

Professional and Life Skills Training Program

Friday Evening to Sunday Afternoon, January 8-10, 2010

Invest 5 months of your life in an unbelievable growth experience!
Call the Center today at 610-251-0945 to register. CEU's Available

We know that investing in yourself is key to sustainable success and satisfaction. That's why **we are proud to announce** our thirty-third Gestalt Training Program, which will begin with a student weekend workshop, Friday evening to Sunday afternoon, **January 8-10, 2010**. We would love you to be a member of this special class. Attending this workshop doesn't obligate you to join our program. It's just an opportunity to see what we have to offer you. Go to our website at <http://www.gestaltcenter.com> to see the full description of our training program and other offerings. Cost for the weekend is only \$185 including healthy and delicious meals by Chef du Jour, Michael Griffin. Call the Center at **610-251-0945** for more information and registration.

Our motto, **Give Us 6 Months And We'll Give You Change**, is not said lightly. It is a promise we intend to keep and are capable of delivering because we hear every day about the tremendous growth of our students in all parts of their lives. **The impact of this training is profound**. You will develop enhanced competencies in self-awareness and confidence, personal presence and the ability to impact others, and increase your capacity to act with clarity and purpose. If you feel this first year has been beneficial, you will have an option to join us for the second and third year of our program.

For professionals and non-professionals. For non-professionals, we emphasize the acquisition of life skills training. For professionals, we equip you with an array of skills that are applicable to clinical and administrative work in the human service professions. Whether for personal growth, professional development, or to launch a new career, students are challenged to use their creative, intuitive, intellectual and emotional capabilities to develop a personal style based on their own strengths and values. They find that Gestalt principles expand their skills for working with people, groups, and organizations, enrich their relationships with themselves and loved ones, and open new avenues of contact with their environment. **Bottom-line...Gestalt Training changes lives.**

"Both professionally and personally, training with Mariah, Dori and Mark was a phenomenal experience for me. The program gave me new insights as a writer, helped me broaden and expand my computer consulting business, and taught me an enormous amount about interacting with others. When the Pennsylvania Gestalt Center offered a fourth year of training, I signed up immediately."

Michael Schwager, Writer

“As a novice therapist, I found that I was limited in the help I could provide to others when I was so much in need of guidance myself. The training gave me the experience and knowledge I needed to transcend these limitations. Gestalt theory gave me an intellectual understanding of human behavior; my training group and leaders helped me appreciate the actual impact of my own behavior on others, and theirs on me. I developed close relationships with my classmates and trainers that allowed me to process my own experience as a human being in a safe and loving environment. In turn, I now apply this knowledge and these experiences to the interventions I make with my clients, as well as the decisions I make in personal relationships.”

Suzy Rouleau, MA, MSW

“I have been working in the field of Mental Health for the majority of 36 years as a professional. Learning Gestalt was originally for professional advancement – acquisition of new skill-set. To my great delight (and sometime consternation) the initial impact has been personal – a re-awakening of possibilities for myself, and greater understanding. The greatest impact has been integration of body and mind. Mariah, Dori and Mark are perhaps the greatest teachers that I have encountered. This self-awareness, as well as the modality and intention of Gestalt is definitely improving my value as a therapist, as well as improving my teaching skills as a Clinical Nurse Specialist. I have gained more from this experience than my traditional Masters. This has been life changing.”

Nancy C Rutherford MSN CRNP CNS

In this year of training you will learn to:

- Create healing and significant growth in your personal and professional life.
- Complement personal growth with theoretical understanding.
- Demonstrate the importance of contact as a measure of health.
- Understand the six Gestalt resistances and identify them in clinical material.
- Monitor your own inner dialog and modify toxic messages.
- Realize the potential of using the "language of responsibility."
- Manage ongoing group process.
- Apply Gestalt techniques.

Come join us and create the life you've always wanted! This is an exciting opportunity for an ongoing intensive personal growth process with a group of committed people supervised by three master Gestalt practitioners, Mariah Fenton Gladis MSS, QCSW, Dori Middleman MD, and Mark Putnam, MD.

Suggested Reading: *Tales of a Wounded Healer* by Mariah Fenton Gladis

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