

Certificate Training Program

COURSE DESCRIPTIONS - LEVEL I

Course 101 / Theoretical Concepts of Gestalt Therapy

An introduction to the basic concepts underlying the practice of Gestalt psychotherapy. Concepts such as figure/ground organization of the field, etc will be explored in the work of early Gestalt psychologists. Various formulations of body-mind integration and the theory of neurosis developed by Fritz Perls will also be examined.

Course 102 / Experiential Psychotherapy

Gestalt therapy is essentially an existential, experimental, and experiential psychotherapy. It focuses on the function and structure of experience, the contact and interruptions with one-self, and with the environment. The principles, theory and methodology of Gestalt therapy will be discussed theoretically and demonstrated experientially.

Course 103 / Neurosis and Health I

This course will explore the concepts of "health" and "neurosis" as defined by a Gestalt theoretical framework. The Gestalt concepts of self (id, ego, and personality), the contact cycle (figure-ground formation) and the interruptions at contact will be presented and explored.

Course 104 / Psychodramatic Techniques

This course will develop an understanding of subpersonalities and the dynamics of internal conflict. Students will be taught how to stage dialogues utilizing psychodrama methods, including the "empty-chair" technique, towards identifying, clarifying and resolving internal splits. The inter-relationship of internal and external conflicts (both present and past) will be studied along with working with resistance to these techniques. Lecture, discussion and practicum will be utilized.

COURSE DESCRIPTIONS - LEVEL II

Course 201 / Gestalt Therapy Practice & Techniques

This course employs films, published transcript, video tales, and demonstrations to examine Gestalt methods and techniques. The basis for choosing a particular technique the importance of timing, the value of non-technique approaches and the theoretical rationale for interventions will be explored, as well as dream theory & practice

Course 202 / Working in the Contact Boundary

This course will explore the writings and teachings of K. Goldstein, Perls, Hefferline and Goodman, and others that have contributed to the theory and practice of Gestalt therapy

with an emphasis on the I-thou and contact boundary approach. Sensory deprivation and sensory re-stimulation will also be examined from didactic and experiential points.

Course 203 / Methodology & Theoretical Approaches to Body Work

This course focuses on a body-mind integrative approach to psychotherapy and is based on the theories of F.M. Alexander, M. Feldenkrais, Fritz and Laura Perls and Ilana Rubinfeld. The course will focus on: experiencing and expressing body, mind and emotions as a congruent whole, use of touch (when, where, how and whom to touch), releasing tensions stored in the body and establishing new alignments and posture, habitual vs. non-habitual thought, attitude, posture and movement, and theoretical and practical applications of this holistic approach.

Course 204 / A Gestalt Approach to Diagnosis

The paradigm for Gestalt therapy diagnosis is predicated on the assumption that a unique person and not a type of disease is being treated. Thus, the person is viewed in terms of his contact-functions and the diagnosis focuses on what function of the person is disturbed, how the disturbance is made and where in the contact making and withdrawal cycle the disturbance manifests itself. The course will present the theory, concepts and methodology of this unique approach to diagnosis.

COURSE DESCRIPTIONS - LEVEL III

Course 301 / Neurosis and Health II

This course will review Freudian and neo-Freudian theories of the unconscious, defense mechanisms, the etiology of neurosis and major neurotic styles as well as the Gestalt theory of neurosis, as developed by Fritz Perls. Included will be discussion of the layers of personality, neurosis and interruptions of the contact boundary. Orthodox and Gestalt theory, terminology and concepts will be compared. Lastly, the relevance, selection and timing of Gestalt techniques within the treatment strategy will be explored.

Course 302 / Gestalt Work with Couples

Gestalt therapy has a unique approach to working with couples. Students will learn to perceive, diagnose and work with a couple through the application of Gestalt theory within the context of the therapeutic session. Emphasis will be on systems theory, neurotic and healthy functioning, the contact cycle and the couple's method of contacting.

Course 303 / Addictions and Gestalt Therapy

This course will integrate the use of the 12 steps of recovery and the application of Gestalt concepts in the treatment of addiction. The course will include didactic and experiential exercises to increase our awareness in diagnosing, healing and understanding addictions within the Gestalt framework.

Course 304 / Ethics in Psychotherapy

This course will provide therapists with guidelines for enhancing professional and ethical practice and address issues regarding professional liability. The students will have an opportunity to discuss their own particular concerns regarding ethical standards of practice.

Course 305/ Colloquium Presentation

Each student (in their third year) is required to make a formal two and one-half hour colloquium presentation to the faculty and fellow students before graduation. This presentation is on a topic of the students choosing, representing either a deeper research into a topic or concept covered during the program, or a synthesis of Gestalt therapy or philosophy with some other interest of the student. A faculty member serves as the coordinator of the Colloquia Program, and assists students in their presentations. All students are required to attend colloquia presentations as a course requirement.