



the minster centre
psychotherapy • counselling • training

Claire Asherson Bartram

**A TASTE OF GESTALT THERAPY: AWARENESS, CONTACT AND THE
HERE AND NOW**

Saturday 21st July 2018

10am to 5pm

Gestalt is a German word meaning 'whole' in the sense of the whole being a sum of its parts. It has a robust theory and emphasises creativity, and awareness of what is happening in the here and now. Gestalt practitioners devise creative experiments – explorations that stretch the boundaries of what is familiar into new territory. Contact and boundaries are important in Gestalt theory and its practitioners have a reputation for being direct, relational and welcoming authentic encounter.

On this workshop we will explore key aspects of Gestalt through experiential exercises and discussion. Participants will be supported to pay attention to their emotional and physical feelings throughout the day and to engage in dialogue that focuses on what is taking place in the present. The aim is for participants to have a practical introduction to Gestalt and to gain a sense of its contribution to therapeutic practice and human potential.

Claire Asherson Bartram DPsych: I am a therapist, group facilitator, supervisor and tutor at the Minster Centre. I qualified with a diploma in Gestalt Therapy in 1991 and have a degree in music and a doctorate in Psychotherapy through Metanoia Institute (2009). I have been through my own years of therapy and find that learning about myself and others never stops. Key points of my life's journey include being a hippy in the late sixties, a busker, meditation, an administrator for Brent MIND, a single parent, a stepmother and now a grandparent. What I have always loved about Gestalt is its immediacy, liveliness and the depths of exploration and contact that can arise through its practice.

COST: £95 (non-members), £80 (members), MC Students £50.

Please contact reception@minstercentre.org.uk to reserve a place.
Venue: The Minster Centre, 20 Lonsdale Road, Queen's Park, London, NW6 6RD

CPD CERTIFICATES WILL BE PROVIDED

The Minster Centre - Pioneers of Integrative Training since 1978

We are proud to offer a unique perspective on psychotherapy and counselling training, as we combine a strong theoretical integrative grounding with an emphasis on the importance of experiential learning.