



Deep Release Online

Professional Training for Counsellors

Working with Gestalt in the Counselling Room

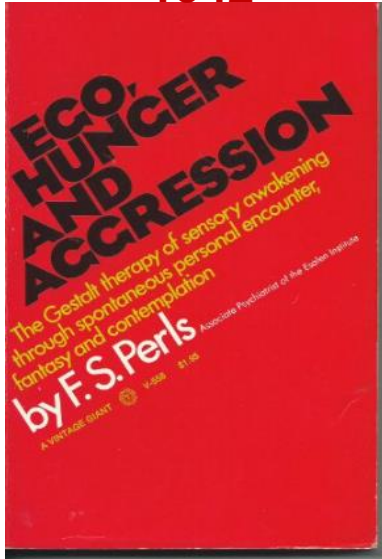


Gestalt Concepts



Fritz Perls

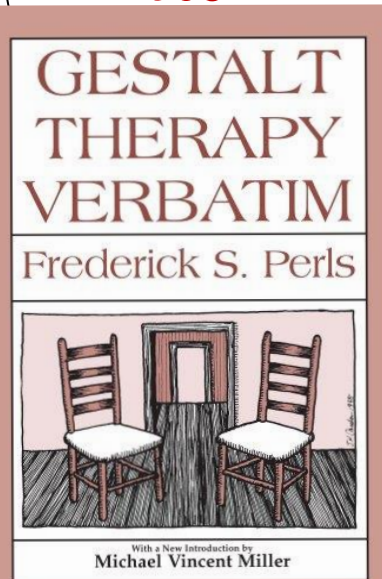
1942



1951



1968



1893

Born in Berlin into a Jewish family

1926

Tearaway child; later trained in medicine
Became interested in existential philosophy;
met his wife to be, Laura

1928

Trained to become a Freudian analyst but
fell out with Freud. Turned to Gestalt
Therapy.

1933

Fled from Hitler to Holland and then S.Africa
– started a training institute

WWII

His entire family killed in the Holocaust

50s/60s

Trained and set up Gestalt Institutes around
the world.

1970

Died aged 76

Stuck Places

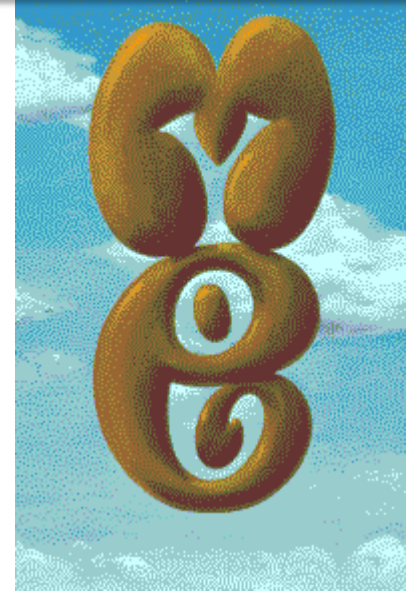
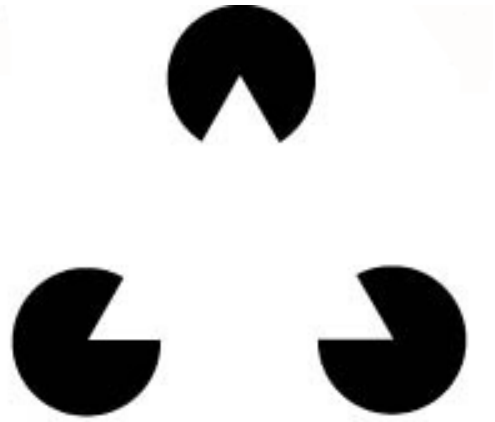
Gestalt suggests we get stuck in fixed patterns and beliefs about ourselves that get in the way. Gestalt Therapy aims to uncover these patterns and to help us see how we are being held back from living freely.



The Way you See the World!



Making Sense of our World



Micro Processing & Active Curiosity



Figure and Ground

Similarity

Our brain groups together elements that look the same into one whole picture



Anomaly

Something that 'doesn't' fit in.
It catches our eye!

***The whole is made up of different interacting parts –
we can isolate them, examine and analyse them,
and then reassemble them as a whole.***

