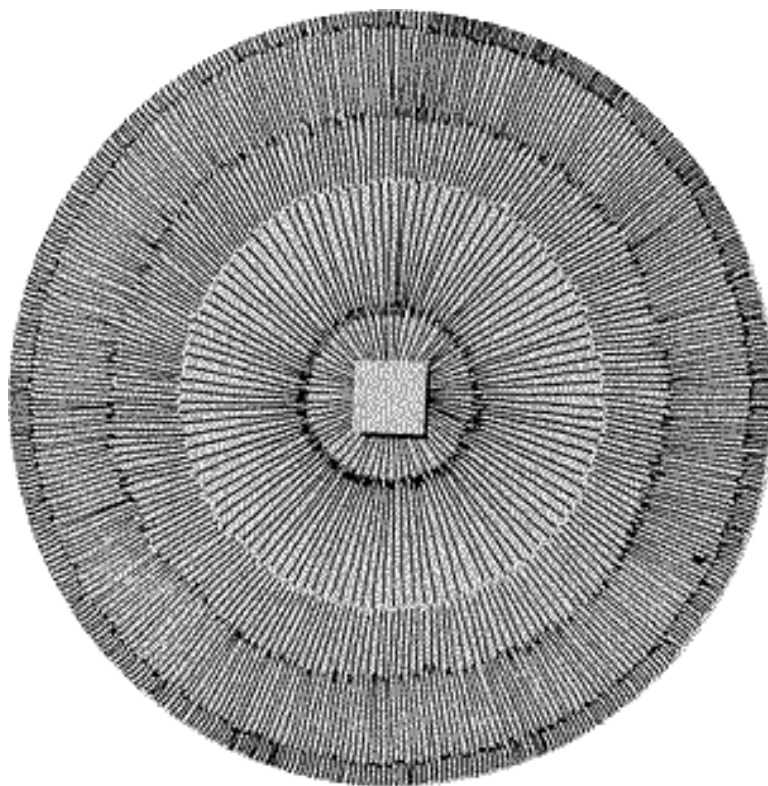

GESTALT CENTER

FOR PSYCHOTHERAPY AND TRAINING

www.gestaltnyc.org



*“This achieving the center,
being grounded in one’s self,
is about the highest state a
human being can achieve.”*

—Fritz Perls

CERTIFICATE TRAINING PROGRAM IN
GESTALT PSYCHOTHERAPY

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ABOUT THE GESTALT CENTER FOR PSYCHOTHERAPY AND TRAINING (GCPT)

The Gestalt Center for Psychotherapy and Training was founded in 1970 by Dr. Marilyn B. Rosanes-Berrett to carry on and expand the teachings of her friend and mentor, Dr. Frederick (Fritz) Perls, the founder of Gestalt Therapy. In 1974, the Center became the first NY State chartered non-profit institution to offer therapeutic services and training totally within a Gestalt framework, and with authority to grant Certificates of Completion to licensed professionals. In 1978 we received an absolute charter from the New York State Board of Regents.

We are located in mid-town Manhattan, in the NoMad district.

WHAT IS GESTALT THERAPY?

Gestalt Therapy is a creative, holistic therapy that focuses on the total person, recognizing the unity of the mind, body, emotions, and spirit. In the 1940's, Fritz Perls, a trained psychoanalyst, developed the Gestalt theory and method in response to his dissatisfaction with the analytic, mind-focused therapy of the first half of the twentieth Century. As presented in Perls's Gestalt Therapy Verbatim (1969), Gestalt Therapy integrates Gestalt psychology, existentialism, and Eastern teachings. The contemporary gestalt psychoanalysis that we teach is based not only on Fritz and Laura Perls, but on others who trained with them, expanded upon their teachings and revised their methods, including Marilyn Rosanes-Berrett, Ph.D., the founder of our institute.

Gestalt therapy focuses on awareness in the present moment: on the *now* and *how*, more than on the *then* and *why*. Through skillful use of a variety of experiential methods, our therapy frees energy locked in old, dysfunctional behavior patterns, integrating and honoring our histories to facilitate growth and balance in the *now*. This allows us to live more fully and effectively.

