

# Gestalt as a Way of Life & Gestalt as a Therapy



**Cyndy Sheldon MSW**

**September 11-12, 2010**

**9:30 AM - 5:30 PM**

**Seattle Healing Arts Center**

CECs for Professionals - Open to the Public

Fees: Regular Participants: \$95 (1 day), \$190 (2 days)

Students: \$75 (1 day), \$150 (2 days)

Day 1 is a pre-requisite for Day 2

## ***A Revival of Timeless Understandings***

Emerging from the background of a society addicted to growth and success is an interest again in the teachings of Gestalt founders Fritz and Laura Perls and in the many refinements made by Gestalt trainers worldwide since their passing. Those familiar with Gestalt have missed having a community where they can share their deepest selves and those new to Gestalt are just discovering that this kind of contact is possible. This class will focus on Gestalt's timeless understandings and existential practices as well as the therapy of it all. Amazingly, some indigenous teachings as well as those of Buddhism and Eckhart Tolle's work have a lot in common, themes we will explore.

### **What You Will Learn**

#### ***Day 1: Gestalt as a Way of Life***

On this day the philosophical principles and practices will be covered through experiential exercises, discussion and some personal exploration.

- The paradoxical theory of change
- How thinking can get us into trouble
- The magic of role playing
- Being open to the unexpected
- Experiencing the Now: savoring and chewing
- The importance of being specific and concrete
- The creative void, the Impasse
- Allowing

#### ***Day 2: Gestalt as a Therapy***

On this day we will cover

- The goals of Gestalt work
- The use of Gestalt methods
- The Gestalt Formation Cycle
- The role of the practitioner
- Working with powerful emotions
- Unfinished business
- Integrating disowned parts of self
- The five protections
- Time for personal exploration



**CYNDY SHELDON**, who studied with Gestalt founder Fritz Perls MD, PhD and his colleague James Simkin, PhD, was one of the organizers of the original Gestalt Institute of San Francisco, where she taught for 25 years. In addition she taught for many years in Europe as well as in Australia and Canada. Inspired to follow her bliss in search of a more spiritual foundation, she moved to Sedona AZ and soon after worked on the Navajo Reservation with many of the traditional people. Now in her 75th year she is integrating these learnings with Gestalt's timeless understandings and is eager to share them with all who are curious and interested. Currently she resides in Bellingham Washington.

"Cyndy is among the pioneers of Gestalt Therapy on the west coast of the United States. She is an engaged and talented Gestalt Therapist, teacher, trainer and an advocate of the theory and practice of Gestalt Therapy in America and internationally. Her work of over more than 45 years has shown her wit and her wisdom, her joyousness and love, which continues to deepen and grow. I am grateful for all she has done to further the development of hundreds of Gestalt students. I am also grateful that I may count Cyndy as a dear and loving friend."

- **Jerry Kogan PhD**, a licensed psychologist with more than 45 years of clinical & teaching experience, is a co-founder and co-director of GENI (Gestalt Educational Network International) in Frankfurt, Germany.

For more information & registration visit [www.cyndysheldon.com](http://www.cyndysheldon.com)

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