



Gestalt Institute of Toronto

2020-2021 Training Catalogue

A MESSAGE FROM THE EXECUTIVE DIRECTOR AND THE DIRECTOR OF TRAINING

The 2020-21 catalog opens onto a year of unprecedented de-structuring of our sense of certainty. The shortness of breath signalling the possible onset of Covid-19, the last words spoken by murder victim George Floyd “I can’t breathe” are ominous echoes to Margherita Spagnuolo Lobb’s comment on our time: “the air that we breathe is no longer safe.” What does this mean to Gestalt therapy, to psychotherapy in general and to the social fabric we serve? The ground of our culture has been built for a long time on the value of individual power and potency as a measure of a successful life. These values cannot seem to stand in face of the clearly interconnected issues of today’s world. Covid-19 and issues of what Miriam Taylor calls ground trauma have shown us that there is no longer separation, no longer others to blame, and that “the other” is a fiction. We are looking at a new paradigm which cannot be built on the ruins of the pre-existing one. Can we look with optimism at what is next?

The GIT is committed to the possibilities for Gestalt to continue to grow and change, to transform our values of recognition, responsibility and embodied relationality into positive force of humanism, anti-racism and anti-oppression. This potential begins within our groups and emerges out of our students, you are the next step of Gestalt.

Our offerings this year are intended to reach you whether in person or online. In either case we are able to breathe together. Underlying all of our workshops and seminars is the Gestalt approach to empathy – to awaken the most human-ness inside ourselves as participants, to learn to distinguish between the feeling of the other and what is my own in order to create the ground for dialog. To be seen as we see ourselves, to know one another as no one has known you. As part of the continuing learning for Gestalt students and practitioners we welcome back international trainers Margherita Spagnuolo Lobb, Michael Clemmens, and Ruella Frank.

Welcome too to our newest staff member, Charlie Fiddy, registrar and office manager. Charlie follows in the footsteps of our much loved Scarlett Peterson (who left in April for early retirement in Muskoka) with her own unique gifts and talents. Our senior students will be the first to meet our newest faculty Gita Lakhanpal, whose breadth of experience in the field equals her Gestalt commitment and expertise. Finally we are hoping our new student clinic offices will be ready for our September opening as Leila Shenouda and Ming Wu step into the role of Student Clinic Coordinators.

On behalf of staff, faculty and community, we hope to share with you the journey of Gestalt that awaits you inside these pages.



Carolina Edwards
Executive Director



Jay Tropianskaia
Director of Training



The Gestalt Institute of Toronto

The Gestalt Institute of Toronto is one of the oldest established psychotherapy training schools in Canada. We were established in 1973 as a center for some of the leading Gestalt practitioners of the day, including Lore Perls and Isadore From. In addition to the training of psychotherapists we have a tradition of providing one of the most challenging levels of personal growth and development workshops and ongoing groups. Our commitment to experiential learning and in-house client work ensures that our students are confident in their own practice by the time they graduate. Over and over we hear from our students and participants: I have never connected more deeply to others, I now can be myself within a group, or I have found my honest voice...

In June 2014 we became the first psychotherapy training institute in Ontario to be recognized by the College of Registered Psychotherapists of Ontario (CRPO) as addressing all of the required criteria for training. We are also certified as a designated learning institute (DLI) which provides the opportunity for international students to apply for a study visa to train with us. The GIT continues to hold its own on the international scale with the quality of training

as well as its association with leading international Gestalt trainers.

Gestalt therapy today is vital and expanding throughout Europe, Asia and the Americas with schools in Italy, Great Britain, France, Germany, Scandinavia, Tibet, China, Russia, Central and South America as well as Canada and the USA. The GIT is part of a growing international family committed to the leading edge in humanistic psychotherapy training based in neuroscience and quality based research, dedicated to the movement from behavioural and cognitive focus to experiential, relational, embodied and field approach.

Our students come from backgrounds as varied as the arts and information technology, education, occupational therapy, social work, bodywork and yoga. Some have always known that they flourished in the experiential approach or they seek to balance their academic strengths with embodied knowledge. The Gestalt psychotherapist brings their whole self into a variety of settings, in private practice as well as institutional settings working with a range of human suffering including psychopathology and trauma, addictions, eating disorders and panic disorders.

The Five Year Training Program

The Gestalt Training Program consists of five years of part-time study on evenings and weekends. The program is scheduled between the months of September and April, followed by a five-day residential in a country setting early in May for Years One, Two and Three, and in late May for Year Four and the One Year Training for Professionals group.

The first two years of The Five Year Training Program may be taken for intensive personal growth for students not intending to go forward into the Professional Development Training of Years Three, Four and Five, which are geared to becoming a Registered Psychotherapist. Years One and Two, or equivalent, are prerequisite training for entrance to Year Three through Five.

The Gestalt Institute of Toronto's training programs continue to be committed to experiential and experimental learning within group process, an approach that has been our trademark since 1973. Real change is possible in a diverse group coming together to support each other and the process. We are committed to shared agreements to speak the language of responsibility, to the principle that self-

acceptance leads to greater acceptance of the other, to a willingness to make mistakes in the presence of others and to the awareness that we are each an implicit part of everything that occurs in our shared reality and therefore any change in pattern of one person affects the entire group.

