

2009/10 - Curriculum for group A:

Week 1. The Paradoxical Theory of Change

Trainer: Friedemann Schulz

Reading:

Beisser, A. (1970). The paradoxical theory of change. In J. Fagan & I. Shepherd (Eds.), *Gestalt therapy now* (pp. 77–80). New York: Harper.

Download from the PGI website:

[Paradoxical Theory of Change](#)

Yontef, G. & Jacobs, J. (2007). Gestalt Therapy. In Corsini, R., and Wedding, D. (Eds.). "Current Psychotherapies, 8th Edition," Chapter 10. Belmont, CA: Brooks/Cole-Thompson Learning. pp 328-367.

Download from the PGI website:

[Gestalt Therapy](#)

Week 2. The Elements of Dialogue

Trainer: Jan Ruckert

Reading:

Jacobs L., Dialogue and Paradox (Part One) & (Part Two) Transcript of a lecture-discussion captured at the Portland Gestalt Therapy Training Institute, March 7, 1998

Download from the PGI website:

[Dialog and Paradox](#)

Staemmler, F.-M., Dialogue and interpretation in gestalt therapy: Making sense together. *International Gestalt Journal* 2004, 27/2, 33-57

(Copy will be sent to trainees)

Week 3. Organism/Environment Field, Contact and Awareness

Trainer: Lillian Norton

Reading:

Yontef, G., Gestalt Therapy Theory of Change. (2005). In A. Woldt and S. Toman (Eds.). Gestalt Therapy: History, Theory, and Practice. Ch. #5, Pp. 81-100. Thousand Oaks, CA: Sage Publications.

Download from the PGI website:

[Gestalt Therapy Theory of Change](#)

Yontef, G. (1976). Gestalt Therapy: Clinical Phenomenology. In V. Binder, A. Binder and B. Rimland (Eds.), Modern Therapies. New York: Prentice-Hall. Reprinted (1979).
The Gestalt Journal, II, 1, 27 - 45. (Copy will be sent to trainees)

Gendlin, E. 1990. THE SMALL STEPS OF THE THERAPY PROCESS:
_HOW THEY COME AND HOW TO HELP THEM COME

Web page: http://www.focusing.org/gendlin/docs/gol_2110.html

Gendlin, E. 1996. An Introduction to Focusing: Six Steps

Web page: http://www.focusing.org/gendlin/docs/gol_2234.html

Week 4. Shame and Support

Trainer: Gary Yontef

Reading:

Yontef, G. (1993). Shame. In Awareness, Dialogue and Process, Ch.15, Pg. 489-524, New York: The Gestalt Journal Press

Jacobs, L. Shame in the Therapeutic Dialogue (1996), in R. Lee and G. Wheeler, eds., The Voice of Shame, Ch. 11, Pp. 297-315, NY: Jossey Bass. (Copy will be sent to trainees)

Wheeler, G. Self and Shame: A New Paradigm (2003), in R. Lee and G. Wheeler, eds., The Voice of Shame, Ch. 2, Pg. 23-61, NY: Jossey Bass. (Copy will be sent to trainees)

Week 5. The Experimental Attitude

Trainer: Lynne Jacobs

Reading:

Polster, M. and E., Experiment (1974), in Gestalt Therapy Integrated, Ch. 9, Pg. 233-285. NY: Vintage Books

(Copy will be sent to trainees)

Ihde, D. (1986), Experimental Phenomenology, ch. 1 and 2. Albany, NY: State University of New York Press.

(Copy will be sent to trainees)

Week 6. Evolution of the Relational Perspective

Trainer: Lillian Norton

Reading:

Wheeler, G., The Self in the Social Field: Relationship and Contact (2000), in G. Wheeler, Beyond Individualism, Part II, Pg. 109-175. NJ: Analytic Press

(Copy will be sent to trainees)

Robine J., Is There Common Ground on Which We can Build? (1996), Lecture at the Boston Gestalt Therapy Conference XL-1996, "A GLOBAL VISION"

(Copy will be sent to trainees)

2009/10 - Curriculum for group B

Week 1. Awareness, Contact and Support

Trainer: Jan Ruckert

Reading:

Jacobs, L. (2006). That Which Enables-Support as Complex and Contextually Emergent. *BRITISH GESTALT JOURNAL*, 15(2), 10.

(Copy will be sent to trainees)

Week 2. Relationality and Dialogue: epistemology and practice ethic

Trainer: Lynne Jacobs

Reading:

Frank-M, S. (2009). Chapter 4 and 5 in *Aggression, time, and understanding: contributions to the evolution of gestalt therapy (paperback)*: Gestalt Press/Routledge Press.

Jacobs, L. 2009. Chapter, Relationality: foundational assumptions. in Ullman, D., & Wheeler, G. (2009). *Cocreating the field: intention and practice in the age of complexity (paperback)*: Gestalt Press/Routledge Press.

(Copy will be sent to trainees)

Week 3. Experimental Language; considering the Polster's literature

Trainer: Jan Rucket

Reading:

Polster Erving & Miriam (1999). *From the Radical Center: The Heart of Gestalt Therapy*: The Gestalt Institute of Cleveland Press.

The following chapters:

The Language of Experience (pp. 55-64).

Therapy Without Resistance: Gestalt Therapy (pp. 118-142).

Tight Therapeutic Sequences (pp. 164-178).

**Week 4. Roots and Shoots of Gestalt Therapy Field Theory:
Historical and Theoretical Developments**

Trainer: Friedemann Schulz

Reading:

Yontef, G. (1993). Introduction to Field Theory. In Awareness, Dialogue and Process, Ch. 10, p. 285-326, New York: The Gestalt Journal Press.

Staemmler, F. (2003) A Babylonian Confusion?: On the Uses and Meanings of the Term "Field"; Festschrift for Malcolm Parlett.

Schulz, F. (in press). Roots and Shoots of Field Theory; Exploration and Reappraisal.

Week 5. TBA

Trainer: Lilian Norton Reading: TBA

Week 6. Phenomenology: "How to think like a phenomenologist"

Trainer: Gary Yontef

Reading:

Ihde, D. (1986), Experimental Phenomenology, ch. 1 and 2. Albany, NY: State University of New York Press.

Yontef, G. (1976). Gestalt Therapy: Clinical Phenomenology. In V. Binder, A. Binder and B. Rimland (Eds.), Modern Therapies. New York: Prentice-Hall. Reprinted (1979).
The Gestalt Journal, II, 1, 27 - 45.