



Training in Contemporary Gestalt Therapy

Information and Application Pack 2022

Introduction

Thank you for your interest in our training.

The Relational Institute Australia (TRIA) is committed to providing high quality teaching in contemporary Gestalt therapy. Our programs are experiential & theoretically solid, with an emphasis on incremental skill development.

Our Vision

To create positive change in our-selves, our communities and our planet.

Our Mission

- To offer personally transformative education.
- To educate and train people in relationally oriented psychotherapy.
- To foster and support social initiatives that align with our vision.
- To promote broad access to therapy services to the community through our low-fee clinic.
- To create an inclusive, supportive, and socially aware community among faculty, students, graduates and other stakeholders of our institute.

Who Are We and What Do We Offer?

The Institute was formed in 2010, by founders Ashleigh Power & Forrest James, in collaboration with an Australian faculty team, and our international collaborator Mark Fairfield (U.S).

As people who have practiced Gestalt therapy for many years, we collectively offer students our substantial experience, clinical acumen, passion for Gestalt therapy and of course; our human-ness.

Whereas many counseling oriented training programs offer students a formal degree, due to higher education requirements, these also come with cumbersome academic requirements, which sometimes compromises emphasis on practice. Whilst we at TRIA know the importance of solid theory supporting our practice, we believe that solid, effective therapists are born from solid, effective, **skills oriented** training.

All of our courses are experiential in nature and offer students the opportunity to practice skills as a way of integrating learning, along with accruing practice hours for professional registration. As such, our training will equip graduates to feel confident and competent in their craft, but does not attract an academic award.

Foundational Training in Contemporary Gestalt Therapy

This 1 year program provides students with an introduction to the key concepts of Gestalt therapy: Contact/Awareness, Phenomenology, Field Theory & Dialogue, and basic counselling skills. Experiential in nature, it offers students an opportunity to explore themselves through the lens of Gestalt therapy, with a focus on the development of self-awareness in relationship with others and the environment.

Emphasis is placed on group learning and exploration of group dynamics within the training cohort, providing an opportunity to understand basic group facilitation skills.

Attention is also paid to Gestalt links with Ecotherapy. The Gestalt approach requires that the personal development of the students is central for the development of competent practice, and harnesses the value of our instinctual need to live in close harmonious relationship with the natural world for mutual wellbeing. The off-grid residential aspects of the training provide the perfect environment to experience this integrated learning. Students will also learn the basic counselling skills required for progression into the Post Graduate program in Contemporary Gestalt Therapy.

This course is suitable for anyone who wants to engage with Gestalt therapy for personal development reasons, or for practitioners who want to incorporate Gestalt therapy into their practice without the skills-practicum requirements of the TRIA post-graduate training. It also provides a pathway for entry into the 2 year post graduate training: Advanced Skills in Contemporary Gestalt Therapy, for students who do not possess undergraduate qualifications in counselling and/or allied health.

Course Overview

Module 1: Introduction to Gestalt Therapy

This module provides an introduction to the Gestalt approach, along with its underlying philosophy and influences. Students will have the opportunity to integrate and deepen their understanding of the theory and practice of the Gestalt approach and to apply the principles to their own personal and professional development.

Learning Outcomes	On completion of this program, students will be able to:
1	Identify and discuss the foundational principles of Gestalt psychotherapy.
2	Demonstrate an ability to apply the principals of Gestalt therapy to their own lives and learning cohort.
3	Demonstrate clear and effective interpersonal skills and relate this to 'use of self' and suitability for the profession as a developing practitioner.
4	Understand the basic principles of group facilitation.

Assessments for this module require students to complete a 1500 word reflective essay and a small group presentation to cohort.

Module 2: Gestalt Ecotherapy and Basic Counselling

Ecotherapy draws its ideas from both modern and ancient practices. Unlike Western-Industrial Culture's increasing distance from Nature, our ancestors would have seen little or no separation between themselves and the natural world they lived in. The psychological problems resulting from this separation are explored in this module along with the importance of nature immersion for sustainability and wellbeing.

The underlying philosophy and ethos of Gestalt has strong links to ecotherapy which are explored in this module through the application of phenomenology, dialogue and field theory.

This module also introduces students to a broad understanding of basic counselling skills.

Learning Outcomes	On completion of this module, students will be able to:
1	Gain an understanding of current research into ecotherapy.
2	Develop clear links to ecotherapy & Gestalt therapy through the foundations of Gestalt: Phenomenology, Field theory & Dialogue.
3	Demonstrate clear and effective interpersonal skills.
4	Demonstrate basic counselling skills

Assessments for this module include a basic counselling video with another member of cohort.

