

Continuing Professional Development - Workshop

Gestalt Therapy - Working with unfinished business

Led by: Joanna Beazley Richards TSTA, Registered Trauma Specialist
Sunday 12 November 2017 (9.30 to 4.30)

This workshop, which will be partly experiential, will enable clients to learn about, and explore, the Gestalt Cycle of Awareness, and how to work with unfinished business in Counselling and psychotherapy. The cycle evolved as creative applications were tried. Joseph Zinker diagramed the creative process as a cycle of experience for the individual. He took the figure/ground concept developed by Perls, Hefferline & Goodman combined with the contact cycle of the Polsters and described experience in the following sequence:

- 1) sensation
- 2) awareness
- 3) mobilization of energy
- 4) action
- 5) contact
- 6) withdrawal/satisfaction.

(Zinker, 1977)

In therapy, unfinished business can be a major issue, and working with it can assist clients to feel liberated, and to be fully present.

About the Workshop leader

Joanna is a Chartered Psychologist, a Teaching and Supervising Transactional Analyst, and is specially qualified in relation to learning disability. She has had a psychotherapy practice for more than thirty years and is an experienced Trauma specialist. Joanna has a special interest in working with the victims and perpetrators of violence and sexual offences. She is the founder and Managing Director of the Wealden Psychology Institute.

This Workshop is recognized as 6 hours Continuing Professional Development - Cost: £ 105
Venue: Wealden Institute Crowborough

Workshop entry requirements:
Anyone, no prior training required.

I would like to book a place on the 'Gestalt Therapy - Working with unfinished business' Workshop On
Sunday 12 November 2017 at Wealden Institute Crowborough (9.30 to 4.30)

CODE:
UKATA

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I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:

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DIPLOMA IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS:

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SIGNATURE:

I AGREE TO PAYING THE FEE OF £ 105.

NB. Your booking will not be accepted without payment and is non-refundable within three weeks of the Workshop date.