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Registered Charity 1050175

GESTALT DEPARTMENT

# Gestalt Department

## Contemporary Gestalt

Gestalt's unique contribution to psychotherapy has been to take a holistic and integrated approach which recognises the importance of both mind and body processes and the spiritual dimension in therapy. Our Contemporary Gestalt approach has developed since the early days of Perls with greater significance now being placed on the importance of relationship, community and the wider field. This emphasis on seeing our clients in their context includes an awareness of socio-political, economic and cultural diversities.

In Gestalt psychotherapy we believe that human beings have the capacity for healthy self-regulation in their environment but that unfinished business and 'fixed' Gestalts from the past can reduce the individual's ability for full contact with themselves and with their world. Gestalt is also a phenomenologically orientated therapy and provides a way in which our clients can explore how they make meanings and organise their experiences.

Through a respectful dialogic relationship and creative graded experimentation the client can regain a greater awareness of themselves and enlarge their field of choice. In this way Gestalt therapists actively participate in the therapeutic process, sharing their own genuine responses and reactions in an appropriate and authentic way whilst also remaining aware of the client's subjective experience. This also means that we consider therapy to be a co-created experience.



## Contemporary Gestalt Counselling/Psychotherapy

### Introductory workshops

The introductory workshop is for anyone interested in Gestalt Psychotherapy as a method of understanding human relations, exploring 'being' in the present, and finding individual ways of growth. Gestalt theory has an existential humanistic approach to psychotherapy which emphasises a view of the individual as a body-mind-affect triad.

The workshop comprises theoretical input interwoven with experiential learning in order to give the participants a flavour of the Gestalt Psychotherapy philosophy.

The 2-day workshop carries 14 hours training credit.

### Introductory workshop dates

2009: 5/6 September,

2010: 6/7 March, 5/6 June, 11/12 September

2011: 19/20 March, 18/19 June

### Entry requirements

Psychotherapy is a postgraduate profession and applicants are required to demonstrate that they are able to work at postgraduate level. Applicants will have ONE (or more) of the following:

- A degree in psychology or a related discipline (such as sociology, education, theology, philosophy, etc.); OR
- A non-relevant degree (such as accounting, art, etc.) but also some appropriate training and/or work/life experience; OR
- A qualification in one of the helping professions (such as psychiatric nursing, nursing, probation, social work, teaching, etc.); OR a
- A counselling diploma or equivalent qualification; OR
- Significant relevant work and/or life experience. (Students will need to establish equivalence once they have been assessed for suitability for psychotherapy training.)

## Application procedures

Applicants are required to attend an introductory workshop and an assessment interview.

Applicants must complete the application form, ensuring that the introductory workshop date is completed. This must be accompanied by:

- A full CV;
- Two references;
- Four passport sized photographs.

Your application will be read by the Head of Department and/or Admissions tutor to ensure that basic entry requirements have been met. You will be invited for assessment interview prior to or following attendance at the introductory workshop.

**Please note:** relevant application materials should be submitted at the same time in order for us to process your application as quickly as possible.

## Philosophy of the training programme

Our training is based on providing the conditions in which the liveliness, vitality and excitement of existence can be experienced directly as students learn from their own interactions in the training group. This requires a respectful stance to individual learning needs and styles, as well as insight to appreciate diversity, for example of race, culture, gender, sexual orientation and class.

Contemporary Gestalt Psychotherapy also demands a sensitivity to current field conditions. This includes being sensitive to current research and emerging theory and to promoting evidence-based practice as applicable. This careful and thorough integration of theory to practice is fundamental to effective clinical practice. We are passionate in our commitment to the continuing evolution of Gestalt psychotherapy in which rigorous practice is combined with a creative, relational and existential approach. Contemporary Gestalt Psychotherapy also provides an over-arching meta-perspective within which other psychotherapeutic perspectives can be creatively integrated.

The Gestalt programme provides a thorough theoretical base to psychotherapy alongside a scrupulous process of experiential and clinical training. Whilst the professional development of competent practitioners is the focus of the training, creativity, experimentation and enjoyment are also important.



## The programme

We recognise that our students come from diverse, personal and professional backgrounds. In order to be responsive to these differing experiences and needs we have built in some flexibility in the programme.

The majority of the taught modules during the first three years are core curriculum. Each year also includes a choice of optional modules. (Alternatively, for those with relevant experience, the learning outcomes for this module can be demonstrated in their end of year portfolio.)

