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A Gestalt Integrative Framework for Couple Therapy

This couple therapy training is created to support therapists in working with a field that is recognized as the most demanding therapeutic situation.

Module 1: The Therapeutic Relationship: A Relational Process Method

Couple therapy is the most complex and vulnerable of therapeutic situations due to the presence of the significant other. In the first module we work with the therapeutic relationship; what it demands in couple therapy and how it is different from individual therapy.

Module 2: A Gestalt Integrative Framework for Couple Therapy

This module builds on the first module and the Relational Process Method, and we are exploring the Gestalt Integrative Model of Phenomena that implements attachment-, trauma- and gestalt theory to support therapists in finding and grading interventions in clinical practice. The training is practice-near, and we will reflect on theory in light of experimental work in smaller groups.

Module 3: Traumatized Couples, Intimacy and Autonomy

In this module of four days we look at how to be with and support stagnated and rigid couples towards intimacy and autonomy in contacting processes.

Trainer:



Vibeke Visnes, Dr. psych, Gestalt Therapist, supervisor and trainer at the Norwegian Gestalt Institute. In addition to her training as a therapist and supervisor from the Norwegian Gestalt Institute, Vibeke has done Advanced Training in Developmental Somatic Psychotherapy with Ruella Frank and supervision training with Margherita Spagnulo Lobb. In her doctoral work Vibeke has created a Gestalt framework for couple therapy based on theory-building case study methodology.

Maximum number of participants: 12

Dates:

Module 1: November 17 – 19, 2023 (3 days)

Module 2: February 15 – 17, 2024 (3 days)

Module 3: March 14 – 17, 2024 (4 days)

Hours: 10.00 - 17.00

Venue:

Gestalt Center Budapest
1145 Budapest, Törökőr u. 55.

Application deadline:

September 30., 2023

Program fee for the 3 moduls:

1350 Euro (+VAT) – normal fee

1200 Euro (+VAT) – early bird paid before June 30.

For more information about the program:

www.visnes.no

Register here:

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