

PENNSYLVANIA GESTALT CENTER

For Psychotherapy & Training

At a recent workshop, we recorded some of the ways people said they use to avoid contact in the world. They include: Negative self-talk. Taking care of others. Getting busy. Analyzing. Disconnecting. Fearing risk. Judging. Getting angry. Self-censoring. Using humor. Isolating. Intellectualizing. Becoming peacemaker. Prioritizing others. Withdrawing. ARE YOU IN THERE SOMEWHERE?

Pennsylvania Gestalt Center Open Evenings

Tuesday Evenings: 6:30PM through 9:00PM

September 14th, October 19th, November 2nd, 2010

With Mariah Fenton Gladis, Dori Middleman and Mark Putnam

Please Join Us: Call the Center @ 610- 251-0945 or E-Mail PA Gestalt@comcast.net

If you have an intense interest in personal or professional growth, this evening open house/demonstration is an excellent way for you to experience some basic Gestalt awareness concepts. Many have learned these principles to help create positive changes in their lives with family, friends, and themselves. Clinicians, administrators, and consultants in human services, education, health, and organizational development have found Gestalt techniques have enriched and expanded their skills for working with people, groups, and organizations.

Our Center believes that knowledge of how to mend emotional damage should not just be reserved to professionals but must also become disseminated into the general population. It takes healthy people with this know-how to create and maintain productive and harmonious relationships in their families, their community and the world.

This exciting demonstration will allow you to experience our Center's special blend of Gestalt with a discussion of the Awareness and Contact Cycle and its applicability to clinical practice and daily life. Mariah Gladis will also demonstrate a piece of Gestalt work with a volunteer. Bring along a friend to join us in these exciting demonstrations, and while you're here, take the opportunity to meet our excellent staff and learn about our programs. Register at 610-251-0945 or email us at PA Gestalt@comcast.net.

CEUs: This program has been approved by the Pennsylvania Board of Social Work Examiners for 2.5 hours of continuing education toward PA/LSW licensure renewal.

Suggested Reading: *Tales of a Wounded Healer* by Mariah Fenton Gladis. (www.wounded-healer.com)

MARIAH FENTON GLADIS, MSS, LSW, is Founder and Director of the Pennsylvania Gestalt Center and is on the faculty of the Esalen Institute. Mariah has over 28 years experience as a workshop leader, psychotherapist, and trainer.

DORI MIDDLEMAN, MD, co-leads workshops and training at the Center and is Founder and Director of the Center for a Healthy world, a volunteer-driven psychotherapy and training cooperative. Dori is a board-certified psychiatrist in private practice seeing children, adults and families.

MARK PUTNAM, MD, is a board-certified psychiatrist in private practice, co-leads workshops and training at the Center, and is Medical Director at The Berkshire Pavilion in Reading, PA.

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