

Training Description 2011 – 2012



Nordic and Baltic Training

The Gestalt Institute of Scandinavia

GIS-INTERNATIONAL



4-YEAR GESTALT TRAINING PROGRAM

**Clinical Psychotherapist
Organizational Consultant and Counselor**

Denmark, Estonia, Faeroe Islands, Finland, Sweden

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 • www.gis-international.com
Certified by EAP (The European Association for Psychotherapy), EAGT (The European Association for Gestalt Therapy) and PF (Psykoterapeut Foreningen)

August 2011

GIS-International reserves the right to make adjustments in this program.

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GIS-INTERNATIONAL, The Gestalt Institute of Scandinavia

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 are more than 120 students from all of the Nordic countries and Estonia involved in ongoing programs.

GIS-INTERNATIONAL arranges long-term Gestalt training programs.

4-year Gestalt Training Program

Clinical Psychotherapist

Organizational Consultant and Counselor

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

Specific Long and Short Term Gestalt Programs for

Personal Development,

Couple Therapy, Seminars, Supervision and Training

Post Graduate Training and Supervision

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.



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.

EAGT

Certificate

The Institute

GIS • International

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

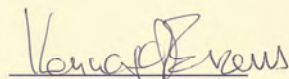
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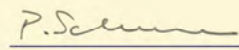
Nieuw Buinen, The Netherlands

This accreditation is valid through

September, 2013



President



Chair of TSC

EAGT office • Noorderdiep 304, 9521 BL Nieuw Buinen, The Netherlands • www.eagt.org

In Denmark GIS has also passed in the Quality-Evaluation standard and accreditation organized by the Danish Association for Psychotherapy (PF) in cooperation with the evaluation company Reflektor, Ministry of Social Affairs, Ministry of Educational Affairs and 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 ongoing development of psychotherapy and psychotherapeutic professionalism in several bodies: Psykoterapeutforeningen (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 training programs of high international standard and professionalism
- b. To encourage the participants 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 and practice.

Contents

The training program is experiential, theoretical, and practical. The study program is divided into 2 parts. 1st part of 2 years and a 2nd 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 1600 hours of 60 minutes or 2130 study hours of 45 minutes.

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 development of other people.
- Personal and professional leadership training.
- Specialization within Clinical Psychotherapy 3rd and 4th year.
- Specialization within Organizational Consulting and Counselling, 3rd and 4th year
- Direct and indirect supervision.
- Theoretical and practical experience with most significant other psychotherapeutic theories and methodologies.
- Intensive direct supervision in work with individual clients and with groups, 450 hours.

1st part

In the 1st 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 2nd year the student takes part in an evaluation process before applying and entering the 2nd 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 psycho-pathology and developmental and clinical psychology).

2nd part

In the 2nd 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 3rd and 4th 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 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 Gestalt clinical psychotherapist:
Relevant basic professional education and/or training; psychologists, MD's, psychiatrists, nurses, occupational therapists, physiotherapists, special teachers, social workers, psychotherapists, and others with sufficient clinical and theoretical background.

To becoming Gestalt-organizational consultant, -counselor, -mediator and -coach: Professions and people, who through their work experience with development of people have gained sufficient practical and theoretical background are accepted to the organizational consultant line of training; leaders and managers, HR consultants, actors and instructors of theatre, other artists, teachers, educators, media people (TV and radio), journalists, employees in company departments, etc.

Dispensation: It is possible for both categories of students and graduates to qualify for becoming a clinical psychotherapist and organizational consultant through having/getting the sufficient practical clinical or organizational experience and theoretical knowledge. The qualification is either done before entering the 3rd year of study, or it can be done after graduation into a post graduate special training program that gives the needed qualification.