In addition to contact training hours, students are required to complete 10 personal therapy hours and 20 study group hours.

TRIA 2022 Training Dates: Foundational

Intensive April 29 – May 1	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	TRIA
Residential June 2-5	Start Thurs 10am Finish Sun 12pm	Hunter Valley
Community Intensive July 29-31	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	TRIA
Weekend Aug 13-14	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Weekend Sept 3-4	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Community Residential Oct 22-24	Start Fri 10am Finish Sun 12pm	Hunter Valley
Weekend Nov 12-13	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Training Year	Total 130 contact Hours Additionally: 10 personal therapy hours & 20 Study group hours	

* Under the current global climate, we aim to maintain the scheduled dates when possible however at times delivery may be online if required by NSW health.

Course Rationale

Name of course	Rationale, including graduate employment opportunities
<p>Foundational Training in Contemporary Gestalt Therapy</p>	<p>This course is suitable for anyone who wants to engage with Gestalt therapy for personal development reasons, or for practitioners who want to incorporate gestalt therapy into their practice without the skills-practicum requirements of the TRIA post-graduate training.</p> <p>The aim is to provide a supportive, dynamic, creative and contemporary learning experience for students to develop their interpersonal skills and gain a foundational understanding of Gestalt therapy & its links to ecotherapy.</p> <p>It also provides students with a broad and practical introduction to basic counselling skills.</p> <p>Individual learning styles are catered to by synthesising personal, professional, interpersonal and group learning,</p> <p>The course will:</p> <ul style="list-style-type: none"> • build graduate communication and interpersonal skills • introduce & explore contemporary Gestalt theory • explore methods of working with groups • develop and integrate an understanding of Relational principles • introduce and explore Gestalt ecotherapy • facilitate students' development of experiential knowledge of Gestalt psychotherapy • develop graduate's ability to interact in a relational & ethical way • Provide a practical introduction to basic counselling skills. <p>For graduates who are working as counsellors or psychotherapists, this course will attract 130 PACFA PD hours.</p>

Course Fees Foundational Training

The fee for 2022 training year is:

- Early Bird rate: \$7000 (Full payment by 30th Jan 2022)
- Full fee: \$7500

Fees include associated costs for attendance at two residentials per year.

Advanced Clinical Training in Contemporary Gestalt Therapy (Post Graduate)

This training is equivalent to AQF 7-9 and has been developed to be consistent to the PACFA Training standards 2020: <https://www.pacfa.org.au/wp-content/uploads/2012/10/PACFA-Training-Standards-2020-1.pdf>.

The focus of this program is on the development of Gestalt therapy skills in the practitioner. It is anticipated that successful applicants of this training have undergraduate qualifications in basic counselling skills and are able to build on these skills through the application of Gestalt therapy. This course links theory into practice through its skill-based practicum requirements and provides students with the opportunity to accrue clinical practice and supervision hours for professional registration.

This is supported by each of the four training modules. Each module contains both practicum and written tasks which are aimed at linking theory to practice, whereby students will be required to apply, synthesize, analyze and evaluate Gestalt concepts into their personal and professional lives. Each module includes a number of client and supervision sessions to meet PACFA accreditation requirements; 50 client and 20 Reflect on Practice (supervision) sessions.

The training will take place in a group learning format and will be supported by students completion of the required personal therapy and supervision sessions for each module.

The training includes a total of 400 hours of instruction, delivered as:

- 260 Face to Face learning
- 140 hours of asynchronous learning:
 - 60 self-directed learning study group hours per year (30 per year)
 - 40 hours of online tutorials- (20 per year)
 - 20 hours of Reflect on Practice (supervision) over 2 years, with a TRIA faculty supervisor- as linked to 50 client practice hours.
 - 20 hours of personal therapy (10 per year).

