

41ST ANNUAL – GATLA IN HUNGARY 2012

EUROPEAN SUMMER RESIDENTIAL TRAINING PROGRAMS

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COUPLES THERAPY TRAINING WORKSHOP
 JULY 8 - 14, 2012

GESTALT THERAPY TRAINING WORKSHOP
 JULY 15 - 27, 2012

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41ST ANNUAL EUROPEAN SUMMER RESIDENTIAL TRAINING PROGRAMS



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COUPLES THERAPY TRAINING WORKSHOP
 JULY 8 - 14, 2012

GESTALT THERAPY TRAINING WORKSHOP
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GESTALT ASSOCIATES TRAINING LOS ANGELES
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COUPLES THERAPY TRAINING WORKSHOP FOR THERAPISTS

JULY 8-14, 2012

"A Couple of Individuals"



ROBERT W. RESNICK, PH.D.

RITA F. RESNICK, PH.D.

From a *Fusion Model* to a *Connection Model* From *Stencils & Templates* to *Movement & Process*

MARRIAGE AND RELATIONSHIPS TODAY (straight and gay) are, to a large extent, based on the assumption that two individuals fuse into one. More than 50% of all first marriages end in divorce as do approximately 70% of second marriages. Add to this the remaining secretly "miserably married"— those living lives of quiet (or not so quiet) desperation based on fear of being alone, fear of damaging the children, financial insecurity, religious doctrine, social stigma, etc. — and we begin to see the magnitude of the problem. Simply put, we are either all seriously disturbed (pathologizing all of us) or there is something fundamentally flawed with our traditional model of relationships and marriage. Traditional models of marriage and coupling evolved in times when the ecosystem made different role demands than those active today - FORM following FUNCTION. Unfortunately, when FORM becomes rigid while FUNCTION changes, our models become outdated and obsolete — vestiges and remnants of another time wreaking havoc on today's attempts for mutually nourishing, long term, primary relationships.

Dealing with differences is the second fundamental dynamic that is at the root of almost all couples issues. Most people are acculturated to view difference as dangerous (as threats to their autonomy, criticisms, attacks, betrayals, etc.) and therefore try to eradicate difference by either becoming like the other (fusion) or trying to make the other like them (conflict). In reality all contact (and connection) can only happen through difference. **Difference is connective tissue.** The Resnicks, respectful and appreciative of difference, have evolved new ways to collaborate, engage, compromise, trade and even celebrate differences.

This model of coupling enthusiastically supports marriage and other committed long term relationships. Only with a long-term primary relationship, can couples build a shared ground of mutual support and understanding. The Resnicks are, however, fundamentally questioning how people historically and currently attempt to do this. Clearly, current models of marriage and other committed long-term relationships do not work very well for most people. Trying harder at that which doesn't work simply leads to more frustration and blaming of self or other. This model is aimed at helping people have more nourishing, enduring and successful marriages and other long-term primary relationships.

Doing therapy with couples is more than embracing a theoretical orientation, a methodology or an eclectic bag of tricks and techniques. It is more than coming up with "deep understandings" from childhood, brokering behavioral "deals" that usually only postpone the explosion and subsequent withdrawal, or unhooking couples from their old narratives and trying to get them to buy the therapist's new story. In order to do effective couples therapy, therapists need to look beyond trying to help "make the relationship work" within a coupling model that doesn't work and to widen their perspective and the clinical work to a process approach. Relationships and marriage are difficult, rhythmic and not for the faint of heart. Most importantly, ongoing primary relationships are worth the effort.

THIS WORKSHOP WILL INCLUDE:

- Moving from an outmoded "fixed" model of relationships and couples therapy to an exciting "process" model of relationships and couples therapy - from fusion to connection.
- The ultimate and complex human dilemma: **How to be connected with another and maintain a self...**(Modulating the lifelong rhythm of separation and connection. This is a process and not a problem to be solved.)
- Dealing with **differences** versus differences in **dealing**.
- Individual and Societal Character Structures
- Love, Intimacy, Boundaries, Power.
- The Resnicks' "Circle of Relating".
- Intrapsychic, interpersonal, gender/ societal/ cultural/ ethnic/ religious (larger field) issues.
- Phenomenology: Meaning, meaning making systems and how we construct meaning.
- A fresh look at society's rules about, and models for, marriage - many of which are anachronistic.
- Being respectful of the individuals, the couple, the family as well as the ecosystem.