Over the years, the Gestalt theory and therapy taught at the Center has evolved into a widely effective and applicable model for use in agencies and private practice.

OUR MISSION

1. Educate and train qualified students in the Gestalt theory and method of psychotherapy.
2. Provide training that reflects our Gestalt philosophy and method in that it be holistic, humanistic, experiential and transformative, and that it encourage and support ethnic, racial and life-style diversity.
3. Provide referrals to gestalt psychotherapists in the metropolitan New York City area.
4. Provide low-fee psychotherapy, through our treatment center, to members of the New York City community who could not otherwise afford treatment.
5. Contribute to the ongoing development of Gestalt theory and practice by interacting with the global Gestalt community.
6. Create an authentic, supportive, and socially aware community among faculty, students and alumni of our center.

OUR TRAINING PROGRAM

Qualified Gestalt Therapist Certificate Program

Gestalt Training, like our therapy, is both humanistic and experiential, combining a stimulating academic program with a strong emphasis on learning by doing through live demonstrations and direct supervision of live therapy. In-vivo supervision, unique to Gestalt therapy, is at the heart of our training program. Students get to experience and practice live therapy in small practicum groups, in the presence of a supportive supervisor. They also get to observe live demonstrations by faculty therapists.

Continuing Education Hours are available for LMSW's, LCSW's and Licensed Psychoanalysts enrolled in this program. Students receive 41 continuing education hours for the first year of training, 39 hours for the second year, and 44 hours for the third year.*

PROGRAM DESCRIPTION

This three-level, part-time, post-graduate training program in Gestalt psychotherapy is for mental health professionals. Classes meet on 18 Friday evenings from October through May (approximately) and include weekend seminars and two annual weekend intensive trainings where the focus is on integrating gestalt theory and practice. Training methods include experiential lecture, small-group practicum and demonstrations of live psychotherapy.

Structure of Program

Friday Night Classes

Friday night classes provide our Center's basic and essential learning environment. The first part of the night focuses on gestalt theory, taught using experiential training methods. The second part of the night consists of small practicum groups in which students experience live therapy from both the client and practitioner perspectives. All students may take the role of client, while advanced students may also take the role of therapist, putting into practice, *in vivo*, the theory and techniques they've been studying. This is done under the direct supervision of a faculty member. After each session, faculty and students engage in a discussion in which they analyze the session in terms of the theory they've been studying, the techniques used by the therapist and the overall movement of the session.

Weekend Seminars

Sunday (occasionally Saturday) seminars provide all-day intensive learning experiences on specific topics and methodology.

Weekend Intensive Trainings

Weekend intensive trainings are opportunities to provide more intensive Gestalt therapy and training, as well as opportunities for community building and communication among faculty and students. Students must attend one winter and one summer weekend intensive during each of their three years of training. The Winter Intensive focuses on experiencing gestalt psychotherapy as a client, and affords the student multiple opportunities to see the gestalt method used in live sessions conducted by faculty members. Discussions focus on the integration of theory and practice.

The Summer Intensive focuses on experiencing gestalt psychotherapy as a practitioner and takes the same form as the Friday night practicum, where students alternate as therapist and client with faculty providing direct supervision. After each session, faculty and students engage in a discussion in which they analyze the session in terms of the theory they've been studying, the techniques used by the therapist and the overall movement of the session.

Personal Gestalt Psychoanalysis

A central part of our training program is the experience of personal Gestalt therapy. It is crucial that a student in gestalt training experience the gestalt process as a client. The Gestalt Center has a responsibility for ensuring that students in our clinical programs experience the type of gestalt therapy that would further their learning as gestalt clinicians. Therefore, students are required to be in therapy with a gestalt therapist approved by our institute. All Gestalt Center faculty are pre-approved as therapists for our students. We also maintain a list of other pre-approved gestalt therapists known to us through other gestalt institutes in the area. Students are free to choose a therapist from anyone on this list.

If a student wishes to go into therapy with a gestalt therapist not known to us, then that therapist's credentials will have to be reviewed and evaluated to determine whether the therapist meets our standard of approval for students in our training programs.

