

“A COUPLE OF INDIVIDUALS” COUPLES THERAPY TRAINING WORKSHOP

FROM A FUSION MODEL TO A CONNECTION MODEL
FROM STENCILS & TEMPLATES TO MOVEMENT & PROCESS

RITA F. RESNICK, PH.D. ROBERT W. RESNICK, PH.D.

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 Unfortunately, when FORM becomes rigid while FUNCTION changes, our models become outdated and obsolete — vestiges and remnants of another time wreaking havoc on today’s attempts for mutually nourishing, long term, primary relationships.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, rhythmical 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 FAVORITO BARBARELLO, M.Sc AND KEVIN McCANN, H.Dip.G.T.

WORKSHOP DESCRIPTION

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 (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, EFT, Imago, Gottman, Cognitive Behavioral and Postmodern approaches. They are interested in integrative similarities as well as differences that separate and define.

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: For clinicians with a minimum of one year of training - Resnick Model.

- Opportunity to work live with real couples under supervision of both Bob and Rita Resnick.
- Opportunity to observe live work with couples by Bob and Rita Resnick and fellow advanced trainees.

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 NEEDED: The Resnicks are inviting 3 demonstration “Model Couples” to join this workshop. Model couples participate in all discussions of the clinical work. The workshop is inclusive and transparent. Please contact Bob Resnick for additional information at +1 (310) 826-7750 or BobResnick360@gmail.com.

MODEL COUPLES: 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 with each couple throughout the training workshop. The work is both inclusive and transparent.

- 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.
- Optional evening presentations.
- International therapist participants and couples
- Free time to relax, read, spend time together, hike, swim, sports, etc.

COUPLES THERAPY WORKSHOP
JULY 9 – 15, 2017



GATLA in Ireland

European Summer Residential Training Programs

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COUPLES THERAPY
TRAINING WORKSHOP
JULY 9 – 15, 2017

GESTALT THERAPY
TRAINING WORKSHOP
JULY 16 – 28, 2017



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RESNICK, PH.D.

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GATLA 46TH ANNUAL

European Summer Residential Gestalt
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COUPLES THERAPY TRAINING JULY 9 – 15, 2017

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46TH ANNUAL EUROPEAN SUMMER GESTALT THERAPY TRAINING PROGRAM

JULY 16 – 28, 2017 • TRALEE, IRELAND

GUEST FACULTY

2017 MARKS THE 46th 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 lower group in individual therapy under the supervision of Faculty, Distinguished Gestalt Visitors and/or Group Leaders for a period of nine days. Our successful Master Class will continue in 2017 — a group for very experienced Gestalt Therapists.

2017 GATLA “DISTINGUISHED GESTALT VISITORS:” (DGVs) 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, sit in on groups and add their perspectives, give presentations and add an unparalleled richness to our community. There will be opportunities to talk, eat, “schmooze” and laugh with these honored guests. In 2017 we are pleased to welcome as DGVs: Alan Cohen, MSW (USA), Toni Gilligan, M.Phil (UK), Laurence Hegan, RMN, MSc. (UK), Hanne Hostrup, Lic.Psych. (Denmark), Connie Newman, MA, MA, (USA), Jasenka Pregrad, mag.psych., (Croatia), Malcolm Parlett, Ph.D. (UK).

THEORY TRACKS: Four theory tracks will be offered in 2017: **Introductory Theory** for Basic Group members and other interested participants led by Jay Levin, M.A., **Organizational Development** theory for those with a background in working in organizational settings led by Doug Aberle, M.Eng.SC., **Dialogue of Dialogues** – working with big families led by Anna Tanalska-Duleba, M.A. and a final track of **Clinical Issues** with faculty from GATLA and DGV.

Training Groups: For additional information about groups go to <http://gatla.org/training-groups>

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 too work as therapist in the group.

ADVANCED INTENSIVE GROUP: Each member of this group is assigned a client from within the group to work with several times in front of the large group.

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 from a less experienced group, whom they see daily with live supervision. This offers an ongoing experience 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. They will work directly with two core faculty (Rita Resnick, Ph.D. and Bob Resnick, Ph.D. and one additional faculty member) followed by in depth discussion of therapeutic and theoretical issues. Participants have an individual therapy client, from a less experienced group, whom they see daily with live supervision.



