

## GIS-INTERNATIONAL



2-Year Nordic Training Program in  
Expressiveness and Leadership  
For  
Actors and Directors of Theatre

Gestalt Institute of Scandinavia, GIS-International ApS

CVR 27 50 48 09

Næsbyvej 28, Orø • DK-4300 Holbæk • Tel. +45 5947 0017 • Fax +45 5947 0069 • [gis@gis-international.com](mailto:gis@gis-international.com) • [www.gis-international.com](http://www.gis-international.com)  
Member of The European Association for Psychotherapy (EAP) • JEP member of Psykoterapeut Foreningen (MPF)

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

**GIS-INTERNATIONAL** is an international institute for Gestalt training, personal and relational development and development of organisations.

A special focus is development of creativity and expressiveness in both leadership, groups and teams and in the artistic field.

The institute was founded 1976.

At the moment there are approximately 120 students from Nordic and Baltic countries involved in ongoing programs of 2 – 4 years duration.

**GIS-INTERNATIONAL** also arranges national long-term programs.

**GIS-INTERNATIONAL** is organised as a non profit trade fund in Denmark.

**GIS-INTERNATIONAL** is a member of **The European Association for Psychotherapy (EAP)**. EAP represents high standards for psychotherapy training and the practice of psychotherapy. EAP has a code of ethics that has been agreed upon by all member institutions.

**The GIS-INTERNATIONAL 2-year Nordic Training Program for Actors and Directors of Theatre** is organised in cooperation with **the Continuing Education Centre of the Theatre Academy**, Helsinki, Finland.

**The Continuing Education Centre of the Theatre Academy** is a dynamic expert unit always

abreast of the latest developments in its field. It offers education, development services and artistic research projects to professionals in the field of performing arts and also tailors its services to the needs of professionals in other fields. The Centre's main spheres of know-how include artistic training in theatre and dance, degree programs for teachers, arts management, production management, screenwriting and the use of new technology.

Career services and job recruiting are also among its main priorities. The Centre also takes an active

part in the process of developing institution of theatres.

**The Aim of the Training Program for Actors and Directors** is through individual and groupwork integrating Gestalt methodology and hereby increasing professional skills, creativity and presence on stage. Gestalt methodology emphasises two important concepts in the art of acting: presence/nowness and contact.

Marcus Groth, professor in theatre-art at the Theatre-academy in Helsinki and trained in Gestalt methodology has used the approach in his professional work with good results. The new approach in this training project is the professional results in integrating Gestalt methodology in the training of theatre-artists, actors and directors.

Responsible for the training program are prof. Marcus Groth, Theatre Academy, Finland and John Ewans Porting, director of Gestalt Institute of Scandinavia, Denmark.

The program is supported by the Theatre Academy in Helsinki, the Theatre Academy in Stockholm, the Nordic Council, PMI Nordic and GIS-INTERNATIONAL.

## **The GIS-INTERNATIONAL 2-year Nordic Training Program for Actors and Directors of Theatre**

**The objectives of GIS-INTERNATIONAL are:**

- To develop training programs of high international standard and professionalism.
- To encourage the participants to achieve and integrate personal development as individuals, professionals and leaders. (actors, instructors, managers).
- To train highly skilled and competent professionals that are compatible with international standards of practice.

### **Contents**

The training program is experiential, theoretical, and practical. Each year is concluded by an evaluation.

### **The program includes:**

- Intensive personal development work in theory and in practices integrating Gestalt principles and methodology.
- Experience and training in working with personal development, creativity and selfexpressiveness.
- Personal and professional leadership training.
- Direct and indirect supervision on expressive creativity and skills.
- Working with teams and learning how to increase the creativity potentials in groups.

### **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 theory.

The developmental processes within the areas above do not happen simultaneously and the members within a training group do not develop at the same speed. These different needs can be met as the structural overview of the training program on a following page shows.

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

In the 2<sup>nd</sup> part of the training program the focus is on leadership, group and individual supervision, and 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, creativity practice, theory, and ethics.

## **Terms of admission**

1. Professional education and/or training as theatre workers or other similar artistic field.

2. Undergone gestalt therapy in groups or individually corresponding to a minimum of 200 hours.
3. Minimum 25 years of age.
4. Working experience with other people, organisations, or other relevant areas.
5. Personal interview.

