

STRUCTURE OF THE COURSE

Introductory Certificate

AN INTRODUCTION TO GESTALT THEORY AND PRACTICE

Total hours: 376 per year made up as follows:

- i) Scheduled
 - 18 x 3 hours led, personal experiential groups (54 hours per year)
 - 1 x 6 hour theory and group building day
 - 3 x 4 day workshops (96 hours per year)
- ii) Supervised
 - 1 Creative assignment per year relating to your personal growth, learning and understanding of Gestalt Theory (10 Hours)
This may be written work or expressed in any other creative way.
 - This creative work forms a lively part of your group experience.
 - One Assignment on Basic Theoretical Concepts
(See Core Component: Gestalt Therapy) - (10 hours minimum)
- iii) Self-directed learning: 200 hours minimum

	<u>hours per year</u>
Scheduled and supervised work	176
Self directed learning	200

This is a stand alone module and does not entitle participants to progress to the Gestalt Psychotherapy Diploma Training.

If toward the end of the year you are considering ongoing Gestalt study as an option please have a conversation with the Director of Training as successful completion of the Introductory Certificate is a pre-requisite to the Diploma training.