</sup> and 4<sup>th</sup> year)

#### **Group Supervision**

In the group supervision program, the students work with outside client groups learning the dynamics, strengths, weaknesses, possibilities, and limitations of the leadership, experiencing own leadership in small and large groups, in co-operation, etc.

### **Individual Supervision (National)**

In the individual supervision program, the student is instructed, taught and supervised in one to one therapy with clients. The program is organized in groups of 3-4 students under direct and indirect supervision. The focus is on integration of theory and practice, and development of the student's style of leadership and role as a therapist. The student gives 100 individual hours to outside clients and receives 60 hours of supervision. (3<sup>rd</sup> and 4<sup>th</sup> year)

### **Supervision on Voluntary and Professional Work with Clients**

Voluntary work with clients in cooperation with an outside social and/or treatment oriented organization. 120 – 180 hours during the last part of 2nd year to the first part of 4th year. Contract that includes supervision is made prior to start between the student, the outside organization and GIS-International. For students already working clinically in the Mental Health Field see to getting relevant professional supervision on their clinical work.

### **Individual Therapy**

The one-to-one work (therapist and student). The student works through his/her personality and personal life issues using Gestalt principles and methodology. The goal is that the student gets a profound knowledge, understanding and acceptance of him/herself as a person and as a professional.

### **Development Dialogue, Study Guidance, and Need for Dispensation**

Twice a year of training (minimum) the student meets the national member/counsellor of the Training Board for a development dialogue. The issues are: Personal development, professional development, supervision and practicum, plans for the future, special personal or professional wishes or needs that need dispensation, etc. The student writes the agreed resume that is signed by the counsellor from the training board.

### **Theory Seminars**

Theory seminars are either recommended (outside the institute) or arranged (by GIS) in various subjects within Gestalt therapy in theory and practice, developmental psychology, clinical psychology, psychopathology, psychiatry, psychoanalytic theory and practice, existentialism, psychodrama, body therapy, and system and leadership development.

### **Theory, Study and Personal Reflection**

During the training program, a catalogue of examination requirement books and articles is recommended or handed out to the participants. Through the Training Program approximately 6000 pages are read and discussed.

A library is established and situated at the GIS-International Training Centre at Orø in Denmark.

### **Special Theory Studies**

GIS has in cooperation with Tartu University initiated a Bachelor program in Development Psychology in Cooperation with Tartu University in Estonia. The program of 104 study hours takes place partly in connection to some of the training weeks and is partly Web based. The intention is to start similar programs in Clinical Psychology and Psychopathology.

### **National Study Groups, P-T-O**

Throughout the time of study, the students work in organised study-, development-, and training-subgroups, where P-T-O work practice take place: **P**erson (client), **T**herapist, and **O**bserver. In the study groups the curriculum of approximately 6000 pages are discussed. (300 hours/400 Study hours).

### **Dispensation**

It is possible to prolong the study with 2 years in general.

The dispensation is discussed with the national study counsellor and confirmed in the international Educational and Ethical Board (EEB). Dispensation for more than 2 years (1 to 2 years extra) is given in rare cases: Giving birth, job abroad, serious illness, i.e.

### **Examination**

During the last part of the 1<sup>st</sup> year the student writes an auto biography including integrating Gestalt terminology and awareness. At the end of 1<sup>st</sup> year there is an oral examination in Gestalt methodology and principles related to own development and personal behavioural patterns.

During the last part of the 2<sup>nd</sup> year the student writes an essay describing one of "the Roots of Gestalt" and how the root has influenced Gestalt therapy and terminology. At the end of 2<sup>nd</sup> year there is an oral examination in the roots of Gestalt, which means to say the basic theories for Gestalt: Existentialism, Developmental Psychology, Psychodrama, Gestalt Psychology,

Psychoanalysis, Psychoanalytic Theory, Reich and Lowen: Body Therapy, Analytic Psychology, Buddhism, Zen, and Taoism.

During the last part of the 3rd year the student writes about and discusses a chosen theoretical aspect in Gestalt theory and methodology. At the end of 3<sup>rd</sup> year the oral exam is on Gestalt Theory and Methodology.