The Resnicks will be assisted by some of the following: Todd Burley, Ph.D., Liv Estrup, M.A., Jay Levine, M.A., Kevin McCann, H.Dip.G.T. and Favorito Barbarello, MSc (pending).

Couples Workshop Description



LOCATION: See Information section of this brochure

A five day six night Residential Couples therapy training workshop (Basic and Advanced levels) for therapists and allied professionals who work with couples and those interested in learning to work with couples. **You need not be part of a couple to attend.** Each day, the Resnicks work live (and perhaps some video) with real Model Couples to illustrate their way of encouraging couples to authentically represent themselves — hopefully with grace and discrimination. By having each member of a couple fully and authentically engage with his/her partner, each can discover the degree of compatibility - by being who they are rather than who they and/or others believe they should be. Managed and postured relationships, while "working" temporarily, are fundamentally flawed and lead either to explosions and subsequent withdrawal, or they collapse into quiet desperation. Tragically, most relationships "fail" without the couple truly ever finding out whether or not they are compatible since they simply don't fully "show up", because of fears, rules, expectations, habits and "shoulds."

This will be a practical, "hands-on" workshop with daily supervised practice for all therapists. All clinical work will be related to theory in order to make both more meaningful and practical. The Resnicks are **real** therapists working with **real** couples on **real** issues. Daily small process groups are part of the program. Therapists and Model Couples come together to explore personal reactions to the theory and the clinical work in a warm, international, professional community of therapists and couples.

The Resnicks clearly and simply present their model of coupling and couples therapy and they compare their model to contemporary psychoanalytic, systemic, cognitive behavioral, emotion focused and postmodern approaches. They are interested in integrative similarities as well as differences that separate and define.

MODEL COUPLES NEEDED The Resnicks are inviting 3 or 4 demonstration "Model Couples" to join this workshop. Contact Bob Resnick, Ph.D. for additional information: BobResnick@aol.com

TRAINING GROUPS:

- BASIC GROUP:** The basic group is designed for applicants who are new to the Resnicks' model of Couples Therapy. Many Basic Group members come to our training with relevant training and experience in doing couples therapy, however, they are not familiar with this approach. Others, although not currently working with couples, are interested in learning to do couples therapy.
- Excellent place to gain familiarity with this model and observe live work with real couples.
 - Small group experience for practicing the skills relevant to working with this model under the supervision of the Clinical Faculty.
 - Process group time to deal with personal reactions to the theory, the work and the training.
 - Special theory lectures.
- Training Goals:** To develop the basic skills involved in the treatment of couples from this innovative process model of couples therapy.

- ADVANCED GROUP:** Designed for clinicians with a minimum of one year of training in the Resnick Model.
- Participants have the opportunity to work live with real couples under supervision of the Resnicks.
 - Opportunity to observe live work with couples by Bob and Rita Resnick and fellow advanced trainees.
 - Advanced theory lectures
- Training Goals:** To develop expertise in working with couples using the Resnick Model. To be able to observe and intervene in ways that further the personal goals of the individual in the couple as well as the goals of the couple.

- MODEL COUPLES:** The model couples participate in daily sessions used to teach couples therapy and fully participate in all levels of discussion, group sessions, and Basic theory lectures. The Resnicks work several times with each couple throughout the training workshop. The work is both inclusive and transparent and will be videotaped with prior written consent.
- Daily Couples Therapy Group with Bob and Rita Resnick. Each couple's work will be followed by discussion with the couple, the therapist participants and the Resnicks.
 - Individual couples therapy sessions in a small group with advanced participants working as therapists under the live supervision of the faculty. Discussion will follow the work.
 - Daily theory presentations about couples and couples therapy for couples and therapists in the Therapist Basic Group.
 - International therapist participants and couples
 - Free time to relax, read, spend time together, hike, swim, sports, etc.

