Deepening Understanding of Gestalt Clinical Practice

What makes Gestalt, Gestalt? How often do we flounder in the face of this question while having a felt sense of what the answer is?

The Gestalt Therapy Fidelity Scale (GTFS) identifies 20 clinical practices that are specific to Gestalt and that demonstrate the key concepts of increasing awareness, working dialogically, working in the here and now, phenomenological practice, working with embodied awareness, field sensitive practice, working with contacting processes, and experimental attitude.

“Video ratings of the GTFS was really inspiring and a thought-provoking experience . . . It led us into a discussion of how to train competent therapists instead of therapists who simply "do Gestalt", as we often hear. An enriching experience”. Jan Roubal.

“The GTFS is a foundational tool for scientific research on Gestalt Therapy and an essential reference for supervision”. Margherita Spagnuolo-Lobb

“What we have been needing for years” Malcolm Parlett

“Highly recommended” Edinburgh Gestalt Institute.

“A rich and rewarding workshop that made us reflect on our work and enlivened our practice” The Relational Institute, Sydney.

If you are curious about Gestalt, or training or working as a Gestalt therapist, you may wonder how your way of working in the clinic reflects these key concepts and practices.

Thursday 5th July

9:30am — 5:30pm
Metanoia Institute, 13 Gunnersbury Avenue, Ealing, W5 3XD

Metanoia Members: £90 per day
(Book before 21st May for the Early Bird Discount: £70 per day)
Non-Members: £110 per day
(Book before 21st May for the Early Bird Discount: £90 per day)

Contact: Cathy Simeon at CPD@metanoia.ac.uk