The student ends his/her 4-year study by writing a thesis, in which the coming Gestalt therapist proves personal and professional integration of theory and practice. A therapeutic research is described deeply analysing, planning, executing, evaluating, and discussing a therapeutic project with guidance and supervision by the senior faculty of GIS-International.

At the end of 4<sup>th</sup> year there is an oral examination in theory and practice, in which the student accounts for and demonstrates and practices Gestalt methodology and principles. The student does the final examination under the guidance of one internal senior leader and one external censor.

Individual Study inclusive written work from 1<sup>st</sup> to 3<sup>rd</sup> year (360/480), PTO study groups (300/400), written work, Research and Thesis (330/440). Total of 990 hours/1320 st.hrs.

### **External Examiners**

Olle Eldhammar, MD, Psychiatrist, Gestalt Psychotherapist, (SE)

Karmel Tall, Gestalt Psychotherapist and lecturer in Social Science and Psychology at Tartu University, (EST)

### **Evaluation**

Evaluations take place after 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> year.

The evaluation process consists of a self-evaluation, an evaluation made by the other students, and an evaluation made by the leaders teaching in the program in connection with the training board

- 1<sup>st</sup> year evaluation is an introduction of the evaluation tool, in which Gestalt methodology and principles are integrated
- 2<sup>nd</sup> year evaluation is determining whether the student immediately can proceed on the second part of the training program - and on which terms (making personal contract)
- 3<sup>rd</sup> year evaluation leads to specification of the personal contract
- 4<sup>th</sup> year evaluation is the final evaluation.

In connection to the evaluation processes at the end of 2<sup>nd</sup> year, 3<sup>rd</sup> year and 4<sup>th</sup> year GIS has developed specific systems to ensure each student and becoming therapist the ethical awareness of therapeutic and personal strengths and weaknesses (areas of further development and growth).

### **Ethics**

GIS-International follows the ethical and professional guidelines of EAGT and EAP and of the national Danish therapeutic association PF. In practice the national and international guidelines are discussed and implemented although the training program. In connection to the individual and the group supervision programs and in the evaluation processes and oral exams transference and counter transference is an important issue where boundary issues are discussed found and implemented in the coming therapist's personal style and professionalism.

The GIS-International students mainly come from Denmark, Estonia, Faroe Islands, Finland, and Sweden. Fewer students come from Argentina, Germany, Greece, Greenland, Italy, Netherlands, Norway, and Russia.

The overall teaching language is English. The students are also connected in national study groups, where national perspective and issues, national study literature, personal and professional development can be addressed, supervised, and integrated.

### **Research**

GIS-International has since 2009 strengthened the Gestalt approach to research by cooperating with Dr. Ken Evans who is a well known expert in the area of qualitative research. Ken Evans also supervised several of the GIS graduating students in their final work.

We are sorry to tell, that Ken died in the summer 2015.

We have had contact to Linda Finlay, who is the co-author together with Ken Evans, to take over after Ken in inspiring, supporting, and supervising GIS-International in the Qualitative Research Methodology.



## The Total of the Training Program

**The total minimum hours of study are 1639 hours of 60 minutes (2185 lessons of 45 minutes) + Optional training of 384 hours of 60 minutes (512 lessons of 45 minutes).**

H = hours of 60 minutes. L = lessons of 45 minutes.

Pre-training, a minimum of 120 H/160 L is required.

1<sup>st</sup> year is estimated to 334 H/445 L + 51 H/68 L of optional training

2<sup>nd</sup> year is estimated to 333 H/443 L +111 H/148 L of optional training

3<sup>rd</sup> year is estimated to 456 H/608 L +111 H/148 L of optional training

4<sup>th</sup> year is estimated to 435 H/580 L +111 H/148 L of optional training

The total minimum of training is estimated to 1678 H/2237 L + 384 H/512 L of optional training. The individual study hours, written work, research and thesis (not PTO/Study groups) are estimated to 690 H/920 L.

**Total of the 4-year training program including the individual study: 2368 H/3157 L**

The minimum hours required are 1639 hours of 60 minutes (2185 lessons of 45 minutes) not including the optional training, voluntary work, and individual study.

