



# Gestalt Institute of New Zealand

Registered as a Private Training Establishment by NZQA & GANZ

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## OVERVIEW AND INTRODUCTION

### PHILOSOPHIES

1. Gestalt Therapy is committed to the philosophy that mental health depends on the holistic integration of the person's mind, body and soul.  
This is appreciated within the field of that person's whole life, with regard to family and culture, stage of development, and life experiences.  
The interplay of the unaware and aware, (unconscious and conscious) thoughts, behaviour and emotions are paramount.  
Out of this arise an appreciation of differences in clients' needs and an awareness of the impact of culture.
2. Intuition is a valid response, and needs to be supported by a sound knowledge base.
3. Responsibility is of vital importance:
  - Teachers are responsible for preparation, planning, teaching and support of trainees.
  - Trainees take responsibility for learning and integration of learning.
4. Personal awareness is a keystone of Gestalt therapy.
5. Gestalt therapy is a humanistic psychotherapy acknowledging that the human spirit, in the right environment, will grow in wisdom, health and confidence.

### AIM

1. To provide an introductory training experience in Gestalt Theory and Practice and introduce participants to the core concepts of Gestalt theory.
2. To assist participants to develop increased self awareness, in relation to their personal functioning and their interpersonal styles of relating to others and the group
3. To assist participants to relate the core principles of gestalt Therapy theory to their own process and to the group.
4. To provide participants with opportunities to observe and experience the gestalt Therapy approach as demonstrated by experienced practitioners.

The course will be at the level of tertiary education (Level 7).

### OUTCOME

On Successful completion of the Certificate course participants will have an initial understanding of Gestalt Therapy theory, and a deeper understanding of self and their inter relationships with others. .  
Learning Outcomes:

- a. Have an increased awareness of personal intra-psycho processes
- b. Be able to identify personal themes and repeating patterns of behaviour.
- c. Be able to relate these processes to the core Gestalt therapy concepts.
- d. Demonstrate an awareness of interpersonal processes and relationship styles within the group.
- e. Demonstrate a mature and adaptive functioning of the self in relationship to others, showing a respect for the others values, beliefs and culture.
- f. Have a sense of emotional stability, creativity and playfulness.