YEAR ONE — GESTALT APPROACH TO PERSONAL GROWTH

Year One is a year unlike any other where a return to creativity and spontaneity are encouraged through experiential learning within a supportive, diverse and dynamic group. The emphasis is on working within the established framework of Gestalt theory as it is applied to one's personal growth and life goals within and outside of the group. The group is a living laboratory in which to explore present-based awareness of yourself in relation to others. Students can expect to connect with others at the deepest level. Learning acquired in Year One forms the foundation of Gestalt therapy practice as developed across the five years.

Learning outcomes include:

- Reclaim spontaneity—learn the difference between risk-taking and recklessness
- Find language to identify and express your own process in relation to others
- Awaken body awareness as a first step to embodied relationality
- Discover the “how” of who you are – your phenomenology
- Explore who you are at the boundary of experience

- Identify difficult behaviour as a function of your creative adjustment
- Recognize the importance of the group and its context in your own evolution
- Confront fear of intimacy and gain confidence in interpersonal skills

Students are expected to complete:

- Oral and Written Exams
- A Reflective Journal as an ongoing personal exploration of theory as learned in the classroom
- For students intending to continue to Year Three it is recommended to begin personal therapy with a Gestalt psychotherapist or student therapist, to fulfil the required 30 hours of personal therapy by the end of Year Two.

YEAR TWO — INTRODUCTION TO FIELD DYNAMICS

This year builds upon the foundational work of Year One as group members are challenged to apply embodied self-awareness to include awareness of the other. The group process becomes more figural, including awareness of and dissolving any fixed roles within the group. Students will learn to develop curiosity in their own patterns as well as in another's difference, to understand and explore their responses to the behaviour of group members (which we understand as creative adjustments based in desire to belong) and to deepen their use of the group as a support for ongoing growth.

Competencies that are key in Year Two are:

- Integration of Gestalt theory of human psychological functioning and development
- Integration of awareness of self in relation to one's role as group member and trainee
- Integration of knowledge of human and cultural diversity in relation to other group members
- Use of effective communication — access genuine curiosity and interest in one's own responses to another's approach and style

- Build and maintain effective relationships
- Address emerging conflicts and differences with perspective, self-awareness and respect, use of I-Thou and Here and Now
- Discover language for internal experience in order to create rapport with the other
- Develop ability to take and give feedback
- Include differences in interactions with others
- Achieve successful resolution of authority issues
- Maintain self-care and level of health and manage energy during training weekends
- Begin to access and apply a range of relevant professional literature

Students are expected to complete:

- Oral and written assignments
- Students intending to apply to Year Three will need thirty hours of personal therapy with a Gestalt psychotherapist by the end of Year Two

Successful completion of Year Two includes academic, attendance, and interpersonal assessment, leading to readiness to begin Year Three.

YEAR THREE — USE OF SELF IN EMBODIED RELATIONAL PRACTICE

This year is where students learn to experiment with the safe and effective use of themselves in deep phenomenologically based dialogue with one another, as well as supervised practice with students in Years One and Two. In this way students begin to experience themselves at the beginning of therapist training – applying professional ethics and boundaries to their relations with students in earlier training years, as well as with peers in their own year. As co-leaders assisting faculty, students begin to learn the meaning of process led groups and expand their creativity through workshop creation and developing skills in the Gestalt experiment.

Competencies in Year Three include:

- Integration of awareness of self in relation to professional role
- Develop safe and effective use of self in the therapeutic relationship
- Learn to bracket assumptions and become aware of bias to assume non-judgemental stance
- Maintain appropriate professional boundaries with Year One and Two students and co-leaders

- Adapting the therapist's approach within a culturally diverse group
- Demonstrate awareness of the impact of context and the presence of the therapist and the co-leader on process
- Developing effective skills in observation of self, the client and process
- Employing empathy, respect and authenticity
- Maintenance of self-care and level of health necessary for responsible therapy and group membership

Students are expected to complete:

- Oral and written assignments
- 188 hours of experiential and didactic teaching
- 100 additional hours of supervised leadership
- Brief live therapy examinations
- Total of fifty hours of personal therapy with a Gestalt psychotherapist by the end of Year Three

Application from Year Three to Year Four is by group interview held in June of each year.

YEAR FOUR — TRAINING AND SUPERVISION IN GESTALT THERAPY

Students in Year Four are trained academically and experientially in the fundamentals of therapy practice and a range of diverse clinical applications of the work including Gestalt applied theory of clinical application of phenomenology, Gestalt approach to change, field theory and embodied relationality is more deeply explored. Students learn a broader range of considerations that are applicable to all psychotherapy including safe and effective use of self and principles pertaining to transference, counter transference and self-disclosure. Students are supported in the principles and practice of therapy under supervision, and receive practical training on how to setup and maintain a practice.

Students are approved to see clients under supervision by November of Year Four and obtain liability insurance as well as a supervisor. Students in Year Four manage a Student Clinic which provides clients for supervised student therapists at a reduced rate. They are trained in intake and risk assessment, referral and resource building, and create their own client base. The fourth year program also includes clinical group supervision.

