

CHPC TRAINING

Professional Training in Gestalt Therapy and Groupwork in the Southwest



GESTALT PERSONAL DEVELOPMENT GROUP

Adventures in Authenticity

With Jenny Dawson and David Kalisch

At Trevanin Farm, Woodbury Salterton, East Devon

Our Approach

Founded in Gestalt Therapy and drawing on other relational, bodywork and spiritual traditions we maintain an emphasis on direct experiencing and relating in the present. Within the safety that we create with committed group members they will have opportunities to:

- experiment with new ways of relating to themselves and others
- explore their need to retain habitual protectiveness
- express their authenticity, creativity, and passion

Our Unique Perspective

We are both highly experienced Gestalt Psychotherapists who have worked together for over two decades: the first 12 years as co-tutors of the highly successful CHPC Diploma in Gestalt Psychotherapy and in more recent years running our two ongoing weekend-based Gestalt Personal Development groups. During this latter time, we have evolved our own unique style of co-joint working with individuals and groups. Our closely attuned professional relationship supports increasing awareness of current field conditions, enhancing the potential for spontaneous moments of realisation.

We see Personal Development groups as a micro society and incubatory space that gives people a chance to remake, redo and /or rediscover themselves away from habitual constraints, demands and roles. We view this as an ongoing lifelong adventure, enabling people to access forgotten, denied and repressed parts of themselves that under these conditions have the opportunity –often for the first time in a person’s life – to come back into awareness and into direct experience within the window of acceptance and healing that this way of working affords.

Our continued journey with the groups that we’re working with has enriched our practice and extended the potential awakening and growth we offer our group members. Groups return to us the possibility of being more authentic in how we present ourselves and relate to others. Inevitably as group members awaken more fully to the richness of possibilities both within themselves and in relationship to others, this will impact and positively transform their personal and professional relationships.

Practical Information

The Groups of 8-10 members meet at Trevanin Farm, East Devon, four times a year in Spring, Summer, Autumn and Winter. COST: £195 each weekend (excl. accommodation)
Applications are invited from people with a background in a therapeutic, spiritual or similar field. CPD certificates are available. Please apply in writing stating your reasons for wanting to join, your previous personal development and group experience and your current situation. For further information please contact David: davkalisch@aol.com or Jenny: jeniandaw6@gmail.com

Website: www.counselling-training.org.uk