



GESTALT TOUCHING THERAPY

*The Gestalt of secret languages and Body Processes
Professional and experiential training for psychotherapists*

Even if we are not aware of it we all have our own private "secret language". This language is used to make sense of what we experience with others and to communicate what is still unveiling. Part of this secret language is made of words we give a specific meaning (that might be different from the usual one); though this language is mainly made of postures, stiffness and muscular tension: in other words our own "being embodied" (or bodying forth).

Contact is an essential term and practice in Gestalt yet touching can be difficult and requires care. By touching the boundary shifts to the skin and the encounter takes place there. This encounter requires both therapist and clients to be fully present in sharing intimacy.

If we touch a patient without care, paying attention to his/her private language, we may fail to understand each other. If instead patient and therapist bring their private language to the fore, then intimacy can provide the ground for the co-creation of a shared experience of the self.

Aim of the training is to develop a working method that enables a therapist to improve Gestaltung, the art of contact. This training shows how to meet the patient by paying attention to their bodies and muscular tensions. **We'll learn to enter and at the same time to accept with discretion and efficacy the world of the implicit and of the intentionality expressed through the body**

The training will focus on

Breathing

Contact with breathing; different strategy of breathing; breathing exercises; respiratory meditations; respiratory aggressiveness; breathing in anxiety, emotions and passions; the importance of the therapist's breathing; breathe together; aesthetic of the breathing and secret languages

Muscular tensions

Touch different muscular tension; chronic tensions and Personality Function; functional movements; chronic tensions and retroflexion; the circle of the muscular tensions and contact interruptions; muscles and oral, dental and anal aggressiveness; contact between therapist's and client's bodies; aesthetic of muscular tensions and secret languages

Dialog with the implicit

The body communication; the dialog of the micro-movements; past history and future plans told by the body; body as expression of Es Function and Personality Function; what the ego doesn't explicitly say, the Es screams implicitly through the body; what it means to assume the responsibility of its own muscular tensions

La sessualità - Sexuality

The sexuality during the session; sexual contact; sexual aggressiveness; genital aggressiveness; how to introduce therapist sexuality in the therapy; movements and touches to help expression of the sexuality; working with shame and embarrassment; sexuality and intimacy; aesthetic of sexuality and secret languages

CALENDAR

1th SEMINAR - 22 hours

SEPTEMBER, 29th - OCTOBER, 1th 2017

PHENOMENOLOGY OF BREATHING

Trainer - Mariano Pizzimenti

2nd SEMINAR - 16 hours

NOVEMBER, 24th-26th 2017

FUNCTIONAL ANATOMY AND GENITALITY

Trainer - Flavia Manich

3rd SEMINAR - 20 hours

JANUARY, 19th-21th 2018

THE DIALOGS OF MUSCULAR TENSIONS

Trainer - Mariano Pizzimenti

4th SEMINAR - 20 hours

MARCH, 9th-11th 2018

ESALEN MASSAGE

Trainer - Elena Gilli

5th SEMINAR - 20 hours

MAY, 4th-6th 2018

MICROMOVEMENT IN THE DIALOG WITH THE IMPLICIT

Trainer - Carmen Vasquez Bandin

6th SEMINARI - 34 hours

JUNE, 7th-11th 2018

SEXUALITY

Trainer - Mariano Pizzimenti

7th SEMINARI - 20 hours

SEPTEMBER, 14th-16th 2018

GESTALT BODYWORK

Trainer - Sergio Mazzei

8th SEMINARI - 20 hours

OCTOBER, 26th-28th 2018

FINAL EXAMINATION

Trainer - Mariano Pizzimenti

TRAINERS

Mariano Pizzimenti, Gestalt therapist and psychologist, founder and director of SGT-Scuola Gestalt Torino Institute, trainer, supervisor, Past President FISIG

Carmen Vazquez Bandin, Gestalt therapist and psychologist, founder and director of the Center for Therapy and Psychology and Gestalt School of Gestalt Therapy of the CTP of Madrid, international teacher and supervisor

Sergio Mazzei, Gestalt therapist and psychologist, director, supervisor and teacher of the Gestalt and Bowyork Institute of Cagliari (IGBW)

Flavia Manich, physiotherapist specialized in work with tension in the genital area. Trainer at the Gestalt Udine Institute

Elena Gilli, Master Reiki, Touching Essence™ & Esalen® Massage practitioner, Aquatic Bodywork, Counselor professional, instructor MISP, founder of Tactus a Torino

Andrea De Lorenzo Poz, Gestalt therapist and psychologist, trainer of the SGT Institute

Irene Tria, Gestalt therapist and psychologist, bodyworker, teacher in training in SGT Institute

INFORMATION AND REGISTRATION

Send a mail to ibtgsegreteria@libero.it

The registration will be accept till September, 15th 2017

COSTS AND PAYMENT METHODS

The cost of the course is 2900 € (VAT INCL), rateable in 10 rates.

Payment in one solution is for a 10% discount.

Registration by July 15 is for a 10% discount.

Registration by July 15 and payment in one solution will benefit from a 15% discount

The training includes the book with the theoretical deepening and the dvd with the registration of the live sessions occurred during seminars

PLACE AND MODE

The course consists of 8 seminars for a total of 170 hours of training.

The seminars are residential in Cascina Maruia, Casalborgone (TO) There is a work room, guest rooms and a shared kitchen to share and prepare for meals. Costs of stay and overnight stay are included in the course costs, while meals are paid by the participants.