Students entering in the Fall semester are expected to be in therapy no later than the beginning of the second semester. Students entering in the Spring semester must be in therapy no later than two months after the start of the spring semester. Students in the QGT program are required to be in weekly therapy throughout the entire three-year training program.

CURRICULUM

Coursework includes:

- Lecture
- Practicum
- Demonstrations of live therapy by faculty
- Intensive Weekend trainings, where the focus is on integrating theory and practice.

Descriptions of all courses can be found later in this catalog.

Clinical Requirements:

Students must:

- Utilize gestalt therapy in their work with their private practice or agency clients, or with clients seen through our treatment center
- Complete two years of weekly individual/group supervision
- Complete three years of weekly, individual gestalt therapy, with an approved gestalt therapist

GRADUATION REQUIREMENTS

To graduate from the QGT program, students must:

- Successfully pass all courses
- Complete all clinical requirements
- Demonstrate sufficient clinical skill, as determined by the Clinical Evaluation Committee.
- Submit case summaries on the required number of long and short-term cases, as specified by the Gestalt Center's Supervision Requirements in effect at the time the student enters the program.
- Submit and receive approval on a final paper that demonstrates the student has integrated gestalt theory and methods with practice.

ADMISSION REQUIREMENTS FOR QGT PROGRAM

To be admitted into this program, applicants must be licensed to practice psychotherapy within the disciplines of psychology, social work, mental health counseling, marriage and family counseling, creative arts therapy, psychoanalysis, medicine, nursing or any other profession licensed by New York State that has psychotherapy within its scope of practice. Candidates seeking qualifying hours towards a license may also be admitted to this program.

Admission is open to all qualified candidates regardless of race, religion, ethnic or national origin, or sexual orientation. We particularly encourage and support ethnic, racial and life-style diversity in our faculty and students.

Advanced Standing

Students who have had previous training in gestalt psychotherapy may be accepted on an advanced standing basis, depending upon their previous gestalt training. Such decisions will be made on a case-by-case basis after reviewing the student's application and transcripts.

Students who have previously completed part or all of our QGT program will be given credit for some portion of that training. The amount of that credit will depend, in part, on when the training was completed.

UPON COMPLETION OF PROGRAM

Certificate of Completion

Upon completion of this program, students receive a Certificate of Completion.

ADMISSION PROCESS

Admission is based on a review of your application, plus one or two personal interviews. Along with your application, you will be asked to submit:

- official educational transcripts
- proof of mental health related licenses, if any
- personal statement
- resume/CV
- 2-3 recommendations
- \$50 application fee
- copy of photo ID

Application Deadlines

Students are accepted into the program for both the Fall and Spring semesters. You are urged to apply no later than September 1st for the Fall semester, and no later than January 15th for the Spring semester. In some circumstances applications may be considered beyond these dates.

ADVISEMENT PROGRAM

Upon entering our training program, each student is assigned a faculty advisor who is available for support throughout the entire training program. Student and advisor meet at least twice annually and review the student's progress in terms of understanding theory and practice, as well as any problems the student may be having regarding any aspect of their training. Advisors are also available on as needed basis, should the student require any type of assistance.

GRADING

Coursework

Courses are graded on a pass/fail basis, based on attendance and class participation.

Clinical Evaluation Process

The Clinical Evaluation Committee meets at least once per year to evaluate the student's clinical skills based on written evaluations from teachers, supervisors, and practicum supervisors. Students are then informed in writing whether they are on or below target for the appropriate level of skill. Areas of deficiency are enumerated and an action plan for improving deficient skills is suggested.

ABSENCES

Students are permitted no more than two absences per school year for the Friday night classes. Any absences beyond that have to be made up. All full-day classes must be made up, if missed.

LEAVES OF ABSENCE

A student wishing to take a leave of absence from either program must submit a formal letter of request and must give adequate advance notice so that we may make every effort to transfer clients to another clinician, if necessary.

Students returning from a leave of absence within four years of the starting date of the leave will be given full credit for courses completed before the leave. However, if the curriculum has changed in any significant way, the returning student may be required to make up any courses missed during the leave. This make-up could consist of attending classes or taking a specially arranged tutorial.