All competencies are now applied to the practice of psychotherapy with particular emphasis on:

- Exploration of the impact of personal bias and experience to the therapy relationship
- Applying personal experience and embodied relational approach to safe and effective use of self
- Learning how the phenomenological approach supports therapist work with issues of multiculturalism, diversity and power dynamics
- Learning assessment skills based in aesthetic, relational and knowledge based criteria
- Obtaining clinical supervision and consultation
- Establishing and maintaining an effective therapeutic relationship
- Offering psychotherapy to clients and maintain a professional frame for therapy

Students are expected to complete

- Oral and written assignments
- Year long project
- 166 hours of experiential and didactic learning
- 20 hours of clinical group supervision

YEAR FIVE — ADVANCED GESTALT PSYCHOTHERAPY TRAINING

Year Five is a support year for therapists-in-training to complete their hours and supervision requirements for writing their final clinical paper to prepare for graduation in addition to meeting requirements to apply for membership in CRPO. Once students have substantially completed the requirements for graduation from the GIT, they may apply for RP (Qualifying) status with the College of Registered Psychotherapists of Ontario (CRPO).

Year Five Program includes:

- Five Seminars on advanced approaches by international leaders and senior faculty
- Monthly reading group, video and discussion sessions on current issues in psychotherapy
- Ongoing direct client hours under supervision
- 48 hours of didactic and experiential learning
- 20 hours of clinical group supervision

Year Five students are welcome to continue on as members of the Gestalt Student Clinic until they have reached RP(Qualifying) status.

Graduation and Practice

By Year Five students have developed their own therapy practice as Supervised Student Therapists and may be ready to apply for RP (Qualifying) status midway through the training year. In this way there is no interruption of their practice following their graduation. Our graduates work in a variety of settings from running successful psychotherapy practices, to working in clinics, hospitals and schools.

Graduation from The Five Year Training Program requires completion of all academic requirements, 30 hours of direct one-on-one or dyadic supervision with an approved supervisor, a minimum of 150 direct client hours, and the acceptance of an extensive clinical paper. Graduation takes place in June or December of each calendar year. Individuals successfully meeting all requirements receive a Diploma of Completion of The Five Year Training Program in Gestalt Psychotherapy.

FIVE DAY RESIDENTIAL TRAINING

The first residential training at the beginning of May takes place in a country setting outside of Toronto. The residential is a requirement for all students at the end of Year One, Two and Three in order to complete their year.

The second residential training at the end of May completes the requirements for Year Four and the Professionals Program.

Five-Day Residential for Training Programs

A fee of \$630 for the 2020-2021 training year includes accommodation and all meals.

The residential fee is separate from tuition fees. Travel arrangements are the responsibility of the individual.

TUITION FEE SCHEDULE FOR 2021

Year One — Gestalt Approach to Personal Growth
• \$4,500*

Year Two — Introduction to Field Dynamics
• \$4,500*

Year Three — Use of Self in Embodied Relational Practice
• \$4,500*

Year Four — Training and Supervision in Gestalt Practice
• \$4,500*

Year Five — Advanced Gestalt Psychotherapy Training
• \$2,400*

*\$100 administration fee is added if paid by instalments.

GIT Tuition fees qualify to be claimed as a non-refundable tax credit with Revenue Canada.

THE PROFESSIONALS PROGRAM

This program which was originally designed for professionals seeking to deepen their experience of theory and approach of Gestalt therapy, has transformed in the last two years into an alternate stream leading to Year Two of the Five Year Training Program, specifically tailored to the needs of professionals to train in a community of peers. The format is identical to Year One of our intensive training program, with weekly theory classes and seven intensive weekends, held between October and May, with a five day residential in June. The weekly meetings are held on Friday mornings. Participants will learn how much their sense of self is expanded by experiential interactions with a diverse group that deepens in intimacy and supportive risk over the year together. The curriculum of the professionals stream is enhanced to include the supervision needs and professional applications of participants.

For professionals who have been trained previously in academic or more cognitive systems Gestalt works “from the ground up” to balance the ability to move fluidly between embodied knowing and cognitive skills. In this way the therapist attunes to the other by attuning to their own embodied response. This use of self keeps the therapist alive and constantly changing to meet and recognize the client, resulting in interventions that are creative and never the same in any two meetings.

THE PROFESSIONALS PROGRAM

In addition to learning outcomes described in Year One of the Five Year Program, this program highlights the following learning outcomes:

- Applying multiple layers of awareness from embodied to field awareness in a variety of clinical contexts
- Working relationally – therapist inclusion
- Working in the present moment
- Gestalt as the clinical application of Phenomenology
- Working with embodiment
- Becoming field sensitive
- Identifying forms of contact
- Adapting the experimental attitude
- Practicing and experiencing Hot Seat
- Finding support in the practice
- Understanding the difference between self-disclosure and self inclusion in order to apply Safe and Effective Use of Self

Course Schedule: 19 Friday mornings between October 2, 2020 and May 21, 2021 and Residential May 25-30, 2021

Tuition Fee: \$4500 plus residential fee

Five-Day residential fee of \$630 includes accommodation and all meals.

Travel arrangements are the responsibility of the individual.

Tuition Fee can be used as a non-refundable tax credit.



GESTALT THERAPY WITH CHILDREN THE DANCE OF RECIPROCITY BETWEEN CAREGIVERS AND CHILD

The GIT welcomes back Margherita Spagnuolo Lobb, foremost leader of international

contemporary Gestalt. Margherita brings the concept of reciprocity into the foreground of Gestalt therapy as our primary ethic. This seminar embeds reciprocity into its original context, that of the child inside the family, in order to understand what lies at the heart of the therapist-client relationship. Included is current research and an observational grid for caregiver/child. The intent is to provide practice tools through experiential working in dyads, including video support and supervision. In this way we recommend this seminar not only to students and alumni of Gestalt training but to practicing therapists who wish to refine their relational work.

