



Manchester Gestalt Centre

Diploma Course in Gestalt
Psychotherapy

Leading to GPTI Accreditation and
UKCP Registration

Prospectus For
Years 2-4
2018-2021



17.10.18



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GPTI documents from Manchester Gestalt Centre On request:

code of ethics & professional practice, equal opportunities & diversity policy

Introduction

Welcome to the Manchester Gestalt Centre prospectus for our professional psychotherapy training. This course leads to the GPTI (Gestalt Psychotherapy Training Institute) Diploma in Gestalt Psychotherapy. The GPTI diploma programme consists of four taught years; this three year programme is for candidates who have already completed the one year foundation training or equivalent. A GPTI Certificate of Completion will be issued to trainees who satisfactorily complete the requirements of the four-year core training. The Manchester Gestalt Centre Course meets UKCP training standards and successful completion of the course and final assessment leads to UKCP Registration.

This part-time course offers rigorous, in-depth and high-quality training, with flexible and responsive support for trainees, providing a comprehensive training programme enabling individuals to seek accreditation and registration as Gestalt psychotherapists. The psychotherapy-training course can also be appropriate for professionals who wish to integrate gestalt psychotherapy into their professional practice without necessarily qualifying as gestalt psychotherapists.

This prospectus is designed to give you information about key aspects of the Diploma course and how these relate to future professional qualification and registration¹. It includes an overview of the course and an outline of the commitments you will be making in undertaking it. Please contact us if you would like to discuss the course or your individual suitability prior to application. Early applications are encouraged.

Manchester Gestalt Centre

Manchester Gestalt Centre is home to a group of psychotherapists, trainers and supervisors. From our Gestalt perspective, we work with an emphasis on awareness, relationship and integration to facilitate the natural human capacity and organismic drive to be in healthy and satisfying relationship with other people and our environment. The centre has 5 qualified and experienced psychotherapists: Joy Appleby, Alessandra Merizzi, Peter Philippon, Danny Porter, and Shirley Summers.

The Diploma in Gestalt Psychotherapy is part of our programme of workshops, short courses and accredited training and the 2018-2021 course will be run by one core trainer and a number of guest trainers. The core trainer is Danny Porter.

Danny Porter Diploma Gestalt Psychotherapy (GPTI), Diploma Counselling, Teaching and Supervising Member (GPTI), UKCP Accredited Psychotherapist and Supervisor. Danny has over 30 years experience in the field of counselling and training including running the health and counselling training in Manchester Adult Education Service. He

¹ Please note that information in this prospectus is correct at time of writing, and is subject to change at the discretion of Manchester Gestalt Centre should this be required, e.g. as a result of changing professional and statutory requirements.

joined Manchester Gestalt Centre in 2005 where he has been running training weekends, therapy groups and offering individual therapy. He has been a previous treasurer of GPTI and chair of UKAGP (UK Association for Gestalt Practitioners) and delegate at the EAGT (European Association for Gestalt Therapy). Danny is currently a member of the Training Standards Committee of GPTI. He is a keen runner, guitarist, yoga practitioner, allotment holder and traveller.

Other trainers in the first year will be: Joy Appleby, Belinda Harris and Carole Smith. Alessandra Merizzi and Jutta Pieper will be assisting on the course. The course is run by, supported and guided by the whole team at the Gestalt Centre.

Trainers who work at Manchester Gestalt Centre come from a variety of backgrounds and have a range of differing experiences. All are members of GPTI, whose remit and professional requirements are outlined below. We subscribe to the GPTI and UKCP (UK Council for Psychotherapy) Code of Ethics and Professional Practice.

Trainers share a deep, lived commitment to relational embodied psychotherapy. We are interested in the ways in which our social, political, economic, cultural and ecological environments interrelate with human growth and change. We have a strong commitment to learning as a lifelong process and to providing a safe and stimulating environment for ongoing personal and professional development.

Manchester Gestalt Centre staff value and promote diversity, striving to respond to the needs of all individuals in a fair and equitable manner. We work to explore difference, diversity and discrimination with the expectation that working through these issues in dialogue promotes good relationships and a deepening, dignifying appreciation of humanity. We seek to address any unfair discrimination within our organisation and its practices. Manchester Gestalt Centre supports and adheres to the GPTI Diversity Policy and is proactive on this basis. We welcome trainees with a diverse range of backgrounds, identities, experiences and abilities. We aim to promote a balanced range of practitioners in the profession, including groups who are normally under-represented.