### **Application**

Please forward application to:

The Nordic Gestalt Institute  
**GIS-INTERNATIONAL**  
Næsbyvej 28, Orø · DK-4300 Holbæk  
Tel +45 59 47 00 17 · Fax +45 59 47 00 69  
CVR 27 50 48 09

Email: [gis@gis-international.com](mailto:gis@gis-international.com) [www.gis-international.com](http://www.gis-international.com)

Please enclose photo and Curriculum Vitae with the application.  
All applicants will be individually interviewed.

## **Description of the structure of the training programme**

### **Training courses**

The 2 years of the training program consist of 10 full-day courses of 5-6 days a piece. The overall headline is development of professional and personal creativity and artistic expression. The courses 1-3 mainly have a personal development focus. The courses 4-6 mainly have a relational focus. And the courses 7-10 have a focus mainly on relations and on group leadership issues.

### **Additional training**

During the whole training program additional practicum seminars are arranged in the Nordic and Baltic countries to ensure practical experience in foreign cultures. Minimum 2 of these seminars are mandatory.

### **Assisting in groups (practical training)**

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

### **Supervision and training seminars.**

These seminars are held with parallel groups. The students work under direct supervision with other people in an intensive development process and setting.

The aim of the work and structure is "stretching" the student's personal and professional capability, creative potential and self-understanding. Important issues are professional boundaries, strengths and weaknesses, "how to instruct", "how to teach", "how to express and act" working with psychological group dynamics, issues of contact, i.e. transference and counter transference (projections), and ethics.

### **Project supervision**

In the project supervision the focus is on the dynamics, strengths, weaknesses, possibilities, and limitations of the creative process of acting, directing, taking leadership, own leadership in small and large groups, co-operation, etc. Often the students work in pairs, and are supervised in pairs.

### **Individual supervision**

The one-to-one dialogue. The dialogue is a tool for solving existential issues professionally as well as personally 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 in his/her different professional roles.

### **Theory seminars**

On the theory seminars different lecturers are handpicked for the various subjects within Gestalt methodology in theory and practice, developmental psychology, personality psychology, psychodrama, body awareness, and organisation and leadership development. During the training program a catalogue of books and articles is handed out to the participants.

### **Study groups**

Throughout the time of study the students work in organized study, development, and training in subgroups, in which the theory is read and discussed.

### **Thesis**

The student ends his/her 2-year study with a thesis, in which the student proves personal and professional integration of theory and practice. A personal project is formed and described: analysing, planning, executing, evaluating, discussing the process of increasing creativity and artistic expressiveness. Guidance and supervision by the GIS senior faculty.

### **Examination**

After 1<sup>st</sup> year there is an oral examination in Gestalt methodology and principles related to ones own development and personal behavioural patterns.

After 2<sup>nd</sup> year there is an oral examination in which the student accounts for and demonstrates/practices Gestalt methodology and principles in connection to creative expression, individually or in groups.

### **Evaluation:**

Evaluations are made after 1<sup>st</sup> and 2<sup>nd</sup> year.

The evaluation process contains a self-evaluation, an evaluation made by the other students, and an evaluation made by the leaders teaching in the program.

1<sup>st</sup> year evaluation is an introduction of the evaluation tool, in which the Gestalt methodology and principles are integrated. The evaluation leads to intensification of the contract.

2<sup>nd</sup> year evaluation is the final evaluation.

## Structure of the Nordic Theatre Training Program - 1<sup>st</sup> part

1 <sup>st</sup> year	Structure	Total	Remarks
Training courses	5 x 5 days	225 hours	10 days in weekends
Theory seminars	3 x ½ day	15 hours	connected to training periods
Study group	10 x 1 day	100 hours	individually arranged
Individual supervision	20 x 1 hour	20 hours	individually appointed
Examination	end of year	1 hour in group	Gestalt methodology
Evaluation	end of year	2 days in group	related to the study
Supervised practicum/projects	8 days	80 hours estimated	individually arranged
Written task	Made during 1 <sup>st</sup> year		
<b>Time of study 1st year</b>		<b>440 hours including</b>	<b>project supervision</b>
<b>2<sup>nd</sup> Year</b>	<b>Structure</b>	<b>Total</b>	<b>Remarks</b>
Training courses	5 x 5 days	225 hours	10 days in weekends
Theory seminars	3 x ½ day	15 hours	connected to training periods
Study group	10 x 1 day	100 hours	individually arranged
Individual supervision	20 x 1 hour	20 hours	individually appointed
Examination	end of year	1 hour in group	Gestalt methodology
Evaluation	end of year	2 days in group	related to the study
Supervised practicum/projects	12 days	120 hours estimated	individually arranged
Written thesis	Made and presented at the end of 2 <sup>nd</sup> year		
<b>Time of study 2nd year</b>		<b>480 hours included</b>	<b>project supervision</b>
<b>Total hours of study during 2 years</b>		<b>920 hours including 200 hours</b>	<b>project Supervision</b>