2. Undergone Gestalt therapy in groups or individually corresponding to a minimum of 60 hours (60 minutes).
3. Minimum 24 years of age.
4. Working experience with other people, organisations, or other relevant areas. Applicants to the clinical specialization have to have or get sufficient clinical and theoretical and clinical experience and knowledge before entering the 2nd part of the Training Program. Applicants working within theatre, music, sculpturing, painting etc. are accepted to the organisational program.
5. Basic clinical knowledge, experience in theory and practice for becoming a Clinical Gestalt Therapist is required.
6. Theoretical studies in developmental psychology, clinical psychology and in psychopathology in the specialisation as a clinical psychotherapist is required before entering the 3rd year of training.
7. Personal interview.
8. 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 feed back 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 for an interview and 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 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

www.gis-international.dk

Or to our Baltic office:

GIS-INTERNATIONAL, Baltic office
Rüütli 17 – 4 · Tartu 51006, Estonia
Tel and Fax +372 74 42 066 · Mob Tel +372 50 54 662 · Email: gestalt@hot.ee

Please enclose CV and photo with the application.

The personality test will be sent out. Please complete and return it to the Danish office. An independent test-psychologist works out the test and writes a statement. All applicants will be individually interviewed and have a dialogue about the test results.

Education Board

The Education Board consist of seven members: John Ewans Porting (JEP), DK - Sue Congram (SC), GB - Barbro Huldén (BH), SF – Katrin Rosental (KR), EE – Jette Maja Porting (JMP), DK.

John Ewans Porting (JEP) DK is chairman of the Education Board. The Education Board has monthly meetings on site or by phone/Skype.

Once a year the meetings are extended meetings with censors and/or representatives from the student council.

The Education Board oversees and evaluates the training programme to insure quality and development of teaching and faculty – and to ensure quality and the ongoing development of the training program.

The Education Board supervises, gives feed back to and inspires the faculty members in their professional development. The Education Board 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 from each country - one student from 1st and 2nd year and one from 3rd and 4th 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. In connection to the intensive training periods the student counsel meets 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. 120 hours of 60 minutes/ 160 study hours of 45 minutes.

First Year. Seminar 1-5

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.

- 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

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

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.

- 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.

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

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.

- Focus on individual therapy and relational processes
- Direct and indirect supervision techniques
- Methods and techniques of Gestalt – their strengths and weaknesses
- Ethics, boundaries and norms of the therapist
- Training of skills in practicing therapy with clients, individually and in a group
- Assistantship/supervised leadership in the other students' P-T-O groups

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 (couples/families and organizations)
- 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 practicing therapy with clients, individually and in a group
- Assistantship with – and supervision from – senior leaders
- Presentation of a written and published thesis as a lecture, integrated in the final examination

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.

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 90 hours (60 minutes). One possibility is the one year basic training consisting of 120 lessons (45 minutes).

Training Courses

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.

International Training Settings

Twice a year all students from the four countries meet in intensive seminars for international and inter cultural exchange and experience. This is planned to be in Spring in Estonia and in June in Denmark.

Assisting in Therapy Groups (Practical Training and 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 1st year, 2nd, 3rd, and 4th 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.

Group Supervision

In the group supervision program the students work with 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

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 clients and receives 60 hours of supervision.

Supervision on Voluntary 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.

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 and Study Guidance

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 organisational and leadership development. During the training program a catalogue of examination requirement books and articles is recommended or handed out to the participants. A library is established and situated at the GIS-INTERNATIONAL Training Centre at Orø in Denmark.

GIS has in cooperation with Tartu University organised a Bachelor program in Development Psychology. It takes place in connection to some of the training weeks and on the web. The intention is to start similar programs in Clinical Psychology and Psychopathology.

Special theory Studies

GIS-International has initiated a course in Development Psychology in Cooperation with Tartu University in Estonia. The course is partly on site in connection to the Estonian International GIS seminar and partly Web based. The course ends with an exam on Bachelor level. GIS-International also plans to arrange similar courses in Clinical Psychology and in Psychopathology in 2011.

