

Module 1: Introduction to Gestalt Therapy

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President, Hong Kong Professional Counselling Association

Trained in Gestalt Institute of Toronto, Canada

Dates: May 15 & 29 (9am- 5:30pm)

Venue: Hong Kong Baptist University (Shek Mun Campus)

Fee: HK\$2,000 (Non-members); \$ 1,800 (Members)

Targets: 30

HKPCA Members or

Those with post-graduate training in social work or counseling or

Those with at least 3 or more years of counselling experience

Deadline for Application: May 10, 2010

Objectives:

1. Participants will be able to understand the basic theoretical foundations in Gestalt Therapy.
2. Participants will attain better self understanding through experiencing the dynamics of Gestalt Therapy through individual and group activities.

Course Description:

This is the first Module in the intensive training of Gestalt Therapy (a total of 4 modules). The objective of this first module is to introduce to participants the major theoretical concepts and foundations in Gestalt Therapy. Participants are required to participate actively with an open mind in these 2 day Gestalt experience. Participants will also be able to enhance their self awareness and apply the concepts learnt for personal and professional growth through the Gestalt experiments conducted in class.

Course Content:

Overview of Gestalt Therapy

Self awareness Zones

Figure & Ground

Health and Ill-health in Gestalt

Gestalt Cycle of Experience

Resistances and Avoidances

The Paradoxical Theory of Change

Mode of Learning:

This introductory module attempts to integrate theory with practice. Participants are expected to be ready for self-exploratory experiments and experiential learning.

Active involvement and full participation in the Course is required.

Assessment: A self-reflection Paper (mandatory for progression to Module II)

Deadline for Submission: May 30, 2010.