In case of missing hours, compensation is done in other of GIS-INTERNATIONAL's parallel training programmes in either the Baltic or in the Nordic countries.

## Faculty

**John Ewans Porting**, Denmark. He is director of training within GIS-INTERNATIONAL and as such also engaged in conducting the training program in Estonia. Senior leader, teacher and supervisor at GIS-INTERNATIONAL. Trained in Psychodrama 1970 at the School of Human Relations by Dean Elefthery, Miami, Florida, USA. Trained in Gestalt at the Gestalt Institute of Toronto. Is executive director of GIS-INTERNATIONAL and also of Personal Management Institute, - an institute for leadership and organisational development. He worked for many years as trainer/supervisor for psychiatric, pedagogical and creative institutions and personnel and staffs. He is deeply involved in integrating the Gestalt approach and methodology into areas of teaching, development of creativity and expressiveness and in organisational development and leadership training.

**Ole Ry Nielsen**, Denmark. MD, Psychiatrist. For 25 years he has been practising individual, group, couple and family therapy. In the late seventies he completed his Gestalt training at the Gestalt Institute of Scandinavia with different leaders from the USA and Canada. The Gestalt Institute of Toronto directed the program. In recent years he has trained with Stanislav Grof and is also a Certified Facilitator of Holotropic Breath work. For many years he worked as a consultant psychiatrist applying Gestalt therapy within an institutional context. Senior leader, teacher and supervisor at GIS-INTERNATIONAL.

**Marcus Groth**, Finland. Actor, Director, Professor at the Theatre Academy, Helsinki, Gestalt Therapist trained at GIS-INTERNATIONAL. Leader, teacher and supervisor at GIS-INTERNATIONAL.

**Max Bremer**, Finland. Actor, Gestalt Therapist trained at GIS-INTERNATIONAL. Leader, teacher and supervisor at GIS-INTERNATIONAL.

**Margareta Thun**, Finland. Gestalt therapist trained at GIS-INTERNATIONAL. Expressive Arts therapist, trained at North Karelia Polytechnic, Finland and European Graduate School EGS, Switzerland. Teacher and supervisor at GIS-INTERNATIONAL. Director and teacher at INARTES, Expressive Arts Institute, Finland. Painter, playwright. Has own practice.

**Yaro Starak**, Australia. MSW, Clinical psychologist. Trained Gestalt therapist at Gestalt Institute of Toronto by Jorge Rosner. Leader of Gestalt Institute of Queensland and Brisbane Gestalt Therapy Centre. Senior leader, teacher and supervisor at GIS-INTERNATIONAL. Has worked extensively in Canada, Hong Kong, South America, and in Europe for many years.

**Inger Haapaniemi**, Sweden. Trained at Gestaltterapi-Institutet, Sweden and Gestalt Education Network International, Frankfurt. Has for 15 years worked with and taught gestalt and has own practice. Senior leader, teacher and supervisor at GIS-INTERNATIONAL.

**Barbro Hulden**, Finland. Trained at GIS-INTERNATIONAL, Osterbottens Hogskola and Gestalt Therapy Institute of Los Angeles. Has own practice. Leader and teacher at GIS-INTERNATIONAL.

**Katrin Rosental**, Estonia. MD, Psychiatrist, Trained at GIS-INTERNATIONAL. Director of Training of GIS-INTERNATIONAL activities in Estonia. Leader, teacher and supervisor at GIS-INTERNATIONAL.

In addition a number of special invited foreign and national guest leaders and lecturers will teach during the 2-year training program.