



## GESTALT THERAPY TRAINING

A little background information, Gestalt is not only a therapy approach, but also a philosophy of life and the training requires commitment as well as learning how Gestalt views certain disorders and struggles as well as human behavior. In this approach, it is very important to internalize certain concepts, such as figure and background which in basic terms means what the person is aware of (figure) and what the person is not aware of, the “unconscious” (background); as well as other important concepts. Our job as a therapist is to uncover the background in order to allow the client to “organize his/her reality” in function to the “figure” that seems to be more important.

My training consisted in 2 and a half years of training that covered the history, concepts and other important information regarding Gestalt Therapy. What I came up with, is a short-term training that covers basic concepts; however, the amount of information that needs to be presented is extensive and the experiential part takes time as well; the whole experience is really amazing; I have only received great feedback from people participating in the 1<sup>st</sup> group that started on 8/18/20. This training will include one (optional) 30-45 consultation session (with enough time to schedule it).

I was able to organize the information in 4 Modules with the most relevant information in order to be able to effectively use Gestalt Techniques. The training consists on going over basic concepts, and the explanation of how these techniques can be implemented in clients, the duration is 2 weekends, consisting 3.5 - 4 hrs each day, here is the breakdown of the modules:

### Module 1:

- Basic Concepts
- What Gestalt Therapy is about
- Goals in Gestalt Therapy
- How to facilitate change through Gestalt Therapy

### Module 2:

- Cycle of Satisfaction of needs
- Interruptions in the cycle of satisfaction of needs
- To become aware and neurosis in Gestalt
- The Therapist and his/her role in the Gestalt Encounter

### Module 3: (Techniques)

- The Empty Chair Technique
- Recovering Projections
- Integrating Polarities
- Dream Analysis

**Carmen Palacios Camacho, LMHC, NCC, MCAP**  
**Licensed Psychotherapist**  
[carmen@uniquecounseling.net](mailto:carmen@uniquecounseling.net)



#### Module 4:

- The wounded child
- Healing our wounded child
- Gestalt in couples
- Gestalt Techniques for couples.

### Gestalt Therapy Training Schedule (3<sup>rd</sup> Group)

#### Module 1:

- Saturday 12/05/20

#### Module 2:

- Sunday 12/06/20

#### Module 3:

- Saturday 12/12/20

#### Module 4:

- Sunday 12/13/20
- All classes will start at **9:00 am (EDT)** and they will last 3.5 – 4 hours depending on how fast we go through the information and activities planned for that day.
- If you choose to have an individual consultation session, please let me know with a **minimum of one week in advance** and they will last 30-45 minutes each.
- The classes will be recorded and will be posted in a different Facebook group that I will create for the participants of this group only.
- You can ask questions about the training during classes, via email or in the Facebook group.
- The cost of the entire training is **\$600**; however, if you pay upfront, **you can save \$50** and pay **\$550**.
- Payment arrangements available (please inquire) as long as the full balance is paid by 12/11/20
- You **MUST** complete previous modules in order to move into the next one.
- You will receive a separate email thread every time you make a payment specifying the payment amount and remaining balance to date.

**Carmen Palacios Camacho, LMHC, NCC, MCAP**  
**Licensed Psychotherapist**  
**carmen@uniquecounseling.net**



- You will receive the Zoom meeting ID & password and pdf of the first module as soon as you make your **first payment which is due by 11/27/2020**.
- I will also post the zoom links for each class in the Facebook I previously mentioned.
- You will receive a certificate of participation/completion of 4 modules in Gestalt Therapy Training **NOT** a certification.
- I registered this training as a workshop in an agency that provides CEUs nationwide and you would be able to earn **16CEUs** after a payment (**to them**) of \$40. This was the only way to avoid restrictions by state and/or board.
- Payment methods accepted: **Venmo** (Carmen-Palacios-24 or ask me for my QR code), **Zelle** (carmen@uniquecounseling.net), **bank transfers** (please ask for account information if you choose this option) and **check payable to "Unique Counseling LLC"** (please ask me for the address if you choose this option).