We are committed to our own learning from ongoing professional practice, supervision, psychotherapy, continuing professional development, re-accreditation, and reflecting on trainee feedback.

Gestalt Psychotherapy & Training Institute (GPTI) and UKCP

The Diploma course at MGC is designed to meet the core training requirements for professional accreditation by GPTI. As such, it prepares trainees for attaining the GPTI Diploma in Gestalt Psychotherapy.

GPTI is a charitable limited company committed to:

- encouraging and extending the practice of gestalt psychotherapy in the United Kingdom;
- setting and upholding high standards of gestalt psychotherapeutic practice in the United Kingdom;
- fostering interest and research in the further development of theoretical and practical applications of the gestalt approach to psychotherapy; and
- upholding the highest standards of psychotherapeutic practice.

All students are required to join GPTI as trainee members and abide by the Codes of Ethics and Professional Practice of GPTI. You will find these in your copy of the GPTI Handbook, which you will receive once you have joined. You will also receive a free subscription to the British Gestalt Journal. Trainees may join GPTI's email community and have member access the GPTI website. There is a GPTI student representative on the GPTI executive committee, who liaises with all trainees.

GPTI is an organisational member of UKCP (The United Kingdom Council for Psychotherapy). As such, the Diploma course can lead to UKCP registration as a gestalt psychotherapist following successful completion of the GPTI Diploma in Gestalt Psychotherapy.

GPTI and UKCP provide external assessment and moderation of the MGC training. This is part of the ongoing quality assurance system which supports, develops and improves the Institute's training provision.

Gestalt psychotherapy

Gestalt psychotherapy is a relational psychotherapy that encompasses all aspects of human experience, paying attention to physical, emotional, social, cognitive and transpersonal processes. Gestaltists believe that human beings have the ability to regulate themselves creatively and optimally in the environment, but that unfinished business, trauma and fixed relational patterns from the past can impair the individual's ability to maximise their potential and to deal with current life difficulties.

Gestalt psychotherapy is an existential therapy based on the principles of field theory, dialogic existentialism and phenomenology. We aim to create an environment in which it is possible to explore how we relate to the world, how we make meaning of our experience, the choices we make and our potential for growth and change.

Overview of the Diploma Course

The core curriculum is delivered as a part time course over four years. The first year can be taken as a stand alone Foundation Training in Gestalt for those who do not intend to do the full Accredited Training.

Those wishing to apply for this current training, 2018 – 2021 (starting at year 2) must have finished the Foundation Training or equivalent.

This four-year part-time course can lead to a Diploma in Gestalt Psychotherapy from GPTI, and subsequent UKCP registration (See 'Post core training qualification and accreditation routes' for details). It is designed to offer compatibility with full or part-time work. At the end of the course, a GPTI 'Certificate of Completion' along with the Manchester 'Gestalt Centre Gestalt Therapy Core Training Course Award' will be issued to trainees who have satisfactorily completed the requirements of the four-year core training. These provide evidence of professional development at the end of the training, prior to GPTI accreditation and UKCP registration. Following on from the four years core training, in order to achieve the GPTI Diploma, trainees will need to: write an extended case study, prepare for their oral exam (under review), accumulate 450 client hours (at least 300 using the gestalt approach) with 150 clinical supervision hours, and complete a psychiatric placement. Successful completion of the above leads to the GPTI Diploma qualification and UKCP registration. This usually takes a minimum of one or two further years following the core training.

The training aims to provide a stimulating and effective learning environment, with a balance between theory, skills practice and experiential work. It provides a thorough grounding in gestalt psychotherapy theory, and a rigorous experiential training in gestalt psychotherapy skills and clinical practice. Trainees participate in, and take joint responsibility for, their growth and learning.

Manchester Gestalt Centre trainers are committed to providing the conditions in which trainees can learn about and experience the process of gestalt therapy as described above directly in the training group. This includes working with the immediacy of lived encounter with peers and trainers as a way of developing embodied relational therapeutic practice.

Our key aims are to:

- establish a learning climate for personal and professional growth;
- facilitate a thorough theoretical and experiential knowledge of gestalt psychotherapy; and
- teach high standards of ethics and competence in gestalt psychotherapy practice.

The teaching seeks to model:

- the dialogic stance in relationship;
- phenomenological exploration;
- attention to field conditions and influences;
- openness to, and valuing of, difference;
- autonomy, responsibility and self-awareness;

- a supportive environment, with support for growth and grounded liveliness;
- creative challenge; and
- high ethical standards.

Please note that this is an adult psychotherapy training course. Adult psychotherapists require additional training to be accredited to work with children.

