



## Post Graduate 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 counselling 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.

## Post Graduate Training in Contemporary Gestalt Therapy (ACGT)

This course is available as a Post Graduate level and holds accreditation with PACFA as a Specialist Training. Candidates applying for this course must already hold an undergraduate degree in counselling/allied health from an accredited Higher Education provider.

TRIA will also consider applications from people without an undergraduate degree who can evidence relevant training and experience,(5 years minimum) through the RPL pathway.

All Post Graduate applicants also need to demonstrate evidence of substantial personal development, this can include and is not limited to:

- Personal therapy
- Group therapy participation
- Meditation
- Other personal development activities

TRIA is currently engaged in the process of seeking accreditation with ASQA to register as an RTO and for this course to be accredited as a Graduate Diploma of Gestalt Therapy. We have received approval from ASQA to proceed with the application after meeting the initial round of requirements. We anticipate the institute will be granted status as a Registered Training Organisation (RTO) and the course will be approved sometime in 2023. Students enrolling in the 2023 Post Grad course will be eligible to graduate under this new accreditation pathway once it is approved.

The focus of this program is on the development of Gestalt therapy skills in the practitioner. 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 professional requirements.

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:**

- 264 Face to Face learning (132 per year)
- 136 hours (68 per year) of asynchronous learning:
  - 60 self-directed learning study group hours per year (30 per year)
  - 36 hours of online tutorials-(18 per year)
  - 20 hours of Reflect on Practice (supervision) over 2 years, with a TRIA faculty supervisor-as linked to 50 client practice hours.
  - 40 hours of personal therapy (20 per year).

Students who do not meet these application criteria's are encouraged to seek entry into one of TRIA's Foundational training pathways.

## **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.

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 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.

Course Rationale

Name of course	Rationale, including graduate employment opportunities
<p>Advanced Clinical training in Contemporary Gestalt Therapy</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"> <li>• provide the development of high standards of competence and ethics in Gestalt therapeutic practice.</li> <li>• build graduate communication and interpersonal skills.</li> <li>• explore contemporary theory informing practice for people working as counsellors and human change agents.</li> <li>• explore Indigenous knowledge and practice</li> <li>• introduce nature based gestalt therapy</li> <li>• develop and integrate an understanding of Relational principles.</li> <li>• develop clinical competence in the application of skills.</li> <li>• facilitate students' development of a thorough theoretical and experiential knowledge of Gestalt therapy.</li> <li>• explore the social responsibility of Gestalt therapists.</li> <li>• develop graduate ability to practice in a relational &amp; ethical way.</li> <li>• develop skills in relation to assessment, intervention, and referral.</li> <li>• Explore the links between Gestalt and Eco therapy</li> </ul> <p>Graduates will:</p> <ul style="list-style-type: none"> <li>• develop their unique potential as Gestalt therapists.</li> <li>• have a solid basis of theory informing practice.</li> <li>• be able to apply Gestalt theory and methods to a range of occupational areas.</li> <li>• be able to assess and apply a trauma informed approach when necessary.</li> </ul>

## 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.

Assessments for this module include a 1500 word book/article review 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.

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

Learning Outcomes	On completion ACGT 1 and ACGT 2, students will be able to:
1	Critically Reflect on the foundational principles of Gestalt therapy and analyse how the evolution of Gestalt therapy has informed contemporary understandings of Gestalt practice.
2	Critically reflect on their developing competence as practitioners.
3	Review and analyse literature and its relevance to contemporary practice
4	Critically reflect on the place of Gestalt Therapy within the broader profession of Counselling and Psychotherapy.
5	Demonstrate an understanding and application of the practice of Gestalt therapy.
6	Evaluate the importance of working within a relational stance through the use of Self.
7	Demonstrate clear and effective interpersonal skills and relate this to 'use of self' and suitability for the profession as a developing practitioner.
8	Apply Gestalt therapy to a broad range of demographics

### Year 2, Module 3: Trauma Informed Gestalt Therapy

This module provides you with the foundational understandings of trauma informed 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 trauma informed 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 Gestalt therapist 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.

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

### Year 2, Module 4: Nature Based Gestalt Therapy

This unit describes the skills and knowledge required to apply nature based gestalt therapy. It applies to work with individuals using nature based gestalt therapies and includes researching and evaluating nature based approaches, applying these to practice and devaluating the use of nature based therapies. It includes developing an understanding of Indigenous practice and protocols for working with nature as 'co-therapist'.

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

Learning Outcomes ACGT 3 & 4	On completion of these modules, students will be able to:
1. Assess for trauma	1.1 Assess clients for presentation of trauma as informed by current trauma theory and practice. 1.2 Contract with client for safe trauma work. 1.3 Make referrals as required for complex presentations of trauma.
2. Apply trauma informed gestalt therapy	2.1. Apply trauma informed gestalt therapy techniques. 2.2. Identify and apply evidence-based trauma informed guidelines and limitations. 2.3. Respond to client uncertainty during sessions from a trauma informed gestalt therapy perspective. 2.4. Recognise the need to adjust the approach based on client feedback during the session. Document accurate and detailed case notes for each client
3. Evaluate trauma informed gestalt therapy	3.1. Seek and use client feedback on client sessions to inform professional practice 3.2. Reflect on trauma informed gestalt therapy techniques used with client and identify future improvements.

