



“A Couple of Individuals”
**An Integrative Gestalt and Couples
Therapy Training Workshop For
Therapists**

With:

**ROBERT W. RESNICK, PH.D.
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Gestalt Associates Training
Los Angeles**

**International Gestalt Therapy & Couples
Therapy Trainers**

**Oslo, Norway – April 21-22, 2018
Location: Diakonhjemmet Høgskole, Diakonveien.**



Announcement: If enough participants are interested, we are open to making this into an ongoing series of several workshops each year with the same people. This will give us all an opportunity to go farther and deeper as we develop more trust and connection as an ongoing community.

An integrative training workshop series approaching both Individual and Couples Therapy from a Gestalt Therapy perspective. Grounded in existentialism, this is a field theoretical, phenomenological, dialogic and process model. For therapists, this is an opportunity to witness, experience and discuss a model of Gestalt and Couples Therapy derived from another branch of the Gestalt Therapy tree than is typically taught in Norway and other parts of Scandinavia.

The workshop will include didactic theory presentations, discussions, observing the trainers work live (a rare training opportunity) followed by discussions of the work – relating the clinical work to the theory. **The balance of how much Individual therapy and how much Couples therapy will be by consensus of the actual group members.**

As individual therapy is usually about different relationships in clients' lives, combining these two modalities of practice sheds important light on how to negotiate both domains — being an individual and being part of a couple. Although not the same, individual and couples functioning both effect and are affected by the other — they are both limited *and* enriched by the other.

From a Gestalt perspective, both individual and couples therapy are exquisitely process-oriented and profoundly dialogic therapies. In individual therapy the relationship between the client and the therapist is crucial. The engagement (differences) of these two phenomenologies (client and therapist) is what allows awareness, choicefulness and the possibility for change — hopefully in the direction of self-regulation within the person's environment. In couple's therapy, tracking the couple's actual engagement within the session is what leads to increased awareness, choicefulness and the possibility for change.

Contemporary Gestalt Therapy continues to stay vital, relevant and at the cutting edge of psychotherapy by constantly integrating (with discrimination), both theoretical and research findings from the fields of psychotherapy, neuroscience, cognitive psychology history, anthropology and more. *For individual therapy, the heart of the work is in a fully engaged dialogic relationship with the client whereby the relationship becomes the window (“fresh fish”) to identify process.*

The Resnick Couples Therapy model explicitly deals with the basic human dilemma that all of us deal with from birth to death: **How to be with an other and maintain a self...?** as well as the fundamental source of all couples issues: **Dealing with difference**. With rare exceptions, *how* couples deal with differences is far more important than *what* the differences actually are.

This workshop will be taught by seasoned Couples Therapy and Gestalt clinicians and Trainers who are willing to allow their own live work as psychotherapists to be seen, questioned, and compared with both their theoretical formulations as well as other theoretical models and their practitioners. Participants may have the option of working as therapist with others in the workshop with live supervision from the faculty. All clinical work will be carefully discussed and supervised in a respectful, supportive and collegial manner – hopefully providing useful and assimilable consultation. These workshops will teach participants our integrated theory and how it relates to both individual and couples work.

Workshops will include:

• **An optional theory review on Friday at 18:00 – 20:00. For both new participants and returning participants from 2017 who want the review. No charge.**

- Theory lectures on contemporary Gestalt and Couples Therapy encouraging questions, comments and comparisons (both within different Gestalt Therapy models as well as among Gestalt therapy, CBT, Contemporary Psychoanalysis, Emotion Focused, Systemic, Postmodern, etc.)
- Live “hands on” clinical work by the faculty with workshop participants (individual therapy) as well as model couples (couples therapy) with real live couples.
- Participants will see and discuss live work being done by the faculty rather than just “talking about what woulda, coulda, shoulda” happened — which unfortunately characterizes most clinical training and supervision today.
- Each piece of clinical work will be related to the theory. Discussion, comparisons, questions and comments are welcomed. Theory, methodology and technique will all be addressed. Bring your biases (you do have them), your open-mindedness to perceptually reorganize (hopefully) and your sense of humor (please).

Schedule:

**Times: Friday, theory review (optional): 18:00-20:00
Saturday, 9:30-17:00,
Sunday, 9:30-16:00**

To Register send email to: erlingmt@gmail.com. Deadline 10th March. 2018

Cost: 3.500 NOK

For More Information Contact Erling Thorkildsen.

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Links for more info:

New Contemporary Gestalt Therapy Films with Robert W. Resnick, Ph.D.

[Free 30-minute Introduction To Contemporary Gestalt Therapy Theory](#)

as well as eight actual therapy sessions with **subtitles in seven languages**
For "old school" DVDs, contact resnickfilms@gmail.com

[The British Gestalt Journal with a review of my films.](#)

Rita and Bob Resnick's interview on their approach to Couples and Couples Therapy

(free) <http://gatla.org/uncategorized/clinton-power-interview/>

Interview with Bob and Rita Resnick in Tidsskrift for Norsk Psykologforening
http://www.psykologtidsskriftet.no/index.php?seks_id=242786&a=3

Bob Resnick: The Recursive Loop of Shame

<http://www.gisc.org/gestaltreview/documents/The-RecursiveLoopofShameAnAlternateGestaltTherapyViewpoint>

Rita Resnick: On Supervision

<http://www.ippa.org.il/uploadimages/sup.pdf>

GATLA Website

<http://gatla.org/>

For terapeuter tilsluttet NGF gir denne workshopen 14 eller 16 timer PFO

12 CE Credits available for therapists attending this series GATLA is approved by the American Psychological Association to sponsor continuing education for psychologists. GATLA maintains responsibility for these programs and their content. GATLA is approved by the BBS for continuing education credit for MFT's and LCSWs as required by the Calif. Bd. of Behavioral Sciences, BBSE approval no. PCE 841. GATLA is a continuing education provider approved by the California Board of Registered Nursing. Provider No. CEP 12365.

Biographies about Rita and Robert (Bob) Resnick.

Rita F. Resnick, Ph.D., has been Faculty Chair of GATLA's European Summer Residential Training Program since 1991 and a faculty member since 1986. In addition to her private practice in Santa Monica, California, Rita is actively training psychotherapists in the United States, Australia and Europe in both Gestalt and Couples Therapy. Her professional interests include the exploration of innovative and supportive approaches to supervision and a devoted, passionate (and self serving) interest in the area of women growing older – menopause and mid-life vitality. Rita also co teaches supervision courses for the Los Angeles Department of Mental Health. Rita is known for her warmth, perceptiveness and her ability to clearly relate clinical work to theory. The Resnicks are frequently happily married.

Robert W. Resnick, Ph.D., Clinical Psychologist, Gestalt and Couples Therapist trainer for almost 50 years was trained (1965-1970), and personally certified (1969) by Drs. Fritz Perls and James Simkin. Chosen by Fritz Perls to introduce Gestalt Therapy to Europe in the summer of 1969, he is an international Gestalt Therapy and Couples Therapy trainer and has been doing training each year since 1969. In 2012, he published "*Ten Commandments For Maintaining Connection For Couples*" in [Ten Commandments for Couples: For Every Aspect of Your Relationship Journey](#) Zeig, J. and Kulbatski, Tami. He is currently developing a series of contemporary Couples Therapy and Gestalt Therapy training films. His first clinical practicum was driving a New York taxicab. And yes, the Resnicks are frequently happily married.

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