The optional modules may include such topics as:

- Micro-skills practice;
- Organisational Gestalt;
- Body-work;
- Creativity and experimentation;
- Dreams and metaphors;
- Attachment, loss and separation;
- Self and healing relationship.

The programme is based on a balance between theory, experience and practice. Students are encouraged to take part in and be responsible for their own growth and learning. As such, we consider the training to be a process in which both the tutor and the student share the responsibility for the co-construction of a facilitative learning environment. The teaching seeks to model:

- The dialogic relationship;
- Phenomenological meeting between students and tutors;
- Openness to difference and self-awareness;
- Shared responsibility for co-created relationships.

# Diploma in Gestalt Psychotherapeutic Counselling

Students may opt to take the Counselling Diploma only or choose to gain this in the process of working towards their psychotherapy Diploma. The Counselling Diploma is a three year taught course which has many shared modules with the psychotherapy training. Therefore for details of the training structure please see the first three years of the MSc/Diploma Course. The Counselling Diploma course also requires a further 16 hours of training which can be gathered from workshops at Metanoia or elsewhere.

This course will be competency based. Students will need to demonstrate that they meet the level of competency appropriate to the stage of their training. Evidence for this will be gathered from a variety of sources including group participation, live practice work, supervision reports, written work and self, peer and tutor assessment. Students will submit a portfolio which will include the evidence of their learning and a self-reflective learning journal. The final assessment includes a case study and presentation of the portfolio at viva.

Successful completion will lead to a Metanoia awarded Diploma in Gestalt Psychotherapeutic Counselling. The course follows the guidelines of both the BACP and the UKCP Psychotherapeutic Counselling Section. Students may apply for accreditation to either organisation when they have completed the required 450 clinical hours.



# MSc/Diploma in Gestalt Psychotherapy



Achievement of the MSc (validated by Middlesex University) depends upon successfully completing the Diploma course. The Diploma course and the MSc cover the same content and have similar requirements in terms of written work, personal therapy, clinical work and supervision. Both Diploma and MSc students produce three pieces of written work and a portfolio for the first three years of training which will include evidence of their learning and self-reflective learning journal. The MSc dissertation is longer, with further expansion of theory required and the assessment of the MSc written work is slightly different. There is an additional fee to cover the MSc assessment process. In both cases the student needs to show that (s)he is a competent and safe practitioner.

## Aims of the training programme

- To provide in-depth understanding of Gestalt Psychotherapy theory and practice.
- To facilitate an understanding of Gestalt within the context of other psychotherapies and its potential contribution to political and social issues.
- To emphasise self-directed learning and self-support in order to establish high standards of competence.
- To incorporate high standards of competence and ethics in Gestalt Psychotherapy practice.
- To develop self reflexive practitioners.

## MSc/Diploma Course

### Training programme design

The Diploma/MSc is a part-time training that takes a minimum of four years of structured learning of which the last three years contribute to the MSc. In addition, there is a dissertation module which can be completed alongside the final taught year but, more usually, will follow it.

The Diploma course and the MSc cover basically the same content and have the same requirements in terms of personal therapy, clinical work and clinical supervision.

Each training year consists of ten weekends. The content of each year is outlined below:

### Fundamentals year

This year provides the foundation for Gestalt counselling/psychotherapy training. It is also an opportunity for both tutor and student to consider each student's further training.

It includes an overview of Gestalt, an exploration of the concepts of the working alliance, contact, awareness, body processes and the place of experiment in Gestalt therapy. This year also provides an introduction to field theory, phenomenology and dialogue. There is one module choice from the options provided this year.

Students may be working with clients but this is not a requirement during this year.

### Intermediate year

The year includes an in-depth analysis of the nature of change and a model of short-term therapy. There is also an in-depth analysis of Gestalt assessment and diagnosis, transference and counter-transference. There is a focus both on Axis I Mental Health Disorders, including current findings on neuroscience, and on the implications of Axis II of the DSM IV. There is further deepening of work on contact and dialogue in the therapeutic relationship.

There will be two modules from the optional choices.

### Advanced year

In this year there is a focus on the therapist as researcher and ethical practitioner. The Gestalt theory of self, theories of child development and how to work with shame, trauma and regression are included in this year. There is also an in-depth exploration of existentialism and working with diversity.

There will be two modules from the optional choices.