In case of missing seminars/hours compensation is done either in Estonia or in the Nordic countries. The Training Program is under constant improvement. GIS is involved in the ongoing European EAP, EAGT, and PF accreditation procedures. This means that adjustment of the program may occur.

### Total of training hours of 60 minutes/lessons of 45 minutes

Theory and methodology:	465/620
Personal therapy, group therapy experience and supervision:	460/613
Supervision Program on Individual Therapy:	160/213,3
Supervision Program on Group Therapy:	160/213,3
Indirect and direct supervision in training seminars	133/177
PTO study groups integrated in the training structure	300/400
<b>Total of training seminars and supervision programs</b>	<b>1678/2237</b>

Individual Study inclusive written work from 1 <sup>st</sup> to 3 <sup>rd</sup> year	360/480
Written work, Research and Thesis 4 <sup>th</sup> year	330/440
Total of individual study, group study and self-reflection	690/920
<b>Total of the 4-year training program including the individual study: 2368 H/3157</b>	

Optional and individually planned:

Voluntary Clinical Work or equivalent including supervision:	180/240
GIS client seminars under supervision; 3 x 51 hours	204/272

### The Nordic Groups incl. Faeroe Islands and the Finnish/Estonian Training Groups

- 4-6 intensive training or supervision seminars per year. Each training week/seminar is 42 – 51 hours of 60 minutes (56 – 68 lessons)
- 20 hours of individual therapy per year the first two years
- 10 hours of individual therapy per year the last two years
- Study counseling and development dialogues twice a year (2 x 1 hour).
- 75 hours/100 lessons of national sub-group meetings per year
- 160 hours/213 lessons supervision program in clinical individual psychotherapy during 3<sup>rd</sup> and 4<sup>th</sup> year
- 120 hours/160 lessons supervision programs in clinical group psychotherapy during 3<sup>rd</sup> and 4<sup>th</sup> year
- 180 hours/240 lessons voluntary work under supervision during 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year
- Possibility for compensation for lost training time in a Nordic/Estonian parallel group
- Supervision on establishing own practice with clients
- Optional national and international training and supervision seminars with several possibilities for practicum/assistantship and supervision