Study Groups

Throughout the time of study the students work in organised study-, development-, and training-subgroups, in which the curriculum of approximately 6000 pages is read and discussed.

Examination

During the last part of the 1st year the student writes an auto biography including integrating Gestalt terminology and awareness. At the end of 1st 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 2nd 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 2nd 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 3rd year the oral exam is on Gestalt Theory.

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 4th 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.

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 Training Board. Dispensation for more than 2 years (1 to 2 years extra) is given in rare cases: Giving birth, job abroad, serious illness, i.e.

Evaluation

Evaluations take place after 1st, 2nd, 3rd, and 4th 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

- 1st year evaluation is an introduction of the evaluation tool, in which Gestalt methodology and principles are integrated
- 2nd 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)
- 3rd year evaluation leads to specification of the personal contract
- 4th year evaluation is the final evaluation.

In connection to the evaluation processes at the end of 2nd year, 3rd year and 4th 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 guidelines of EAGT and EAP and of the national Danish therapeutic association PF. In practice the 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 personal style and professionalism.

The Total of the Training Program

The Training Program contains a minimum of 1600 hours of study:

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

Pre training, a minimum of 60 H/80 L in Gestalt.

1st year is estimated to 329 H/439 L + 51 H/68 L of optional training

2nd year is estimated to 387 H/516 L + 51 H/68 L of optional training

3rd year is estimated to 420 H/559 L + 51 H/68 L of optional training

4th year is estimated to 396 H/396 L + 51 H/68 L of optional training

Total hours of study are 1600 hours of 60 minutes (2130 lessons of 45 minutes) + optional training of 204 hours of 60 minutes (272 lessons of 45 minutes).

The minimum hours accepted are 1600 hours of 60 minutes (2130 lessons of 45 minutes) including the optional training.

In case of missing seminars/hours compensation is done either in Estonia or in the Nordic countries.

The Training Program is under constant improvement so adjustments may occur.

GIS is involved in the European EAGT accreditation procedure. This means that adjustment of the program may occur.

Total distribution of lessons of 45 minutes/hours of 60 minutes:

Theory and methodology:	536/402
Personal therapy (Ind. + group):	408/306
Supervision:	420/316
Therapeutic practice with clients:	680/510
Intake, personal preference i.e.:	88/66
Total minimum of training lessons/hours:	2130/1600

The Nordic Program incl. Faeroe Islands and the Finnish/Estonian Training Programs

- 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
- 75 hours of national sub-group meetings per year
- 150 hours/200 lessons supervision program in clinical individual psychotherapy during 3rd and 4th year
- 300 hours/400 lessons supervision programs in clinical group psychotherapy during 2nd, 3rd and 4th year including voluntary work under supervision
- 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 training program is estimated to 1805 hours of 60 minutes over 4½ year

The GIS-International Training Program 2011 – 2012

Hours = 60 min. Lessons = 45min.

