



Foundational Training in Contemporary Gestalt Therapy

Information and Application Pack 2023

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.

TRIA's COVID Policy

TRIA's Covid policy is guided and informed by NSW Health whilst also respecting individual freedom to choose whether or not to vaccinate. We are also committed to the health of our training community, and the community at large. As such, from 2022 any person, staff, students or client who wishes to attend TRIA will have to prove they have been fully vaccinated or provide evidence of a negative Covid test result 48 hours prior to attending the institute.

Foundational Training in Contemporary Gestalt Therapy

This one-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 therapy.
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 30 study group hours.

TRIA 2023 Training Dates: Foundational

Intensive April 28-30	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	TRIA
Residential June 2-4	Start Fri 10am Finish Sun 2.00pm	Location within 2 hours from Sydney
Community Intensive July 28-30	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	TRIA Crows Nest Centre
Weekend Aug 12-13	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Weekend Sept 2-3	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Community Residential Oct 20-22	Start Fri 10am Finish Sun 2.00pm	Location within 2 hours from Sydney
Weekend Nov 11-12	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
Training Year	Total 120 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
Foundational Training in Contemporary Gestalt Therapy	<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 therapy • 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 2023 training year is:

- Super Early Bird rate: \$7100 (Due 7 days after enrolment offer before 30th November 2022)
- Early Bird rate: \$7300 (Due by 30th Jan 2023)
- Full fee: \$7800 (Due by 15 March 2023)

Fees include associated costs for attendance at two residentials per year.
Payment plans can be arranged and incur processing fees.

Student Selection Criteria

Personal Attributes

Applicants need to demonstrate the capabilities listed below as a pre-requisite for beginning training as a Gestalt therapist. 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.
5. Demonstrate substantial proficiency in English to a degree that will support work with real clients throughout the training.

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 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.

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.

Student Withdrawal & Fee Refund

Students who choose to withdraw after the commencement of training will forfeit the annual training fee and if on a pay by instalments, be obliged to pay the annual fee as contracted.

REFUNDS:

When a student cancels their enrolment prior to training commencement, the following refunds apply:

- Before 4 weeks prior to due date of payment: Full refund of course fees paid, less \$250 deposit.
- After 4 weeks and before 1 week prior to due date of payment: 50% refund of full course fees paid.
- Less than 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@therelationalinstitute.com.au 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. A refund will only be granted on training modules paid for in advance, not ones already completed.

Applications for fee refund can be made in writing to admin@therelationalinstitute.com.au 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: (Note: Work commitments do not warrant special consideration)

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

TRIA will consider applications for refund based on the circumstances and number of completed training ours, and notify the applicant of the outcome within fourteen (14) days of receiving the application.

TRIA APPLICATION FORM: (Please ✓)

☐ Foundational Training in Contemporary Gestalt Therapy

Personal Details

Name: _____

Postal address: _____

Postcode: _____

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

Email: _____

Occupation: _____

Qualifications: _____

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.