41ST ANNUAL EUROPEAN GESTALT THERAPY TRAINING PROGRAM

JULY 15–27, 2012 • LAKE VELENCE • HUNGARY

Core Faculty

Guest Faculty

2012 MARKS THE 41ST ANNUAL GATLA Summer Residential Gestalt Therapy Training Program. This is probably the oldest annual psychotherapy-training program worldwide. The purpose of this program is to provide the highest quality training available for psychotherapists in Gestalt and Experiential psychotherapy while retaining the flexibility to be adaptable to practitioners of other relational models of therapy as well as Cognitive Behavior Therapy and Psychodynamic. All faculty will do clinical demonstrations and all work will be related to theory. Members of the Clinical Practicum and Master Class will each work with an assigned client from a less advanced group in individual therapy for nine days with supervision from Faculty, Distinguished Gestalt Visitors and/or Group Leaders. Our successful Master Class and Clinical Practicum will continue in 2012 — both are groups for very experienced Gestalt Therapists and Trainers.

GATLA HAS INVITED SEVERAL “distinguished Gestalt visitors” in 2012 to be part of the training. These are Gestalt teachers and trainers who have made or are making an important contribution to Gestalt Therapy. These guests will have the opportunity to supervise some trainees, sit in on groups and add their perspectives, give evening presentations and add an unparalleled richness to our community. There will be opportunities to talk, eat, “schmooze” and laugh with these honored guests: **Alan Cohen, MSW (USA), Lucanna Grey, M.A. (USA), Connie Newman, M.A., M.A. (USA), Brigitte Rasmus, Dipl. Psych. (Germany)**. These DGV will not work in the groups, but may offer optional evening presentations for participants to observe their work

There are many aspects of GATLA's Summer Residential Training Program that distinguish it from other training programs in Gestalt Therapy and make it a cutting edge training opportunity as well as a benchmark for Gestalt Therapy Training Programs worldwide:

- ▶ **STRONG COMMUNITY:** International participants from 20-25 different countries. Internationally trained faculty.
- ▶ **OPTIONAL INDIVIDUAL DAILY THERAPY**
- ▶ **SUPPORTIVE ENVIRONMENT:** Participants can do their own personal therapy and training away from their home community.
- ▶ **TRIOS OR QUARTETS:** Practice Gestalt therapy under the supervision of a Trainer, Group Leader, Distinguished Visiting Faculty or a member of the Clinical Practicum or MasterClass.
- ▶ **FACULTY COMMITTED TO DIALOGUE:** GATLA is constantly evolving and changing our program based on feedback and proposals from participants, from advances in psychological science as well as Gestalt theory and practice.



TRAINING GROUPS FOR ADDITIONAL INFORMATION ABOUT GROUPS GO TO: WWW.GATLA.ORG/10_EURO_GESTALT_TRAINING_GROUPS.HTML

- ▶ **BASIC GROUP:** The Basic Group is designed for applicants who are new to Gestalt Therapy or who have limited post-graduate training in Gestalt Therapy. Many Basic Group members come to our training with years of useful and relevant experience, however they are not familiar with Gestalt theory or therapy.
- ▶ **ADVANCED GROUP:** Designed for clinicians who have a minimum of 2 years of Gestalt Therapy training. In addition to observing the Trainer and Group Leader working live. Participants also work as therapist in the group under the supervision of the trainer and group leader.
- ▶ **ADVANCED INTENSIVE GROUP:** Each member of this group is assigned a client from within the group to work with in front of the large group under the supervision of the trainer and/or group leader.
- ▶ **CLINICAL PRACTICUM GROUP:** The Clinical Practicum group focuses intensely on improving participants' clinical skills and emphasizes the integration of clinical work and Gestalt theory. Participants have an individual therapy client whom they see daily with live supervision. This offers an ongoing experience both with therapy and intensive supervision over time.
- ▶ **MASTERCLASS:** Designed to meet the needs of very experienced Gestalt therapists who have completed training with GATLA or other Institutes. In the group they will work directly with and be supervised by all three core faculty (Todd Burley, Ph.D. ABPP, Rita Resnick, Ph.D. and Bob Resnick, Ph.D.). All work will be followed by in depth discussion of therapeutic and theoretical issues to enhance therapeutic and supervisory skills. The group also provides an opportunity to get sophisticated feedback on personal research, clinical, and teaching or service projects from faculty and peers. Participants have an individual therapy client whom they see daily with live supervision.

