



Living Well / Relating Well ... a gestalt therapy group

Wednesdays March 4 - May 13, 2020

During this 10-week program you will explore your relationship to yourself, to others and the world you live in

Joining a group may sound intimidating at first, but group therapy provides benefits that individual therapy cannot. It is our experience that group members are almost always surprised by how rewarding the group experience can be.

Groups can act as a support network and a sounding board. Other members of the group offer insight and feedback, support in grappling with a difficult situation or life challenges and may help hold you accountable along the way.

Regularly talking and listening to others also helps you put your own problems in perspective and realize that you're not alone. People have different personalities and backgrounds, and they look at situations in different ways. By seeing how other people tackle problems and grapple with their own patterns you can discover a whole range of strategies for facing your own concerns.

Group Overview

Week 1: Setting the Scene

Beginnings (contracting)

Week 2: Living Well

What does it mean to live well?

Week 3 & 4: Who Am I?

Exploring our relationship to our self (including embodiment)?

Week 5 & 6: Relating to Others

Exploring enduring relational patterns

Week 7 & 8: Relating to The World We Live In

Exploring Our Relationship to Our Cultural & Physical Environments

Week 9: Who Are You Here?

Exploring ideas of self in the context of this group

Week 10: Living Well Relating Well

Endings and Integration



Group Facilitator

Tony Jackson BTheol, BA (Psych), Grad Dip Couns, Adv Dip Gestalt Therapy, MGANZ is a psychotherapist in private practice and works with individuals, couples, and groups. He also offers supervision. As a trainer of undergraduate counsellors and gestalt psychotherapists for over ten years, Tony has spent most of this part of his career focused on creating learning environments that support the

early stages of the journey to become a therapist. He has a passion for gestalt theory, and its ongoing development, as a source of inspiration for responsive, ethical, heartfelt and holistic psychotherapy.

As a psychotherapist, Tony works with individuals who come from diverse backgrounds and needs. He is interested in exploring with them the ways that they understand themselves as always contextual, and how attending to the client's interactions and relational patterns can support them in developing a greater sense of vitality and choice in life.

Who should attend this course?

Anyone who is interested in developing self-awareness and the capacity to have more meaningful relationships.

General Information

Venue/ The Gestalt Centre, 622 Lygon Street North Carlton

Times/ Wednesdays @ 6.00 – 8.30pm

Dates/ March 4th – May 13th (excluding April 1st) 2020

Cost/ 10 sessions @ \$75 per session

Total/ \$750

How to Apply

Complete and return the application form to manager@connectground.com.au

Once we have received a minimum of 6 applications you will be contacted to arrange a time to attend an individual interview.

Payment

When accepted into the group participant's, to secure a place in the group, are required to pay a deposit, on invoice, of \$250. Full payment of the outstanding amount of \$500 is required prior to commencement of the group. *Please note: Full payment is required regardless of any absences planned or otherwise.*