



Gestalt
Therapy
Australia

Introduction to Relational Gestalt Therapy

Presented by Tony Jackson

SATURDAY 28TH AUGUST 2021

This interactive workshop will explore Relational Gestalt Therapy as support for deepening therapeutic presence, building health and resilience in both practitioner & client. It is open to anyone already working in the mental health and wellbeing fields and those who want to know more about gestalt therapy.

OVERVIEW

Relational Gestalt Therapy (RGT) draws on rich philosophical traditions that support direct engagement with life as it is lived. It moves us away from broad categorisations and simplifications of human experience that end up being pathologising or otherwise amplify individual blame and shame.

STRUCTURE

During this introductory workshop, participants will explore some of the humanistic, existential and relational underpinnings of Gestalt theory and how they interplay to inform a holistic and compassionate understanding of human existence (and suffering) and ways to support vitality and health in all.

At GTA we think that Gestalt thinking helps to deepen the therapeutic presence of the practitioner, both as a solid grounding for the work we do and as a means of change and healing in and of itself. Ethical presence can be understood as emerging at an intersection between three fundamental gestalt foci: self, other and situation as introduced by Relational Change*(UK).

This workshop will explore the idea of ethical presence through these 3 lenses; self, other and situation. Participants will explore these ideas in a combination of individual and small group inquiries and large group conversations.

The **Self** lens speaks to the capacity of the therapist to be embodied and aware. In gestalt theory, this idea is supported by the phenomenological method of inquiry. It is a commitment to track experience rather than interpret it. It thus holds value for, and skills to attend to here-and-now experience.

The **Other** lens takes its roots from existential dialogue and the focus on our meeting the other, but perhaps more importantly, the space between. We want to become aware of the process of meeting and the ways experience is co-emergent. Here we become more interested in the somewhat radical idea of a relational process, as distinct from the more usual individual process of western thinking and language.

The **Situation** lens helps us contextualise all meeting, helping us feel into the ways that we are irreducibly embedded in contexts and cultural and environmental fields. Field theory, which is similar in its intent to systems theory, supports us to hold complexity. Therefore, it can help us be more compassionate because we start with the question: how does this (symptom/behaviour) make sense?



Tony Jackson

Managing Director at the Gestalt Centre, GTA faculty member and Gestalt psychotherapist

About the Facilitator / Tony Jackson BTheol, BA (Psych), GradDipCouns, AdvDipGestaltTherapy

Tony is the Managing Director of Gestalt Therapy Australia and a psychotherapist in private practice. He works with individuals, couples, groups and offers supervision. As a trainer of undergraduate counsellors and gestalt psychotherapists for over fifteen years, Tony has spent most of this part of his career focused on creating learning environments that support the early stages of the journey to become a therapist. He has a passion for gestalt theory, and its ongoing development, a source of inspiration for responsive, ethical, heartfelt and holistic psychotherapy.

As a psychotherapist, Tony works with individuals who come from diverse backgrounds and needs. He is interested in exploring with them the ways that they understand themselves as always contextually embedded, and how attending to the client's interactions and relational patterns can support them in developing a greater sense of vitality and choice in life.

General Information

Venue / The Gestalt Centre, 622 Lygon St, Carlton North

Dates / Saturday 28th August Time / 9.30-5.00pm

Fee / Registration \$199

Book Via Eventbrite: <https://intro-to-gestalt-therapy.eventbrite.com.au>

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