<p>1. Research nature based approaches to individual and social wellbeing.</p>	<p>1.1. Research the history and origins of nature based therapies. 1.2. Determine the place of gestalt therapy in application of nature based therapy. 1.3. Research evidence of efficacy of nature based therapies</p>
<p>2. Establish Indigenous knowledge and practice.</p>	<p>2.1. Research and apply Indigenous practice as relevant to nature based gestalt therapy. 2.2. Follow protocols for gaining permission to work in chosen location with clients. 2.3. Establish relationship with nature as 'co-therapist</p>
<p>3. Apply nature based gestalt therapy.</p>	<p>3.1. Assess clients for suitability of nature based gestalt therapy. 3.2. Establish contract for working in nature, including risk management plan. 3.3. Facilitate client process with nature as 'co-therapist'. 3.4. Synthesize gestalt therapy and nature based therapy.</p>
<p>4. Evaluate nature based gestalt therapy</p>	<p>4.1. Seek and use client feedback on client sessions to inform professional practice 4.2. Reflect on nature-based gestalt therapy techniques used with client and identify future improvements. 4.3. Engage in sessions in alignment with supervision ratio requirements</p>

Assessments for these modules include a case study 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 6 per year.

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



TRIA 2023 Training Dates: Post Grad Year 1

<b>Intensive</b> May 12-14	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	TRIA
<b>May 17 6-9pm</b>	Online tutorial	
<b>Residential</b> June 2-4	Start Fri 10am Finish Sun 2pm	Location within 2 hours from Sydney
<b>June 7 6-9pm</b>	Online tutorial	
<b>July 19 6-9pm</b>	Online tutorial	
<b>Community Intensive</b> July 28-30	Fri 9-30am-4.30pm Sat 9-30am-4.30pm Sun 9-30am-4.30pm	Crows Nest Centre
<b>Weekend</b> Aug 26-27	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
<b>August 30 6-9pm</b>	Online tutorial	
<b>Weekend</b> Sept 9-10	Sat 9.30am-5pm Sun 9.30am-4pm	TRIA
<b>September 13 6-9pm</b>	Online tutorial	
<b>Community Residential</b> Oct 20-22	Start Fri 10am Finish Sun 2pm	Location within 2 hours from Sydney
<b>Nov 1 6-9pm</b>	Online tutorial	
<b>Weekend</b> Nov 18-19	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 2 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 Sessions

All Students are required to undertake 20 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 tuition fees. The fees are negotiated with your preferred therapist and attract a usual hourly rate of \$130-\$150.**

### Practicum Sessions

Post Graduate (ACGT) students are required to engage in 20 reflect on practice (supervision) hours linked to 50 practice hours. The fee for this module is \$3500 which covers the cost for all supervision of practice sessions with TRIA Faculty.

### Community Clinic

The Relational Institute Australia (TRIA) has a student clinic which 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 2<sup>nd</sup> Semester of year 1, and run through to the 30<sup>th</sup> of Nov the following year.

Internship includes the following:

- Access to client referrals via the Clinic
- Clinical placement Opportunities
- Room rental of clinic premises for client sessions
- Inclusion on the TRIA "Our Therapists" webpage

The fee for the internship package is \$2,000 + GST.

Alternatively for students who choose not to access the clinic for practicum purposes, a student client triage package is available which includes professional triaging of clients students procure themselves. This is available at the rate of \$500. This triage service includes a thorough client assessment process to ensure that clients procured by students working independently, are appropriate for student therapy.

### Course Fees Post Graduate Training

The fee for 2023 training year is:

- Early Bird rate: \$8300
- Full fee: \$8800 (due 15 March 2023).
- Additional Fees: \$3500 Practicum module ( this fee covers all supervision of student practice costs which applies to the whole course)
- Clinic internship or Triage package: \$2000 or \$500

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

**NB:** Please note that tuition course fees do not include the cost of 20 personal therapy sessions.

### Enrolment Procedure

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

[admin@therelationalinstitute.com.au](mailto:admin@therelationalinstitute.com.au)

BANK Details for application fee:

Electronic Funds Transfers (EFT) can be sent to: Account Name: The Relational Institute Australia BSB: 112 879 Account Number: 459 656 943 Please enter your name as reference.
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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.

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 course commencement: Full refund of course fees paid, less \$250 deposit.

- After 4 weeks and before 1 week prior to course commencement: 50% refund of full course fees paid.
- Less than 1 week prior to course commencement: Non-refundable.

Notification of withdrawal from training by the student must be given in writing to [admin@therelationalinstitute.com.au](mailto: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](mailto: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 hours, and notify the applicant of the outcome within fourteen (14) days of receiving the application.

**TRIA APPLICATION FORM:**

- Advanced Clinical Training in Contemporary Gestalt Therapy**

**Personal Details**

Name: \_\_\_\_\_

Postal address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone (H): \_\_\_\_\_ Phone (Mobile): \_\_\_\_\_

Email: \_\_\_\_\_

Occupation: \_\_\_\_\_

Qualification/s: \_\_\_\_\_

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