

Dear members.

Greetings from CCF.

We are conducting a half-day workshop on Gestalt Therapy.

The details of the program and facilitator are given below.

Gestalt Therapy: Existential, Experiential, Experimental Therapy

Gestalt therapy, developed by Fredrick and Laura Perls, and Paul Goodman in the 1940s, is an experiential and humanistic form of therapy that was originally a critique of conventional psychoanalysis. Gestalt therapy encourages gaining an awareness of emotions and behaviors in the present rather than in the past and gestalt therapists use creative and experiential techniques to enhance awareness, freedom, and self-direction.

The workshop will cover the following:

- Intro and brief history
- Foundations and Core Concepts of Gestalt therapy
- Comparative look at Gestalt
- Gestalt Therapy as Process
- Case Study
- Q&A

Facilitator: Didem Atahan-Fabig

Didem Atahan-Fabig is a psychotherapist and research scholar in Psychology. Her focus is on cross cultural psychotherapy, women, domestic violence and trauma.

After completing her B.S. in Psychology at Middle East Technical University in Turkey, she went on to a graduate program in Cognitive Behavior Therapy at Louvain-la-Neuve, Belgium.

Following this, she worked as a psychologist at Hospital of Neuropsychiatry Ettelbruck in Luxembourg for four years. After joining Red Cross Luxembourg as a psychologist, working with migrant children for two years, she followed her heart and moved to New York with the purpose of expanding her skills as a psychotherapist. She then joined Gestalt Associates of Psychotherapy (GAP), founded by students of Frederick Perls for a clinical fellowship in Gestalt therapy.

While working in Harlem with underprivileged children and families, she completed her clinical fellowship and started a private practice in Manhattan. Upon moving to Germany in 2009, she again successfully built a private practice, while doing research on gender and domestic violence in migrant communities, earning a Masters degree in Gender and Public Health from Freie Universitaet, Berlin.

Trained in EMDR, CBT, Gestalt, she has an eclectic approach identifying with phenomenological and existential therapies, and

The details of the workshop are as follows:

Date: 8th July 2017 (Saturday); 3 PM to 6 PM

Venue: Nahar Hall, Deshbandhu Plaza, Whites Road, Chennai 600 014
(The first building to your right as you move from EA mall towards Satyam Cinemas)

Registration Fee: Free for members; **Rs. 600/=** for non-members

Please confirm your presence with:

Dr. Sumathi Narayanan **98410 14626** or Ms. J. Jayalatha **98840 20970** -

ONLY by **SMS** on or before **Tuesday 4th July 2017**.

Please use the following format for the sms message:

Gestalt Therapy: Name:

Membership Number:

Mentioning your membership number is mandatory.

Kindly confirm your participation at the earliest without waiting for the last date! Registrations are already pouring in. As you are aware, we close registrations once we have maximum registrations.

We may not be able to entertain late registrations.

a never fading interest in cross cultural experience as a psychotherapist.

Those of you who register but are unable to attend, please inform us so that we can invite waitlisted members to attend.

Looking forward to your participation and meeting you on Saturday July 8, 2017,

Thanking you,

With warm regards,

Dr.Sumathi Narayanan,(9841014626)

Secretary,

Chennai Counselors' Foundation

"TOGETHER WE CAN MAKE A DIFFERENCE"

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"Every Human being's faith enriches me, because I am involved in the fulfilment of mankind."

