

A ConnectGround Professional Extension Workshop

A Gestalt approach to understanding & working with depression

Presenter / Noel Haarburger

Wednesday 9th June 2021 9.30 - 5pm

This one day workshop will help participants understand and explore -

- The Phenomenology of depression
- The somatic and psychological function of depression
- Different types of depression
- What depression is communicating about what is out of balance and needing to be listened too, loved and learnt
- The common ways we relate to and manage symptoms of depression that can perpetuate it.
- Underlying drivers, as well as cultural and contextual conditions that often live in the ground behind the figure of depression
- The relationship between depression, shame, core beliefs and the inner critic.
- The role polyvagal theory and neuroscience play in helping us understand and work more effectively with depression
- 15 bio-psycho-social principles that support people to recover from depression

There will be an overview of how the paradoxical theory of change, self-compassion, holism, experiment, phenomenological inquiry, here and now immediacy, relational and field theory can be applied in supporting clients to regulate and understand depression. Methodology Experiential exercises, Large group discussion, didactic teachings.

Who should attend ?

Anyone interested in developing a better understanding of the nature of depression and how to support clients to develop awareness of, manage and live with their anxiety

Noel Haarbarger, BBSoc, BEd(Counselling), AdvDipGestaltTherapy, ClinMGANZ, MAPS



Noel is a faculty member and trainer at GTA (Gestalt Therapy Australia), and works in full time private practice as a Psychologist, and Psychotherapist working with individuals and couples, as well as offering supervision to allied health professionals. Noel has worked extensively in a wide variety of counselling and psychological services since 1995, including most recently the role of Senior Psychologist at Malmesbury Youth Justice Centre for 4 years. Previous to this he has worked in family counselling, drug and alcohol, sexual assault, problematic gambling, men's behavioural change programs, and the mental health fields. As a trained Somatic Experiencing Practitioner, he offers 'somatic experiencing' a highly effective body work method for negotiating and releasing trauma, originally developed by Peter Levine.

DETAILS

Venue / CERES in Brunswick, Van Raay meeting room 4

Date / Wednesday 9th June Time / 9.30am - 5pm

Costs / \$295/ Free of charge for all current ConnectGround interns

For more information and to register and pay please contact the office on

P: 03 9489 6300 **E:** admin@gestaltcentre.com.au

Our Cancellation policy:

If you cancel your place up to two weeks prior to the commencement of the course a 100% refund of the fees paid will be given less a \$25 admin fee. If a cancellation is received after two weeks of the commencement date and your place within the course can be replaced, your fees will be refunded less our admin fee. If your place cannot be filled then your course fee will be forfeited.

ConnectGround is a community-based counselling & psychotherapy centre offering low-cost individual and group therapy. We offer low cost and ongoing psychotherapy that emphasises the therapeutic relationship as a support for developing awareness and flexibility.

We are putting into practice relational gestalt theory by emphasising the importance of connection to others and the world in which we live. We offer opportunities for student interns, volunteers and graduate interns to gain experience by working with clients and develop their skills and professionalism.