

CPD Certificated Course & Weekend

Gestalt in Action

incorporating

Psychodramatic Techniques

**Unique Steps Towards
Wholeness**

with

Ari Badaines, Ph.D

3 Day Training: 27th - 29th August 2021

2 Day Group: 28th - 29th August 2021

at

LIFE-FORCE

01206 791661

www.lifeforce-centre.co.uk

3 DAYS EXPERIENTIAL COURSE

Gestalt In Action

Incorporating Psychodramatic Techniques

Cost £195 - 19.5 Hours of CPD

Open to: Clergy, Counsellors, Educators, Human Resources, Nurses, Social Workers, Therapists, Youth Workers, etc.

Non-Residential - A list of local B&B is available

This is a skill development workshop where you will learn Ari's method of working with groups and individuals. Learning will be experiential, practical and will also involve leading the group under Ari's close supervision. You will learn to facilitate Gestalt in Action and also apply some psychodramatic techniques to enhance the potency of your own effectiveness in your work with individuals and groups.

The Format: Friday is for trainees only, wherein Ari will be explaining his theory, demonstrating techniques and the trainees will obtain "hands on" experience in facilitating individual and group work under Ari's supervision. Trainees may also participate in an experiential group with opportunities for personal exploration and development.

The Schedule:	Friday	27th	August 2021	11:30am - 6:00pm
	Saturday	28th	August 2021	9:30am - 5:30pm
	Sunday	29th	August 2021	9:30am - 5:30pm

On the Saturday and Sunday training days, trainees will join participants, (see opposite page), of the personal growth group. Ari will lead most of the sessions; others, he will co-facilitate with trainees. Trainees may also lead a portion of the workshop under Ari's close supervision. On both these days Ari and the trainees will process the day's work from 4.30pm.

Potential Learning Outcomes:

1. A familiarity with action methods applied to group work and individual counselling.
2. How awareness can lead to better choices for the client rather than those based on "shoulds".
3. The effective use of role-play and role-reversal and how to apply it to your practice.
4. How to move from the verbal to action with your clients easily and with powerful results.
5. How to deal with client resistances in individual and group practice.
6. Freeing the client (and yourself!) from "stuckness" through action techniques.
7. Adding a powerful range of techniques to your work.

A PERSONAL DEVELOPMENT WEEKEND

Choose Life At Whatever Risk

Unique Steps Towards Wholeness

Cost £95.00 - 12 Hours of CPD

“Who you are is determined in part by a range of events from childhood into adulthood and by the image you have of yourself and the world. Few emerge into adulthood unscathed by painful experiences. You may succeed in creating loving relationships and friendships and engage in satisfying activities but sometimes, the fear of failure, pain or loss leads to "stuckness". The malaise, anger, loneliness and frustration you experience is no longer a mystery but a symptom of a life not lived fully, with authenticity.

I take your concerns very seriously and have a deep commitment to helping you clarify and resolve your personal issues. In addition to my skills and thirty years experience in working with groups, I use powerful techniques and methods, drawn from a variety of approaches, including Gestalt and psychodrama. When I sense you are trying to avoid or dodge those issues, I will focus on increasing your awareness of your habitual patterns and will help you to develop better choices leading to a healthier, alive, satisfying way of being in the world.”

Dates: Saturday 28th August 2021 9:30am - 4:30pm

Sunday 29th August 2021 9:30am - 4:30pm

This personal growth weekend will include members of the 3-day Gestalt in Action training group. Ari will lead some of the sessions; others he will co-facilitate with trainees. Trainees may also lead a portion of group under Ari's close supervision.

Ari Badaines

Ari trained as a clinical psychologist in the USA; he resided in Britain for twelve years where he had a private practice and led numerous experiential groups and training courses. Ari is a supervisor to individual and group therapists in training; he has published several articles on psychotherapy and psychodrama. Currently he resides in Sydney, Australia, where he maintains a consulting practice and was a former member of training faculties of Psychodrama Training Centres in Sydney and Melbourne and the Gestalt Institute in Sydney. He also offers workshops in Australia, the UK and Ireland.

BOOKING FORM

I would like to attend one of the following:

- Gestalt in Action Training Course
- Personal Development Weekend

N.B. Participants will need to bring their own cushions as the majority of the group sits on the floor, however chairs are available if required.

I have / have not either worked / trained with Ari before (delete as applicable).

- I will be attending the training course and therefore confirm I have completed at least one year of relevant training.

I enclose one of the following non-refundable fee(s):

- £195 for the 3 Day Gestalt in Action Training
Post Dated Cheque/BACS payment by 1st August 2021
- £95 for the Personal Development Weekend
Post Dated Cheque/BACS payment by 1st August 2021

N.B. We regret that in order to enable access for induction purposes for new staff & on-going CPD for current team members and to maintain clear professional boundaries, this training opportunity is not open to any current LIFE-FORCE School of Counselling students.

Name _____

Address _____

_____ Post Code _____

Tel No. _____ Mob No. _____

Email Address _____

All personal information provided above will be; solely used to process your application; safely stored in a locked cupboard and will be destroyed by shredding after 3 years.

**Please send your cheque made payable to LIFE-FORCE and send to:
3 East Hill, Colchester, Essex CO1 2QL**

01206 791661