### Clinical practice year

This year addresses advanced clinical practice and deepens understanding of the development of the professional self and personal therapeutic style. There is an exploration of self psychology and CBT as comparative theories from the wider field of psychotherapy. There is further deepening of working with body processes and couples and consideration of working with groups as well as working with clients with a particular personality style/disorder. The student group has the opportunity to identify their learning needs and choose the focus of one module.

National/international visiting trainers are included in this year's training.

### Dissertation module

This is an individually negotiated learning programme where students are prepared and supported in the completion of the written case study and oral examination. Students attend a tutor led 'exam preparation' group at Metanoia as one form of support as they work towards their Diploma.

### Summary of training methods

Training methods are comprehensive and diverse. They include theoretical and didactic lectures; experiential exercises done individually, in pairs or in small groups; the use of audio and video feedback; written work and reading from the booklists supplied in the handbook. Through participation in the group process, facilitated by the tutor, students extend personal awareness and refine relationship skills. These can be directly applied in their work as psychotherapists, in training groups or in other teaching and organisational consulting contexts. In this training both tutors and students share the responsibility for the co-creation of a sufficiently supportive environment within which new learnings can be gained. In addition to the primary tutor, each year group also has an assistant tutor who is a qualified practitioner. All those involved in the programme need to pay attention both to their levels of self support and their "growing edges".



#### Course dates

2010–2011: 18/19 September, 16/17 October, 20/21 November, 18/19 December, 22/23 January, 19/20 February, 19/20 March, 16/17 April, 21/22 May 18/19 June  
2011–2012: 17/18 September, 15/16 October, 19/20 November, 17/18 December, 21/22 January, 18/19 February, 17/18 March, 21/22 April, 19/20 May 16/17 June