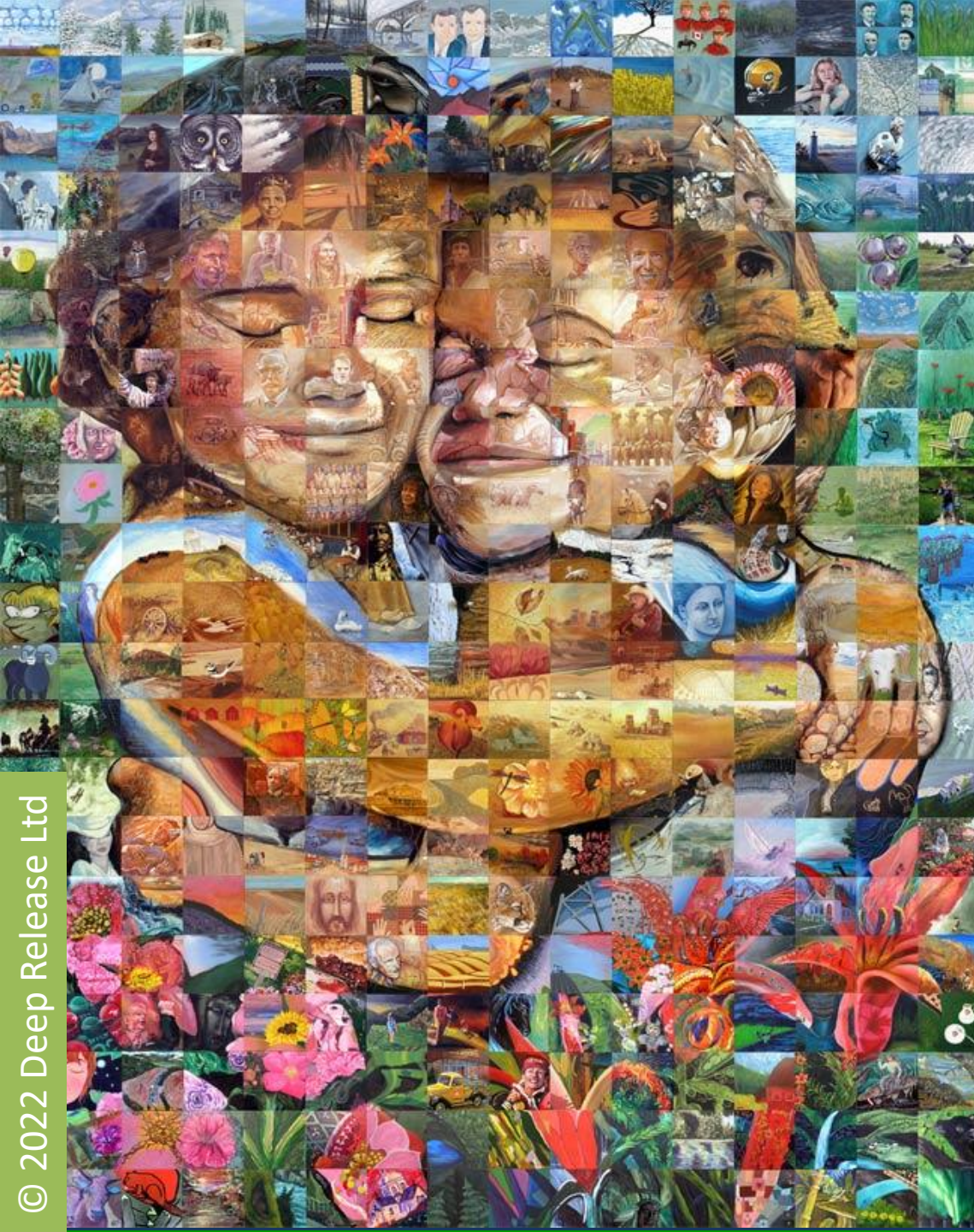
Gestalt Concepts

**An organised whole that is different
from the sum of the parts**



Each component is a part of a system of dynamic relationships

**An organised whole that is
different from the sum of the
parts**

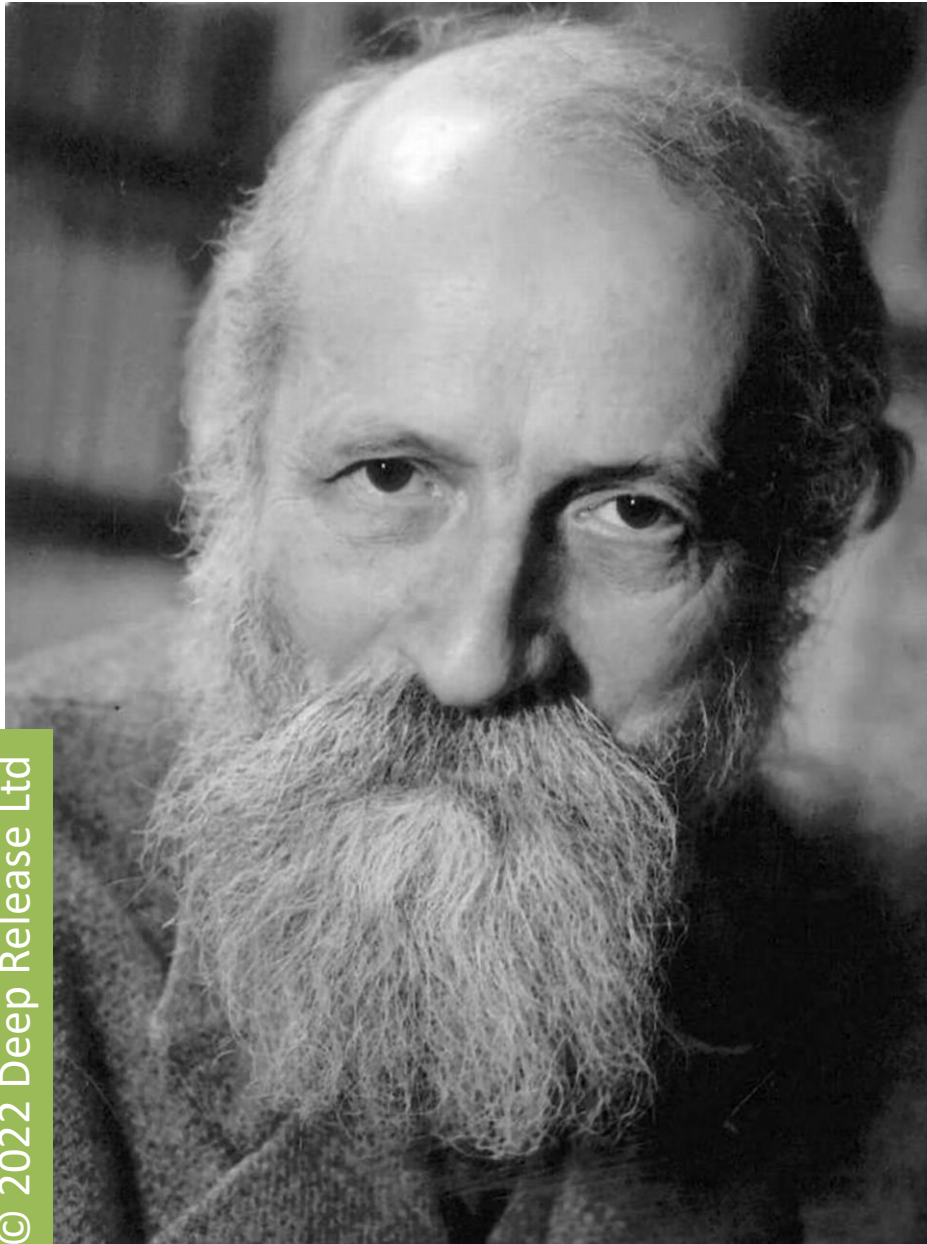




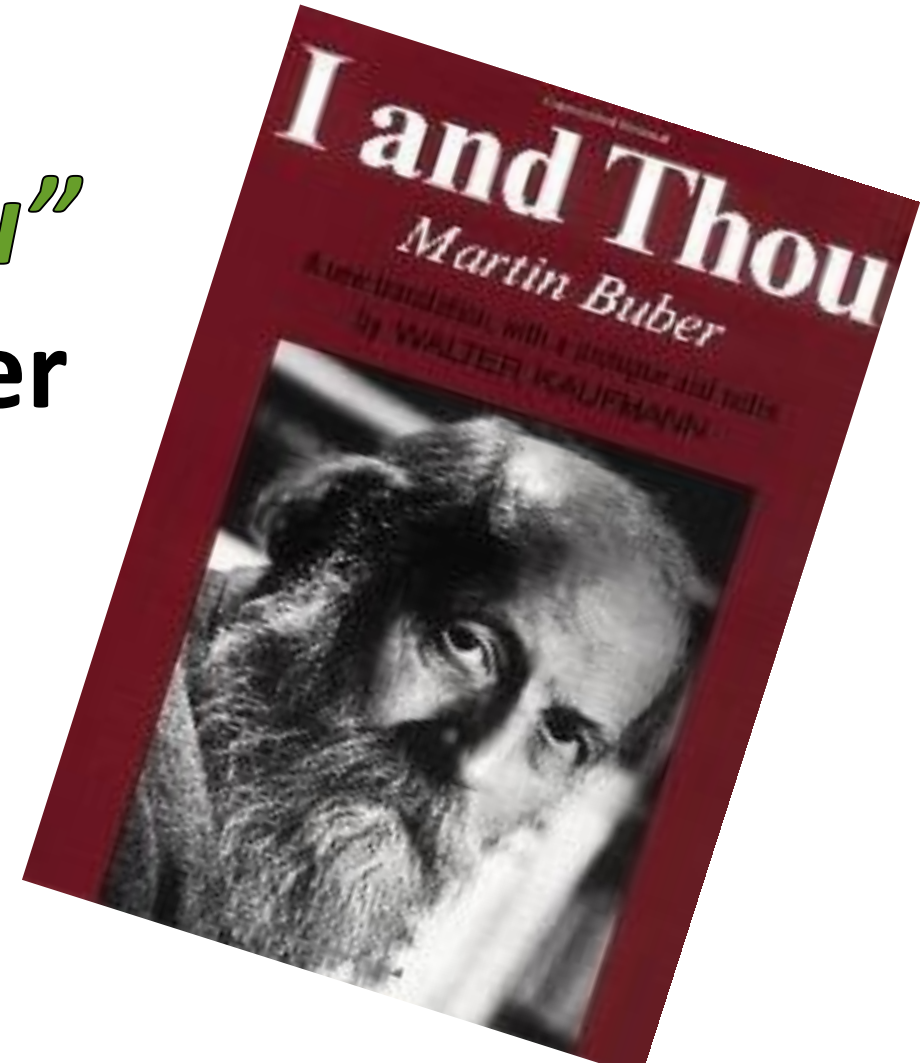
The I-Thou Relationship



The I-Thou Relationship



“Ich und Du”
Martin Buber
1923



Here and Now

IMMEDIACY

What is happening now gives clues to what happened then



“Just notice that...” “Be aware that...”

“Can we try something?”

“The therapist’s job is to invite clients into an active partnership where they can learn about themselves by adopting an experiential attitude towards life in which they try out new behaviours and notice what happens.”