**The GIS-International Training Program**      *Hours = 60 min. Lessons = 45min.*

<b>Pre-training</b>	<b>Structure</b>		<b>Remarks</b>	<b>hours</b>	<b>lessons</b>
<b>Time of study - pre-training</b>	120 hours	120 hours	Pre-training in Gestalt	120	160
<b>1<sup>st</sup> year</b>				<b>120</b>	<b>160</b>
Interview and test feedback	Intake 1st year	3 hours	Intake conditions	3	4
Training seminars	1 x 7 days	51 hours	Including 2 days in weekends	51	68
Training seminars	4 x 6 days	168 hours	Including 8 days in weekends	156	208
Study group (P-T-O)	10 x 1 day	75 hours	In weekends	75	100
Ind. therapy/study counseling	Min. 20 +2 hour	22 hours	Individually appointed	22	29
Personal preference (relevant training)		27 hours	Individually arranged	27	36
Additional training,	1 x 7 days	51 hours	Optional (68 lessons)	(51)	(68)
Written essay; Autobiography			During 1 <sup>st</sup> year		
Examination in group	End of year	1 hour	Gestalt Methodology		
Evaluation in group	End of year	2 days	Included in the study		
<b>Time of study - 1<sup>st</sup> year</b>				<b>334</b>	<b>445</b>
			<b>Optional Training</b>	<b>(51)</b>	<b>(68)</b>
<b>2<sup>nd</sup> Year</b>					
Training seminars	1 x 7 days	51 hours	Including 2 days in weekends	51	68
Training seminars	4 x 6 days	156 hours	Including 6 days in weekends	156	208
Study group (P-T-O)	10 x 1 day	75 hours	In weekends	75	100
Ind. therapy/study counseling	Min. 20 +2	22 hours	Individually appointed	22	29
Personal preference and choice		27 hours	Individually arranged	27	36
Additional training, Practicum	1 x 7 days	51 hours	Optional (68 lessons)	(51)	(68)
Voluntary work under supervision	External	60 hours	Clinical Supervised Experience	(60)	(80)
Written task: Roots of Gestalt			During 2 <sup>nd</sup> year		
Examination	End of year	1,5 hour in pairs	Roots of Gestalt (2 St.hrs.)	1,5 h -> 2	2
Evaluation for entering 3rd year	End of year	2 days	Included in the study		
<b>Time of study - 2<sup>nd</sup> Year</b>				<b>333</b>	<b>443</b>
			<b>Optional Training and Supervision</b>	<b>(111)</b>	<b>(148)</b>
<b>3<sup>rd</sup> year</b>					
Supervision & training seminars	1 x 7 days	51 hours	Including 2 days in weekends	51	68
Supervision & training seminars	4 x 6 days	117 hours	Including 6 days in weekends	156	208
Study group (P-T-O)	10 x 1 day	75 hours	In weekends	75	100
Individual supervision with clients	30 hours	30 hours	Individually arranged	30	40
Given individual psychotherapy	50 hours	50 hours	Individually arranged	50	67
Group supervision with clients	60+20 hours	80 hours	Individually arranged	80	107
Ind. therapy/study counseling	Min. 10 +2 hour	12 hours	Individually arranged	12	16
Additional training, Practicum	1 x 7 days	51 hours	Optional (68 lessons)	(51)	(68)
Voluntary work under supervision	External	60 hours	Clinical Supervised Experience	(60)	(80)
Written task: Gestalt theory			During 3 <sup>rd</sup> year		
Examination	End of year	1,5 hour in pairs	Gestalt theory (2 lessons)	2	2
Evaluation	End of year	2 days in group	Included in the study		
<b>Time of study - 3<sup>rd</sup> year</b>				<b>456</b>	<b>608</b>
			<b>Optional Training and Supervision</b>	<b>(111)</b>	<b>(148)</b>
<b>4<sup>th</sup> year</b>					
Supervision & training seminars	1 x 7 days	51 hours	Including 4 days in weekends	51	68
Supervision & training seminars	3 x 6 days	117 hours	Including 4 days in weekends	117	156
Study group (P-T-O)	10 x 1 day	75 hours	In weekends	75	100
Individual supervision with clients	30 hours	30 hours	Individually arranged	30	40
Given individual psychotherapy	50 hours	50 hours	Individually arranged	50	67
Group supervision with clients	60+20 hours	80 hours	Individually arranged	80	107
Ind. therapy/study counseling	Min. 10 +2 hour	12 hours	Individually arranged	12	16
Supervised assistantship in training groups	1 x 7 days	51 hours	Optional (68 lessons)	(51)	(68)
Ind. therapy/study counseling	Min. 10 +2 hour	12 hours	Individually arranged	12	16
Voluntary work under supervision	External	60 hours	Clinical Supervised Experience	(60)	(80)
Written thesis, supervised and presented	End of year	6 hours	Thesis published – presentation and	6	8
Final examination	End of study	1½ hour	Oral exam., integration of therapeutic theory & practice (2 lessons)	2	2
Final evaluation in the group	End of study	2 days	Included in the study		
<b>Time of study - 4<sup>th</sup> year</b>				<b>435</b>	<b>580</b>
			<b>Optional Training and Supervision</b>	<b>(111)</b>	<b>(148)</b>
<b>Total of the 4-year training program</b>				<b>1.678</b>	<b>2.237</b>
<b>Individual study hours, written work, research and thesis (not PTO/Study groups)</b>				<b>690</b>	<b>920</b>
<b>Total of the 4-year training program including the individual study</b>				<b>2.368</b>	<b>3.157</b>
<b>Optional training Seminars</b>				<b>(204)</b>	<b>(272)</b>
<b>Voluntary Work / Clinical Practice under Supervision</b>				<b>(180)</b>	<b>(240)</b>

## A Thematic Overview for all Training Seminars

### Pre-training. Total of 120 hours

#### Purpose and Goal

To provide the students with basic knowledge of Gestalt. To let the student, get the awareness of how Gestalt methodology fits her/him. And to let the leaders of the pre-training get the awareness and knowledge of the student in order to decide whether she/he is ready to start/continue the 4-year training program.