Course structure and details

The Diploma training is part time and designed to be compatible with other commitments. As this programme begins at year 2, there are 3 remaining years. The format for the first two of these years will consist of 7 bi-monthly (non residential) training workshops of 3 days duration, based at MGC. Each day runs from 9.30 am – 5.30 pm providing 6 training hours (excluding lunch and breaks). Additionally there is a 5-day residential at the end of each training year (usually in June/July) which runs from Saturday afternoon through to Wednesday afternoon. A number of the training weekends will be led by guest trainers. There will also be assistant trainers present on a number of the weekends, this is to ensure that GPTI has trainers for the future!

The final year (year 4) will be consolidating previous learning, developing clinical skills and preparation for the skills assessment as well as supporting trainees in their development towards completing the course and going to accreditation, so case study preparation will be one of the themes in this year.

It is expected that, assuming all criteria are met satisfactorily, trainees will be looking to move towards completion by the end of the 6th year of training, i.e., 2 years after completion of the core training.

The number of trainees in each cohort can range from a minimum of 7 to a maximum of 14. Some of the workshops may be open to visiting trainees from other training centres. Workshops will consist of four elements: theory, experiential work/exercises, therapy practice and group process. These will not necessarily be distinct sessions and the four elements will be integrated throughout the workshop. Most workshops and the residential blocks will have a set theme, ensuring that the basic minimum GPTI Core Curriculum will be presented.

The Diploma course provides over 600 trainer-led hours over the four years. In addition to these hours, trainees will also be required to attend peer and supervision groups, and undertake individual therapy, personal study and supervised work with clients.

We aim to encourage self-support and self-directed learning in a supportive environment. This is done by the formation of a group which stays together

throughout the programme, rather than using a modular system of training. This allows trainees to understand how people and groups change and develop over time.

Four-year core training

A copy of the GPTI core curriculum is included as appendix 2.

In **year one (Foundation Training in Gestalt)** you will learn the foundations of gestalt theory and practice. This year will include an overview of the philosophical and methodological frameworks of gestalt, skills practice, teaching, written work and reading, personal development, and experiential work in the group setting. This format of training continues through the four years, and builds towards a professional level of integration and competence.

In **year two (the first year of this course, October 2018) and three** you will develop and extend your gestalt therapy skills and understanding of theory. There will be opportunities to more deeply explore your individual ways-of-being and relationships with each other. We will support you to reflect on these theoretically, using gestalt concepts, clinical perspectives and group process insights. During years two and three, trainees will prepare for, and establish clinical practice as a trainee gestalt therapist, subject to satisfactory assessment of readiness. The teaching will be focused around developing clinical skills and the application of theoretical knowledge to clinical work. You will be required to attend gestalt supervision groups as part of your training. These occur outside the training modules.

During **year four** you will have an opportunity to increase and deepen your theoretical understanding of gestalt concepts, to refine your therapeutic skills and to choose an area of specific interest to research. There is a focus on consolidating clinical competence and understanding gestalt in relation to other modalities of psychotherapy.

Post year four. Following on from the four years core training, in order to achieve the GPTI Diploma, trainees will need to: write an extended case study, prepare for their oral exam (currently under review), have accumulated 450 client hours (at least 300 using the gestalt approach) with 150 clinical supervision hours, and complete a psychiatric placement. Successful completion of the above leads to the GPTI Diploma qualification and UKCP registration. This will take a minimum of one or two further years.

NB – the final stages of GPTI accreditation are currently being reviewed by the training standards and executive committee.

Residentials

These take place in a residential centre in the UK. There will be 1 each year - over 5 days and 4 nights.

Written coursework and learning support

In addition, each year you will be asked to present two or three pieces of written work 3000 - 3500 words on aspects of gestalt theory and clinical practice. This work will include reference to your own experience as client and therapist. This will culminate in a 5000 word case study in year four, with a transcribed recording of working with your case study client.

You will also be asked to write a reflection piece after each weekend training.

You will be given precise details in advance each year about the assignment/written work expected of you, dates for completion, word count, referencing system and the assessment criteria used.

Some trainees will be experienced and proficient in academic writing; others may need more support. We are available to all trainees to help with the process of engaging with written work.