NOTHING HAPPENS
until the *pain of* REMAINING THE SAME
OUTWEIGHS the *pain of* CHANGE.
~ Arthur Burt

the change blog . com

The Dialogic Relationship



Presence

I am fully
present with
you, in the
here-and-now,
in an honest,
authentic
relationship



Confirmation

I accept you
unconditionally
I value you and
fully receive
you



Inclusion

I enter your
world with
embodiment,
feeling and
thought, and my
own perspective



Open

communication
We build the road
as we travel,
discovering
together, each of
us sharing and
experiencing

The Gestalt 'Prayer'

I do my thing
and you do your thing.
I am not in this world
to live up to your expectations,
and you are not in this world
to live up to mine.

You are you,
and I am I,
and if by chance we find each other,
it's beautiful.

If not,
it can't be helped.

Gestalt Prayer ~ Fritz Perls

Gestalt Concepts : AWARENESS



**The I-I
relationship**

**The dialogue
between**

GUT

HEART

MIND



Response- ability



Response-ability



Choices

- I become increasingly aware of myself and all my senses
- I gradually assume ownership of my own experience
- I take responsibility for what I think, feel and do
- I take responsibility for the consequences of my actions
- I seek to acquire values and develop skills to live as full a life as possible, without violating the rights of others
- I can give help to, and receive help from, other people



Fairy Tale session with Morag

Pause for Reflection

Which Fairy Tale character would you be?
Who would you talk to?



Share in Buddy Groups Option 1 Practice

Would one of you like to continue working with their Fairy Tale? Choose a counsellor and a client and have a go!

15 minutes



Share in Buddy Groups Option 2 Discussion

1. What did you think of the different Gestalt concepts? Which impacted you most?
2. Have you worked with Fairy Tales? Share your experience.
3. How did Morag use the fairy tale to work with Responsibility?

15 minutes



BREAK TIME



5 MINUTES



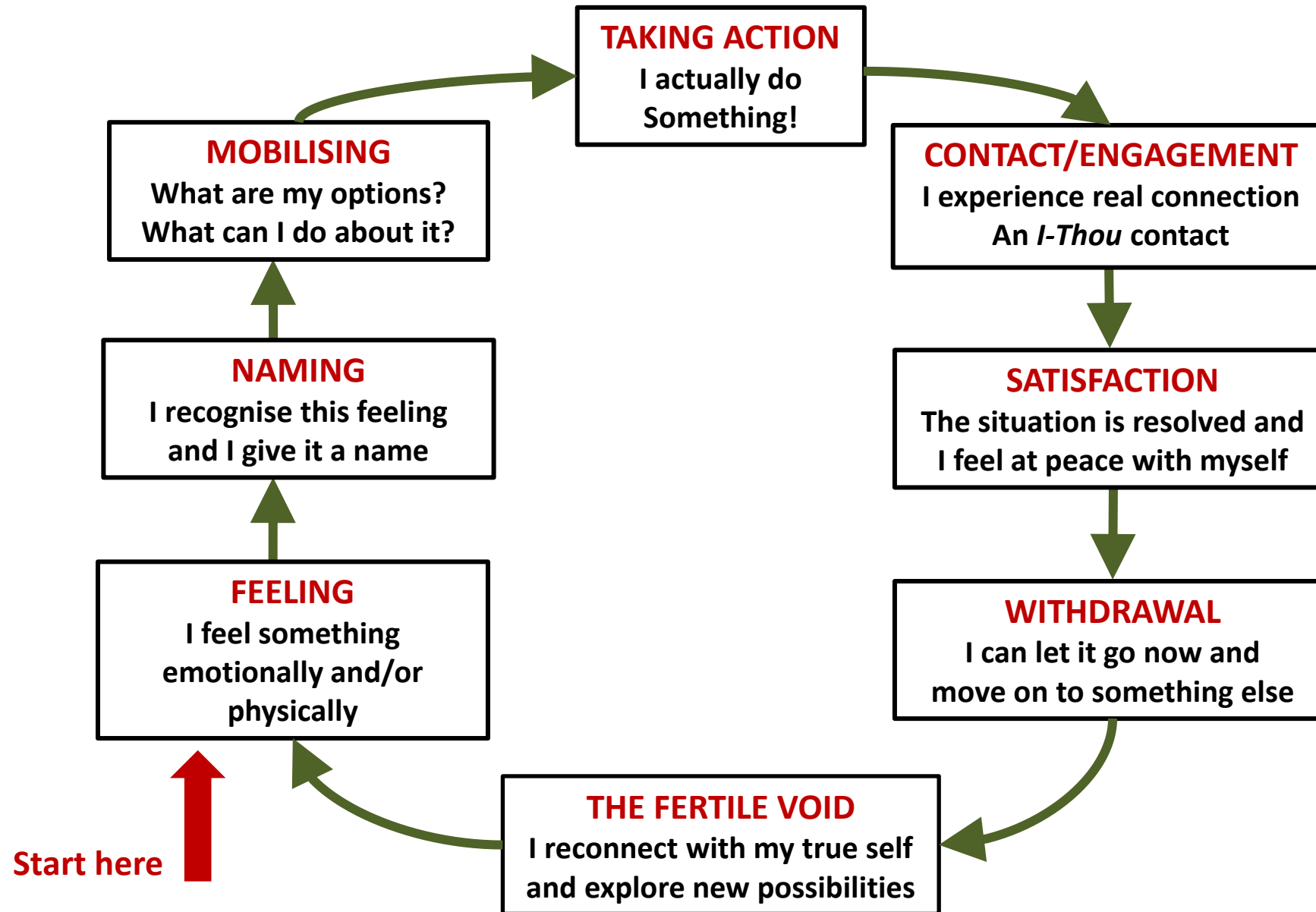
**Comments/
Questions**



The Gestalt Cycle of Awareness



THE GESTALT CYCLE OF AWARENESS



THE GESTALT CYCLE OF AWARENESS

Agitated, anxious person
mobilises excess energy but
can't take action

MOBILISING
What are my options?
What can I do about it?