Date: Wednesday September 24, 2020, 10:00am-4:00pm
 Fee: \$240
 GIT Students and GIT Graduate Rate: \$195
 Continuing Education (CE): 6 hours
 Participants will receive a certificate of continuing education hours.

Note: In the event that COVID-19 guidelines restrict the number of participants to gather at this date in September, this seminar will be offered online. We will keep you posted.

Biography

Margherita Spagnuolo Lobb is a psychologist, licensed psychotherapist, international trainer and director since 1979 of the Istituto di Gestalt HCC Italy (Milan, Palermo and Siracusa). She trained with Isadore From, Erving and Miriam Polster and was deeply influenced by Daniel Stern. She has authored and edited numerous books, and hundreds of papers and chapters on various aspects of Gestalt therapy theory and method and is the recipient of several awards honoring her contributions to the profession.



ILLNESS AND DIS-EASE AS EXILE AND POTENTIAL LOSS OF BELONGING

help people reach it. But what happens when we are not vital or are “ill” or dis-eased. Our sense of our body changes as we are perceived differently or avoided by others. In this workshop we will explore the experience of feeling exiled from the world of “health” and exiled from our own bodily self. We will examine how being other than ascendant or improving can be addressed in our practice of Gestalt and also examine our own biases and complicity in co-creating this separation.

Learning Objectives: Participants completing this workshop will be able to 1) define their own personal experience and response to others who are “ill” in terms of bias and assumptions that might exclude the other 2) identify two

ILLNESS AND DIS-EASE AS EXILE AND POTENTIAL LOSS OF BELONGING

The world assumes a certain health and vitality to participate in most activities. Gestalt Therapy and other approaches either assume such vitality and health or strive to

interventions or approaches that acknowledge differences in bodily sense of self and relational, social inclusion or exclusion.

Dates and Times: April 22 & April 23, 2021,
 10:00am-4:00pm
 Fee: One Day: \$240
 Two Days: \$450

GIT Student and GIT Graduate Rate: One Day \$195 or Two Day \$395

Continuing Education (CE): 6 hours or 12 hours
 Participants will receive a certificate of continuing education hours.

Biography

Michael Craig Clemmens is a psychologist and trainer in Pittsburgh, Pennsylvania. He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Esalen Institute in Big Sur, California. Michael is the author of *Getting Beyond Sobriety* (1997), the editor of *Embodied Relational Gestalt: Theory and Applications* (2019) and numerous articles on Gestalt therapy, body process, and addiction. His main interest is the complex interaction of our bodies and the multi-layered field.



KINESTHETIC RESONANCE: THE BASIS OF SOCIAL UNDERSTANDING

This two-day workshop explores the always ongoing experience of kinesthetic resonance, the bodily feel of our relationships as we engage with

the world. Participants learn how to unfold body-to-body communications that often remain elusive to us, hidden and unaware. These interactions generate feeling tones that reverberate from one person to another, allowing us to appraise the situation we are co-creating. Using a developmental lens, we investigate baby-parent dyads in the forming of kinesthetic resonance and consider how our earlier experiences similarly function within the adult therapy dyad.

Dates: June 4 & 5, 2021, 10:00am-4:00pm
Fee: \$450
GIT Student and GIT Graduate Rate: \$395

Continuing Education (CE): 12 hours
Participants will receive a certificate of continuing education hours.

Biography

Ruella Frank has been exploring early infant movements and their relationship to the adult since the mid-1970s. She brings many years of experience to her work as a gestalt psychotherapist as a professional dancer, yoga practitioner/teacher, student of various movement theories, and student of Laura Perls, co-founder of gestalt therapy. Ruella is founder and director of the Center for Somatic Studies, faculty at the New York Institute for Gestalt Therapy, faculty at Gestalt Associates for Psychotherapy, and also teaches throughout the United States, Europe, Canada, Mexico, and South America. She is author of articles and chapters in various publications, as well as the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, (2001, Gestalt Press).



WORKING WITH COUPLES

For registered psychotherapists who have graduated from the GIT Training Program or have equivalent training and are ready to work with couples. Gestalt Therapy is uniquely suited to couples work with its emphasis on co-creation

and its foundational belief that I can only know myself through the other. However working with couples can be challenging for beginning therapists where the focus has been on the inter-relationship between the therapist and the client. For a couple it is recognizing and supporting the co-creation of their mutual recognition that is of interest to the therapist. To be able to do this a therapist must accept that each member of the relationship is a gift of growth for the other.

This four session workshop offers experiential, applied and theoretical support for those therapists who feel called to working with couples.

Leader: Jay Tropianskaia, RP, Senior Faculty
Dates and Time: Four Friday mornings April 9, 16, 23, 30, 9:30am-12:00pm
Fee: \$425
Early Bird Rate: \$375 (register by March 6)

Continuing Education (CE): 10 hours
Participants will receive a certificate of continuing education hours.



