

Advanced therapy group

with **Graham Colbourne**

This exciting new, ongoing advanced group (up to 12 people) will meet four times a year for three days. It will interest people wishing to work in areas which have been elusive or difficult. The group will bring a level of sophistication which will support exploration of early experiences which are significant in current life, where growth can be maximised. Graham is skilled in working with embodied relational process, attending to emergent process, and supporting creative exploration using a variety of media. This will be a place for exploring the gamut of human experience: love, fear, destructiveness, loss, holding, nourishment, joy and the possibility of authentic and compassionate relationship.

Applications are welcome from people who have already spent time travelling this path of growth, e.g. have undertaken a training in counselling or psychotherapy and/or are familiar with receiving support and taking risks towards wholeness.

Location: Edinburgh Gestalt Institute.

Dates: 18-20 Nov 2016; 3-5 Feb 2017; 14-16 April 2017; 2-4 June 2017

Time: 9:30am-5pm.

Cost: £1280 including a non-refundable deposit of £200.

Evening conversations

Spirituality and psychotherapy: intersecting paths to wholeness?

In this third year of our popular evening conversation series, we will be exploring the relationship between spirituality and psychotherapy. Where is the common ground? Where do the paths diverge? Are there places where psychotherapy can't or shouldn't go? Are there paths which psychotherapy is best placed to lead on? We will reflect on these questions with regard to the role of the therapist; the theoretical and spiritual framework of each approach; the kind of conversations and

activities which can be supportive for clients, and the spiritual orientation/style of the practitioner. There will be opportunities for questions, discussion and mingling. Drinks and nibbles will be provided. All biographies are in our programme and on our website

Location: Edinburgh Gestalt Institute.

Dates: Thurs 3 Nov 2016: **Wendy Robertson Fyfe** and **Mary Turner**.

Thurs 9 March 2017: **John MacFadyen** and **Kirsteen Greenholm**

Thurs 1 June 2017: **Theo Dijkman** and **Graham Colbourne**.

Times: 6:30 - 9:30pm.

Cost: £15 per event or £30 for booking all three events.

Fortnightly therapy group

with **Dawn Wilson** and **Jan Cassidy**

This group is a regular space to explore life themes and learn more about 'how I relate to others and the wider world'. Being in a group offers a unique opportunity to explore, share, support and work on themes as they arise in the here and now. We will explore thoughts, feelings, wishes, longings, reactions and experiences. There is the chance to develop new relationships and a shared sense of purpose and journey. Potential themes include: intimacy, isolation, anger, anxiety, difference, joy, fun, shyness, shame, guilt, grief, loss, belonging, love, fear, spirituality and sexuality. There is space for individual interests and whatever is brought alive by your experience within the group. We will attend to relational processes in the group, whilst inviting creativity and curiosity. This group can provide therapeutic experience in itself, or provide additional support to the work of individual therapy.

Location: Edinburgh Gestalt Institute

Dates: Thursday 25th August 2016, and fortnightly thereafter 6:00pm-9:00pm

Cost: £45.00 per session

Existentialism: dilemmas and delights

with **Graham Colbourne**

Graham will facilitate an extended philosophical and practical exploration of the human condition and the implications of existentialism for therapeutic practice. He will offer an overview of European existential thinking, including pertinent aspects of the mystical traditions and mindfulness.

The workshop will focus on how existential polarities and dilemmas (e.g. freedom-limitation, death-aliveness, isolation-connection and meaninglessness-meaning) are intrinsic to our being-in-the-world. These themes will be addressed as lively, significant aspects of being together in the workshop, and will be explored at personal, interpersonal and group levels. This will involve embodied attention to emerging relational experience and creative experimentation, including relevant exercises from spiritual practices. This experiential work will be integrated with clinical theory and applied to therapeutic practice. This workshop will benefit people with experience of personal therapy, training in any therapeutic modality, and willingness to enter into creative uncertainty during the learning process.

Location: Edinburgh Gestalt Institute.

Dates: 17-19 March 2017.

Time: 9:30am-5pm.

Cost: £315 including a non-refundable deposit of £100.

Playing: possibility, transformation and the unexpected

with **Kirsteen Greenholm**

The capacity to move into play is central to creative experiment in gestalt psychotherapy... yet many therapists experience fear, shame,

anxiety, frozenness, limitation and/or a desire for more range when moving towards playfulness. This mainly experiential workshop will offer support for exploring and extending your ability to play. This will include exploring relational our histories around play, working/playing with a wide range of creative approaches and materials, and support for mobilising into playfulness with adult clients. We will extend our capacities to not-know, sort-of-know and open to the flow of experience. We will work within an embodied relational therapeutic paradigm, and aim to integrate playfulness in a way that allows our clients, and ourselves, to open to novelty, fun, spontaneity, connection, attachment, learning and widening possibilities. You are welcome whatever your capacity to play. This workshop will benefit trainee and qualified psychotherapists from any modality.

Location: Edinburgh Gestalt Institute.

Dates: 26-27 August 2017.

Time: 9:30am-5pm.

Cost: £235 including a non-refundable deposit of £100.

A dialogue with diagnosis: a field-theoretical approach to emotional understanding with Laurence Hegan

"We cannot avoid using power, cannot escape the compulsion to afflict the world, so let us, cautious in diction and mighty in contradiction, love powerfully." Martin Buber

At the heart of relational psychotherapeutic approaches' is a belief that human beings are born with an intrinsic desire for intimacy and attachment. The world that we inhabit is endlessly unpredictable and the impact on relationships results inevitably in human suffering. As psychotherapists our focus is on the phenomenological worlds of our clients as we attempt to understand the nature of their specific suffering. In doing so our emotional equilibrium can be disrupted and our diagnostic frameworks offer support in the face of what might be unbearable.

In this experiential and practical workshop participants will be given opportunities to focus on meaning making in more complex ways than merely as 'a knowing' clinician labelling phenomena into diagnostic categories as they emerge. Rather emphasis will be placed on focussing

on the aesthetics of each relational situation to find a deeper emotional understanding guided loosely by our diagnostic knowledge.

Location: Edinburgh Gestalt Institute.

Dates: 11-12 February 2017.

Time: 9:30am-5pm.

Cost: £235 including a non-refundable deposit of £100.

This Precious Sense called Life: Enchantment and Eros in Gestalt Theory and Praxis

with **Sally Denham-Vaughan**

We live in a complex, dynamic and fluid world, alive with creative possibilities, (enchanted), some of which we can support into vibrant aliveness (eros). In psychotherapy, we sense these possibilities through our embodied presence as we co-emerge in dialogue. We have the privilege, and share the responsibility, of witnessing the creative possibilities that are engaged and those that are not. Some are loved, some are lost and many must be let go. This experiential workshop will focus on deepening our experience of being alive, being erotically engaged in our lives and ready to respond to calls from the field. We will practice paying exquisite attention to this enchanted world, noticing our choices concerning what we support and what we overlook. The ethical implications will be explored with reference to the philosophies of Levinas, Badiou and gestalt theory.

The workshop is suitable for trainees, qualified psychotherapists and organisational practitioners from all modalities

Location: Edinburgh Gestalt Institute.

Dates: 2-3 April 2016.

Time: 9:30am-5pm.

Cost: £225 including a non-refundable deposit of £95.

To book a place on our workshops or if you would like further information, please contact EGI on our website www.egi.uk.com. Alternatively call us on 0131 228 3841.