BLOCK

NAMING
I recognise this feeling
and I give it a name

BLOCK

FEELING
I feel something
emotionally and/or
physically

Start here



TAKING ACTION
I actually do
Something!

BLOCK

CONTACT/ENGAGEMENT
I experience real connection
An *I-Thou* contact

BLOCK

SATISFACTION
The situation is resolved and
I feel at peace with myself

BLOCK

WITHDRAWAL
I can let it go now and
move on to something else

BLOCK

THE FERTILE VOID
I reconnect with my true self
and explore new possibilities

A person who goes from
relationship to relationship
without engaging fully

The workaholic who
never feels satisfied and
keeps starting a new
project

A person who needs to
be in control, cannot
let go of role/
relationship... cannot
surrender to the
unknown

Person with disordered
eating calls emotional
pain "hunger"

Trauma survivor
cut off from body
feelings
(Desensitisation)



The Cycle of Awareness

with Katy Bodman

**Goodbyes
we never
said**

**Messages
we didn't
send**

**Debts we
didn't
repay**

**Apologies
we never
made**

**Promises
we didn't
keep**

**Words we
never
spoke**

**UNFINISHED
BUSINESS**

Pause for Reflection



Share in Buddy Groups Option 1 Practice

Would you like to try working with the Cycle?

Choose a counsellor and a 'client' and have a go!

15 minutes



Share in Buddy Groups Option 2 Discussion

1. Share your thoughts on the Gestalt Cycle of Experience / Awareness.
2. Which parts do you relate to most? Where do you block?
3. How did you relate to Katy's experience?
4. Would you use this with your clients?