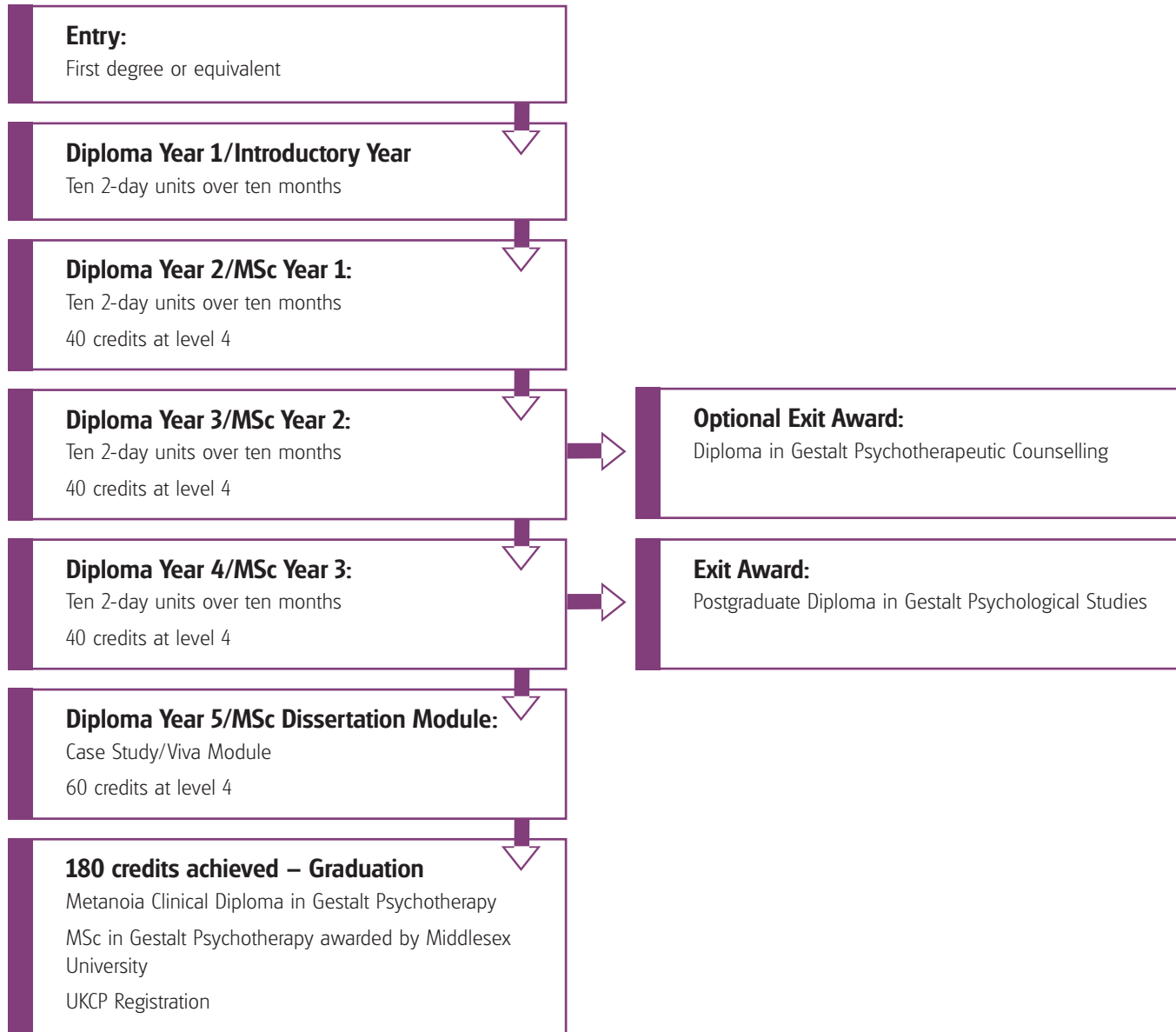
#### Accreditation requirements

- Introductory workshop 14 hours.
- Four years of training of 560 hours (each training weekend at Metanoia counts to 140 hours a year).
- Supervision: 200 hours.
- Completion of all written work.
- Personal weekly individual and/or group psychotherapy is required. (The majority of this must be with an accredited Gestalt psychotherapist.)
- Mental health familiarisation placement (unless there is evidence of previous relevant experience).
- Client hours: 500.

These are minimum requirements and individuals may need to undertake extra hours of training, supervision or personal therapy, as advised by their Academic Consultant, in order to reach their own level of readiness to pass the exam and become a qualified Gestalt Psychotherapist.

Training or supervision hours from other recognised programmes may count towards the Diploma or the MSc and individuals may APL into the training at the level appropriate to their training and experience.

## Structure of the Programme



### Final assessment accreditation

The final assessment is composed of a dissertation followed by oral examination.

- For the Diploma there is a Case Study which incorporates clinical material and theoretical discussion of 9,000 – 11,000 words;
- For the MSc there is a Case Study of 13,000 – 15,000 words (to include further in-depth theoretical discussion).

After successful completion the candidate proceeds to the oral examination.

### Recognition

The attainment of the Metanoia Diploma in Gestalt Psychotherapy confers recognition by UKCP.

### Other training workshops

During the year both nationally and internationally recognised Gestalt tutors provide a series of optional workshops on a variety of topics. These are designed to respond to the stated learning interests of students and to current interests/debates. All psychotherapy workshops held at Metanoia by tutors also carry Advanced Training credits. (See Continuing Professional Development) We also offer a residential Gestalt workshop most years.



**Name: Maria Ioannou**

**Stage: Completed MSc Year 3**

**Occupation: Senior Management in the Education Sector**

**Location: London**

In my Gestalt training I am experiencing the potential for real growth and change that is possible through authentic and meaningful contact with another. The course has far surpassed my expectations over the past four years. The training weekends provided a rigorous theoretical base with which one could engage practically in the context of a supportive training group. Having access to world class tutors has been fantastic and the facilities at Metanoia are excellent. The house, with its beautiful garden, is an inviting and inspiring space which creates a truly creative learning environment. It has, at times, been a struggle to manage a full-time job with the demands of the training. However, I have always felt encouraged by all those around me: the admin team; the tutors; and especially my own training group. The training has also been an invaluable asset to me in my "day job" and has enriched my life in more ways than I have room to document here. Suffice to say, it has been a fantastic journey which continues to shape my path and guide my way.

# Organisational Gestalt

The Certificate in Organisational Gestalt is for those interested in exploring the practical applications of Gestalt in a variety of workplace settings, as business leaders, managers, consultants, facilitators, tutors and coaches.

The programme will explore the distinctive features of an Organisational Gestalt approach, and identify what is most relevant about contemporary Gestalt as a philosophy and methodology for managing change and development at work. Course content will look beyond applications in interpersonal areas such as team building to include wider issues of leadership, strategy, brand management and other organisational concerns.