Course Rationale

Name of course	Rationale, including graduate employment opportunities
<p>Advanced Clinical training in Contemporary Gestalt Therapy</p>	<p>This training is equivalent to AQF 7-9 and has been developed to be consistent to the PACFA Training standards 2020: https://www.pacfa.org.au/wp-content/uploads/2012/10/PACFA-Training-Standards-2020-1.pdf.</p> <p>This course is available to postgraduate students who have a relevant first degree from a recognised tertiary institution. The aim is to provide a supportive, dynamic, creative and contemporary learning experience for students to develop their potential as Gestalt therapists. Individual learning styles are catered to by synthesising personal, professional, interpersonal and group learning,</p> <p>It provides a dynamic and contemporary learning experience that develops students 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"> • provide the development of high standards of competence and ethics in Gestalt psychotherapeutic practice. • 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. • facilitate students' development of a thorough theoretical and experiential knowledge of Gestalt psychotherapy. • explore the social responsibility of psychotherapists. • develop graduate ability to practice in a relational & ethical way. • develop skills in relation to assessment, intervention, and referral. • Explore the links between Gestalt and Eco therapy <p>Graduates will:</p> <ul style="list-style-type: none"> • develop their unique potential as Gestalt therapists. • have a solid basis of theory informing practice. • be able to apply Gestalt theory and methods to a range of occupational areas.

	<ul style="list-style-type: none"> • be able to assess and apply a body focussed approach when 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 through the membership pathway most relevant to them.</p>
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Training Overview

Year 1, Module 1: Gestalt Therapy- The Old and the New

This module provides you with the foundational understandings of Gestalt therapy, and will be the first of four incremental modules that are required for successful completion of the course. 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.

Learning Outcomes	On completion of this module, students will be able to:
1	Identify and discuss an understanding of the foundational principles of Gestalt psychotherapy and critically evaluate how the evolution of Gestalt has informed contemporary understandings of Gestalt practice.
2	Critically reflect on their developing competence as practitioners.
3	Demonstrate clear and effective interpersonal skills and relate this to 'use of self' and suitability for the profession as a developing practitioner.
4	Have an understanding of where Gestalt therapy fits in the broader profession of Counselling and Psychotherapy.

Assessments for this module include a 2000 word reflective essay and a presentation to cohort.

Year 1, Module 2: 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 'relational ethics' is introduced to deepen students' understanding of best practice and ethical maturity.

Learning Outcomes	On completion of this module, students will be able to:
1	Explain and apply Gestalt techniques in the practice of Gestalt psychotherapy.
2	Demonstrate an understanding of working with a relational stance through the use of self as Therapist and the co-created therapeutic encounter.
3	Demonstrate an increased level of self-awareness regarding their own experience of self and other and can relate this to ethical clinical practice.
4	Identify and discuss an understanding of developmental perspectives, particularly attachment theory and infant development research, and apply them to practice as a psychotherapist.

Assessments for this module include an extended responses related to Gestalt theory and the commencement of practice sessions.

Year 2, Module 3: Body Focused Gestalt Therapy

This module provides you with the foundational understandings of body focused Gestalt therapy, and will build on modules ACGT1 and ACGT2. 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.

Learning Outcomes	On completion of this module, students will be able to:
1	Demonstrate an understanding of the importance of body process work from a theoretical and practice perspective with a particular emphasis on safe trauma work.
2	Apply body-orientated relational intervention skills in practice to support others to explore, articulate and utilise their own embodied experience with feedback from peers and faculty.
3	Identify and describe an understanding of skills to support and utilise our own embodied awareness.
4	Demonstrate an understanding of how to create a safe, equitable and ethical environment where body processes can be explored.

Assessments for this module include a 2000 word case study and further engagement with required practice sessions.

Year 2, Module 4: 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. In addition, this module brings together students two years of training and their learning & development from this course.

Learning Outcomes	On completion of this module, students will be able to:
1	Demonstrate integration of key learning in Gestalt psychotherapy theory and practice developed over the course.
2	Apply disciplinary knowledge to real world problems in individual work, groups, organisations and communities.
3	Demonstrate an understanding of assessment methodology and identifying the impact of social structures and ecological systems.
4	Critically analyse skill development over the entire course through a reflective practice framework.

Assessments for this module include the design of a social impact project and a reflective report on applied clinical skills.

In addition to contact training hours students are required to complete asynchronous learning activities. These include 3 hour online tutorials. Students are required to attend 5 per year. Topics will include:

- White Privilege & Indigenous practice
- GLBTQIA essentials
- How to talk about Sex
- Relational Ethics
- Psychedelic preparation & integration therapies
- Plus a range of clinical interests according to group needs.

Tutorials will be scheduled on a weeknight on a monthly basis.

