


# Certified Practitioner of Gestalt Therapy Skills

**14-Day Online Immersive Training**

*Lose your mind and come to your senses*  
-Fritz Perls

*Transform Your Practice. Deepen Your Presence. Empower Lasting Change.*



**TODAY /**  
do great work  
don't waste time  
be kind  
make it happen  
be awesome  
do what you love

# Welcome to a Transformative Journey

Are you ready to unlock a powerful, experiential approach to therapy and personal development?

Our Certified Practitioner of Gestalt Therapy Skills is an immersive 14-day online training designed for professionals seeking to deepen their impact and transform their practice.

## Program at a Glance

- Duration: 14 Days (3 hours/day)
- Time: GST: 05:30 PM to 08:30 PM  
IST: 07:00 PM to 10:00 PM  
EST: 08:30 AM to 11:30 AM
- Format: Live Online via Zoom
- Dates:
  - Part 1: March 3 - 9, 2025
  - Part 2: May 9 - 11, 2025
  - Part 3: May 15 - 18, 2025
- Certification: International Certification from IAPCCT, USA



# Understanding Gestalt Therapy

## Core Principles:

- Present-moment awareness ("Here and Now")
- Integration of mind, body, and emotions
- Personal responsibility and authenticity
- Experiential learning and discovery

## Transformative Techniques:

- Resolution of inner conflicts
- Integration of unfinished business
- Enhancement of relationships and communication
- Activation of creative potential and embodied wisdom

# THE REVOLUTIONARY ORIGINS OF GESTALT THERAPY

In the conformist landscape of post-World War II psychotherapy, Gestalt Therapy emerged as a revolutionary force.

When psychoanalysis dominated with its rigid structures and past-focused approach, Fritz and Laura Perls dared to create something radically different – a therapy that celebrated present-moment awareness, authentic human connection, and holistic transformation.

## Breaking New Ground

**Gestalt Therapy challenged the therapeutic establishment by:**

- Replacing the traditional therapist's "blank screen" with genuine human engagement
- Shifting focus from past analysis to present-moment experience
- Integrating Eastern philosophy with Western psychology
- Introducing innovative techniques like the "empty chair," transforming internal struggles into visible, workable experiences

### Enduring Relevance:

What made Gestalt Therapy revolutionary in the 1950s makes it exceptionally relevant today:

|  |   |
|--|---|
| <b>Then:</b> Challenging rigid social structures | <b>Now:</b> Navigating complex digital realities                |
| <b>Then:</b> Promoting authentic self-expression | <b>Now:</b> Finding genuine connection in a virtual world       |
| <b>Then:</b> Integrating mind-body awareness     | <b>Now:</b> Supporting holistic wellness in stress-filled lives |

# Why Gestalt Therapy Stands Apart?

## **Focus on Experiential Techniques:**

Unlike other therapies, Gestalt Therapy utilizes dynamic, real-time techniques such as the Two-Chair Method to promote immediate insight and resolution.

## **Integration of Somatic Awareness:**

Gestalt Therapy uniquely incorporates body awareness into the therapeutic process, offering a more holistic approach to emotional and psychological healing.

## **Phenomenological Approach:**

Our methodology prioritizes understanding the client's subjective experience without imposing preconceived interpretations, distinguishing it from more directive modalities.

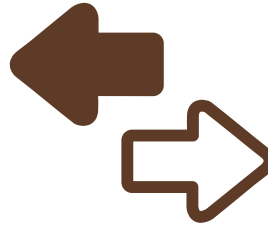
## **Emphasis on Creative Experimentation:**

The approach encourages clients to experiment with new behaviors and perspectives within the therapeutic session itself, setting it apart from more structured or analytical approaches.



# Program Benefits and Outcomes

## Immediate Impact



- Apply Gestalt skills in your practice from day one
- Witness rapid client breakthroughs
- Experience personal transformation

## Professional Growth

- Expand your therapeutic toolkit
- Develop deeper presence and awareness
- Join a global community of practitioners
- Receive ongoing support and resources





# Beyond Benefits

- Personal Healing Through Experiential Learning
  - Achieve unexpected personal breakthroughs
  - Deepen self-awareness
- Enhanced Decision-Making Skills
  - Ground decisions in immediate awareness
  - Improve professional judgment
- Uncovering Latent Creativity
  - Access innovative therapeutic approaches
  - Unlock expressive potential
- Expansive Application Potential
  - Utilize Gestalt techniques across various contexts
  - Adapt skills for different client needs
- Resilience to Emotional Overwhelm
  - Develop composure in challenging situations
  - Maintain therapeutic presence under pressure



# Training Structure & Methodology

Our Online Practitioner of Gestalt Therapy Skills program is designed to provide a comprehensive, immersive learning experience into the principles and practices of Gestalt Therapy.

The training is structured into three phases, each offering a unique focus to ensure a progressive and practical mastery of Gestalt techniques.

## Daily Format:

- Two 85-Minute Sessions
- 10-Minute Break
- Interactive Learning Components
- Reflective Integration
- Progressive Learning
- Immersive Environment

## Key Components:

- Live Demonstrations
  - Modeling techniques
  - Real-time application
- Interactive Group Work
  - Practice with peers
  - Immediate feedback
- Reflective Journaling
  - Deep integration
  - Personal insights
- Personalized Feedback
  - Individual guidance
  - Growth tracking



# Phase 1:

## Foundations of Awareness and Core Technique

**Dates:** 3rd to 9th March 2025

**Duration:** 7 days

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In this foundational phase, participants will be introduced to the essence of Gestalt Therapy.