GESTALT WORKSHOP COMPONENTS

EVENING PROGRAMS: Optional evening presentations have been traditionally scheduled wherein both faculty and participants present and discuss their current interests or expertise. The rich, bountiful backgrounds of therapists from 25 different countries and cultures provide an outstanding array of presentations. Other evening activities include singing and dancing to the music of many countries, arguing theory over a glass of wine, sitting under the stars, telling jokes, etc. In short, a wonderful, warm and ongoing community that welcomes new members.

THEORY TRACKS: Each participant will be asked to choose one of our optional theory tracks (Basic group members will be placed in the Introductory Gestalt Theory Theory track). Theory tracks cover current clinical, theoretical and/or practical and professional issues. Upon registration, each participant will be sent a list of the theory tracks available and asked for their preferences.

O.D. THEORY TRACK LED BY DOUG ABERLE, M.ENG.SC: For those participants with a background in working in organizational settings, a separate Organizational Development theory track, from a Gestalt perspective, will be conducted throughout the workshop offering a theoretical perspective as well as consulting about specific case studies. Contact us for additional information.

VIDEO: With prior consent, videotaping of groups with Robert W. Resnick, Ph.D. will be done with a view toward creating demonstration and training tapes. Evening presentations of Gestalt Visitors may also be taped.

INFORMATION:

COUPLES THERAPY TRAINING • GESTALT 12-DAY TRAINING PROGRAM

LOCATION: The location for GATLA's 41st Annual Summer Residential European Training Programs is Gárdony, Hungary – about one hour by train from Budapest. We will be staying at the new and lovely four star Hotel Nautis located on the shore of Lake Velence next to the port and the beach. Lake Velence is the third largest freshwater lake in Hungary and in summer the lake offers opportunities for boating, swimming and waterskiing. The hotel is elegant and modern, built in 2010. There are both outdoor and indoor pools, a Jacuzzi, a sauna and a fully equipped spa. The hotel offers fresh international cuisine with Hungarian highlights. <http://www.hotelnautis.hu/outside/en/>

CE CREDIT: GATLA is approved by the American Psychological Association to sponsor continuing education for psychologists. GATLA maintains responsibility for these programs and their content. These courses meet the qualifications for 30 hours (Couples) and 63 hours (Gestalt 12 day program) of continuing education credit for Psychologists, MFTs, LPCCs, LEPs and LCSWs as required by California Board of Behavioral Sciences. BBSE Approval No. PCE 841. GATLA is a continuing education provider approved by the California Board of Registered Nursing. Provider No. CEP 12365. GATLA's training program content builds upon doctoral level training and draws upon generally accepted psychological theory, research based psychological concepts, and clinical outcome studies.

FEES: COUPLES THERAPY TRAINING WORKSHOP: JULY 8 – 14, 2012

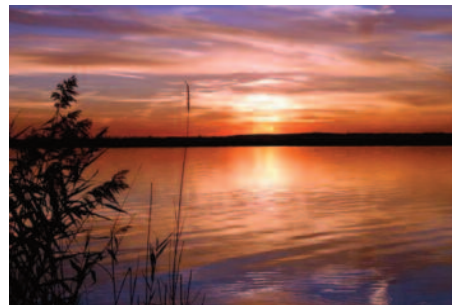
Early Registration Discounts and Scholarships Available. See www.gatla.org.
From: \$1795 - \$1995.00 for Participants, **before March 15, 2012.** Fees dependant upon group level (Basic or Adv)
From \$1995.00 - \$2195.00 for Participants **after March 15, 2012.** Fees dependant upon group level (Basic or Adv)
Model Couples \$1045.00 (per person)

