

Advanced Certificate of Contemporary Gestalt Therapy

Application & Enrolment Pack, 2016

Introduction

Thank you for your interest in our training.

The Relational Institute Australia is committed to providing high quality teaching in contemporary Gestalt therapy. Practitioners working in the human services (counsellors, psychotherapists, nurses, health workers, welfare workers, teachers, mediators, human resource managers, etc) and people with experience in the field are invited to apply. TRIA teaching assists in both commencing and deepening the professional practice of counselling and psychotherapy.

The two-year program provides graduates with an Academic Record enabling them to apply for registration on the PACFA register.

Course Outline

Module One (GT1): Gestalt Therapy- The Old and the New

This module provides you with the foundational understandings of Gestalt therapy, and will be the first of 4 incremental modules that are required for successful completion of the Advanced Certificate. It explores the history and evolution of Gestalt therapy and the underlying philosophy and influences. This module emphasises the development of the therapist through a process of self-development and provides an introduction to group theory and practice.

Module Two (GT2): Self in Relationship

Using a developmental perspective that includes cutting edge interpersonal neurobiology and research on human beings' deeply intersubjective experience, this module focuses on relational Gestalt therapy. The concept of 'self' is introduced and explored from the perspective of the Client, the Therapist and the co-created relationship. Students will be invited into focussed reflection and practice around the therapeutic encounter with an emphasis on deepening the relational figure through awareness of self, other and our diverse social contexts. Finally, the idea of a 'relational ethics' is introduced to deepen students' understanding of best practice and ethical maturity.

Module Three (GT3): Body Focused Gestalt Therapy

This module provides you with the foundational understandings of body focused Gestalt therapy, and will build on modules GT1 and GT2. It will explore the foundational theory and practical applications of working with the body, drawing on Gestalt methodology and body focused healing practices. The module will include exploration of historical & contemporary theorists such as Janet, Reich, Perls, Boyesen, Van Der Kolk, Ogden, Rothschild, Kepner and others. Particular attention will be given to including ethical, informed, somatic applications into your practice as a psychotherapist and how to assess and work with trauma. The module will cover

recent developments in trauma theory and offer a framework for practice. This will include: attention to somatic experience; ‘mindful’ use of present moment awareness; the importance of a relational approach, the critical role of community support; and how to experiment with growth-enhancing experience. These principles will be linked with contemporary developments in best practice, our current understanding of the neurobiology of trauma, and to the cultural and relational contexts we live in.

Module Four (GT4): Gestalt in Society

This module will critically examine the role of psychotherapy within contemporary society, and explore the application of the Gestalt methodology beyond the consulting room. The social, cultural and ecological context of ‘personal’ issues will be explored. Students will be introduced to critical perspectives on psychotherapy, and consider the history of psychotherapy with reference to culture, gender, sexuality, class, religion, ethnicity and indigeneity. Students will explore the radical origins of Gestalt therapy as a project of social change and the application of the Gestalt method in domains beyond the consulting room; including work in groups, organisations and communities.

COURSE RATIONALE AND GRADUATE EMPLOYMENT OPPORTUNITIES

ADVANCED CERTIFICATE OF CONTEMPORARY GESTALT THERAPY

Name of course	Rationale, including graduate employment opportunities
Advanced Certificate of Contemporary Gestalt Therapy	<p>This course is available to Postgraduate students who have a relevant first degree from a recognised tertiary institution.</p> <p>It provides a dynamic and contemporary learning experience that develops student’s capability to apply Gestalt therapy methodology into their work as a counsellor or other relevant employment.</p> <p>This course is grounded in a relational approach which integrates Gestalt therapy with body focussed therapy, social construction and social neuroscience perspectives. It equips graduates to enhance their potency and creativity in both personal and professional contexts.</p> <p>The course will:</p> <ul style="list-style-type: none"> • build graduate communication and interpersonal skills • explore contemporary theory informing practice for people working as counsellors and human change agents • develop and integrate an understanding of Relational principles • develop clinical competence in the application of skills • explore the social responsibility of psychotherapists

	<ul style="list-style-type: none"> • develop graduate ability to practice in a relational & ethical way • develop skills in relation to assessment, intervention, and referral <p>Graduates will:</p> <ul style="list-style-type: none"> • have a solid basis of theory informing practice • be able to apply Gestalt theory and methods to a range of occupational areas • be able to assess when a body focussed approach is necessary • be able to utilise key body focussed and socially responsible Gestalt principles to enhance their efficiency and creativity in their life and work situations. <p>Graduates are eligible to apply for inclusion on the PACFA (Psychotherapy and Counselling Federation of Australia), National Register of Psychotherapists and Counsellors.</p>
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Student Selection Criteria and Enrolment Procedure

Course Entry Criteria

Students who wish to gain entry into the Advanced Certificate of Contemporary Gestalt Therapy are required to have Undergraduate qualifications (Bachelor level) in fields such as Social Work, Psychology, Counselling, or other allied fields. Other TAFE qualifications together with relevant employment experience may be considered, along with relevant life experience.

