

# PENNSYLVANIA GESTALT CENTER

**For Psychotherapy & Training**

1434 Treeline Drive Malvern, PA 19355 (610) 251-0945 • fax (610)-251-9262  
PAGestalt@Comcast.net • www.GestaltCenter.com

## “Intimate Connections”

With

**Mariah Fenton Gladis • Dori Middleman • Mark Putnam**



**Friday Evening, January 29 to Sunday, January 31, 2010**

Would you like to create positive change in your relationships with family, friends, lovers, and partners? Join us in this workshop and increase your Partnerability!

Successful human relating is an activity and an ability that requires movement, purpose, emotional capacity, and contact skills. At a recent workshop, we recorded some of the ways people said they use to avoid contact in the world. Negative self-talk. Taking care of others. Getting busy. Analyzing. Disconnecting. Fear of risk. Judgment. Getting angry. Self-censoring. Using humor. Isolating. Intellectualizing. Become peacemaker. Prioritizing others. Withdrawing. Are you in there somewhere?

In this workshop you will learn to assess your abilities and disabilities, to deepen your relationships and capacity to love, to develop new relationship skills, to increase self-awareness and to practice risking positive action with others. For the past 20 years, Mariah has been giving this special workshop to sold-out audiences at Esalen Institute in California. Come join us for this important event. Singles, couples, and young adults are welcome. Individual Work Space—\$460 Group Space—\$310

*Individual work space participants have a time to do “hotseat” work with Mariah and the group. Group participants share in group exercises and are involved as observers of hotseat work. There are a limited number of overnight accommodations available at \$130 for the weekend, double-occupancy.*

**When:** Friday at 7:30pm, through Sunday at 5:00pm

**Location:** Workshop is held at Temenos Retreat Center in West Chester, PA. Healthy meals and snacks are provided.

**Reservations:** A non-refundable deposit of \$200 reserves your space for a weekend workshop. Please indicate whether you want an individual or a group spot and would like overnight accommodations. Please call our Center at **610-251-0945** for reservations. Visa and Mastercard are accepted.

**Insurance:** All of our programs may be eligible for health insurance reimbursement. Check your policy and contact our Center for more information.

**Recommended Reading** – *Tales of a Wounded Healer* by Mariah Fenton Gladis

### STAFF

**Mariah Fenton Gladis, M.S.S., Q.C.S.W.**, is the Founder and Director of the Pennsylvania Gestalt Center and is on the faculty of Esalen Institute. Mariah has over 30 years experience as a psychotherapist and Gestalt Trainer.

**Dori Middleman, M.D.**, 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 and adults and families.

**Mark Putnam, M.D.**, co-leads workshops and training at the Center, and is Medical Director, Department of Psychiatry, at St. Joseph's Hospital in Reading, PA. Mark is a board-certified psychiatrist in private practice seeing children, adolescents, and adults.