

## OVERVIEW OF TRAINING

### Introductory Certificate to Gestalt Theory and Practice

Note: This course is approved and accredited by New Zealand Qualifications Authority

#### TRAINING FOCUS

	<b><u>INTRODUCTORY CERTIFICATE</u></b>
<b>TIMEFRAME IN YEARS</b>	<b>1 Year</b>
<b>SCHEDULED AND SUPERVISED STUDY PER YEAR</b>	176 hours
<b>SELF DIRECTED STUDY PER YEAR (minimum)</b>	200 hours
<b>TOTAL HOURS PER YEAR</b>	376 hours
<b>PRE-REQUISITES for Introductory Certificate participants</b>	<ul style="list-style-type: none"> <li>▪ Mature outlook</li> <li>▪ Sufficient education</li> <li>▪ No abuse of substances</li> <li>▪ No anti-social acts</li> </ul>
<b>PERSONAL PROFESSIONAL DEVELOPMENT (PPD)</b>	<ul style="list-style-type: none"> <li>▪ Group work</li> <li>▪ Personal Therapy</li> </ul>
<b>ACADEMIC</b>	<ul style="list-style-type: none"> <li>▪ 1 assignment on Basic Gestalt Theory Concepts</li> <li>▪ 1 Creative Presentation</li> </ul>

**Scheduled, Supervised and Self-directed study includes:**

GT = Gestalt Theory

PPD = Personal Professional Development

## TRAINING COMPONENTS

TRAINING COMPONENTS	INTRODUCTORY CERTIFICATE
<b>GESTALT THEORY AND PRACTICE (GT)</b>	<ul style="list-style-type: none"> <li>▪ Introduction to Gestalt Theory</li> <li>▪ Practicing empathy</li> <li>▪ Giving and receiving constructive feedback</li> <li>▪ Active listening</li> <li>▪ Participants perspective of interactive process</li> </ul>
<b>PERSONAL PROFESSIONAL DEVELOPMENT (PPD)</b>	<ul style="list-style-type: none"> <li>▪ Group work</li> <li>▪ Personal Therapy</li> <li>▪ Personal Development</li> <li>▪ Developing high levels of awareness</li> <li>▪ Interactive experiential personal development</li> <li>▪ Development of creativity</li> </ul>