### First Year, Clinical Psychotherapist

#### Purpose and Goal

To provide the students with basic knowledge about Gestalt principles, -methodology and therapeutic practice. To provide knowledge about the roots of Gestalt – the philosophical, theoretical and therapeutic directions that has influenced Gestalt. To put emphasis on the student's personal development and emerging integration.

- Seminar 1**      Establishing the group.  
Introduction to Gestalt psychotherapy: Awareness, Here-and-now, Responsibility, Contact, Resistances.  
The roots of Gestalt – a historic overview  
**September**
- Seminar 2**      Body work in Gestalt. The hidden resources of the body.  
Retrospection, body awareness, figure-ground, unfinished business.  
Focus on developmental psychology.  
**November**
- Seminar 3**      The roots of Gestalt: Existentialism and Zen. Choice and responsibility.  
Awareness processes and the connection to Existentialism and Zen.  
**February**
- Seminar 4**      Confluence and dependency.  
Basic field theory and attachment theory  
Group dynamics and process work, encounter.  
**April**
- Seminar 5**      Examination and evaluation. Gestalt theory related to own development and personality.  
The roots of Gestalt: Psychodrama and creativity.  
Gestalt work with autobiography.  
**June**

During the first year of training the student integrates the basic theory of Gestalt. In the written autobiography, the student integrates her Gestalt perspective documenting her deep understanding and integration of own process.

## Second Year, Clinical Psychotherapist

### Purpose and goal

That the student continues her personal development with increasing integration. That she deepens her knowledge about the fundamental psychological and therapeutic theories and methods of Gestalt. Integrate ethics in the work with Gestalt methods, principles and techniques. Understand how the emotional Gestalt approach connects to the existential Doing and Being.

<b>Training Seminar 6</b>	<u>Psychodrama and creativity in Gestalt, continued.</u> Confluence, dependency and co-dependency in couples and families. Dialogical work. Relational work, encounter, conflict resolution in systems and in organizations. Field theory and practice. <b>September</b>
<b>Training Seminar 7</b>	<u>Bodywork in Gestalt. Gestalt and Bioenergetics.</u> Creative work with dreams and fantasy. Deep integration Gestalt work individually and in the group with body awareness as a key issue. Developmental psychology in connection to the body. <b>November</b>
<b>Training Seminar 8</b>	<u>Gestalt methods and techniques – in clinical work and in development work.</u> Psychopathology in theory and practice. Boundaries and contact. Ethics. <b>February</b>
<b>Training Seminar 9</b>	<u>Gender issues: Sexuality and sensuality related to own personality.</u> Ethics and boundaries. Couple therapy, Gestalt work with families and systems. <b>April</b>
<b>Training Seminar 10</b>	<u>Examination, evaluation and Gestalt work with the roots.</u> Transition to the 3rd and 4th year. Supervision and action plans. <b>June</b>
<b>Voluntary Work Client Supervision</b>	<u>Supervision on client work.</u> 60 hours. Voluntary work with clients 1. Transition to becoming a therapist. The student organizes therapeutic practicum/work under supervision in an organization in cooperation with GIS-International. Individually planned. <b>Through last part of the training year</b>

During the last part of the second year the student writes an essay describing one of “the Roots of Gestalt” and how that root has influenced Gestalt therapy and terminology. At the end of the year there is an oral examination in the roots/the basic theories of Gestalt.

## Third Year, Clinical Psychotherapist

### Purpose and goal

That the student gets maximum focus on the role as a therapist and emphasis on the relational area. Training of personal leadership. Training of own therapist role in clinical individual therapy under direct and indirect supervision. Starting training of own therapist role in group therapy. Acquiring theoretical and practical knowledge, and personal integration. Deep understanding and integration of own parallel process, transference, counter transference, ethics and boundaries.

**Training Seminar 11**      Psychopathology in theory and practice.  
Conditions and limitations in the clinical psychotherapy and in the psychiatric treatment.  
Confluence, dependency and co-dependency.  
The role as a therapist. Deepening the issues of transference, counter transference and ethics.

