



TBILISI GESTALT INSTITUTE
CURRICULUM
2020

TBILISI GESTALT INSTITUTE
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Year	Theory and Methodology	Number of Hours
I	Group Therapy	200
II	History and roots of Gestalt therapy: <i>Philosophy; anthropology; psychoanalysis; existentialism; phenomenology; Gestalt theory; Eastern philosophies; Social and political influence, Paul Goodman tradition. Jewish roots of Gestalt and the tradition of anti-fascism.</i>	32
II	Theory of Gestalt therapy: <i>Organism/environment field; figure/ground resolution; creative adjustment; model of change; authenticity; contact-withdrawal experience; theory of self; awareness/consciousness; polarities; resistances; therapeutic process. Social and political dimension of the field and the influence on personal development.</i>	56
II	Human organism and environment: <i>Theory of personality; health and sickness; child development; person in society. Interaction between diagnosis and society; threshold between health and sickness, frequency of illness in different contexts, influence of contexts making diagnosis.</i>	24
II&III	Techniques of Gestalt therapy: <i>Experiment; amplification; dream work etc.</i>	60
III	Diagnosis: <i>Differential diagnosis; DSM IV; psychodynamic diagnosis; Gestalt diagnosis. Field embedded diagnosis, Changing in diagnosis through the time. Prevalence in diagnosis in the particular period.</i>	24
III & IV	Different clinical approaches: <i>Neurosis; psychosis; borderline; psychosomatic; addictions.</i>	109
III, IV & V	Fields and strategies of application: <i>Individual; couple; families; groups; therapeutic communities; organizations etc., communities, societies.</i>	144
III, IV & V	The Gestalt therapist in the therapeutic relationship:	140



	<i>Transference; countertransference; dialogue; contacting. Supportive in crisis and trauma situation.</i>	
III	Principles and applications of ethics: <i>To critically reflect on the moral dilemma of co-existing alongside the worldwide military and industrial complex.</i>	8
V	Human rights and social responsibility: <i>The social, cultural, political and ecological aspects of therapy in general and its implications for a Gestalt therapist. Therapist's responsibility toward the individual clients and towards the community / environment in which s/he practices.</i>	24
III	Principles and applications of ethics: <i>The EAGT Code of Ethics, the ethics committee, the complaint procedure, the implications of ethics in personal and professional spheres.</i>	16
V	Research in Gestalt: <i>Current trends in psychotherapy research in general, research methods suitable for Gestalt therapy, case studies, comparative methods, self-report methods. Including practical implementation of a small sample of research.</i>	24
	Total Theory in Gestalt Therapy	661
III, IV & V	Group Supervision	120

Trainers:

Trainers and supervisors of Tbilisi Gestalt Institute are accredited trainers and supervisor of EAGT

Artur Dombrovsky

Anastasya Shapel

Gianni Francesetti.

Baiaba Pumpina

Brigita Kaleckaite

Tatiana Velenta

Nikolays Scerbakovs

Alena Vaskrasenskaya

Irena Goluba

Anna Matiulak

Solvita Vektere

Jay Levin

Jon Bland