RESTORING PRESENCE A THERAPIST'S GUIDE TO SUPPORT AT THE BOUNDARY

This 8 part workshop works directly with what Gianni Francesetti calls the “first wave” response in which therapists can lose their ground and miss their client. James Hillman wrote: The body

is the vessel in which the transformation process takes place. This workshop works directly with embodied ways:

- to support ourselves at the interstices where contact could happen
- to transform therapist activation and missed moments into material for next steps
- to understand the symptom as a message of unresolved trauma
- to recognize how to restore flow, fluidity and spontaneity in your practice.

Practitioners and students who wish to include embodiment in their clinical work can expect to build safety at the body level beginning with practitioner's own relationship with

the body, build intuition of body resonance, gain body awareness of the dance between client and therapist, learn to track body sensations from impulse to movement and practice skills in body resonance with another person.

Leader: Shan Qi, RP (Qualifying)

Dates and Times: 8 Wednesday mornings November 11, 18, 25, December 2, 9, 2020, January 6, 13, 20, 2021, 10.00am-12.30pm

Fee: \$475

GIT Student or GIT Graduate Rate: \$425

Continuing Education (CE): 20 hours

Participants will receive a certificate of continuing education hours.

Biography

Shan Qi is a somatic, trauma informed Gestalt psychotherapist and trainer who has worked deeply with survivors of catastrophic trauma using phenomenological relational heart to heart humanity. She shares this training with health care practitioners, from any discipline who are interested in the use of the embodied self, which we call Presence. Shan is also a graduate of the Developmental Somatic Psychotherapy Program in New York, and has completed training in somatic experiencing, psychodrama, and sensory awareness.



COME FROM AWAY A SERIES FOR ALUMNI

Wherever you go in the city, country or out there in the wider world, you know when you come across a fellow alumni of the Gestalt Institute of Toronto. Chances are the years you graduated represented different eras in the

transformation of Gestalt therapy and the GIT, creating widely different stories since our first graduation class of 1975. What remains the same is the spirit of the GIT graduate: contactful, curious, humorous and wise - you know us anywhere. Here is a call to come home and see the latest face of your practiced art. We will take a relational look at the theories of resistances, figure and ground, the revised Gestalt cycle, new takes on embodiment, what's happened to hot seat, and Gestalt supervision.

We will look at the Gestalt approach to new areas of relevance like trauma and psychopathology and touch on research. And most of all we will hang out together and enjoy the shared language and perspective that is Gestalt.

Leader: Jay Tropianskaia, RP, Senior Faculty

Dates: November 24, December 8, 2020, January 12, February 23, 2021, 6:30-9:00pm

Fee: \$375

Early Bird Rate: \$325 (register before October 15)

Continuing Education (CE): 10 hours

Participants will receive a certificate of continuing education hours.



THE LOVE WORKSHOP

One of my shamanic teachers used to say “with all my skills in sensing and seeing, when I am in love I go into high alert because I know I am in danger”. In therapy sessions and in many friendships, love is the ground. That is, it

is not the pre-requisite for getting together and it is not the outcome. It is the given. In most other arenas of our lives, from family, to marriage and other such partnerships, to spiritual communities, country and culture, what we know of as love and how to love remains a mystery. This workshop explores the relationship between falling in love, being in love and loving. You will be guided to explore experientially the forms love takes, and the different embodied feelings and expressions of loving.

Experiences include:

- Opening our windows of tolerance on the ability to be loved
- Codependency and what the heart is asking
- What we give to others as key to what we need
- Love and sex, the different needs we have that get confused between the two
- The place of compassion and empathy in the human design

Leader: Jay Tropianskaia, RP, Senior Faculty

FALL EDITION

Tuesdays Oct 20, 27, Nov 3, 10, 17, 2020, 7:00-9:00pm

Fee: \$375

Early Bird Rate: \$325 (register by September 20)

SPRING EDITION

Tuesday March 23, 30, April 6, 13, 20, 2021, 7:00-9:00pm

Fee: \$375

Early Bird Rate: \$325 (register by February 26)



UNCOMFORTABLE CONVERSATIONS ABOUT RACE AND COLONIALISM

The intention of the workshop is to invite participants to experience the edges of honest self

reflection and disclosure in a particularly Gestalt approach. The workshop is not without personal risk. We have found that in communicating the impact of one participant to another there is often an unawareness of shame and trauma in the field. Questions arise such as: How do I raise the issue of race or culture with another if it is in my mind? What do I do if I feel unfairly seen as a racist? What about my feelings? Expressions such as “white privilege” and “pulling the race card” and “what is it like to be the only black person in this room” create shock and reactivity at a body level. This is where our tools of embodied awareness, resonance and attunement can support our ability to acknowledge the field of shame which then becomes a doorway to contact.

Leader: Sheldon Holder

Dates and Times: Six Tuesday evenings, November 3, 10, 17, 24, December 1, 9, 2020, 7:00-9:00pm

Fee: \$225

Biography



Sheldon Holder is an activist, musician, writer and trainer. He is in his final year of the Five Year Training Program. Sheldon combines his Gestalt experience with his double major in Human Geography and History and a minor in Equity Studies at the University of Toronto to make this important contribution to Gestalt approach to diversity and training.