Pre-training	Structure		Remarks	hours	lessons
Time of study - pre-training	Min. 60 hours	60 hours	Pre-training in Gestalt	60	80
				60	80
1st year					
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	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 (relevant)		27 hours	Individually arranged	27	36
Additional training, Group supervision	1 x 7 days	51 hours	Optional (68 lessons)		
Written essay; Autobiography			During 1 st year		
Examination in group	End of year	1 hour	Gestalt Methodology		
Evaluation in group	End of year	2 days	Included in the study		
Time of study - 1st year				334	445
			+ 51 hrs/68 les. optional training		
2nd Year					
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	10 x 1 day	75 hours	In weekends	60	80
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 nd year		
Examination	End of year	1 hour in pairs	Roots of Gestalt (1,5 lesson)	1	1
Evaluation for entering 3rd year	End of year	2 days	Included in the study		
Time of study - 2nd Year				377	502
			51 hrs/68 les. optional supervision		
3rd year					
Supervision & training seminars	1 x 7 days	51 hours	Including 2 days in weekends	51	68
Supervision & training seminars	3 x 6 days	117 hours	Including 6 days in weekends	117	156
Study group	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	45 hours	45 hours	Individually arranged	45	60
Group supervision with clients	60 hours	60 hours	Individually arranged	60	80
Ind. therapy/study counseling	Min. 10 +2	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 rd 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		
Time of study - 3rd year				422	562
			51 hrs/68 les. optional supervision		
4th year					
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	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	45	60
Group supervision	60 hours	60 hours	Individually arranged	60	80
Ind. therapy/study counseling	Min. 10 +2	12 hours	Individually arranged	12	16
Supervised assistantship in	1 x 7 days	51 hours	Optional (68 lessons)		
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	End of year	6 hours	Thesis published – presentation discussion (3 lessons)	6	8
Final examination	End of study	1½ hour	Oral exam., integration of theory & practice (2 lessons)	2	2
Final evaluation in the group	End of study	2 days	Included in the study		
Time of study - 4th year				375	504
Total hours and lessons				1600	2130
Optional training Seminars				(204)	(272)
Voluntary Work /Needed Clinical Practice under Supervision				(180)	(240)

A Thematic Overview for all Training Seminars

Notice that in the following overview the subject and content for the "Week 1" in the Intensive programs corresponds with the "Month 1 – 2" in the national Finnish program.

Pre-training Minimum 60 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. And to let the leaders of the pre-training get the awareness and knowledge of the student in order to decide whether she 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.
Retroreflection, 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 Zen.
February
- Seminar 4** Confluence and dependency.
Basic field 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.

Training Seminar 6	<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. September
Training Seminar 7	<u>Bodywork in Gestalt.</u> Gestalt and Bioenergetics. 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. November
Training Seminar 8	<u>Gestalt methods and techniques – in clinical work and in development work.</u> Psychopathology in theory and practice. Boundaries and contact. Ethics. February
Training Seminar 9	<u>Gender issues: Sexuality and sensuality related to own personality.</u> Ethics and boundaries. Couple therapy, Gestalt work with families and systems. April
Training Seminar 10	<u>Examination, evaluation and Gestalt work with the roots.</u> Transition to the 3rd and 4th year. Supervision and action plans. June
Voluntary Work Client Supervision	<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. Through last part of the training year

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	<u>Psychopathology in theory and practice.</u> 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 Client group Supervision 60 hours	Supervision seminar. 60 hours. Assisting therapist. Focus on the role as a group therapist. Focus on transference and counter transference. Individual psychotherapy in group setting. The students organize clients in cooperation with GIS-International. Parallel client group. November
Training Seminar 13	<u>Gestalt methodology and techniques in clinical work – and in development work. Field theory in practice.</u> 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 14	<u>Examination and evaluation.</u> Preparation of subject for next year's thesis. Theory of science and writing of thesis. June
Voluntary Work Client Supervision 120 hours	<u>Supervision on client work. 120 hours. Voluntary work with clients.</u> Transition to becoming a therapist. The students organizes therapeutic work in an organization in cooperation with GIS-International. Individually planned. Focus on transference and counter transference. Individual psychotherapy in group setting. 90 hours Focus on continuity, ethics and boundaries. Continued training on balanced empathy and confrontation. Direct and indirect supervision. Through whole training year
Client Supervision Individual 60 hours	<u>Given Individual Psychotherapy and Supervision.</u> Focus on the role as an individual therapist. Focus on relational issues, dialogical approach, 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.

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 15** 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 16** The therapist as a leader and a role model. Deepening the issues of transference, counter transference and ethics. Feed back and evaluation processes.
November
- Seminar 17** 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 18** 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, 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 organizes own national group of 4 – 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.

