

Gestalt Therapy Institute of Los Angeles 2009-2010 Salon Series

"What's a Gestalt?" Led by Stephanie Sabar, MSW, LCSW

Thursday, October 1, 2009 7:30-9:00 PM

"What's a Gestalt?" What does Gestalt mean? I have even been asked, "Who was Gestalt?" When asked this kind of question, do you find yourself tongue-tied or stuttering, vainly trying to explain a term you frequently use, yet secretly have no idea what it really means? If so, join me in tracing the journey of this concept from Gestalt theory in philosophy, to Gestalt psychology, and finally to its arrival in Gestalt therapy. With the help of concrete examples of Gestalts, you will be surprised to find out how easy it is to understand and explain what this seemingly esoteric term means. **STEPHANIE SABAR, MSW, LCSW** has worked in social service agencies with the sick, the elderly, people with HIV/AIDS, hospice patients, and their families. Now retired, she is writing a handbook of Gestalt therapy terminology.

"A Dialogic Approach to Group Therapy" Led by Mark Winitzky, LMFT

Thursday, November 5, 2009 7:30-9:00 PM

Dialogue is a cornerstone of gestalt therapy, but is usually discussed as something that happens between two people. Group work presents us with a multiplicity of "betweens" and a chance to explore our awareness of self and other within a rich and ever-changing network of relationships. We will consider what happens when a group leader attempts to maintain a dialogic attitude, we will share ideas about how this attitude might contribute to growth, and we will explore what happens when we bring these ideas into group process.

MARK WINITSKY, LMFT, has a private practice in Westwood and volunteers at the Southern California Counseling Center, where he has over 600 hours of experience leading groups. He serves on the GTILA board and on the Education and Training Committee of the Los Angeles Group Psychotherapy Society. He is in his third year of gestalt training at PGI.

"Leadership Coaching and Gestalt Theory" Led by Brian Buckley

Thursday, January 14, 2010 7:30-9:00 PM

Unitarian Universalist Church in Santa Monica 1248 18th Street (at Arizona), Santa Monica, CA 90404

(in the green and white building to the right of the church)

Some coaching is merely a method of setting goals and making plans to achieve them. I believe this doesn't work because there is no behavioral change - we revert to old habits, particularly in tense and stressful times. Gestalt theory and concepts are integral to my work and effectiveness as a coach. Concepts such as presence: a leader's awareness of how they are communicating and how this enables them to act with intention, sending out the messages they want. I use the dialogic (I/Thou) method to help clients have meaningful contact and learn how that builds trust. I help my clients understand the power of multiple realities and how to work with resistance. In this Salon I will give examples of how I incorporate these concepts into my work with leaders of organizations, and we will try out some of the exercises I find to be most valuable.

BRIAN BUCKLEY brings over 25 years of experience leading a multi-million dollar printing company to executive coaching and leadership development. He is a graduate of the International Gestalt Coaching Program at the Gestalt Institute of Cleveland (one of the few ICF accredited programs in the country), and has completed three years of Gestalt Therapy Training as well as continuing education credits with the Newfield Network in Boulder, CO. Brian serves on the GTILA board.

"Anxiety!" Led by Michelle Lang, LMFT and Christine Campbell, LMFT

Wednesday, February 3, 2010 7:30-9:00 pm

at Wheel of Wellbeing 1575 Westwood Blvd., Suite 303, Los Angeles, CA 90024

We see people suffering from anxiety every day in our practices. How does Relational Gestalt conceptualize anxiety? How does Buddhism make sense of it? Can we rationalize our way out of it, as Cog-B promises? What does Dan Siegel have to say about anxiety and implicit memory? In this Salon we'll explore this uncomfortable and common experience—and share perspectives and effective practices we use to help our clients suffer less. **CHRISTINE CAMPBELL, ATR, LMFT**, works with individuals, couples, groups, and children using a relational gestalt therapy approach. She has practiced for 20 years, as an art therapist, as the director of a number of outpatient mental health centers, and in private practice with offices in Westwood and Burbank. Christine is a former GTILA President. www.christinecampbelltherapy.com

MICHELLE LANG, LMFT, has a private practice in Burbank serving individuals, children, families and couples. She gives workshops to new parents and parents of new teens. Relational Gestalt and Buddhist Psychology inform her work. She is the current President of GTILA. www.michellelangtherapy.com

"Dreams and the Spiritual Path" Led by Janice Roosevelt Gerard, Ph.D.