Consideration will also be given to people seeking admission into the course with Diploma or other vocational Certificate qualifications in the counselling or related areas of study, together with extensive relevant work experience. All applicants are expected to fulfil the following occupational and personal requirements.

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.

Personal Attributes:

Students need to demonstrate the capabilities listed below as a pre-requisite for beginning training as a psychotherapist/counsellor. These capacities can be demonstrated through live interviews, observing the trainee's participation in an experiential workshop, referees etc.

1. Self-awareness, including the capacity to relate in a facilitative way with others and to reflect on and examine the impact of these actions.

2. A relational capacity. This includes a one-to-one therapeutic situation along with an ability to work with a group or team.
3. A capacity to understand and practice ethical behaviour and be prepared to follow the PACFA code of ethics.
4. Possesses a high level of mature life experience which is shown by the capacity to reflect on and learn from experience, including being open to positive and challenging feedback.
5. Demonstrate substantial proficiency in English to a degree that will support work with real clients throughout the training.

Enrolment Procedure

Completed applications should be sent to:
The Relational Institute Australia
Director of Training
117 Union St, McMahons Point NSW 2060
Or to admin@therelationalinstituteaustralia.com

Once applications have been received by TRIA, one of the Directors will negotiate an interview time, which will take place in person at the institute or via phone or Skype if applicable.

The interview will be a mutual opportunity to assess the suitability of the TRIA program and to attend to any questions the prospective student may have. Applicants will be considered in line with the above personal attributes, along with relevant qualifications and experience.

Students accepted into the program or module will be asked to sign a TRIA Student Agreement and a relevant Financial Agreement. Students not accepted into the program will be notified in writing within 7 days.

Student Fees

The Advanced Certificate of Contemporary Gestalt Therapy is a two-year training program with two (2) training modules delivered per year. Each module includes 68 contact training hours and can be undertaken as a stand-alone professional development course. The fee for each module is \$2900: payment can be made in two (2) instalments per module or another payment schedule as negotiated.

Payment Schedule

Fees are payable in four (4) installments over the training year, two for each module delivered. The schedule of payments is outlined in the Student Contract and Student Handbook.

All payments are to be made by the due date via Direct Debit to:

The Relational Institute Australia
BSB: 112 879
Account: 466484334

Under circumstances of financial hardship, if a student is unable to meet the payment deadlines, they must notify TRIA in writing via admin@therelationalinstituteaustralia.com at least seven (7) days before the due date. TRIA will negotiate with the student in order to develop a mutually acceptable payment structure.

Student Withdrawal & Fee Refund

Fees paid by students that withdraw from either the Advanced Certificate and/or an individual training module after the training for a given module has commenced are non-refundable.

The following refunds apply for modules that have not commenced at the time notification of withdrawal is given:

- Four (4) weeks prior to due date of payment: Full refund.
- One (1) week prior to due date of payment: 50% refund.
- Less than one (1) week prior to due date of payment: Non-refundable.

Notification of withdrawal from training by the student must be given in writing to admin@therelationalinstituteaustralia.com and include:

- Students full name
- Residential and/or postal address
- The course and/or module(s) the student wishes to withdraw from
- Reason for withdrawal

Application for Fee Refund Under Special Consideration

If a student's withdrawal from training falls under a special consideration notification, an application for the refund of fees paid can be made no later than one (1) month after the commencement date of the training. Applications for fee refund can be made in writing to admin@therelationalinstituteaustralia.com and should include:

- Details of the circumstances relating to special consideration
- Documentation supporting their claim
- Students full name
- Students residential and/or postal address
- Bank account details

Situations and events that may be considered grounds for special consideration include: (NB: Work commitments do not warrant special consideration)

- Serious personal illness
- Death of a loved-one
- Significant personal crisis

TRIA will consider applications for refund and notify the applicant of the outcome within fourteen (14) days of receiving the application.

STUDENT RESOURCES

TRIA students have access to library resources that include online databases and electronic journals.

A **STUDENT SUPPORT SERVICE** can be accessed for individual support, mentoring and tutoring.

All students are required to undertake personal therapy as an essential component of their experiential learning process. Information on suitable practitioners is provided. These fees for these sessions are NOT included in your course fees.

TRIA offers a **free and low-fee therapy service** to the community through its **STUDENT CLINIC**, which is staffed by students and graduates.

APPLICATION FORM: Advanced Certificate of Contemporary Gestalt Therapy

Personal Details

Name: _____

Postal address: _____

Postcode: _____

Phone (H): _____ Phone (Mobile): _____

Mobile: _____ Email: _____

Occupation: _____

Please provide a paragraph outlining why you are applying for this course including your professional needs:

Please provide details of any personal development you have undertaken previously (include personal therapy):

Please attach a detailed professional CV with contact details of two referees (personal and professional) with this application document.

TRIA reserves the right to accept, defer or reject applications to their programs