The focus is on building awareness, mastering core techniques, and fostering a deep connection with the "here and now."

This phase is ideal for beginners and those looking to refresh their understanding of Gestalt principles.

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## Key Highlights



Learn the fundamentals of Gestalt Therapy, including awareness, contact, and embodied emotions.



Practice body-centered techniques to enhance presence and self-expression.



Explore intrapersonal dialogue through techniques like the Empty Chair and Confrontation.



Work with unresolved emotions using the concept of "unfinished business."



Integrate key learnings through reflective practice and group discussions.

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# Phase 2: Advanced Techniques & Systemic Influences

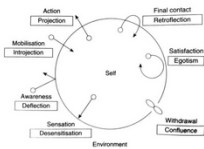
**Dates:** 9th to 11th May 2025

**Duration:** 3 days

Building on the foundational skills, this phase delves into advanced Gestalt techniques and systemic approaches.

You will explore deeper layers of the self, engage with internal polarities, and learn to navigate systemic influences in personal and professional contexts.

## Key Highlights



Understand the Gestalt Cycle of Experience and its practical applications.



Use psychodrama and visualization to bring unconscious material to awareness.



Address internal conflicts with the Pendulum Theory and collapsing polarities.



Discover systemic constellation techniques to explore family and systemic patterns.



Gain insights through extended practice and group reflections.

## Phase 3: Trauma Awareness, Creative Techniques, & Synthesis

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**Dates:** 15th to 18th May 2025

**Duration:** 4 days

The final phase focuses on working with trauma, harnessing creative techniques, and synthesizing the entire training into actionable skills.

You will deepen your understanding of trauma-informed approaches and develop practical tools for self-expression and personal growth.

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### Key Highlights



Learn trauma-informed Gestalt techniques for sensitive exploration of past experiences.



Use creative arts and non-verbal expression as tools for self-exploration and healing.



Enhance group cohesion through trust-building exercises like Making the Rounds.



Synthesize all learnings with skill demonstrations, feedback, and real-world applications.



Prepare for certification with a comprehensive review of key takeaways and next steps.

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# Modern World Relevance & Applications

## Today's Challenges - Gestalt Solutions

### Combatting Disconnection

- Foster authentic presence in digital age
- Build meaningful connections
- Enhance virtual therapeutic relationships

### Mind-Body Integration

- Address modern stress patterns
- Incorporate somatic healing
- Support holistic wellbeing

### Navigating Uncertainty

- Develop adaptive responses
- Build resilience and clarity
- Embrace change

# The Creators of Gestalt Therapy

Fritz Perls

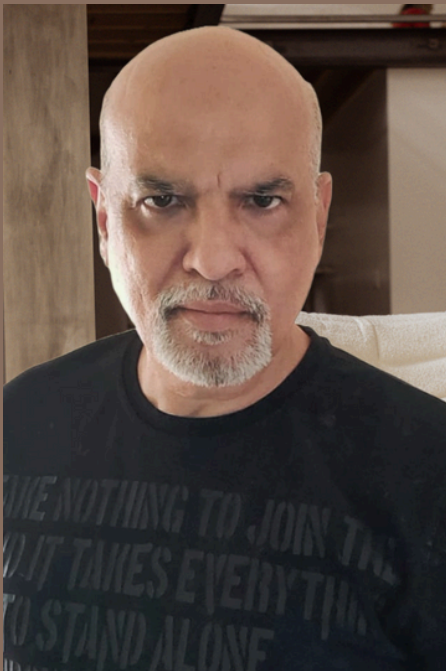


Laura Perls



"You cannot achieve happiness. Happiness happens, and it is a transitory stage."  
*(Focusing on living in the present rather than striving for outcomes)*

## The Facilitators



**Anil Sehgal**

Internationally Certified  
from Society of NLP (SNLP)  
| Metaphors, Linguistics &  
Hypnosis Trainer |  
Bollywood Celebrity Coach



**Vikram Dhar**

International Coach  
Federation (ICF) Mentor  
Coach, NLP Global Guru ~  
Amongst the Top 30 NLP  
professionals in the world



# Certification Path

## Requirements

- Complete all training modules
- Participate in practice sessions
- Submit reflective assignments
- Demonstrate practical competency

## Recognition

- Official Certification from IAPCCT, USA
- Digital badge and certificate
- Alumni network membership
- Continuing education credits

## Who Should Apply

**This training is designed for:**

**Therapists & Counselors:** Enhance your practice with powerful experiential techniques

**Coaches & Facilitators:** Gain tools for deeper client transformation

**Healthcare Professionals:** Integrate holistic approaches into your work

**Educators & Leaders:** Develop authentic presence and communication

Brought to you by



IN ASSOCIATION WITH



## Certified Practitioner of Gestalt Therapy Skills

*"To mature means to take  
responsibility for your life,  
to be on your own."*

~ Fritz Perls

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**Certifying Body:** IAPCCT (USA)

**Course Fee:** AED 2,490/-

**Email:** [contact@coachskillstraining.ae](mailto:contact@coachskillstraining.ae)

**WhatsApp:** +971 50 6705615

Learn | Unlearn | Relearn