REALLY MEET ONE ANOTHER THE POWER OF PROCESS

Over the years we have heard these same remarks from Gestalt group participants: In the group I felt seen for the first time, I found the meaning of intimacy with others, I have really met likeminded people, I feel present with

others without losing myself, I have found my voice... Through a process oriented approach Gestalt is known to reach levels of intimacy fairly quickly even between strangers and yet without the induction of shame or the generating of unfinished business.

You will “really meet others” and learn to:

- listen to the intentionality of the other through the *how* not the *what* of communication
- develop curiosity in the other through curiosity in one’s own reactions and responses
- ask questions that originate in our genuine honesty so as to not alienate the other through re-traumatizing or shaming
- have fun together by being in the here and now.

Gestalt therapy is a conversation that comes close to “high play” as group members explore their capacity to co-create the “unknown next step” out of the shared present moment. In this way it is a model for good relationship and for returning to us all the spontaneity we have lost when children. Join a group of strangers in an experiment of deep connection.

Leaders: Carolina Edwards, RP, Senior Faculty,
Luisa de Amaral, RP, Faculty
Dates and Times: Jan 12, 19, 26, Feb 2, 9, 23,
7:00-9:00pm
Fee: \$325
Early Bird Fee: \$275 (register by December 12, 2020)



SHAMANISM FOR GESTALTISTS: YOUR PSYCHIC GIFTS

Part Three of a series (each part is a stand alone)

The intersection between shamanism and embodied relational Gestalt explores the humanism of psychic gifts. This experiential

workshop will engage participants in psychic games and experiments intended to bring into awareness what Merleau-Ponty called “a living sense more ancient than thought.” The contemporary Gestalt therapist like the shaman is invited to awaken the most subtly sensing of shifts in every co-created field, using ones own senses to know the other’s intention. All senses that are experienced on the most subtle and delicate level can be called “sixth senses.” The concept of spiritual generally refers to all that is beyond our human world. In this workshop what we know about being human is expanded to include what was once called the world of spirit.

Leader: Jay Tropianskaia, RP, Senior Faculty
Dates and Times: Tuesday March 2 & 9, 16, 6:30-9:00pm
Fee: \$225
Early Bird Fee: \$195 (register by January 10)

Biography

Jay Tropianskaia has a range of workshop offerings in this catalogue from shamanism, to working with couples, to love and relationships. Her insistent desire to experience life first, act creatively and then put it to words defines her work in Gestalt and her contributions as the Director of Training and Senior Faculty at the GIT. Coming from a wealth and depth of her life explorations including but not limited to her early emergence as a writer, farming and working on the land, becoming a chef, managing people and restaurants in a national chain, studying spirituality and specifically shamanism at a deep level of exploration, completion of Gestalt training in 1993 supported the development of Jay’s lively and diverse teaching and training of students interested in a Gestalt approach to life. She is known for her creativity, spontaneity and her willingness to grasp the present and stretch to the future with you.



POTPOURRI 2021 FAMILY THERAPY

Join us in our annual romp through a sometimes irreverent look at therapy led by our Year Three students. The family represents the fertile ground where all of our avoidances and adjustments as well as our pride and sense of self are born. Rarely do we get

a chance to revisit our place of origin and do it right the second time around – with lighthearted laughter.

Choose one of the workshops from each of the time slots.

9:00am Registration

9:30am Family Drama

- Modern Family - *The family Quirk*
- A Series of Unfortunate Events - *Hidden disasters*
- Game of Thrones - *Skeletons in my closet*

11:00am It's All Relative

- This is us - *On belonging*
- Family Reunion - *Class structure*
- The Sopranos - *Dark inheritance*

2:00pm Family Musical

- Mamma Mia - *Who's your daddy?*
- Schitt's Creek - *Without a paddle*
- We Are Family - *Family of choice*

3:45pm Family Workout

- Shameless - *My family and my body*
- Keeping Up with Kardashians - *My family and my image*
- Fresh off the Boat – *My Embodied Culture*

5:00pm FEEDBACK

6:00pm CLOSE

Leaders: Senior Students of the GIT

Date: Saturday April 17, 2021

Fee: \$60



THE ART OF GESTALT A WORKSHOP IN 3 PARTS

Contemporary Gestalt is called an aesthetic, meaning “of the senses”. The art of Gestalt requires attention to the most subtle sensing of the impact of the world on us and where we meet the world. This is compared to the meeting of a work of art and a

visitor to that work who allows themselves to be changed by the connection. This is a meeting that occurs beyond thought, beyond verbal and it always happens in relation to the other, where change and self revelation meet. This workshop is not to become an artist, but to draw what you feel to see what it shows you about yourself in a co-created field. Not to be a dancer, but to move your body outside of pattern to see what your body wants to show you about how you dance with the world. Not to be a singer, but to discover sound as a way of expressing who I am in the present moment with you. Carolina takes you into depths of meeting yourself with others, beyond words, to find yourself as artist, dancer and singer.