Third Year, Organizational Consultant and Counsellor

Purpose and goal:

That the student gets maximum focus on the role as a consultant and counselor with the emphasis on the field and the relational area. Training of personal leadership and style. Training of own role as counselor or coach in individual settings under direct and indirect supervision. Starting training of own role as a leader in group settings. 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 Knowing the ethical and practical boundaries in theory and practice between coaching and counseling and clinical psychotherapy.
Knowing the conditions and limitations in the clinical psychotherapy and in the psychiatric treatment. Confluence, dependency and co-dependency.
The role as a coach and counselor. Deepening the issues of transference, counter transference and ethics.

September

Training Seminar 12 Supervision seminar. 60 hours. Assisting consultant.
Client group Supervision 60 hours Focus on the role as a group consultant. Focus on transference and counter transference. Individual coaching in group setting.
The students organize clients in cooperation with GIS-International.
Parallel client group.

November

Training Seminar 13 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 14 Examination and evaluation.
Preparation of subject for next year's thesis. Theory of science and writing of thesis.

June

Client Supervision Individual 120 hours Supervision on Individual development. Focus on the role as a consultant, coach and counselor. Focus on relational issues, dialogical approach, transference and counter transference. Starting practicing individual coaching and counseling with clients under direct supervision.
The students organize clients in cooperation with GIS-International

Through whole training year

Client Supervision Group 60 hours Supervision seminars. 60 hours. Assisting consultant.
Focus on the role as a group leader. The students organize clients in cooperation with GIS-International. Individually planned.
Focus on continuity, ethics and boundaries. Continued training on balanced empathy and confrontation. Direct and indirect supervision.

Through whole training year

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, Organizational Consultant and Counsellor

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 15 Dialogical work - I and Thou. How the leader and consultant use herself. Boundaries and ethics. Confluence, norms in organizations, dependency and codependency
Theory of science and writing the thesis on a chosen subject under supervision.

September

Seminar 16 The consultant as a leader and a role model.
Deepening the issues of transference, counter transference and ethics. Feed back and evaluation processes.

November

Seminar 17 Teaching, leading groups, co-work with seniors
Presentation and discussion of thesis. Assisting consultant in the international training program. Consultant in an international client group. All under direct and indirect supervision.

April

Seminar 18 Presentation and discussion of thesis. Examination with an external examiner. Evaluation and certification.

Feedback on personal leadership and coach style, boundaries and ethics.

June

Client Supervision Individual 80 hours Supervision on Individual coaching and counseling. Focus on the role as a leader and consultant. Focus on relational issues, dialogical approach, transference and counter transference. Starting practicing individual coaching with clients under direct supervision. The students organize clients in cooperation with GIS-International.

Through whole training year

Client Supervision 60 hours Group supervision.
The student organizes a group of 4 – 6 clients for continuous work over a period of 4 – 5 months.
Part of final examination and final evaluation process.

Through whole 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 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.

In third year and fourth year each student gives 50 hours of individual counseling and receives 30 hours of supervision. The total is 160 hours.

Senior Faculty

John Ewans Porting (JEP), Denmark.

Gestalt psychotherapist. Started his therapeutic training in 1969 in Gestalt and in Psychodrama 1970. Trained at the Scandinavian Institute of Gestalt and the Gestalt Institute of Toronto with Jorge Rosner who brought leaders from the USA and Canada to direct the program. The institute later changed name into the Gestalt Institute of Scandinavia, GIS-International. JEP is trained in psychodrama (The International Academy of Human Relations, Prof. Dean Elefthery, Miami).

JEP is executive director of GIS-International and of Personal Management International (PMI-International).

JEP is member of the GIS Training Board. Member of PF, EAGT and EAP. Senior leader, teacher and supervisor at GIS-INTERNATIONAL.

Katrin Rosental (KR), Estonia.

MD, Psychiatrist. Gestalt therapist trained at GIS-INTERNATIONAL.

Director of the GIS training in Estonia. Member of the GIS Training Board. Senior leader, study counselor, teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Barbro Huldén (BH), Finland.

