

## A ConnectGround Professional Extension Workshop

### Suicide in the Clinical Practice of Gestalt Psychotherapy

**Presenter / Karolina Kryszinska, PhD**

**Wednesday 10th November 2021 9.30am -1.30pm**

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Suicide-related presentations are often experienced as very challenging and distressing for all therapists.

This interactive training will provide insight into the complex nature of suicidality, and how suicidal ideation and behaviour can be understood and addressed in the context of Gestalt theory and practice. It will also provide information on the needs and resources available for family members and others who support a person at risk of suicide, and for people bereaved by suicide

#### **Methodology**

The seminar will include some theory or psychoeducation, an opportunity to share experience and dilemmas around working with clients expressing suicidal ideation, and their families, and an overview of Gestalt thinking on this topic.

#### **Who should attend?**

Anyone interested in developing a better understanding of suicide related client presentations



Karolina Kryszinska, PhD, is a Gestalt psychotherapist in private practice at Lygon Therapy and a volunteer at the ConnectGround Clinic.

She completed her Gestalt training at The Relational Institute in Sydney. Karolina is also an experienced research psychologist, and her main interest for the last 25 years has been suicide research and prevention.

She is a Research Fellow at the Centre for Mental Health, the Melbourne School of Population and Global Health at the Melbourne University

# Professional Extension Training

**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.

## **DETAILS**

Venue / Gestalt Centre

Date / Wednesday 10th November 2021

Time / 9.30 am - 1.30 pm

Costs / \$150 (exc GST) / Current ConnectGround interns Free of charge

Book & Pay Via EventBrite Website <https://suicide-in-clinical-practice.eventbrite.com.au>

## **Our Cancellation policy:**

Cancellations made within 7 days before this event are subject to Eventbrite's cancellation process and includes their fee. Please refer to your ticket to see how to apply for a refund.

There are no refunds available after 7 days