TERMINATION FOR UNSATISFACTORY PROGRESS

The Gestalt Center is committed to working closely with students to help them identify and work through any blocks they may have to practicing gestalt psychoanalysis. But we reserve the right to terminate the training of any student we determine does not reasonably demonstrate the potential to practice gestalt psychoanalysis.

Re-entrance for Students Terminated for Unsatisfactory Progress

If a student who has been terminated for unsatisfactory progress later becomes able to demonstrate that she/he is able to fulfill the clinical requirements of the program, that student will be permitted to return to the training program.

GRIEVANCE PROCEDURE

On the request of a student who calls into question a decision of the Clinical Evaluation Committee, a grievance committee will be convened. The committee will be comprised of two members of the faculty, or members of other gestalt institutes, who have not had direct dealings with the student bringing the grievance. The committee will hear the concerns of the Clinical Evaluation Committee and will meet with the student to hear his/her concerns/objections.

TUITION AND FEES¹

Qualified Gestalt Therapist Certificate Program (QGT)

The cost of our three-year QGT training program is listed below. Besides tuition, there are fees for supervision, room and board for our intensive weekend trainings, and personal psychotherapy, which is required of all students.

	YEAR 1	YEAR 2	YEAR 3
Tuition	\$3000	\$3000	\$3000
Group Supervision	0	\$2000	\$2000
Weekend Intensives (estimate)	\$1250	\$1250	\$1250
Administrative Fee	\$100	\$100	\$100
Materials Fee	\$100	\$100	\$100
Installment Plan Fee (if paying by the month)	\$120	\$120	\$120
Books (estimate)	\$50-100	\$50-100	\$50-100
Individual weekly therapy (required throughout entire training program.)	Fees are set by the individual therapist and range from \$60-\$150, with \$100 being the most typical fee.		

Payment Plans

Monthly payment plans are available.

REFUNDS

Refunds are given only in the following circumstances:

1. The student withdraws before the start of the semester, in which case all fees are returned except the registration fee.
2. The student withdraws within the first month of a semester and then receives a refund on a pro-rated basis.
3. The Gestalt Center determines it is in the best interest of the Center to terminate a student's enrollment.

¹ All fees are subject to change.

COURSE DESCRIPTIONS

I01: Theory: History of Gestalt Therapy

In this course the development of gestalt psychoanalysis from an experimental psychology of perception to a more general theory of psychodynamics, psychological health and neurosis is outlined. The course includes comparisons and contrasts with other major theoretical frameworks that were developing in the same time period.

(6 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

I02: Theory: Contact and Interruptions

This course includes the phases and sequence of contacting, what healthy contact looks like, and an over-view of what habits or styles of contacting can begin as creative adaptations but become “fixed gestalts”, or patterns of behavior that create problems for the client, and/or limit the client’s ability to creatively adapt to new or changing circumstances. Uncomfortable desires, needs, fears, etc., are held in the background of awareness by interrupting anything that begins to emerge into consciousness that would bring these to more immediate, focal awareness. Seeing defenses in this way leads us to the optimistic idea that “unconscious” material momentarily can become conscious, and that we deliberately interrupt the flow of experience to keep them out of awareness. The three major gestalt interruptions are covered: introjection, projection and retroreflection. Concepts are illustrated and clarified through clinical examples.

(6 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

I03: Theory: Working with Interruptions to Contact

This course covers the fourth basic gestalt interruption, and then teaches the student how to work with the interruptions to contact so that they can help clients change the behavior patterns which create problems or limit their ability to adapt to changing circumstances.

(6 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

I04: Techniques & Clinical Skills I

Gestalt therapy methods are based on the concept of engaging the client in “experimenting” at the edge of their comfort zone within an established supportive atmosphere and relationship. Titrating experiments to fit the client’s ability to tolerate anxiety is an important part of the skills to be acquired. Some of the techniques covered in this course are verbal skills, techniques to deepen feeling, and how to set up gestalt experiments appropriate to the individual client. Each section of didactic presentation and discussion is followed by demonstration and/or role-playing that gives the student an opportunity to practice new skills with a supervisor present.