15 minutes



BREAK TIME



15 MINUTES



**Comments/
Questions**

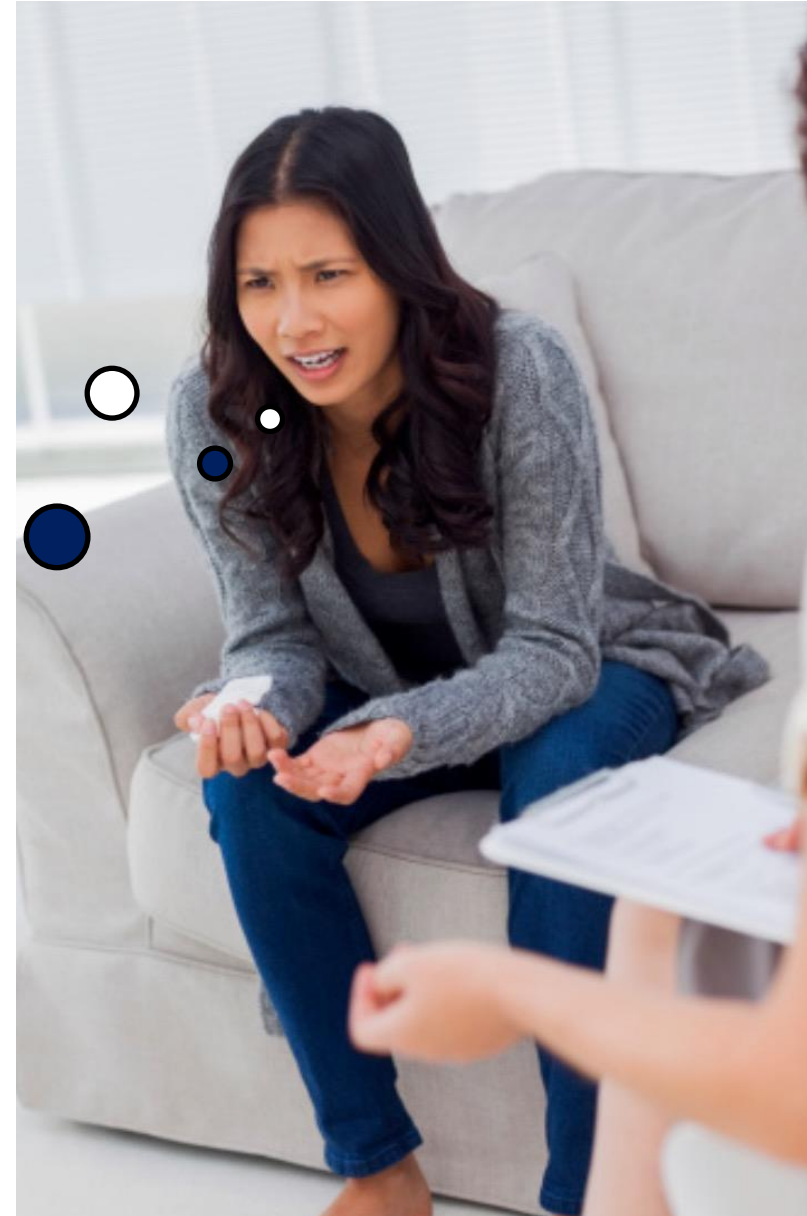
THE EMPTY CHAIR



THE EMPTY CHAIR : UNFINISHED BUSINESS

*What do I really
want to say to
you?*

*How do you see
me? What might
you say back to
me?*



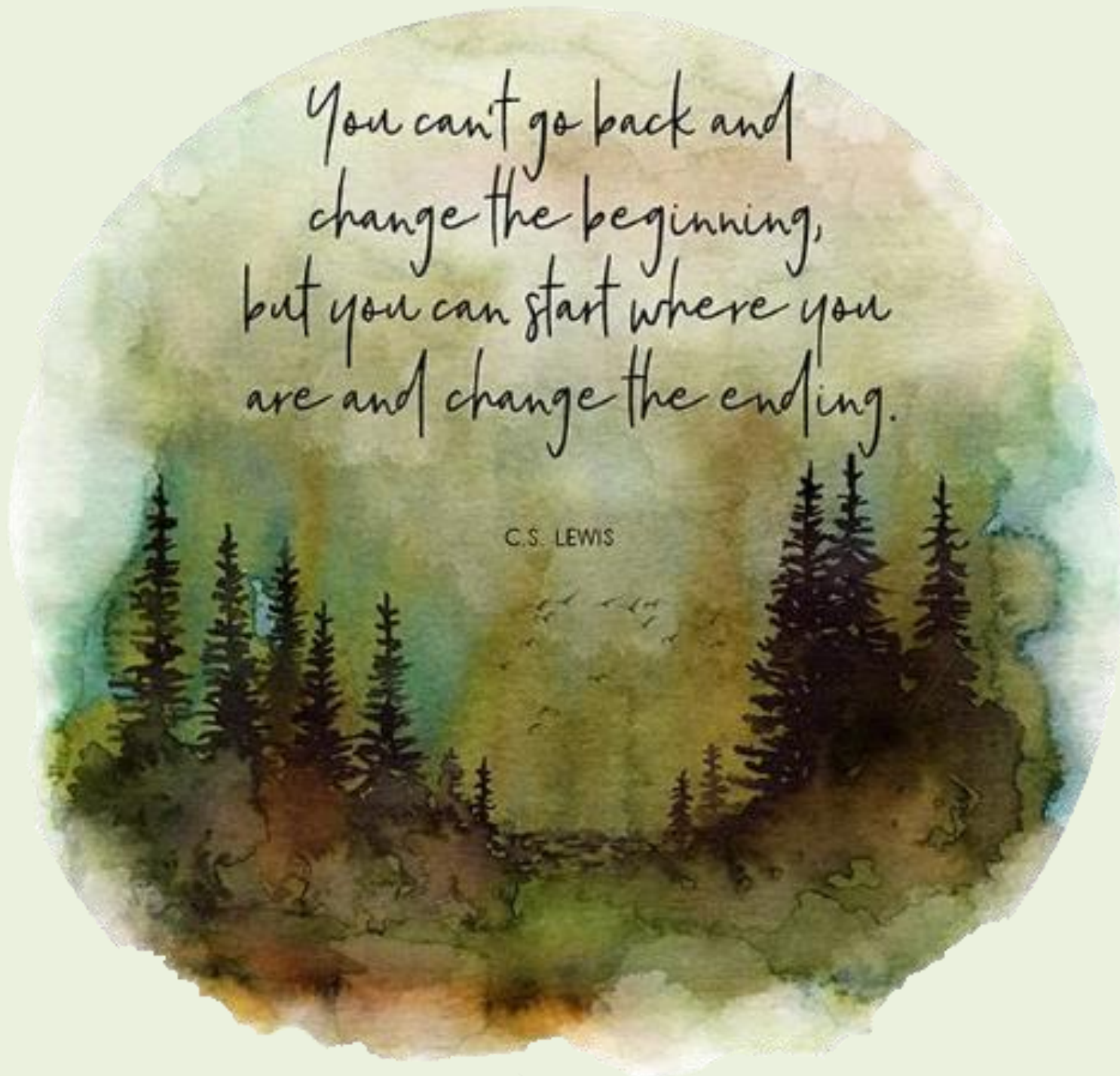


Healthy Ways of Experiencing Life

- Live in the 'now'
- Live in the 'here' of the immediate situation
- Accept yourself as you are
- See your environment and interact with it as it is, not as you wish it to be
- Be honest with yourself
- Express yourself in terms of what you want, think and feel, rather than manipulating yourself and others through rationalisations, expectations, judgements and distortions

You can't go back and
change the beginning,
but you can start where you
are and change the ending.

C.S. LEWIS



Share in Buddy Groups Option 1 Practice

Would you like to try working with the Cycle?

Choose a counsellor and a 'client' and have a go!