PACFA Membership

PACFA (Psychotherapy And Counselling Federation of Australia) is a national peak body for professional associations within the counselling and psychotherapy profession in Australia. PACFA provides a forum for professional associations to unite in providing professional identity, research, support and public accountability for the profession. PACFA promotes the development of the practice of Counselling and Psychotherapy and represents the profession to the community and government, while respecting the diversity of approaches within the profession. www.pacfa.org.au

This program has been designed to be *equivalent* to the requirements of the PACFA Training Standards 2020. From 2021, under PACFA's new membership pathways, training that is equivalent to the PACFA Training Standards will lead to practising membership of PACFA. TRIA ACGT graduates will be eligible to join PACFA under the *Accredited Training Pathway*. [PACFA Training Standards](#)

Student Selection Criteria

Course Entry Criteria

Applicants who wish to gain entry into the Advanced Clinical Training in 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 counselling or related areas of study, together with extensive relevant work experience. All applicants are expected to fulfil the following occupational and personal attributes.

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

Personal Attributes

Applicants 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 applicants 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. Possess 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.

- Demonstrate substantial proficiency in English to a degree that will support work with real clients throughout the training.

TRIA 2022 Training Dates: Post Grad Year 1

Intensive May 14-15	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	TRIA
May 25 6-9pm	Online tutorial	
Residential June 2-5	Start Thurs 10am Finish Sun 12pm	Hunter Valley
June 29 6-9pm	Online tutorial	
July 27 6-9pm	Online tutorial	
Community Intensive July 29-31	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	Crows Nest Centre
August 24 6-9pm	Online tutorial	
Weekend Aug 27-28	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Weekend Sept 10-11	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Community Residential Oct 21-23	Start Fri 10am Finish Sun 12pm	Hunter Valley
Nov 2 6-9pm	Online tutorial	
Weekend Nov 19-20	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA

* Under the current global climate, we aim to maintain the scheduled dates when possible however at times delivery may be online if required by NSW health.

Training Location

All non-residential training weekends take place in Sydney, either at TRIA in Crows Nest or at the Crows Nest Centre. Residentials take place at an off grid eco-retreat 2.5 hours from Sydney, providing an opportunity to deepen into the eco-therapy aspect of the learning.

Please note that attendance at both residentials is compulsory.

Resources

TRIA Students have access to library resources that are housed in hard copy at the institute or in soft copy in the student learning portal.

A **Student Support Service** can be accessed for individual support, mentoring and tutoring. Some of these services attract a fee.

Personal Therapy & Reflect on Practice Sessions

All Students are required to undertake 10 personal therapy sessions per year as an essential component of their experiential learning process. A list of preferred practitioners is made available to students.

The fees for personal therapy are NOT included in your course fees.

Post Graduate (ACGT) students are required to engage in 20 reflect on practice (supervision) hours linked to 50 practice hours. These reflect on practice sessions are provided by a pool of TRIA faculty & supervisors.

The fees for these sessions are NOT included in your course fees, and usually attract the amount of \$130 + GST per hour, or can be accessed via the internship program in the TRIA community clinic.

Community Clinic

The Relational Institute Australia (TRIA) provides a low-fee therapy service to members of the public. These sessions are staffed by TRIA students and graduates, enabling them to meet the client contact hours necessary for training course requirements. This opportunity also allows students to gain experience working in a collaborative environment and confidence to move into private practice.

Clinic internships commence from 2nd Semester of year 1, and run through to the 30th of Nov the following year.

Internship includes the following:

- 20 hours of Reflect on Practice (supervision) sessions with a TRIA Faculty Member (Group or Individual)
- Access to client referrals via the Clinic
- Room rental of clinic premises for client sessions
- Inclusion on the TRIA "Our Therapists" webpage

The fee for the internship package is \$4500 + GST.

Course Fees Post Graduate Training

The fee for 2022 training year is:

- Early Bird rate: \$7300 (within 7 days of enrolment)
- Full fee: \$7800.

Fees include associated costs for attendance at two residentials per year.

Enrolment Procedure

Completed applications along with receipt of a non-refundable application fee of \$50 should be sent to:

admin@therelationalinstitute.com.au

BANK Details for application fee:

Electronic Funds Transfers (EFT) can be sent to: Account Name: Gestalt Therapy Sydney BSB: 112 879 Account Number: 466 484 334 Please enter your name as reference.

Once applications have been received by TRIA, the Director of Training will negotiate an interview time, which will take place in person at the institute or via phone or Zoom if applicable and will be attended by the Director and /or the program coordinator.

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

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

To secure your place, a non-refundable deposit of \$250 is required at the time of enrolment. This amount will be deducted from your course fees.

TRIA APPLICATION FORM: (Please ✓)

- Foundational Training in Contemporary Gestalt Therapy
- Advanced Clinical Training in Contemporary Gestalt Therapy

Personal Details

Name: _____

Postal address: _____

Postcode: _____

Phone (H): _____ Phone (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.