Leader: Carolina Edwards, RP, Senior Faculty

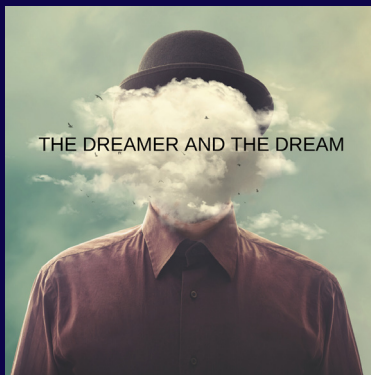
Dates: February 5, 12, 26, 9:30am-12:30pm

Fee: \$195

Early Bird Fee: \$160 (register before January 5)

Biography

Carolina Edwards combines a lifetime of spiritual retreat, movement based training and love of the arts. She first experienced Gestalt at Esalen Institute and was delighted to discover Gestalt training in her own backyard in Toronto. Our mentor and founder Jorge Rosner dubbed her the architect which natural talent has led to her assuming the role of Executive Director in addition to senior faculty of the GIT. She has become a role model for the practice of Gestalt therapy with compassion, insight and gentle humour. Carolina's other life is that of respected leader, author and lecturer in the field of counselling and audiology.



THE DREAMER AND THE DREAM

In Gestalt therapy dreaming is a special form of contact. In this 4 session workshop an experienced Gestalt therapist guides you to uncover the undiscovered parts of yourself that lie hidden in your dreams. The Gestalt approach

works through a variety of

Gestalt modalities including hot seat to embody images and metaphors that give your life new meaning. Join Tony Greco in the relational field of the dream, where the bridge thins between dreaming and your everyday life. Be willing to be surprised. It is not necessary to fully remember your dreams to explore dreaming yourself to greater intimacy with yourself and others.

Leader: Tony Greco, RP, Senior Faculty
 Dates: January 19, 26, February 2, 9, 7:30-9:30pm
 Fee: \$195
 Early Bird Fee: \$160 (register before December 15)

Biography

Tony Greco in a recent interview for a series called Being Human stated that he was most proud of three things in his life: being a parent, teacher and therapist. Gaining a degree in political philosophy and cultural studies he comes to Gestalt with a deep fascination with existentialism and phenomenology. After training at the GIT, he has honed his skills as a psychotherapist for the past 16 years and joined the GIT Faculty in 2013. He is known for his deep and thoughtful approach and his articulate grasp of the theory, with his signature healthy skepticism. His presence and compassion within the personal work with students and clients is well known and recognized. Join him for a journey into dreams and their relationship to you and your life.



TAKE A WALK IN THE SPACE

Difference exists in the space between us and can be fertile ground for connection and growth. In this workshop we will take a turn to walk in the space, and discover how our gestures, movements, feelings, expressions, express both our desire

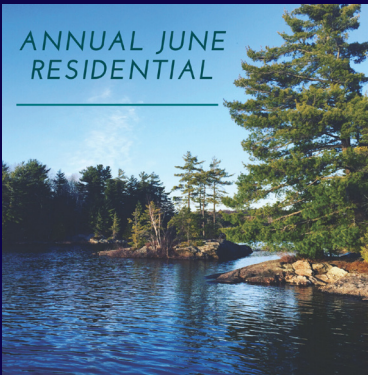
for belonging and our fear of connection. Participants will develop a sense of what stood out about them with others and what others picked up on that wasn't obvious through verbal expression. Explore experientially the "trauma activation" that happens at a nervous system level in our fight, flight, freeze response with one another, and learn how to gain enough support to meet the other fully.

This daylong workshop provides exercises and experiments to support creative dialogue stemming from psychodrama, improv, image theatre and theatre of the oppressed, supported by theoretical concepts rooted in Gestalt principles and groundbreaking theory on trauma.

Leader: Luisa de Amaral, RP, Faculty
 Date and Time: Saturday April 10, 10:00-5:00pm
 Fee: \$180
 Early Bird Fee: \$150 (register before March 10)

Biography

Luisa's passion for travel, adventure and bio/cultural diversity has taken her across many borders and led to her broad understanding of diverse cultures and issues of importance to her clients. After experiencing the magic of Gestalt, she gladly gave up a career in medicine and has not looked back since. She's been working as a Gestalt therapist for about a decade and is currently in private practice in Toronto, where she works with individuals, couples and groups. Having been a grassroots environmental justice activist, Luisa now focuses on applying Gestalt principles to support dialogue, in solidarity with people's struggles. She has additional training in Art Therapy, Couples Therapy, Sensory Awareness and Theatre of the Oppressed. Her trauma-informed bottom up approach embraces the paradox of human existence with sensitivity and playfulness.



ANNUAL JUNE RESIDENTIAL

This five-day residential program is led by the GIT Faculty. Participants will engage in individual and group sessions and experience a variety of creative modalities. Alumni, as well as individuals with Gestalt therapy or equivalent

group experience, who are interested in exploring an in-depth Gestalt approach are invited to apply to attend the June residential. An excellent opportunity for those who wish to renew their connection with the creativity of Gestalt and want an intensive personal change process. You will join with GIT students who are completing their training year.



Leaders: Faculty of the GIT
 Dates: May 25 - 30, 2021
 Fee: \$1,675 (program, accommodation and meals)



ARMCHAIR SERIES

BEYOND NARCISSISM
 A series intended for all of us who are affected or infected with narcissism. It is little known that Narcissistic Personality Disorder almost didn't make it into the most recent DSM (Diagnostic Statistical Manual) because

it has become "normal". Explore the lighter side our attraction to narcissistic people and our own hidden narcissism In these monthly sojourns guided by faculty of the GIT.

