



Clinicians' Advanced Training with Certification Options (CATCO)

October 15, 2015 - April 30, 2017

OVERVIEW

Gestalt therapy, a holistic approach to therapeutic practice, focuses on building rapport between therapist and client. While paying careful attention to present experience, therapist and client explore nuances within relationships. This program intends to establish a "gold standard" for the clinical practice of Gestalt therapy. Core theoretical concepts, legal and ethical principles, and acknowledgement of individual differences will be combined with the goal of increasing participants' capacity to be active, present-focused clinicians embracing the relational, curious stance of a Gestalt therapist.

Integral to the success of this program will be a careful and thoughtful vetting of candidates, and an overarching focus on the qualitative metrics of competence. Successful graduates will bear the imprimatur of the Gestalt Institute of Cleveland. Therefore, we expect to push our students and ourselves to aspire to the highest level of professional practice. All students completing the program will receive a Certificate of Completion.

In addition, students may opt to qualify as a Gestalt Institute of Cleveland "Certified Gestalt Therapist". This certification option will require a concluding, transparent assessment process addressing the key dimensions of the training program. The scheduling of this certification process will be individualized.

Completion of the program will be attendance based. Certification will be competence based.



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Continuing Education (CE):
197 contact hours
9 mentoring hours

Contact:
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ssabur@gestaltcleveland.org
216-421-1701



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IS CATCO FOR ME?

You are welcome to apply if you

- Are clinician with at least a Master's Degree, are an independently licensed psychotherapist, are license eligible, are a practicing clinician working with a client population, or are a graduate student already engaged in the internship portion of your training, and
- Have completed the Gestalt Training Program at the Gestalt Institute of Cleveland, or an equivalent basic Gestalt therapy training program, and
- Have a demonstrated ethically responsible practice history, and
- Have a 'fire in your belly' for exemplary therapeutic practice.

CONTINUING EDUCATION: 197 instructional hours

Mentoring hours: 9 (scheduled between weekends at times that are mutually convenient for participant and mentor)

SCHEDULE

YEAR I

October 15-18, 2015
December 11-13, 2015
January 29-31, 2016
March 11-13, 2016
April 15-17, 2016

YEAR II

September 16-18, 2016
November 18-20, 2016
February 3-5, 2017
March 3-5, 2017
April 27-30, 2017

This program will span two years from October 16, 2015 through April 30, 2017. There will be five weekend sessions per year supplemented by monthly one-to-one mentoring and long distance learning sessions on a negotiated schedule. All weekends run from 3:30 pm Friday through 1:00 pm on Sunday.

The exception is the first weekend in October, 2015 and the last weekend in April, 2017. For those weekends we will begin on Thursday, at 3:30 pm and end on Sunday, at 1:00 pm.

LOCATION

Gestalt Institute of Cleveland, 1588 Hazel Drive, Cleveland, OH 44106



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CURRICULUM & METHODOLOGY

Curriculum will attend to the development of three defining and interpenetrating dimensions of Gestalt therapy practice: Being, Knowing, and Doing. The pathway to integrating these dimensions will include close mentoring, in-vivo supervision of practicum, group engagement, didactic presentations, reflective awareness of one's own process, ongoing collaborative assessment, and feedback.

Topics will include the therapeutic relationship, ethics, diversity and culture, life span issues, assessment, diagnosis and treatment planning, anxiety and depression, trauma, characterological issues, and strengths and limitations of Gestalt therapy practice.

LEARNING OBJECTIVES

Upon completion of this program, participants will be able to:

- Receive critical feedback and appropriately integrate feedback for application in clinical practice.
- Identify underdeveloped areas of curricular interest for application in therapeutic endeavors.
- Identify and accept one's own shame issues.
- Teach a client to become a Gestalt therapy client.
- Exhibit a well-developed ethical sense and knowledge of ethical issues.
- Identify issues related to diversity in order to work with awareness within one's practice.
- Identify and work with shame in therapy.
- Describe and demonstrate Gestalt therapy's dialogic stance and the nuances of its application in therapy.
- Articulate processes pertaining to one's own embodiment and the application of embodiment in clinical work.
- Communicate a clear understanding of the application of a field theoretical approach to clinical work.
- Articulate the specifics of Gestalt methodologies in therapy including the balancing of support and challenge, attending to physical process, and experimenting.
- Move fluidly between an awareness of one's own process, interest in the client's process, and impact of each on the other.
- Articulate the assessment and treatment planning of individual cases from a Gestalt therapy perspective.



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- Demonstrate fluency in describing Gestalt therapy theory and its application to specific work with an individual client.
- Reflect upon and describe clearly the components of a therapeutic moment (figural experience, cultivation of ground, organizing themes, intervention intentions, dilemmas and choice points.)
- Manage the 'arc' of therapy, both within an individual session and for the duration of a course of therapy.

ADMISSIONS

Pre-requisite(s): Admission into CATCO requires that you are a clinician with at least a Master's Degree, are an independently licensed psychotherapist, are license eligible, are a practicing clinician working with a client population, or are a graduate student already engaged in the internship portion of your training, and have completed the Gestalt Training Program at the Gestalt Institute of Cleveland, or an equivalent basic Gestalt therapy training program.

Application: Complete and submit a Training Program Application, along with the application fee. Additional CATCO application materials may be requested prior to acceptance into the program.

Interview: After completing an application, potential candidates will be invited to attend a required interview.

You will be notified of your acceptance into CATCO once these steps are fulfilled.

CERTIFICATION PROCESS

Participants wishing to pursue certification will design a plan with their mentor for the timing and completion of the following:

- Being: 'Walking the talk' of an ethical, professional Gestalt therapist;
- Knowing: Demonstrating a grasp of the foundational knowledge of the GIC approach to Gestalt practice;
- Doing: Demonstrating aware and thoughtful practice.



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TUITION & FEES

Application Fee (non-refundable): \$200 (accepting applications until September 1, 2015)

Tuition: \$8,500.00

Early Bird: \$7,500.00 (receipt of application prior to August 15, 2015) (Save \$1,000.00)

Certification Process (optional): \$375.00

Payment options are available upon acceptance to the program. Contact:

registrar@gestaltcleveland.org or 216-421-0468

Tuition and fees does not include travel, lodging, and meals.

FACULTY

Faculty Chairperson:

Lester P Wyman, PhD, LISW-S

Core Faculty:

Heidi Abrams, MSSA, LISW

Marlene Moss Blumenthal, PhD

Daniel E Jones, PhD

Mark McConville, PhD

Kathy Clegg, MD

Special Topic Faculty drawn from:

Michael Clemmens, PhD

Ellen Ressler Hoffman, MA, PCC

James I Kepner, PhD

Jacqueline McLemore, PhD, BCC

Educational Consultant

Mark Cheren, EdD

ACCREDITATION OR CERTIFICATION



The Gestalt Institute of Cleveland is approved by the **Ohio Psychological Association** to offer continuing education to psychologists. It is the responsibility of the provider to abide by the OPA-MCE guidelines. (Provider Number: 346597238)



The **State of Ohio Counselor, Social Worker & Marriage and Family Therapist Board** grants the Gestalt Institute of Cleveland approved provider status to provide continuing education for Counselors and Social Workers. *Approval for Social Work contract hours varies from state to state. Please consult your state's credentialing Board for more information.* (Provider Number RCS071005)



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The Gestalt Institute of Cleveland maintains responsibility for its programs and its content.