

## CHPC TRAINING

*Professional Training in Gestalt Therapy and Groupwork in the Southwest*



### GESTALT PERSONAL DEVELOPMENT GROUP

*AT TREVANIN FARM, WOODBURY SALTERTON*

*RESIDENTIAL WEEKENDS IN EAST DEVON*

**WITH JENNY DAWSON AND DAVID KALISCH**

This group meets quarterly each year—March, June, September, November --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 self-beliefs that hinder the development of their full potential.
- Express their creativity, spontaneity, and passion

**Venue: Trevanin Farm, Woodbury Salterton, East Devon**

**Cost: £195 per weekend (exclusive of accommodation)**

**Dates: please email for current dates**

#### About us

**David: Psychotherapist, Supervisor, Trainer** with over 35 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:** with a background in social work, Gestalt psychotherapy, supervision and training, Jenny has over 45 years' experience of facilitating personal and community development in groups. She writes *'I see personal development as an ongoing lifelong adventure: a journey about being true to ourselves in relationship with others. I think that a Gestalt personal development group is about becoming more fully compassionate and accepting of ourselves. This can be scary and exciting at times. However, drawing on the support of the group, we can dare to experience how we may recreate the past in present relationships 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:** email: [davkalisch@aol.com](mailto:davkalisch@aol.com)

**Jenny:** tel. 01395 269076 email: [jeniandaw6@gmail.com](mailto:jeniandaw6@gmail.com)

**Website:** [www.counselling-training.org.uk](http://www.counselling-training.org.uk)