(6 hours: Practice Technique, including Dreams and Symbolic Processes.) Tuition: Included in QGT program tuition.

I05: Theory: Principles of Gestalt Therapy

The philosophical foundation of gestalt psychotherapy is rooted in the phenomenological and field theoretical view that the client’s experience is unique and influenced by field forces, including the therapist, as well as “internal” dynamics. This course emphasizes how we each create our own organization of experience, and it is this organization that must be elucidated in therapy as well as particular experiences. The course includes philosophical and clinical writings to express the phenomenological and process-philosophy stance, as well as art and poetry. Demonstration and exercises are utilized to illustrate or highlight the concepts being taught.

(5 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

I06: Techniques & Clinical Skills II: Embodiment in Gestalt Therapy

In this course the body is presented as it is viewed in gestalt psychoanalysis -- as a resource. It is viewed as support, container, locus of emotions, source of comfort and “holding,” etc. Some of the techniques covered are grounding, relaxation, and paying attention to the client’s bodily cues. Methods of maintaining embodied centeredness, important for both therapist and client, are also taught. Opportunities are given to learn about, discover and explore embodied and disembodied experience in the therapy situation.

(5 hours: Practice Technique, including Dreams and Symbolic Processes.) Tuition: Included in QGT program tuition.

I07: Practicum: Preparation for Summer Weekend

Practicum is a core component of our clinical training. Up until this point in their training, students will have participated in practicum as client and observer, but not yet as therapist. During the summer intensive that follows this course, students will have the opportunity to take the therapist's chair for the first time. The purpose of this course is to help prepare them for that by giving them their first opportunity to work as therapist in in-vivo therapy sessions.

(7 hours: Practice in Psychopathology and Psychodiagnosis.) Tuition: Included in QGT program tuition.

201: Techniques & Clinical Skills III

This course builds on previous skills-training courses, addressing the basic stance of the therapist and the balancing of the support necessary for creating a "holding environment" and mild 'frustration", which research has shown to be an important ingredient in any learning. Underlying both of these is *presence*, the ability of the therapist to be alert to subtle cues, suspend judgment and convey constant and empathic attention to the client. The art of therapy is to assess the client's readiness for feedback, help the client develop a tolerance for the frustration and confrontation that is necessary for growth, and to create/adjust interventions accordingly. In addition to support and frustration, Gendlin's skill of focusing, shown by research to be a critical part of any therapy, will be taught.

(6 hours: Practice Technique, including Dreams and Symbolic Processes.) Tuition: Included in QGT program tuition.

202: Theory: Layers Theory of Defenses

In the latter part of his career, Fritz Perls developed what he called the "Theory of Layers." The model can be used to view what is happening in individual sessions, during the course of therapy and even over one's lifetime. It emphasizes the transformational, rather than curative, nature of therapy, akin to other psycho-spiritual processes. In this view gestalt psychoanalysis is seen as moving beyond simply restoring the client to previous functioning, but as potentially being a process of transformation. The fractal nature of the concepts, though, make the theory of layers a useful lens for looking at even momentary change-processes within a session.

(6 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

203: Theory: Layers Theory of Defenses - Personal Transformation

The Layers Theory model goes beyond the goals of many clients, who want relief from anxiety, depression and neurotic symptoms without addressing their character structure. But for those who are seeking something more transformative, Dr. Perls' description of the process provides terminology, and a sort of roadmap, for understanding the more difficult phases of personality change. These include the impasse, the death-layer and the life-layer. This model can also be applied to major changes in one's life as well as to the "mini-transformations" that are a part of many therapy sessions.

(6 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

204: Techniques and Clinical Skills IV

This course is designed to develop facilitative skills in specific situations, building on previous, more general skills-training. The content is flexible because, by this time, students can identify what areas and situations they have the most difficulty with or are most curious about. There may also be current additions to general psychotherapy theory and practice with which they would like more familiarity. These topics also review the most current clinical and neuropsychological research that informs Gestalt methods. The following content is representative of what has been taught in the past: the gestalt method of working with dreams and symbols, mindfulness (including its use in CBT and DBT), working with anger.