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 30 different countries and cultures provide an outstanding array of presentations. Other evening activities include singing by the piano, playing guitars, dancing, arguing theory over a glass of wine, quietly sitting or walking under the stars, telling jokes, etc. In short, we are a wonderful, warm and ongoing community that welcomes new members.

DISTINGUISHING CHARACTERISTICS

- **STRONG COMMUNITY:** International in scope. Participants from 25-30 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.
- **RETURN RATE OF OVER 80%**

VIDEO: With prior consent, videotaping of groups with Robert W. Resnick, Ph.D. will be done to create demonstration and training tapes. Presentations of DGVs may also be taped.

LOCATION: The venue for both programs in the summer of 2017 is the **Meadowlands Hotel** in Tralee, Co. Kerry, Ireland www.meadowlandshotel.com. This compact, traditional hotel is situated just 1km from Tralee Town Center. It is a charming and intimate hotel with Jonny Frank's Bar featuring an open fire and a cascading staircase leading to the Library and many traditional music sessions. There are endless activities for free days: visiting the Ring of Kerry - one of the most famous scenic drives in Ireland, the Dingle Peninsula with its stunning views of hills, mountains, cliffs, sandy beaches and the charming town and harbor of Dingle, the Skellig Islands just 12 km from the South West Coast, hiking, walking, cycling, horse riding, kayaking, fishing, surfing, whale, dolphin and bird watching as well as an evening in the National Folk Theater in Tralee.

We will be the sole occupants of this hotel for the Gestalt Program, however **bedrooms are limited so book early** - especially if you are requesting a single room. Scholarship participants may be housed in B and B's across the street from the hotel with lunch, dinner and coffee breaks at the Meadowlands hotel.

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 as well as MFTs and LCSWs as required by California Board of Behavioral Sciences. GATLA is a continuing education provider approved by the California Board of Registered Nursing, Provider No. CEP 12365.



TRAINING PROGRAM IRELAND

COSTS: (inclusive of tuition, room, board & administrative costs)
COUPLES THERAPY WORKSHOP: JULY 9 - 15, 2017

Participants: From: \$1795 - \$2195.00

Model Couples: \$1045.00 (per person)

Fees dependent upon group level (Basic or Advanced). Early Registration Discounts and Scholarships Available. See: <http://www.gatla.org/general-information>

GESTALT THERAPY WORKSHOP: JULY 16 - 28, 2017

From: \$3235.00 - \$3895.00. Fees dependent upon group level (Basic – Master Class). Early Registration, Group Registration, Discounts and Scholarships Available. See: <http://www.gatla.org/general-information>

For Information About: Transportation to the Workshop Site, Eligibility, Cancellation Policy, Discounts and Conditions and Scholarships see: www.gatla.org/general-information

CORE FACULTY



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 and Europe 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 has written a chapter in the recent book *Catch the Message*, Fecova, A. and Levin, J. highlighting important women in Gestalt therapy. Rita's style is clear, empowering, thoughtful and caring. The Resnick's are frequently happily married.
Email: ritaresnick@gatla.org



ROBERT W. RESNICK, PH.D., Clinical Psychologist, has been a Gestalt and Couples Therapist for 50 years and an international trainer for 45 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: BobResnick360@gmail.com



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: 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 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

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 remains with the group throughout the entire 12 days. **In 2017 Group Leaders will be selected from the following list:**

Doug Aberle, M. Eng. Sc. (Australia)
Favo Barbarello, M.Sc. (Ireland via Italy)
Sasha Eremeev, M.D. (Russia via Kyrgyzstan)
Tomaz Flajs, B.A. (Slovenia)
Vitalija Lepeškień, Ph.D. (Lithuania)
Nadia Lubyantskaya, (Russia)

Kevin McCann H. Dip. G.T. (Ireland)
Paul Plakos, MA (USA)
Andrew Price, MSW (USA)
Anna Tanalska-Duleba, M.A. (Poland)
Svetlana Vasilyeva MC, RCC (Canada via Russia)

psychologist and in private practice in 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-ZIEMBSKI, DIPLOM. 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 & Russia.



ZISH ZIEMBSKI, 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.