15 minutes



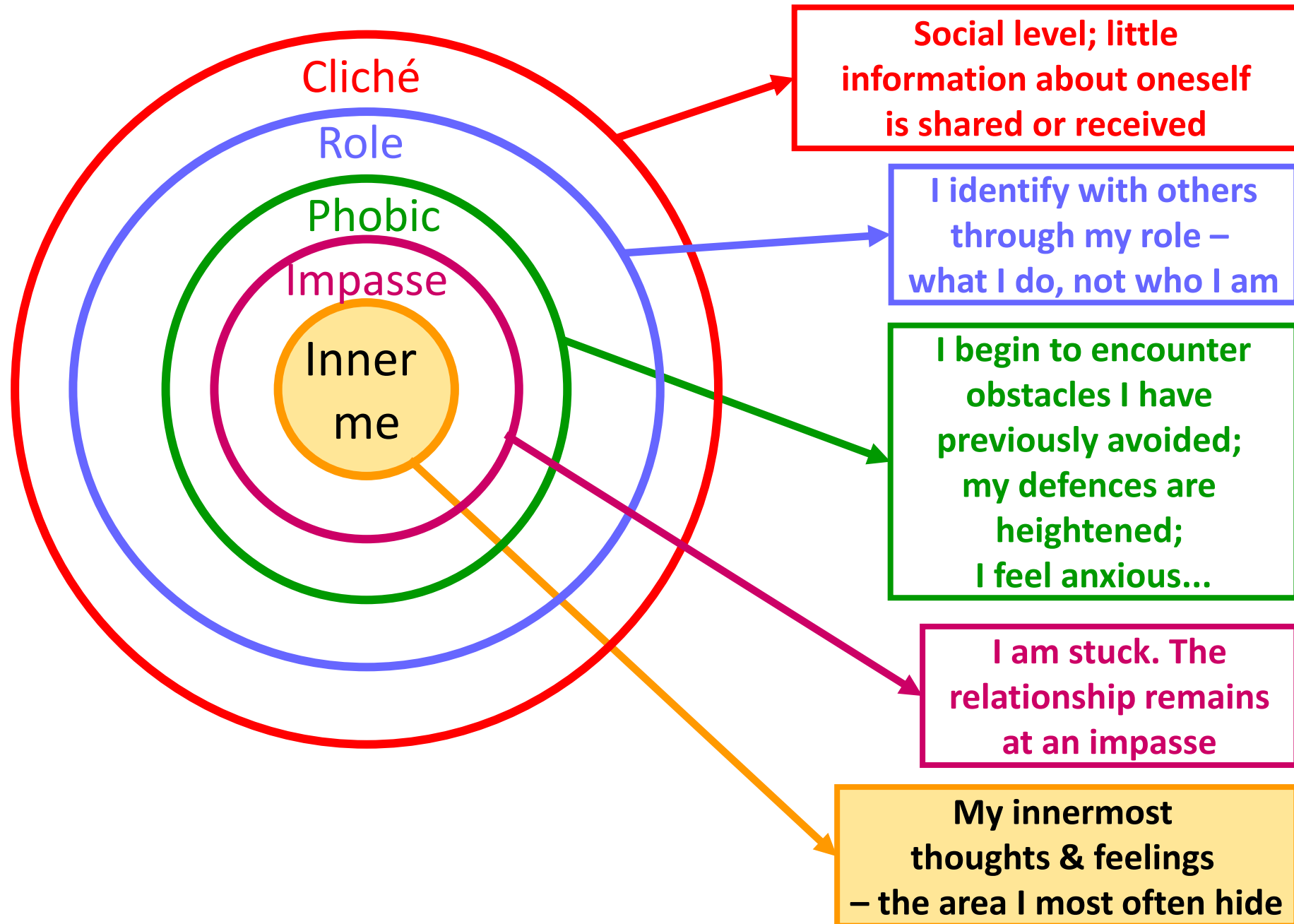
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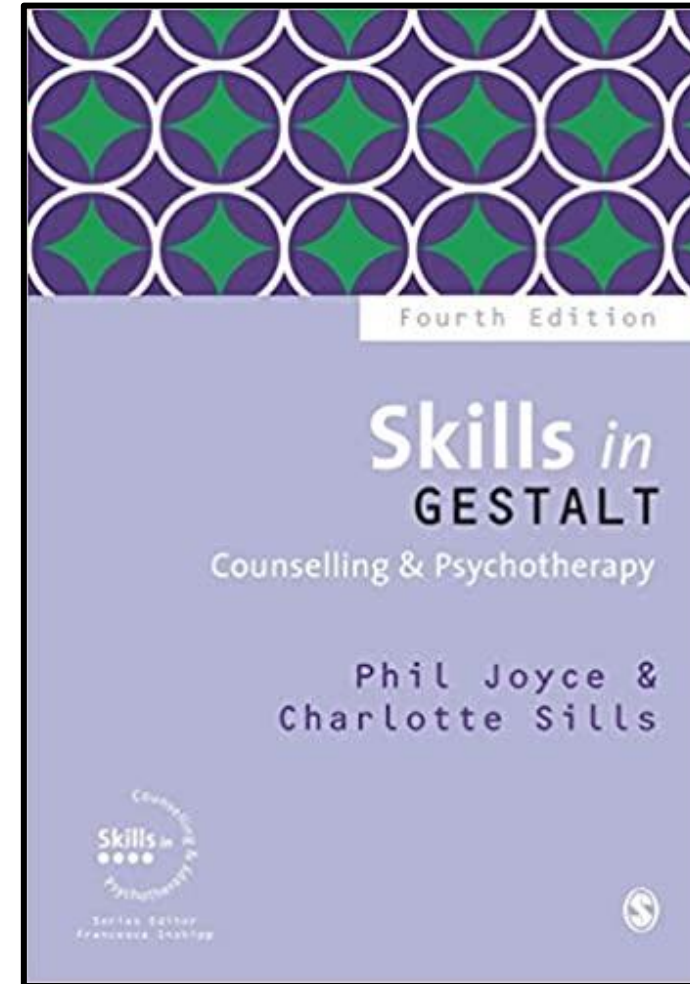
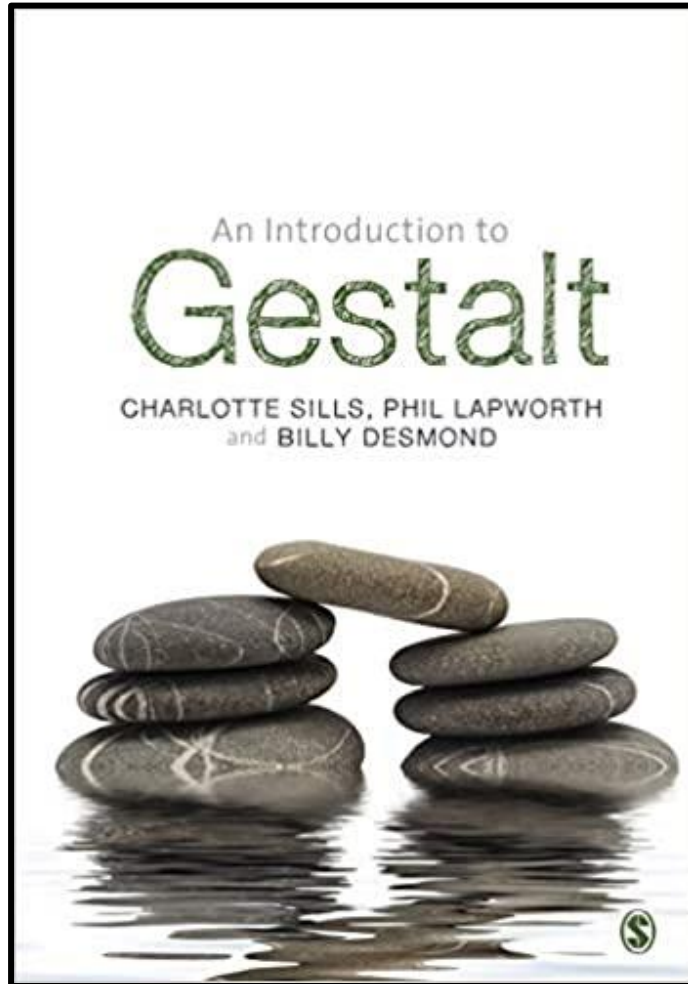
WHO AM I WITH YOU?