Client work and supervision

Subject to assessment for readiness to begin practice, in years two, three and four you will normally:

- work with a number of clients using the gestalt approach, normally a minimum of two clients per week. Unless trainees are already qualified counsellors, working in private practice, or within an organisation, they will be responsible for finding suitable placements with the support and agreement of the Trainers.
- participate in gestalt group supervision for your work with clients. In years 2 and 3, this is provided by MGC Trainers and Supervisors. Beyond this, trainees will be advised to work with other GPTI Supervisors in order to experience a variety of approaches (1:1 and/or group). The cost of supervision is in addition to the course fees.
- Clinical supervision is often provided by your placement where you see your clients. If this is not provided you may need to make additional supervision arrangements, which you will need to pay for.

Peer Groups and Reading

Trainees will form Peer Groups of approximately 4 members and meet bi-monthly to mutually support their learning through discussion, joint study and therapy practice. They should become conversant with current thinking and issues relating to psychotherapy in general and Gestalt psychotherapy in particular and are expected to read a range of books, journals etc (including those on the recommended reading list) and to use their Peer Group for discussion and enhancement of learning. Some peers groups pool resources and buy books between them.

Individual psychotherapy

Personal therapy is emphasised in psychotherapy training because self-awareness, resilience, personal capacity and personal experience of the gestalt modality underpin effective work with clients.

Throughout the course Manchester Gestalt Centre requires trainees to be in weekly individual or group therapy with a therapist approved by the course leaders. This is normally with a gestalt therapist. Trainees will therefore meet the UKCP requirement to complete four years of weekly individual therapy whilst involved in their training programme. Breaks in therapy may be negotiated with the course leaders. For those trainees who completed a foundation course but were not in therapy for the whole duration of the course, they will need to make up the missing hours.

GPTI accreditation standards require trainees to be in weekly therapy (individual or group) during the Diploma course, and for the year prior to accreditation.

Assessment

Assessment is continuous throughout the course. See Appendix 2 GPTI core curriculum. Our style and intention is to support trainees in progressing at a pace and level appropriate to their circumstances and abilities. Feedback and assessment will be both formal and informal. All feedback from trainers, whether formal or informal, is to be considered part of your assessment. Self and peer assessment will also be an integral part of the programme.

The formal process will take place through assessment of written work, skills practice, in tutorials, through supervision and through reviews at the end of each year. As part of this, written feedback will be given on all assignments and tutorials. The informal assessment process occurs through verbal feedback over the duration of the course. Progression from year to year occurs through satisfactory completion of course requirements.

Attendance

Trainees are expected to attend all the training weekends, supervision groups and residential. If you miss any training, you will be required to make up the total training hours and curriculum content by attendance at other appropriate sessions at your additional expense.

All aspects of the training provision will start and finish on time. If, for some reason, students are unable to attend all or part of a session, this should be discussed with the course leaders beforehand. In the event of unexpected absence, students should notify Manchester Gestalt Centre before the start of the workshop.

Psychiatric Placement

If you do not work in psychiatry and have not done an equivalent placement in your professional training, then you will need to gain experience in a psychiatric setting at some point during or following the four year training. We will offer support for you in arranging this. You will be required to do this as part of GPTI accreditation and UKCP registration.

Confidentiality

Issues of confidentiality will be addressed in the training group. Information regarding trainees may be shared with the MGC training team, and supervisors and visiting trainers to ensure that support for trainees is optimally coordinated. There is a confidentiality boundary between the therapist and the trainer/supervisor. Broader issues of confidentiality will be adhered to in accordance with GPTI and UKCP Codes of Ethics. Please note that MGC training is audited by GPTI and UKCP, and as such, anonymised course work and assessment sheets will be routinely reviewed by internal and external assessors who have oversight of the quality of the training delivered at MGC. Contact with placements providers will be in accordance with the GPTI placement agreement, which is in the training handbook. If you have any queries about the above, please discuss with us.

Tutorials

Each trainee will be offered two 45 minute tutorials/consultancy each year. We aim to offer informal contact and meetings as required to support you in your training.

Reading List

A comprehensive reading list is issued and trainers will distribute further reading during the course.

Trainee evaluation and feedback

We aim to engage in an ongoing dialogue with trainees in order to monitor the effectiveness of your learning experience, and to optimise the style and content of the training. We welcome hearing about the whole range of your experience at Manchester Gestalt Centre. We also offer opportunities for formal and informal discussion and feedback. We reflect carefully on feedback, and value opportunities to improve our work and provision.

Difficulties during the course

The training staff are committed to supporting trainees to manage their personal challenges, academic and clinical commitments throughout the course. If you experience difficulties on the course, trainees are welcome to discuss with the course leaders, through the training activities, tutorials or informally. Many difficulties can be resolved through dialogue and informal discussion, and Manchester Gestalt Centre welcomes such discussion. GPTI has ethical guidelines and a complaints and conciliation process to which MGC subscribes. These can be found in the GPTI Members Handbook and/or downloaded from the GPTI websites. Trainees are also responsible for fulfilling their obligations under these codes.

