

The Mindful Therapist

A Gestalt Therapy perspective

1-DAY PROFESSIONAL DEVELOPMENT WORKSHOP

This workshop is suitable for mental health professionals, including psychotherapists, psychologists, counsellors, social workers, teachers, school counsellors and interested others.

How can Mindfulness enhance our therapeutic practice ?

Much research has established that regardless of our psychotherapy modality, the primary determining factor in successful therapy is the therapeutic relationship between the therapist and client. We propose that mindfulness is crucial in developing the attributes necessary in a therapist to develop an effective therapeutic relationship.

Would you like to explore how mindfulness could support your practice as a therapist? Are you interested in finding out more about the Gestalt approach and its unique perspective on mindfulness? We would like to invite you to join us for a day of exploration of mindfulness in therapy. The day will involve formal teaching, experiential learning opportunities and discussion.

You will learn more about:

Introduction into the fundamentals of Gestalt Psychotherapy.

Increasing your and your client's awareness, enabling a deepening of the therapeutic relationship.

How working without the need to fix your clients has the benefit of supporting their natural process of self regulation to occur.

How to use creativity to heighten mindfulness in your clinical practice.

Specific mindfulness techniques.



Rosemary Bower, MGestTherapy. Rosemary has been counselling and working in the mental health field for over 20 years. She is a Gestalt Therapist and has extensive experience in psychotherapy and group facilitation. She runs successful private practices in both Maleny and Toowoomba. She taught for ten years in the counselling program of Quest College



Christine Mueller, BAEd, BASocW, MGestTherapy GradDip Couns. Christine has been working in the mental health field in Germany and Australia for 15 years. She has extensive experience with drug and alcohol counselling, sexual assault and trauma counselling as well as working with women in prison. She is a faculty member of Gestalt Therapy Brisbane and runs a private practice in Brisbane.

When: Monday 10th October, 2017

Where: AASW Melbourne training room, Level 7, 14-20 Blackwood Street, North Melbourne

(close to Flemington Rd and near Melbourne Hospital)

Time: 9am-4pm

Cost: \$150 (early bird - ends 25th Aug) \$175 (full fee) \$60 (student fee)

Morning tea provided (GF options). For registration and payment see attached registration form.