Resources

What can I read?





PACT LTD

Original & Creative Counselling Resources

www.pact-resources.co.uk



Erikson's Life Stages



Wheel of Life



Working with Animal
Figures Online Pack



Therapeutic Sandscapes™
Online Pack

Instant Online Training Videos from Deep Release

Buy 2 get 1 free on all videos – discount automatically applied at checkout



Disordered Eating and Attachment – Training Video

£30.00



Working Creatively with Dreams – Training Video

£30.00



Working Creatively with Aspects of Self – Training Video

£30.00



Mending Broken Relationships – Training Video

£30.00



Using TA Creatively in Counselling – Training Video

£30.00



Working Creatively with the Inner Child in Counselling Training Video

£30.00

3 videos for the price of 2!



Working Creatively with Blocked Anger – Training Video

£30.00



Working Creatively with Nesting Dolls in Counselling – Training Video

£30.00



Working with Gestalt in the Counselling Room – Training Video

£30.00



Attachment Behaviour in the Counselling Room – Training Video

£30.00



Narcissism and Echoism – Training Video

£30.00



Working with Loss and Grief – Training Video

£30.00



**A Creative Guide
to working with the
Inner Child**
for Counsellors and Psychotherapists



Pauline Andrew

A Creative Guide to
Working with the Inner
Child

£11.50



**A Creative Guide
to working with
Blocked Anger**
for Counsellors and Psychotherapists



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A Creative Guide to
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Anger

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**A Creative Guide to
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- Please answer the joining questions!



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- Please subscribe!

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YOUTUBE CHANNEL

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- Videos on Life, the Brain and Relationships
- Please subscribe!



05
JUL



Online Event

Ethical Dilemmas in Supervision
Tues July 5

From: £10.00

July 5, 2022
9:30 am - 1:00 pm

09
JUL



Online Event

Introduction to In Womb and Birth Trauma for Counsellors
Sat July 9

From: £20.00

July 9, 2022
9:30 am - 1:00 pm

16
JUL



Online Event

Psycho-integration for Counsellors with Dr Chris
Sat July 16

From: £10.00

July 16, 2022
9:30 am - 1:00 pm

**Book your
place now!**

deeprelease.org.uk

Please send us
your feedback!



Contact us:
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Thank you

