

Gestalt Therapy Training

Gestalt therapy training provides a solid, cognitive understanding of the theoretical concepts that shape gestalt therapy, including the organism-environment field, the cycle of contact, figure-ground emergence, and dialogical relationship. What is more important, however, is that a therapist in Gestalt training also engages in experiential learning about these concepts. As these concepts are understood “live,” within the context of the therapist’s own experience, the therapist learns to work through her or his own blocks to creativity and awareness, whatever their origin. Gestalt therapists acquire their “tools of the trade,” awareness, presence, contact, and living in the here and now, from firsthand experience. Engaging in this work and training enables the therapist to be fully present within the professional therapeutic relationship and to offer herself or himself as an experienced, relational, therapeutic tool while working with clients.

The Indiana Social Worker, Marriage and Family Therapist and Mental Health Counselor Board has approved this organization to provide Category I continuing education for L.S.W., L.C.S.W., L.M.F.T., and L.M.H.C., however licensees must judge the program’s relevance to their professional practice.