Ethics and codes of practice

All trainees must:

- join GPTI as pre-contract/trainee members;
- read the GPTI code of ethics and professional practice;
- understand and observe the principles inherent in these codes; and
- use them as a basis of good practice and ongoing professional reflection rather than as a set of minimum requirements.

The ethical code and its application will be discussed and explored during the training.

Any trainee who is working with clients is required to be in supervision appropriate to the nature and scale of the work.

Where we have concerns about a trainee's practice, professional conduct, behaviour on the course or other concerns about their suitability to be in training and/or practice, these will be addressed with the trainee and appropriate action taken in accordance with GPTI procedures. This may involve requiring someone to leave the training in cases of serious breaches of ethical standards or non-fulfilment of course requirements.

The larger picture

Manchester Gestalt Centre is committed to supporting all psychotherapy trainees to develop their own style and understanding of gestalt therapy. To this end, we encourage trainees to follow their interest in attending national and international workshops, residential programmes and conferences. Being part of the national and local therapeutic community can be both personally and professionally enhancing.

We consider gestalt therapy to be a lived process, whereby the philosophy and learning underpins lifelong personal and professional development. As such, we believe the training can be profoundly enriching, whatever your ultimate choice of professional career.

Qualification and Accreditation

Qualification and accreditation as a psychotherapist is a lengthy and rigorous process, normally taking a minimum of five years part-time study and supervised practice – i.e. one or more years after completion of core training (the Diploma course).

The Diploma course is the central component in the overall gestalt psychotherapy-training programme. Individual paths vary following the Diploma course, because trainees have different learning needs, time, skills, prior experience and life situations. Manchester Gestalt trainers provide professional guidance in designing and formalising your individual programme following the completion of the core training.

The Diploma course is primarily oriented to subsequent GPTI accreditation and UKCP registration. Manchester Gestalt Centre trainers are also open to supporting individuals to register and accredit with BACP.

GPTI accreditation and UKCP registration is subject to successful completion of GPTI training requirements, clinical experience/competence, psychiatric placement, satisfactory achievement of academic and examination standards, and personal readiness. (See Appendix 1 for a summary of GPTI and UKCP training regulations). Other accrediting organisations have different requirements, and trainees have responsibility for familiarising themselves with these and gaining any additional experience required.

All Diploma course trainees are required to be GPTI members for at least the duration of the course. All trainees start as 'pre-contract' members of GPTI. When there is a mutual acknowledgement of readiness and potential to commit to completing the training, then trainees and MGC sign a training contract. As part of this each trainee will establish an ongoing relationship with a training consultant. Trainees and training consultants meet a minimum of twice per year until accreditation, and identify developments, achievements, resources and needs. In this way, through both support and challenge, trainees get a clear sense for themselves and from their consultant about their readiness to progress to accredited status.

Trainees can currently choose after the four-year core training whether to apply to accredit/register with BACP or UKCP. MGC and GPTI are particularly aligned to UKCP, and the MGC training provides a substantial basis towards UKCP registration.

Dates for The Year 2018 – 2019

October 2018 26 - 28

December 2018 7 - 9

January 2019	18 – 20
March 2019	1 - 3
April 2019	12 – 14
May 2019	17 – 19
June 2019	14 – 16
July 2019	13- 17 (residential)

Three day workshops:

9.30 – 5.30 pm on Fridays

9.30 – 5.30 pm on Saturdays

9.30 – 5.30 pm on Sundays

Residential timings will vary.

Training is normally located at Manchester Gestalt Centre premises, with the exception of residential.

In exceptional circumstances, or when training regulations may require change, the dates and timings may be revised at the discretion of Manchester Gestalt Centre.