(6 hours: Practice Technique, including Dreams and Symbolic Processes.) Tuition: Included in QGT program tuition.

205: Techniques and Clinical Skills V: Chairwork

"Chairwork", or the "empty chair dialog," is the technique most identified with gestalt psychotherapy. An empty chair, or other virtual space, is used as a projection screen to visualize, interact with or take on the role of another with whom one has "unfinished business", whether currently or in the past. Adapted from psychodrama, it is used in a fluid and unfolding way, as projections and transferences often become apparent as the client's visualization changes. Chairwork is not role-playing, rehearsal, practice or assertiveness training, although it may look like these superficially. It is a method of teasing out and focusing on the essentials that emerge in the interaction, as they show up in visualization, voice, gesture and/or bodily sensations, rather than the narrative of the story.

(5 hours: Practice Technique, including Dreams and Symbolic Processes.) Tuition: Included in QGT program tuition.

206: Techniques and Clinical Skills VI: Reparenting

While the hallmark of gestalt psychoanalysis is its present-centered orientation, the “here-and-now” includes strong memories, reversions to former ways of organizing oneself and transference reactions based on past experiences with authority figures. This course focuses on how to work with these phenomena toward resolving transference issues, assimilating introjects, and/or utilizing our innate ability to nurture ourselves.

(5 hours: Practice Technique, including Dreams and Symbolic Processes.) Tuition: Included in QGT program tuition.

207: Transference, Resistance & Counter-transference

In this seminar, the psychoanalytic concepts of positive and negative transference are defined and reframed in terms of the gestalt notions of contact and interruptions and the layers theory. In general, transference can be seen as interruptions to full contact in the present. The task of the therapist is to stay out of the system of the patient because that is the only way to help the patient get out of the system herself. The experiential component of this seminar will include reconstructions of actual experiences by therapists and their clients.

(5 hours: Analysis of Resistance, Transference and Countertransference.) Tuition: Included in QGT program tuition.

208: Layers Theory of Defenses-Death Layer

For the client, death layer is the most difficult point in therapy and yet it is often the fundamental turning point in the transformation from neurosis to health. This seminar is intended to teach the therapist to identify this pivotal therapeutic experience, prepare for it, differentiate death-layer fear from more common fears, and determine when the client has enough internal support to go through this process. Through case studies and video, students learn how to work with a client in death layer, and how to identify and work with the therapist’s avoidance of it.

(5 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

210: Diagnosis: Intake Orientation & Introduction to Treatment Center

This course is designed to familiarize students with standard intake procedures. We will review the questions on the Intake Guide, as well as how to create an interview environment that is welcoming, comfortable and safe. We will also cover how to set the grounds for treatment by discussing the importance of reviewing confidentiality and clinic policies with the client.

(3 hours: Psychoanalytic Theory of Psychodiagnosis.) Tuition: Included in QGT program tuition.

212: Diagnosis: Psychotropic Medications

This course provides a description of the general use of psychotropic medications in the context of psychotherapy.

(3 hours: Psychoanalytic Theory of Psychodiagnosis.) Tuition: Included in QGT program tuition.

213: Diagnosis: Suicide Assessment & Protocol

This seminar will present aspects of a proper clinical assessment of suicidality, including major predictors such as family history, self-destructive behaviors, psychiatric history and other hallmarks. While no assessment is fool-proof, this presentation is intended to help clinicians be better able to manage these crises, moderate their own anxieties and know when medical care is necessary. Included will be the ethical and legal requirements of responding to the suicidal patient.

(6 hours: Psychoanalytic Theory of Psychodiagnosis.) Tuition: Included in QGT program tuition.

301: Personality Development: Overview & Infancy

This course begins an intensive sequence of study of developmental theory and personality formation, in which each personality structure is seen as the outgrowth of a specific existential human issue. This view posits that there are specific developmental epochs in which these issues are predominant, with the child either moving through it well enough or developing relatively fixed affective, cognitive, behavioral and relational styles that are expressed in various contexts throughout life.

(6 hours: Personality Development.) Tuition: Included in QGT program tuition.

