



Gestalt Institute of the Rockies
800 Washington Ave. Unit D
Golden, CO. 80403
(303) 426-8211 FAX (303) 429-9512
(303) 985-3534
www.gestaltoftherockies.com

Dear Prospective Student,

Thank you for your inquiry into the professional training program of the Gestalt Institute of the Rockies, the oldest and most respected Gestalt training program in the region. We have designed an intense and exciting program that incorporates theoretical, practical and experiential learning. The format of a monthly two-day intensive workshop was deliberately scheduled to meet the needs of the working professional or student. We feel this enables our students to continue their "lives" while participating in an intensive, cohesive learning community.

Enclosed are an application form, policy statement, program description and some of our thoughts regarding Gestalt. The next step is for you to return your completed application and autobiography. We would like to schedule a personal interview with you at your earliest possible convenience.

If you have any questions, please call. We are looking forward to meeting you and joining you in this learning experience.

Sincerely,

Duey Freeman, MA, LPC
Director

"Gestalt is not where you have been, it is where you choose to go."

GESTALT INSTITUTE OF THE ROCKIES

Professional Training Program

Definition of Gestalt Therapy

Gestalt Therapy has both humanistic and existential roots. It is through awareness in the present, expression and completion that people grow and change. This awareness and expression comes in many forms; therefore, we are able to incorporate other types of expressive therapies under the Gestalt umbrella as the student gains knowledge of the basic process. It is through this process that the entirety of the person—body, mind and spirit—is included in this focus.

Overall Program Description

The Gestalt Institute of the Rockies offers a unique and intense learning experience. The focus of its programs (Basic Training Program and Advanced Training Program) is on the professional and personal growth of each participant. The relationship between the participant, the learning community and the larger community is also emphasized.

Basic Training Program

The Basic Training Program consists of seven trimesters (28 months) concentrating on the essential theoretical concepts and experiential process of Gestalt therapy and related expressive therapies. Initially, the student meets with one of the trainers for 10 contact hours of individual psycho-educational process before entering into an ongoing training program. This includes experiencing working as well as basic theory and process of gestalt therapy. The following seven trimesters are focused on experiential learning in a small group setting. Both individual and group therapy is emphasized throughout. There is also an emphasis on using Gestalt Therapy with diverse ethnic and cultural populations. Upon completing the initial 10 hours of Basic Training, participants may enter the balance of the program at the onset of any trimester to help them integrate into the ongoing curriculum.

The participants are expected to complete requisite readings and assignments. In addition to attendance at regular class meetings, students are required to complete ten hours of individual Gestalt experience/introduction (as mentioned above) and ten hours of clinical supervision upon completion of the Basic Training Program.

A certificate will be awarded upon the satisfactory completion of the Basic Training Program.

Advanced Training Program

The Advanced Training Program comprises three trimesters (12 months) focusing on intensive learning and practice in the application of Gestalt Therapy. Students may design their curriculum to include specialty treatment areas such as child and family therapy, addictions, abuse issues women's and men's issues, gay and lesbian issues, body work, cross cultural issues, etc. These specialized programs are coordinated with the staff and include seminars, projects, supervision and practice. Students who have successfully completed the Basic Training Program or its equivalent are eligible. A certificate will be awarded upon satisfactory completion of the Advanced Training Program.

Policy and Structure

I. Admission Requirements

- A. Specific Inclusions
 1. The training program is designed for professionals in direct service or administrative roles in the public or private psychological sector, as well as professionals employed in positions that deal with employees' emotional and mental issues.
 2. All applications for enrollment are reviewed on a case-by-case basis.
 3. Individuals with the following backgrounds will be considered for admission to the program:
 - a. Qualified mental health professionals holding a degree in their respective field such as an MA in counseling or an MSW. The course of study for these individuals will enhance their therapeutic skills.
 - b. Human services professionals, such as social workers or therapeutic foster parents, who are not engaged in practices of psychotherapy and who seek to enhance their role.
 - c. Teachers and counselors in both educational and community settings.
 - d. Graduate students preparing for professional careers in mental health disciplines, behavioral sciences, or in the area of human services in which the Gestalt methods would be a relevant extension of basic professional competence. Preference is given to students who have completed at least one year of graduate school or provide evidence of equivalent experience.
 - e. Professionals working in human resources departments who oversee employees' personal issues and are concerned with the emotional and mental health within the corporate environment.