Course Fees

Fees for the four years of the course are as follows:

Year One: See Foundation Training Prospectus

Year Two: £2,900

Year Three: £2,900

Year Four £2,900

Please note that your course fee covers the cost of:

- Training hours on the Diploma course, years 2 – 4
- The residential – accommodation and food

- Tutorials
- Marking assignments
- Hand outs, course materials and use of the Manchester Gestalt Centre library

Additional required costs to be met by each trainee include:

- Travel to workshops and residentials.
- Weekly personal therapy (average £45 - 60 per session), 40 sessions per year minimum
- Ongoing supervision throughout the training
- GPTI membership (currently £65.00 per year for pre-contract membership; trainee membership is £110) – this includes subscription to the British Gestalt Journal;
- The cost of any additional supervision if your placement does not provide it;
- The costs of any books and journals, e.g. core texts, you may choose to purchase;
- The costs of attending additional training to compensate for Diploma course training you miss
- The costs of training additional to the Diploma course to meet requirements of GPTI or UKCP – e.g. a workshop programme designed and agreed with your trainers
- Professional insurance – where this is not provided by the workplace/placement
- The costs of GPTI assessment/ accreditation process.
- All tutorials after the core training

Fees can be paid as a one-off or in instalments by standing order, by negotiation with Manchester Gestalt Centre.

Applying for the training

The Diploma in Gestalt Psychotherapy is a post graduate training and applicants will normally be qualified in one of the 'helping professions' or will be able to show that you have achieved 'graduate level competence' and have experience of working with people in a helping capacity. Training organisations will look at your application to substantiate the relevance of your experience.

Manchester Gestalt Centre aims to have a flexible, accessible entry system for suitably skilled applicants. We value diversity in our training groups.

For entry, applicants should have:

- completed a gestalt foundation course or equivalent
- relevant experience of working with people in a helping role.
- basic counselling skills and/or experience of individual and/or group therapy (including some using the gestalt approach or equivalent);
- a degree in a related subject or equivalent training, experience or competence in any of the helping professions (for example, teaching, youth & community work, social work or healthcare).

Applicants will normally demonstrate the capacity and commitment to develop the following qualities that will make them suitable for the profession of psychotherapy:

- a lively and enquiring mind
- a capacity for critical reflection and self-directed learning
- an ability to listen and respond with compassion and respect
- awareness of prejudice and the ability to respond openly to issues of race, gender, age, sexual preference, class, disability, ethnic, spiritual / religious and cultural difference, and diversity
- awareness and sensitivity in relation to the political, socio-cultural and religious / spiritual contexts of people's lives
- in-depth self-reflection
- self-awareness and commitment to self-development. Applicants should have sufficient emotional competence and the internal resources necessary to engage with the demands of the training and the work of psychotherapy

Accreditation of prior experience and learning

Manchester Gestalt Centre welcomes applications from candidates who have already trained elsewhere in gestalt. You may be eligible to join the training in years two, three or four. We will consider your application in accordance with GPTI guidelines on the accreditation of prior experience and learning.

Any candidate wishing to join the training should send an application giving information about their previous training and/or experience, including full details of theoretical learning, any training in clinical skills and personal development. We may ask you to attend some training to ensure you have sufficient gestalt knowledge and experience prior to joining the Diploma course after its commencement.

You are welcome to contact us by phone or email to discuss your particular situation prior to application.

Application Procedure

Please contact MGC for an application form. A paper copy can be sent if required. A criminal convictions form and an equal opportunities monitoring form will be given to you to complete when you come for interview.

If you have any difficulty with this process, please contact us. For information at time of reading, the questions on the online application and copies of the criminal convictions and equal opportunities forms are in Appendix 4.

If short-listed, you will be asked to attend an interview. If successful at interview, we will ask you to confirm acceptance of the offer of a place in writing, and to reserve your place by paying a £300 non refundable deposit.

We encourage early applications, as the group size is limited to 14 trainees. Late applicants will only be considered if there are available spaces. Please feel free to enquire about submitting your application. We are happy to respond to your queries and explore options with you.

Further information about Manchester Gestalt Centre is available on our website, www.mgc.org.uk

Appendix 1: Summary of GPTI and UKCP Training Regulations

GPTI MEMBERSHIP

Year 1: **Pre-Contract Membership** of GPTI - £65.00

Following years: **Trainee Membership of GPTI** - £110.00.

Forms available from Training Centres, a GPTI TSM needs to sign these forms, list in Section 1

Annual subscription to **The British Gestalt Journal** is included in the above fees.