302: Personality Development: Symbiosis

This course will cover personality styles that develop out of the symbiotic stages of development, in which the themes of need gratification, dependency and counter-dependency are predominant. The etiology of the so-called "oral" personality is reviewed, and the variations of this pattern are described. Effective treatment plans and interventions are discussed with case material.

(6 hours: Personality Development.) Tuition: Included in QGT program tuition.

303: Personality Development: Development of Self

This course will cover personality styles that develop when the child's normal building of self-esteem is disrupted, truncated and/or co-opted. In this case it is not the actual, physical or social independence of the child that is thwarted, but the development of a self-concept separate from the expectations of the parenting figures. These can range from unrealistic expectations of accomplishment, resulting in a narcissistic personality structure, to overwhelming dominance, resulting in a masochistic personality structure. The etiology, behavioral patterns and treatment of these personality structures are discussed and illustrated.

(6 hours: Personality Development.) Tuition: Included in QGT program tuition.

304: Personality Development: Self-in-System

This course covers two personality structures -- histrionic and obsessive compulsive -- that may develop in response to developmental issues in what is often referred to as the 'genital' stage of development. At the same time, the validity of these traditional psychoanalytic constructs, and their misuses in supporting existing societal structures, is examined.

(6 hours: Personality Development.) Tuition: Included in QGT program tuition.

305: Diagnosis: Borderline Personality Disorder

This seminar covers the Borderline Personality in depth: how to recognize the borderline syndrome early in treatment, how to evaluate the client's level of functioning and how to attune treatment to the degree of disturbance assessed. The difference between neurotic disorders, in which the client can recognize the unitary nature of other people despite their human complexities, and borderline personality disorders, in which the client does not have an integrated sense of themselves nor of others, is described and illustrated.

(5 hours: Psychoanalytic Theory of Psychodiagnosis.) Tuition: Included in QGT program tuition.

306: Advanced Transference, Resistance & Counter-transference

In this course students deepen their understanding of the subject in a live practicum setting which includes extensive discussion.

(5 hours: Analysis of Resistance, Transference and Countertransference.) Tuition: Included in QGT program tuition.

307: Resistance, Transference and Counter-Transference in the Here and Now: Relational Gestalt Therapy

This seminar reviews the evolution of gestalt psychoanalysis from a 'facilitative' mode to a truly field-theoretical, relational model, as well as the concomitant changes in therapeutic method, understanding and stance required. The concepts of transference, counter-transference, projective identification and interpersonal press are re-defined and described in terms of the gestalt understandings of contact, retroreflection, projection, introjection and confluence. The convergence of the relational perspective in gestalt psychoanalysis and in relational psychoanalysis, particularly the approaches of Stolorow and Orange, is also elucidated and compared.

(5 hours: Analysis of Resistance, Transference and Countertransference.) Tuition: Included in QGT program tuition.

308: Integrating Theory and Practice: Paper/Project Seminar

Students are required to complete a final paper or project integrating their knowledge of gestalt theory and an area of interest or expertise of their choice. This seminar meets to support the completion of their papers.

(5 hours: Psychoanalytic Theory of Psychopathology.) Tuition: Included in QGT program tuition.

AL101: Gestalt Practicum

This course is taken six times over a three-year period of the training program, as it is a core component of the clinical training. In these practica, students experience live therapy from both the client and practitioner perspectives. Beginning in their second year, students have the opportunity to take the therapist role, giving them a venue to put into practice, *in vivo*, the theory and techniques they've been studying. This is done under the direct supervision of a faculty member. After each session, faculty and students engage in a discussion in which they analyze the session in terms of the theory they've been studying, the techniques used by the therapist and the overall movement of the session.

(13.5 hours, taken 6 times = 81 hours: Practice in Psychopathology and Psychodiagnosis.) Tuition: Included in QGT program tuition.

AL102: Winter Weekend Intensive: Integrating Theory with Practice

This course, which is taken twice, is part of a series of three annual winter retreats which focus on experiencing gestalt psychotherapy as a client, and affords the student multiple opportunities to see the gestalt method used in live sessions conducted by faculty members. In this version of the course, the integration of theory and practice is paramount. After each session, faculty and students engage in a discussion in which they analyze the session in terms of the theory they've been studying, the techniques used by the therapist and the overall movement of the session.