Thursday, March 11, 2010 7:30-9:00 PM

at Wheel of Wellbeing 1575 Westwood Blvd., Suite 303, Los Angeles, CA 90024

Sharing our dreams with others can extend our awareness to experience higher levels of consciousness where healing energies can be found, used and distributed. We can invoke these healing energies directly and use them in our everyday life. The presentation will include experiencing guided imagery and symbolic visualization to further build our skills in working with dreams and invoking their healing powers. **JANICE ROOSEVELT GERARD, Ph.D.** is a licensed Clinical Psychologist and trainer in private practice in West Los Angeles and is a past President of GTILA. She received her Doctorate in Psychology in 1986 from the California School of Professional Psychology-Los Angeles and became a Certified Gestalt Therapist in 1994. For many years she has led training groups, workshops and has presented at international conferences on the subjects of Gestalt Dreamwork and transpersonal psychology. She is currently writing a book about her experiences with her dream groups.

"Gestalt Therapy and Teen Angst" Led by Chris Massey, MFTI and Nina Rubin, MFTI

Thursday, April 8, 2010 7:30-9:00

at Wheel of Wellbeing 1575 Westwood Blvd., Suite 303, Los Angeles, CA 90024

Do you work with teenagers who routinely report problems with explosive anger, defiance toward parents and teachers, and oppositional attitudes in the home? Working with this population, we have found ways to cut through the immediate anger and help teens (and their parents) find words for their feelings, thoughts, and behaviors. Our talk will help you conceptualize your cases differently and meet your clients where others often miss. Join us in melding the wholeness of Gestalt Therapy and teen angst, allowing you to better serve your clients.

CHRIS MASSEY, MA, MFTI, does work in-home and in the community with adolescents, children, their families/teachers/doctors and sometimes their friends and pets, as a clinician with SFVCMHC, Inc. Children's FSP division. Chris has previously worked with adolescents, children and adults in dual diagnosis residential rehab, outpatient community clinic, and educational/residential placement settings. He has completed two years of training with PGI and is in his second year on the board of GTILA.

NINA RUBIN, M.A., MFTI, currently works in West Los Angeles in a private practice setting with adults and couples, and at a mental health agency with foster children and their parents. Nina is in her third year of Gestalt training at the Pacific Gestalt Institute and serves on the GTILA board.

"Wondering How Gestalt and Narrative Therapies Compare? Join the Conversation!"

Thursday, May 6, 2010 7:30-9:00

Led by Ann Bartelstein, LMFT and Kathie Adams, LMFT at Wheel of Wellbeing 1575 Westwood Blvd., Suite 303, Los Angeles, CA 90024

Join us for this conversation as we explore the similarities and differences in Gestalt and Narrative Therapy. Make this a lively and participative Salon by bringing your questions and ideas, and involving yourself in the dialogue. **ANN BARTELSTEIN, LMFT and Certified Gestalt Therapist** is in private practice in West L.A. For the last two years she has been a teaching assistant at Pacific Gestalt Institute and teaches an Introduction to Relational Gestalt Theory & Therapy Workshop at Antioch University. www.annbartelstein.com

KATHIE ADAMS, LMFT, is in private practice in West Adams—near USC, downtown & Larchmont. She provides supervision at Southern California Counseling Center and has an interest in the transgendered community. www.kathieadams.com

**All Salons are free--\$5 for CEU processing
RSVP to Christine Campbell at 323-309-5138 or chirsanncampbell@sbcglobal.net**