

CHPC TRAINING

Professional Training in Gestalt Therapy and Groupwork in the Southwest



GESTALT PERSONAL DEVELOPMENT GROUP

AT EAST DOWN CENTRE, NR EXETER, DEVON

4 RESIDENTIAL WEEKENDS 2018 SEPT – 2019 JUN

WITH JENNY DAWSON AND DAVID KALISCH

This group meets over a nine month period and consists of 8-12 participants all of whom will have had some experience of personal therapy/personal development work. The group has been meeting, with some people leaving and new people joining, over several years and there are places for new people to join. CPD Certificates (60 hours) are available.

Our approach is founded in Gestalt Therapy and other Humanistic perspectives with an emphasis on direct experiencing and relating in the here and now. This focus on the lived experience of the moment includes the felt experience of the body, the senses and the emotions as well as dreams, imaginings, and projections.

Within the safety that group therapy offers, participants will have opportunities to:

- Experiment with new ways of relating to themselves and others
- Explore their need to retain habitual protectiveness
- Express their creativity, spontaneity and passion

Venue: East Down Centre, Dunsford, nr Exeter, Devon EX6 7AL

Cost: £775 inclusive of accommodation (Payable as deposit of £175 and 4 instalments of £150) One or two concessionary places available.

Dates: 2018 Sept 29/30; Nov 3/4; 2019 Mar 9/10; Jun 1/2(Each weekend starts on Friday at 8.00pm)

About us

David: Psychotherapist, Supervisor, Trainer with over 25 years experience and Director of CHPC Training, has been involved as a Facilitator/Co-Facilitator since the mid 80s.

He writes: *"I see a personal development group as a 'micro-society' which gives people a chance to remake, redo and /or rediscover themselves in the safety of being away from habitual constraints, demands and roles. Groups return to us the possibility of being free-especially free in how we are and how we present ourselves to others. The opportunity that Group Therapy offers is unique and priceless and in my opinion, occurs nowhere else with quite such richness of transformative possibility, in a person's lifeworld."*

Jenny: Gestalt Psychotherapist, Supervisor, Trainer has over 30 years experience of facilitating personal development with individuals and in groups.

She writes: *"I see personal development as an ongoing lifelong adventure: a journey to discover more about being true to myself in relationship with others. A Gestalt Personal Development group is therefore less about discovering what is wrong with us as becoming more fully ourselves. This can be scary at times. However drawing on the magical support of the group, we can dare to experience how we recreate the past in the present and recognise the choices we have in each moment."*

Applications /further information By email/phone stating reasons for wanting to join, previous PD experience and current support. An interview may be requested by either party

David: tel. 01392 811835 email: davkalisch@aol.com

Jenny: tel. 01395 269076 email: jeniandaw6@gmail.com Website: www.counselling-training.org.uk