II. Statement of Equitability

- A. The staff of the Gestalt Institute of the Rockies is dedicated to conveying respect to all program participants without bias toward gender, physical disability, culture, ethnic origin, spiritual/religious orientation, sexual orientation or other personal differences.
- B. We expect that all program participants will exercise the same principles.

III. Evaluation System

- A. The Institute faculty will consider the following key elements when determining a participant's eligibility for and/or graduation from the program:
 1. Attendance and course participation
 2. Satisfactory completion of assignments
 3. Ongoing faculty assessment of work and presentations
 4. Peer input and evaluation
 5. Student self-evaluation

IV. Fee Structure

- A. A \$750 tuition fee will be assessed for each trimester.
 1. A calendar year is divided into three trimesters.
 2. Each trimester (consisting of 4 calendar months) is comprised of a 12-hour course offered during one Friday/Saturday combination each month.
- B. A tuition fee of \$75.00 will be assessed for each contact hour of psycho-education and/or supervision provided during the trimester.
- C. Upon acceptance into the program, a \$100 deposit is required. The balance of the tuition fee is due at the first session of each trimester.
- D. A prepayment plan is available to all participants. A 10% discount will be granted when a participant elects to prepay the tuition for an entire year (3 trimesters).
- E. Tuition can be paid with cash or check.

Professional Training Program – *Sample Training Outline*

Note: The following outline highlights areas that will be covered throughout your instruction. Enrollees may enter the program at the beginning of any trimester after completing the initial 10 hours (Item A).

A. Initial Training

This is the beginning of your training program. Consisting of 10 individual contact hours with any training or combination of trainers, this segment will help bring you “up to speed” with other participants currently enrolled. You will also have the opportunity to exercise Gestalt methods with your assigned trainer(s). Your trainer(s) will provide experiences specifically designed to meet your needs, based on an intensive assessment done during this phase.

B. Overview of Gestalt Therapy, History, Ethics and Boundaries.

C. Basic concepts and Process of Gestalt Therapy

D. The “Experiment” , awareness and facilitation

E. Contact Boundaries

E. Development and Gestalt

F. Griefwork, Gestalt Art Therapy and Couples

G. Dreamwork and other creative process

H. Supervision

This trimester consists of 10 hours of individual supervision from a Gestalt perspective after completing all other course work. You may work with any population you choose. The purpose of this is to assist with the transition of working within the training setting to working with the general population. Supervision will be provided by one of the training staff of the Gestalt Institute of the Rockies.



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Professional Training Program

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Student Application

(Please print legibly)

Name of Applicant _____ Date of Birth: _____

Date of Application _____ Gender: M F

Street Address _____

City, State, Zip _____

Phone Number (s) _____

Fax: _____

E-Mail: _____

To which training program are you applying? Basic Advanced

1. **Autobiography:** Please attach an autobiography (2 to 4 pages) including information about yourself and your interest in Gestalt Therapy training.

2. Degrees Held:

Year	Institution	Degree	Major Field Of Study
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3. Previous Post-Graduate or special training experience(s):

(NLT, Gestalt, Sensitivity Training, Tavistock, etc.)

Year	Length of Time	Name of Program	Leader(s)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

4. Why did you select Gestalt Institute of the Rockies?

5. List three references who know you and your work:

#1 Name:

Profession:

Street/ City/

State/ Zip:

Phone:

#2 Name:

Profession:

Street/ City/

State/ Zip:

Phone:

#3 Name:

Profession:

Street/ City/

State/ Zip:

Phone:

Professional work experience (your present position):

Organization:

Date employed:

Street/ City/

State/ Zip:

Phone:

Responsibilities:

Immediate

Supervisor:

Supervision:

The above information is true and complete to the best of my knowledge. The Institute has my permission to obtain all necessary information from the references I have listed concerning my past experience and I release all parties from any possible damages resulting from disclosing such information with or without prior written notice from me. I understand that this application does not constitute a contract of any kind. Should the Institute enroll me, I may terminate such enrollment at any time, but understand that the Institute will retain all monies paid at the time of my approved enrollment.

Applicant's Signature:

Date:

GIR Representative:

Date: