Full-day Professional Development Workshop

Heal & Thrive

Integrative Trauma-Recovery Through Creative Expression

Experience trauma recovery through the Gestalt lens in this 1-day workshop

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For the human in you

Immerse yourself in a day of enrichment and emotional integration, by compassionately and creatively exploring:

- introjects, disowned parts of self
- loss stemming from traumatic experiences
- the joy of coming into contact with the missed experience informing your traumatic injury
- being witnessed in your present fullness, and entertaining the question, what next?

For the therapist in you

Benefit from time to unpack the Gestalt fundamentals underpinning the work, with a focus on:

- Group therapy fundamentals— Safety, contact styles, the value of Resistance in the group and individuals.
- When trauma is in the room—Re-traumatisation risk vs. Mindful contact; working with awareness of the window of tolerance; responding to emotional dysregulation and nourishing regulation skills.
- Creative experiment in Gestalt therapy— take delight in the expressive process that Heal & Thrive allows; and enjoy another way of working with your client increasing your resources to bring experiment to life through the use of paints, air-drying clay and mood boards.

Workshop details

Manchester Gestalt Centre
Manchester, UK
Saturday 11th May 2024
Registration and details: mgc@mgc.org.uk

Bulgarian Association for Gestalt Therapy
Sofia, Bulgaria
Saturday 18th & 25th May 2024
Registration and details: bagtbulgaria@gmail.com

To bring this PD session to your Gestalt community email
info@therapistaustralia.com.au



Esperanza Egan
MGestTherapy, MFMH, MAC

Esperanza is Director of TherapistAustralia.com.au, a Clinical Supervisor and Master's Degree Educator at the Gestalt Therapy Brisbane (GTB) institute.

Esperanza is drawn towards the transformational power of working through conflict, grief and trauma, and works as an individual and couple therapist; she runs therapy groups and is a qualified Clinical Supervisor.

A unique takeaway

As your personal exploration unfolds, you will have the emerging image of your process printed onto a tote-bag to take with you by the end of the workshop. This image is, of course, full of meaning, holding your unique story of discovery and growth.

See https://therapistaustralia.com.au/for-therapists.php