Leaders: Faculty of the GIT
 Fee: \$10 per session

Monday evenings 7:00-9:00pm

- October 19, 2020 **Sacrifice**
Do you give more than you receive and no one sees it?
- November 9, 2020 **Betrayal**
The challenge of trust, the expectation of betrayal
- February 8, 2021 **Ideal vs Real Self**
If they really knew who I was...
- April 12, 2021 **Nostalgia**
Longing for what wasn't
- June 14, 2021 **Mirror Mirror**
And other co-dependencies

FACULTY AND STAFF



Jay Tropianskaia
Senior Faculty



Carolina Edwards
Senior Faculty



Tony Greco
Senior Faculty



Luisa de Amaral
Faculty



Lauren Nancarrow
Clarke, Faculty



Gita Lakhanpal
Faculty



Charlie Fiddy
Registrar / Office Manager



Zizi Putra
Administrative Assistant

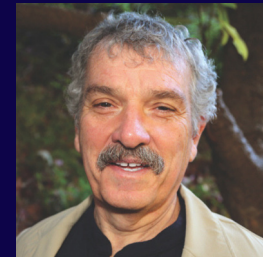
GUEST LEADERS



Elder Shirley
Gillis-Kendall



Charlene Avalos



Michael Clemmens



Ruella Frank



Susan Sinclair



Margherita
Spagnuolo Lobb



Shan Qi

Board of Directors

The Gestalt Institute of Toronto is a charitable organization registered with the Canada Revenue Agency and a private educational institute with Human Resources Development Canada.

The GIT Board of Directors works with the administration and Faculty to establish policy and direct ongoing strategies for development and change. A special thanks to the Board President, Carol Good, for her clarity, and care and commitment to excellence in leadership. The current board represents a high level of skills and experience which have made it possible for the GIT to go to new levels with confidence. We are grateful for the giveaway of time and energy of board members who are all voluntary, a number of whom have served for several years.



Carol Good,
President



Jeff Bouganim,
Treasurer



Linda Kamerman



Michelle Keeley



Natalie Haynes



Andrew Miller



Michael Cottrell



Michele Connor



Zdenka Goralikova

Sustaining the Lineage & Building the Future

The GIT is a transformational change agent in the psychotherapeutic community and society. If you have been changed in any way by your experience with Gestalt you are part of the lineage. As such we share an ethical responsibility to pay it forward. Join us in our drive to include diverse voices in our training program. To support Gestalt's ongoing growth and relevance we invite you to donate to our new scholarship fund dedicated to the black/indigenous communities who have minimal representation at our school and whose voices are very present in their absence in an increasingly diverse student body. You can support through a tax deductible donation to any of the funds listed below. All donations are gratefully appreciated.

Donation Funds

- Bursary Fund (provides for 4 bursaries each year to students who can benefit from financial support to continue their training)
- Scholarship Fund (for black and indigenous students to attend the GIT Training programs)
- JoAnne Greenham Memorial Fund (to honour our beloved Executive Director who passed away in February 2014)



Thank you to the generosity of our 2019-2020 Donors

Lifetime Member: Marsha Baillie

Platinum Donor (\$10,000 or more): Juanne Clark

Gold Donor (\$1000 or more): Bud Tangney, Year 2A and 2B Class Fundraising

Silver Donor (up to \$1000): Barbara Beresford, Natalie Gold, Carol Good, Linda Kamerman



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THE GESTALT STUDENT CLINIC

Gestalt therapy is a present-centered and experiential approach to personal change. To be fully present in the

here and now offers you more excitement, energy and courage to live life directly.

People come to Gestalt therapy who seek embodied support in times of crisis and transition, who desire to finish unfinished business, find creative solutions in relationships

and decrease their level of fear and anxiety. Supervised student therapists in Year Four and Five of the Five Year Training program provide high level, empathic and interactive therapy at an affordable price. Confidentiality is assured.

The service is available in Toronto, Thornhill, Mississauga, Burlington, Guelph and online for more distant areas. Therapists at the Gestalt Student Clinic are available days, evenings and weekends.

We currently have student therapists who can provide therapy in languages other than English, so inquire. Please contact the clinic for information and intake in order to be matched with an available therapist in your area.

Fee: \$40 per session

For an appointment call 416.964.9464 ext 18



Clinic Coordinators
Leila Shenouda and Ming Wu



INFORMATION NIGHTS

A perfect introduction to the method, the approach and the community of the Gestalt Institute of Toronto. Learn first hand about our Training Programs and workshops through combining with like-minded people in lively Gestalt experiential explorations of yourself and others. Evenings are led by Gestalt faculty.

Dates and Times: Monday evenings 7:00-9:00pm

- September 28, 2020
- November 23, 2020
- January 18, 2021
- February 22, 2021
- March 15, 2021
- April 19, 2021

Our Values

Experiential

Experimental

Embodied

Exploring difference

Having fun together

Creating together



Congratulations to Our Graduates

2019 - 2020

Deborah Masters

Duanyi Wu

Ellen Chang

Grant Hutchinson

Heba Huzayin

Ivana Kolakovic

James Brown

Joel Routliff

Jose Luis Lopez Vargas

Julie Devaney

Katie Mead

Kimberly Cartwright

Lana Lontos

Mary Newman

Michelle Hannah

Modya Silver

Moin Subhani

Nasima Salehe


Nikolai Pavlov

Rob Whiteman

Ruth Kerr

Tanya Kowalenko

Vanessa Caldwell



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