FEES: GESTALT THERAPY TRAINING WORKSHOP: JULY 15 – 27, 2012

Early Registration and Group Registration Discounts and Scholarships Available. See www.gatla.org.
From: \$3345.00 - \$3595.00 **before March 15, 2012.** Fees dependent upon group level (Basic - MasterClass)
From \$3595.00 - \$3895.00 **after March 15, 2012.** Fees dependent upon group level (Basic - MasterClass)

FEES: (inclusive of room, board & administrative costs) **Discounts May Not be combined. Those attending both the Couples and the Gestalt program will receive a 15% discount on both programs.**

For Information About: Transportation to the Workshop Site, Eligibility, Cancellation Policy, Discounts and Conditions and Scholarships see the GATLA website: www.gatla.org



TODD BURLEY, PH.D. ABPP trains Gestalt Therapists both in the U.S. and internationally. He is on the Graduate Faculty in Psychology at Loma Linda University where he teaches courses in Gestalt Therapy, Neuropsychological Assessment, Treatment and Research in Schizophrenia, and team-teaches Cognitive Psychology and Cortical Functions. He currently serves on the Editorial Board of the *Gestalt Review*. His publications and presentations have included such issues as contemporary Gestalt personality theory and psychopathology, awareness in Gestalt Therapy, research based Gestalt work with shame, clinical judgment in test interpretation, implications of current psychological research in psychology for the practice of Gestalt Therapy, the development of character structure from a Gestalt cognitive perspective (with Kiti Freier), field theory. He is noted for his warm and keen ability to observe, capacity for clinically sensitive intervention and dedication to keeping Gestalt therapy on the developing edge of psychological science which characterizes and informs his teaching and research consultation.

Email: toddburley@gatla.org



RITA RESNICK, PH.D. has been Faculty Chair of GATLA's European Summer Residential Training Program since 1991. In addition to her private practice, Rita is actively training psychotherapists in the United States, Australia, Europe and soon in China, in both Gestalt and Couples Therapy. Her professional interests include the exploration of innovative and supportive approaches to supervision (Rita has published an article with Liv Estrup, M.A. "Supervision: A Collaborative Endeavor" (*Gestalt Review*, Vol. 4, No. 2) and a devoted, passionate (and self serving) interest in the area of women growing older - menopause and mid-life vitality. An interview on Contemporary Gestalt Therapy with Rita and Robert Resnick has recently been published in the *Tidskrift For Norsk Psykologforening* - the Norwegian Journal for Psychologists. Rita's manner is warm and contactful with the capacity to be clear and precise in identifying, discussing and working with process. The Resnicks are frequently happily married.

Email: ritaresnick@gatla.org



ROBERT W. RESNICK, PH.D., Clinical Psychologist, has been a Gestalt and Couples Therapist for 45 years and an international trainer for 40 years. Trained (1965-1970) and personally certified (1969) by Drs. Fritz Perls and James Simkin, he is the youngest of the “old timers”. Dr. Resnick was chosen by Fritz Perls (and invited by Nels In de Vid from Holland) to be the first Gestalt Therapist to introduce Gestalt Therapy to Europe in the summer of 1969 where he presented both a lecture and a training workshop. He has been presenting Gestalt and Couples training workshops in Europe continually since that time. His interview “Gestalt Therapy: Principles Prisms and Perspectives” defining his views of Gestalt Therapy at that time, appears in the summer 1995 issue of the *British Gestalt Journal*. “The Recursive Loop of Shame” appears in the *Gestalt Review* 1997. “Chicken Soup Is Poison” (Perls Festschrift) circa 1967. He is currently screening a series of contemporary Couples Therapy and Gestalt Therapy video demonstration and training tapes. His first clinical practicum (while moonlighting as a Columbia University graduate student) was driving a New York taxicab. Bob's style is warm and engaging and he speaks with clarity and humor. And yes, the Resnicks are frequently happily married.