(5.5 hours, taken 2 times = 11 hours: Psychoanalytic Theory of Psychopathology), and

(5.5 hours, taken 2 times = 11 hours: Practice Technique, including Dreams and Symbolic Processes.)

Tuition: Included in QGT program tuition.

AL 102-Dreams: Winter Weekend Intensive: Dreams & Symbols

This course is one in a series of three winter retreats which focus on experiencing gestalt psychotherapy as a client, and affords the student multiple opportunities to see the gestalt method used in live sessions conducted by faculty members. In this version of the course we focus on gestalt "dreamwork". Covering this topic in a stayover retreat setting provides the opportunity for students to experience and observe therapeutic work using very recent dreams. After each session, faculty and students engage in a discussion in which they analyze the session in terms of the techniques they've been studying and those used by the therapist in the session.

(11 hours: Practice Technique, including Dreams and Symbolic Processes.) Tuition: Included in QGT program tuition.

AL103: Summer Training Retreat: Integrating Theory With Practice

The purpose of this annual intensive retreat is to create a venue in which the integration of theory and practice is paramount. The Summer Retreat focuses on experiencing gestalt psychotherapy as a practitioner. Students meet in small practicum groups several times over the weekend. In these groups they take the 'therapist' and 'client' roles with each other under the direct supervision of a faculty member. In addition, each weekend has the theme of integrating the theory students have been learning with practice. After each session, faculty and students engage in a discussion in which they analyze the session in terms of the theory they've been studying, the techniques used by the therapist and the overall movement of the session. Large meetings of the entire student body and faculty allow for an expanded exploration of aspects of gestalt psychotherapy theory and practice that are covered in other courses during the year. This course is taken three times.

(18 hours, taken 3 times = 54 hours: Practice in Psychopathology and Psychodiagnosis.) Tuition: Included in QGT program tuition.

OFFICERS, DIRECTORS, FACULTY, GOVERNANCE

Trustees

President: Kenneth Meyer, Ph.D.

Secretary: M'Lou Caring, Ph.D.

Treasurer: Lenore Migdal, Ph.D.

Officials

Executive Director: Kathryn Grooms, LCSW

Director of Training: Hiro Yasuda, LCSW

LP Program Director: Rosary Immordino, MA, LP

Clinical Director: Kathryn Grooms, LCSW

Advisement Director: Lenore Migdal, Ph.D

Workshop Coordinator: Matthew Whaley

Alumni & Outreach Coordinator: Michael O'Brien, LP

Internship Coordinator: Shelley Orren-King

Medical Director: Joseph Barbuto, M.D.

Dean Emeritus, Vivien Wolsk, Ph.D.

Executive Committee

Kathryn Grooms, LCSW

Rosary Immordino, LP, C.P.M.

Lenore Migdal, Ph.D.

Shelley Orren-King, LCSW-R

Michael O'Brien, LP

Faculty

Joseph Barbuto, M.D.

Michelle Billies, LCSW-R

M'Lou Caring, Ph.D

Elinor Greenberg, Ph.D

Kathryn Grooms, LCSW-R

Naaz Hosseini, LP

Rosary Immordino, LP, C.P.M.

Kenneth Meyer, Ph.D

Lenore Migdal, Ph.D

Michael O'Brien, LP

Shelley Orren-King, LCSW-R

Marla Silverman, Ph.D.

Daniel Tisman, LCSW

Matthew Whaley, LCSW-R

Marilyn Varsa, LMHC

Hiro Yasuda, LCSW

Clinical Evaluation Committee

Kathryn Grooms, LCSW

Rosary Immordino, LP, CPM

Kenneth Meyer, Ph.D

Michael O'Brien, LP

Shelley Orren-King, LCSW-R

Marla Silverman, Ph.D.

Matthew Whaley, LCSW-R

Hiro Yasuda, LCSW

Governance

The Gestalt Center is governed by an executive committee and managed by an officer manager. The executive committee meets weekly to make decisions, collaboratively, about training policies and practices.