**September**

**Training Seminar 12**      Field Theory in Practice  
Focus on the role as a group therapist.  
Nowness and presence  
Confluence, dependency and co-dependency  
Focus on transference and counter transference (Projections, i.e.)  
Couple- and Family work in theory and practice (1)  
Dialogical approach in a group setting  
Thematic intervention in the field

**November**

**Training Seminar 13**      Role as a Therapist. Supervision on client work.  
Transition to becoming a therapist. Focus on transference and counter transference. Individual psychotherapy and supervision in group settings.  
Focus on continuity, ethics and boundaries. Continued training on balanced empathy and confrontation. Direct and indirect supervision.

**February**

**Training Seminar 14**      Gestalt methodology and techniques in clinical work – and in development work. Field theory in practice.  
Assisting in working in a cross-cultural setting with 4 nationalities. The emotional pedagogy. Leadership and personal style. How to teach and how to lead. Direct and indirect feed-back processes. Nowness and presence. Dialogical approach in a group setting.

**April**

**Training Seminar 15**      Examination and evaluation.  
Preparation of subject for next year's thesis. Theory of science and writing of thesis.

**June**

During the last part of the third year the student writes about and discusses a chosen theoretical aspect in Gestalt theory and methodology. At the end of third year the oral exam is on Gestalt Theory.



## Fourth year, Clinical Psychotherapist

### Purpose and goal

That the student gets psychotherapeutic skills through personal, professional supervision and integration of theory, practice and psychotherapeutic ethics. Specialization and preparation of thesis that is presented and published at the end of the training. Final examination. Finishing-up evaluation where strengths, weaknesses, continued personal and professional areas of development and boundaries are defined and integrated. Continued focus on deep understanding and integration of own parallel process, transference, counter transference, ethics and boundaries.

- Seminar 16**      Dialogical work - I and Thou. How the leader and therapist use herself. Relations, encounter, conflict resolution in systems and organizations. Boundaries and ethics. Theory of scientific research and writing the thesis on a chosen subject under supervision.  
**September**
- Seminar 17**      The therapist as a leader and a role model.  
Deepening Field Theory in Practice.  
Deepening the issues of transference, counter transference and ethics. Couple- and Family work in theory and practice (2)  
Feed back and evaluation processes.  
**November**
- Seminar 18**      Teaching, leading groups, co-work with seniors  
Presentation and discussion of thesis. Assisting therapist in the international training program. Therapist in an international client and student group. All under direct and indirect supervision by senior leaders.  
**April**
- Seminar 19**      Presentation and discussion of thesis. Examination with an external examiner. Evaluation and certification.  
Feedback on personal therapeutic style, boundaries and ethics.  
**June**
- Client Supervision Individual 80 hours**      Given Individual Psychotherapy and Supervision. Focus on the role as an individual therapist. Focus on relational issues, dialogical approach, and transference and counter transference. Starting practicing individual psychotherapy with clients under direct supervision. The students organize clients in cooperation with GIS-International. 50 hours given + 30 hours supervision.  
**Through whole training year**
- Client Supervision 60 hours**      Group supervision program.  
The student in co-operation with another student organizes own national group of minimum 6 clients for continuous work over a period of 4 – 6 months.  
Part of final examination and final evaluation process.  
**Through last part of last training year**

The student ends his/her 4-year study by writing a thesis, in which the coming Gestalt therapist proves personal and professional integration of theory and practice. At the end of fourth year there is an oral examination, in which the student accounts for and demonstrates and practices Gestalt methodology and principles.

**Please note:** All students must have a minimum of 300 hours of group supervision seminars with clients (= 5 seminars of 60 hours or equivalent experience with clients): 60 hours on second year, 120 hours on third year and 120 hours on fourth year.

## GIS-International Arranges Intensive Seminars at Hegnegaarden on the Island Orø in Denmark

Several of the intensive seminars are arranged at Hegnegaarden on the island of Orø in Denmark. Please look at our website [www.hegnegaarden.dk](http://www.hegnegaarden.dk)