Trained at GIS-INTERNATIONAL, Österbottens Högskola and Gestalt Therapy Institute of Los Angeles. Member of the GIS Training Board. Senior leader, study counselor, teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Sue Congram (SC), England.

Psychologist, Has a diploma in Gestalt Organizational Consulting. Is currently researching a PhD on corporate leadership, exploring leadership as an attribute of the organizational field. Senior leader, teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Jette Maja Porting (JMP), Denmark.

Gestalt therapist. Trained at GIS-INTERNATIONAL. Member of the GIS Training Board. Senior leader, study counselor, teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Ole Ry (OR), Denmark.

MD, Psychiatrist. For 25 years he has been practicing 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 (ORN) 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, censor, examiner and supervisor at GIS-INTERNATIONAL.

Ulla Koch (UK), Denmark.

Psychologist, Gestalt Therapist and certified in Bioenergetics. Senior leader, teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Susanne Andrés (SA), Denmark.

Gestalt therapist. Trained at GIS-INTERNATIONAL. In recent years SA has trained with Stanislav Grof and is also a Certified Facilitator of Holotropic Breath work.

Teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Anne-Grethe Mathiesen (AGM), Denmark.

Gestalt therapist. Trained at GIS-INTERNATIONAL. Member of the GIS Training Board. Senior leader, study counselor, teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Tordis Fagranes (TF), Faeroe Islands.

Gestalt therapist. Trained at GIS-INTERNATIONAL. Therapist and supervisor at GIS-INTERNATIONAL. Private practice.

Malle Päeva (MP), Estonia.

Gestalt therapist. Trained at GIS-INTERNATIONAL. Teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Kasper Kivilo (KK), Estonia.

Gestalt therapist. Trained at GIS-INTERNATIONAL. Teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Inger Haapaniemi (IH), Sweden.

Trained at Gestaltterapi-Institutet, Sweden and Gestalt Education Network International, Frankfurt. Has for 20 years worked with and taught gestalt and has own practice. Member of the GIS Training Board. Senior leader, study counselor, teacher and supervisor at GIS-INTERNATIONAL.

Marcus Groth (MG), Finland.

Actor and director of theater. Gestalt therapist trained at GIS-INTERNATIONAL. Teacher, leader and supervisor in the 2-Year Nordic Training Program in Expressiveness and Leadership for Actors and Directors of Theatre. Runs Gestalt-pre training groups for actors and instructors of theatre in Sweden and Finland.

Margareta Thun (MT), Finland.

Gestalt therapist trained at GIS-INTERNATIONAL. Expressive Arts therapist, trained at North Karelia Polytechnic, Finland and European Graduate School EGS, Switzerland. Painter, play writer. Teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Ann-Marie Breitenstein (AMB), Finland. Expressive Art therapist educated from the

international ISIS program. Gestalt therapist. Trained at GIS-INTERNATIONAL.

Teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Yaro Starak (YS), Australia. MSW. Trained Gestalt therapist at Gestalt Institute of Toronto

by Jorge Rosner. Leader of Gestalt Institute of Queensland and Brisbane Gestalt Therapy Centre. YS worked extensively in Canada, Hong Kong, South America, and in Europe for many years. Senior leader, teacher and supervisor at GIS-INTERNATIONAL.

Katarina Fagerström (KF), Finland.

Gestalt therapist. Trained at GIS-INTERNATIONAL. Teacher and supervisor at GIS-INTERNATIONAL. Private practice.

Ken Evans (KE), England.

Former Chairman of EAGT. Teacher and supervisor at GIS-INTERNATIONAL.

In addition a number of special invited foreign and national guest leaders and lecturers will teach during the 4-year training program.

GIS-International arranges intensive seminars at Hegnegaarden on the island Orø in Denmark

If you would like a little peek before coming to Hegnegaarden please look at our website www.hegnegaarden.dk



