

PSYCH-BYTES: Short CPD workshops for counsellors and trainees

Facilitated by Brian McMinn

A GESTALT ENCOUNTER

An opportunity to experience Gestalt therapy in action in a group setting – Gestalt-lite!



This is a 3-hour experiential workshop which is suitable for humanistic counsellors and trainees (those from other approaches are also welcome).

After agreeing a group safety contract, and my having outlined briefly the basic features of Gestalt theory and practice, participants can explore personal issues and/or share experiences that emerge for them in this group situation. A group can emphasize our relational nature and as such enable us to find support to express ourselves and integrate our personalities.

'When you realize nothing is lacking the whole world belongs to you' Zen quote

This is a single session event rather than an ongoing group. I will be offering other similar Gestalt Encounters. Please note this is not a training course in running groups or in Gestalt therapy.

Saturday 22nd June 2019, 12.45 - 3.45pm (3 hours)

Venue: Toxteth Library

Windsor Street, Liverpool, L8 1XF (parking nearby)

Cost £50 (concessions for no/low waged)

To book a place please email me: b.d.mcminn@icloud.com

Brian McMinn MSc MA: I'm an accredited Gestalt therapist, working part-time for Liverpool University and in private practice. My background is in industry (electrical and electronics), and as a tutor/lecturer/programme leader/course leader in FE and HE settings. I have been practising as a therapist for 25 years...I hope to get it right soon!