Hours required	GPTI Diploma	UKCP Registration
Training hours	600 hours	
Supervision hours	150 hours. (minimum of 60 hours with Training consultant) 1st 2 clients ratio of 1:3 Thereafter ratio of 1:6 (i.e. one hour of supervision for every 6 client hours)	900 hours of training and supervision. Can include Mental Health Placement hours see below.
Personal Psychotherapy	Regular weekly psychotherapy during the course of training (minimum 40 weeks of year) and year before qualification.	Regular weekly psychotherapy during the course of training (minimum 40 weeks of year)
Work with Clients	450 hours At least 300 using gestalt approach	450 hours
Mental Health Experience	Placement 120 hours	Mental Health Placement 120 hours, which counts towards 900 hours above

Appendix 2: GPTI core curriculum

3.2 The Training Contract

A personal programme of study will be negotiated between you and a training consultant, who you will most likely retain for the duration of your training, and consultation with her/him should take place at least twice a year. Although through the signing of the contract, you will establish an on-going relationship with this training consultant, you are expected to retain major responsibility for your own learning process, the design and pacing of your development as a gestalt psychotherapist, the completion of the pre-examination requirements, and for demonstrations of your eligibility and readiness to take the diploma examination. You are also responsible for ensuring that you understand the regulations governing the completion of the diploma and that you comply with them.

A training contract is usually signed in year 2 and is lodged in the office of GPTI. The contract is valid for three years and is renewable. Acceptance by the training consultant does not guarantee that you will eventually receive the Diploma: it does signify however, that the training consultant believes that there is a reasonable chance that you will reach diploma standard. If the training consultant subsequently thinks otherwise, they will inform you. The training contract is re-confirmed annually prior to renewal of membership (See Form G)

The Institute reserves the

rights: - (a) to refuse to

establish a contract

(b) not to renew a contract after a three year period

(c) to revoke a contract.

In all matters of dispute about training contracts the decision of the executive council in consultation with the TSC is final.

Lapse of Training Contract

If time in excess of a year is taken out, then the training contract will lapse. Trainees would then need to find and meet with a training consultant to see what their current training needs are and negotiate a new training contract.

A training contract is available from your training centre

See also Training consultant Role, Section 4.3 (Assessment)

Section 11 – Form G: Annual Renewal of Training Contract

3.3 The Core Curriculum

Curriculum Content

GPTI **requires** that all areas of each cluster be covered during your training programme. The division of the core curriculum into clusters is artificial and some items could equally well appear in more than one cluster. GPTI encourages training centres to recruit trainers with a diversity of styles and approaches. All aspects of the core curriculum are to be taught with an awareness of difference and diversity issues, including age, class, gender, (dis)ability, sexual orientation, belief systems, culture, race, ethnicity, language.

GPTI accredited trainers will primarily teach the fifteen clusters of the core curriculum. Centres are likely to also have visiting national/international guest trainers. Where possible, in order to support and encourage potential new trainers, centres will seek to create opportunities for assistant trainers to work alongside accredited trainers.

We are committed to promoting a diversity of approaches as a major strength of gestalt psychotherapy and recommend that trainees attend workshops with a variety of trainers, to enhance their awareness of the diversity of approach within the gestalt community.

Cluster 1: The field of psychotherapy

- 1(a) Overview of the psychotherapy field.
- 1(b) Nature of psychotherapy; the therapeutic frame; therapeutic holding.
- 1(c) The historical and philosophical development of gestalt psychotherapy relation to other psychotherapies.
- 1(d) Critiques of psychotherapy in general and gestalt in particular.

Cluster 2: Gestalt psychology and field theory

- 2(a) Holism, field and systems theory; nature of gestalt as a field theoretical approach.
- 2(b) Figure/ground, awareness
- 2(c) Principles of field theory
- 2(d) Meaning arising in the field; fixed patterns of configuring or making meaning in the field; possibilities for remaking the relationship between figure and ground.
- 2(e) Zeigarnik effect/unfinished business
- 2(f) Self-actualisation (Goldstein).

- 2(g) Variability of therapeutic intervention in response to varying field conditions. Appropriate grading of all interventions in response to field conditions.

Cluster 3: Existentialism and phenomenology

- 3(a) Existentialism, phenomenology and phenomenological methods
- 3(b) Therapy as sustained collaborative phenomenological enquiry
- 3(c) Responsibility
- 3(d) Paradoxical theory of change
- 3(e) Theories of anxiety

Cluster 4: Contact

- 4(a) Contact, contact boundary, organism and environment, contact functions
- 4(b) Perls/Goodman contact cycle.
- 4(c) Cleveland contact cycle.
- 4(d) Middle mode

Cluster 5: Self Theories

- 5(a) Self-theories
- 5(b) Gestalt theories of self
- 5(c) Individualistic and intersubjective models of self and their different implications.
- 5(d) Id, ego and personality functions; polarities.
- 5(e) Some theories of child and adult self-development (e.g. Mahler, Stern, Winnicott, Perls) and their relationship to gestalt psychotherapy.
- 5(f) Self-process; self-organisation; fragile self-process.