The programme will be in four modules. Each module will include inputs on key Gestalt concepts and principles as they relate to the workplace; have practical demonstrations and discussions; explore case studies of participants' current work issues; and support participants' application of the learning back at work through ongoing personal Action Research projects. Content will include:

- Gestalt in the wider context of the history of organisational development;
- The core concepts of field theory, phenomenology and dialogue applied to organisational life;
- Mapping and managing stakeholder engagement through The Cycle of Experience;
- Working with presence;
- Working with resistance;
- Creative experiments at work;
- Using 'self as instrument' in change processes.

**Tutors:** The course will be delivered by Marie-Anne Chidiac, Ty Francis and Sally Denham-Vaughan.

## Course dates

2009–2010: 2/4 November, 8/10 January, 12/14 April, 7/9 June

2010–2011: November, June, April, June – T.B.C.

## Gestalt Department Staff

### Head of Department (and Tutor)

#### Dr. Lynda Osborne

DPsych (Prof), BA (Hons), MA, MSc (Gestalt Psychotherapy), Cert Ed, Dip GPTI, TSM (GPTI), ECP, UKCP Registered Psychotherapist, MBACP (Snr. Accred.).

### Tutors

#### Marie-Anne Chidiac

BEng, MSc, MBA, MSc (Gestalt Psychotherapy), Dip GPTI, UKCP Registered Psychotherapist.

#### Dr. Sally Denham-Vaughan

DPsych, BSc (Hons), MSc (Clinical Psychology), AFBPsS, C.Psychol, Chartered Clinical Psychologist, Chartered Counselling Psychologist, Coaching Psychologist, Dip GPTI, TSM (GPTI), UKCP Registered Psychotherapist. MSCP.

#### Laurence Hegan

MSc (Gestalt Psychotherapy), RMN, Diploma in Psychological Interventions for Addictions, UKCP Registered Psychotherapist.

#### Philip Joyce

BSc (Hons), MSc (Social Work), MSc (Gestalt Psychotherapy), CQSW, Dip GPTI, ECP, EMDR accredited, UKCP Registered Psychotherapist.

#### Caro Kelly

MSc (Gestalt Psychotherapy), Cert. Ed., Dip GPTI, TSM (GPTI), UKCP Registered Psychotherapist.

#### Mary Turner

Cert Ed, Dip GPTI, MSc Gestalt Psychotherapy, UKCP Registered Psychotherapist.

## Visiting Tutors may include

#### Dr. Talia Levine Bar-Yoseph

DPsych, BA, MA (Hons, Clin Psych), Clinical Psychologist, UKCP Registered Psychotherapist.

#### Dr. Michael Craig Clemmens

Michael Craig Clemmens, PhD., is a licensed psychologist in private practice in Pittsburgh, PA., working with individuals and couples. Michael is a professional staff member of the Gestalt Institute of Cleveland where he and teaches in the Physical Process and Structure, Dialogue and Improvisation training programs. He also teaches in the US at Esalen Institute and at Gestalt institutes in the US and abroad. Michael is the author of *Getting Beyond Sobriety: Clinical Approaches to Long Term Recovery*, other articles on Gestalt Therapy and co author with Arie Bursztyn of "The Embodied Field: Culture and Body" published in *The Bridge: Dialogues Across Culture*.

#### Dr. Ruella Frank

Ruella Frank, Ph.D., is director of the Center for Somatic Studies, faculty at Gestalt Associates for Psychotherapy and the New York Institute for Gestalt Therapy, and also teaches throughout the United States, Mexico and Europe. She is author of articles and chapters in various publications, as well as the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, available in four languages.

#### Dr. Anne Kearns

DPsych (Prof), BA, Dip GPTI, MSc (Clin. Social Work), CQSW, MSc (Integrative Psychotherapy), UKCP Registered Psychotherapist.

#### Jennifer Mackewn

MA, MSc, Dip Humanistic Psychology, Dip GPTI, Dip RSA, UKCP Registered Psychotherapist.

#### Dr. Frank M. Staemmler

PhD, Dipl.-Psych. is a psychologist, Gestalt therapist and prolific Gestalt writer from Germany. He is co-editor of the new international journal *Studies in Gestalt Therapy: Dialogical Bridges*.

## Administration Staff

### Academic co-ordinator for the programmes

#### Tamsin Williams

Tamsin is the Gestalt Academic Co-ordinator and works closely with Lynda Osborne, Head of Department.

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