Email: robertresnick@gatla.org



NIFONT DOLGOPOLOV, PH.D., founder and director of Moscow Institute of Gestalt and Psychodrama. Certified supervisor, trainer and psychotherapist in Gestalt Therapy and in Psychodrama. Organized training programs in Siberia, the Urals, and other regions of Russia, as well as the Ukraine, Kazakhstan, Latvia etc. Special interests in group therapy, future issues, organizational counseling.



LIV ESTRUP, M.A. is a Gestalt therapist in practice in Santa Monica, CA, since 1971. She has trained internationally and co-authored (with Rita Resnick, Ph.D.) "Supervision: A Collaborative Endeavor", *Gestalt Review* (Vol. 4, No. 2). Liv is an AAMFT approved supervisor and an Associate Editor of the *Gestalt Review*. Through interests in training, theory and photography, Liv created the video, *What's Behind the Empty Chair? Gestalt Theory Theory and Methodology*. *Flying Without Wings: Life with Arnold Bessier* is her first feature documentary. Dr. Beisser was Liv's friend and mentor.



HELEN KENNEDY, BA (HONS.) works as a Gestalt therapist, trainer and supervisor at the Edinburgh Gestalt Institute in Scotland and internationally. She originally trained as a Gestalt therapist in the UK and then with the Gestalt Therapy Institute of Los Angeles and is a training and supervising member of GPTI (UK). She is passionate about Gestalt as a lived experience and has a particular interest in creating community to enhance creative, spiritual and psychological growth.

JAY LEVIN, M.A. (CLIN. PSYCH.), completed Gestalt training with the Polsters (1983) and GTILA (1986) and was certified by examination by GTILA. Jay was a community psychologist and in private practice in

Each group in the Gestalt Program of the Summer Residential will work with three of the above Core and Guest Faculty. In addition to a faculty member, each group will have a Group Leader who stays with the group throughout the entire 12 days. In 2012 Group Leaders will be selected from the following list:

GROUP LEADERS:

Doug Aberle, M. Eng. Sc. (Australia)
Sasha Eremeev, M.D. (Kyrgyzstan)
Nadya Loubyanitskaya (Russia)



South Africa before moving to the USA, and has been training psychotherapists in the Gestalt approach for more than 20 years. He has been invited guest faculty at GATLA's summer residential workshops for many years. Jay has published articles that illustrate his interest in how values shape personal behavior and therapeutic interventions as well as reflect his vision of a more hospitable world.



JURAJ (GEORGE) REKTOR, M.D., psychiatrist, founder and director of the Psychosocial Center in Prerov, Czech Republic. Originally trained as psychoanalyst, later trained and certified as Gestalt therapist by GPTI (UK) and GATLA. Co-founder and co-director of Czech Gestalt Therapy Training Institute "Dialogue." Interested in personality process and structure and neuroscience.



CLAUDIA ROSENBACH-ZIEMBINSKI, DIPL. PSYCH., trained as a Teacher, Clinical Psychologist and Gestalt therapist in Berlin. Since 1988, she has lived and worked as a Psychotherapist and Gestalt Trainer in Perth, Western Australia, where she is also the Co-Director of GTIWA. She has run Gestalt training workshops in Australia, New Zealand, USA, Europe and Russia.



ZISH ZIEMBINSKI, M.PSYCH. (CLINICAL), graduated from UWA in 1976 and completed his Gestalt training with the Perth Institute in 1984. He has a private practice in Clinical Psychology and is the Co-Director of Gestalt Training Institute West Australia. He was the Convener of the first Gestalt Australia & New Zealand International Conference in 1998.

Konstantin Pavlov, M.D., Ph.D. (Russia)
Paul Plakos, M.A. (USA)
Anna Tanalska-Duleba, M.A. (Poland)