Cluster 6: The Therapeutic Relationship

- 6(a) Gestalt as a relational psychotherapy

- 6(b) The therapeutic relationship including working alliance, person to person, transference and counter-transference relationships and gestalt approaches to working with each of the strands of the relationship
- 6(c) Projective identification and the gestalt approach
- 6(d) Intersubjective and dialogic approaches to self and relationship; dialogue; commitment and Buber and I-Thou and I-It relating; creating the conditions for I-Thou meeting (inclusion, presence, non-exploitation, commitment to living the relationship).

Cluster 7: Body Process

- 7(a) Bodywork
- 7(b) Self-Regulation
- 7(c) Emotional expression and containment
- 7(d) Sexuality
- 7(e) Use of Touch

Cluster 8: Creative and Experimental Approaches

- 8(a) Experiment; design and grading of experiments in relation to field conditions.
- 8(b) Relationship of experiment and dialogue
- 8(c) Integration of creative and non-verbal modes of expression (e.g. use of fantasy, visualisation, metaphor, stories, art, movement etc).
- 8(d) Dream work, transpersonal work

Cluster 9: Psychotherapeutic Practice

- 9(a) Themes and their development over long term therapy and in individual sessions and the relationship between the two.
- 9(b) Impact of culture, race and gender on the establishment of a working alliance, on transference and counter-transference phenomena and on the person to person relationship
- 9(c) Support and challenge; support and its relationship to development of self and shame

- 9(d) Shame, shame binds and fragile self-process
- 9(e) Impasse between urge to change and fixed styles of relating and experiencing the world.
- 9(f) Resistance to and working with and against resistance
- 9(g) Types of psychotherapy: individual, group, couple, family, brief/long-term therapy

Cluster 10: Psychopathology and Mental Health

- 10(a) Gestalt typology or description of process
- 10(b) Evaluating and using mental health diagnostic systems and linking these with a gestalt approach.
- 10(c) Theories of neurosis.
- 10(d) Interruptions to contact; bipolar dimensions of contact
- 10(e) 5-layer theory
- 10(f) Gestalt approach to working
- 10(g) Work with particular client types (e.g. adult survivors of child abuse, people with particular styles of personality disorder, people with eating disorders).
- 10(h) Skills in assessing and responding to the range of responses to shock and trauma, bereavement and spiritual crisis and differentiating these from severe mental illness.
- 10(i) The capacity to recognise severely disturbed clients and when the practitioner should seek other professional advice.
- 10(j) An understanding of the procedures used in psychiatric assessment and liaison with other professionals involved in mental health.

Cluster 11: Practice Management

- 11(a) Ethics, ethical dilemmas and professional guidelines
- 11(b) Initial interviews and the gestalt approach to problem formulation, therapeutic strategies and treatment design; contracting.
- 11(c) Management of a therapy practice; boundaries; developing therapy over the long term and focused gestalt therapy
- 11(d) Use of supervision

- 11(e) Therapist self-support
- 11(f) Assessment and management of risk (e.g. suicide).
- 11(g) Limitations of gestalt psychotherapy.
- 11(h) Limitations of personal competence.
- 11(i) Knowledge of relevant legislation.

Cluster 12: Gestalt as a lived experience

- 12(a) Gestalt as a personal discipline e.g. Jungian, Zen, Taoist approaches
- 12(b) Personal experience of gestalt psychotherapy
- 12(c) Gestalt's approach to the transpersonal and/or spiritual

Cluster 13: Groups, Systems and Organisational Issues

- 13(a) Different gestalt theoretical models of groups and approaches to group therapy
- 13(b) Working with groups, small groups and large groups; working with systems, levels of systems and organisational issues.

Cluster 14: Research

- 14(a) Awareness of research methods
- 14(b) Therapist as researcher/reflective practitioner
- 14(c) Methods of evaluative practice
- 14(d) Assessment of effectiveness and outcome evaluation
- 14(e) The application of evaluative practices
- 14(f) Integration of research findings into practice

Cluster 15: Difference and Diversity

- 15(a) The structure of societies and the role of power in discrimination and oppression
- 15(b) Difference and diversity issues, such as: age, class, gender, disability, sexual orientation, belief systems, culture, race, ethnicity, language
- 15(c) Nature and mechanisms of internalised and externalised prejudice, discrimination and oppression
- 15(d) How the above arise in the co-created therapeutic relationship, supervision and training

Course programme and modular outlines

The above fifteen clusters will be covered in different ways by different training centres. As such, the order of presentation is likely to vary.