



## *Personal Therapy information*

We are inviting people to sit with one of our student therapists. Each year our students in Year 2, 3 & 4 of our Master in Gestalt therapy program offer free psychotherapy sessions to interested people.

### **Session details;**

- A session will be for a maximum of one hour
- Sessions will be under the supervision of GTB's Academic staff, either by being present during some sessions, or by viewing videotaped sessions
- Students will have varying degrees of skill levels and counselling experience depending on their year level
- Sessions are scheduled by the student therapist as required
- Student year level will determine how many sessions they are required to do (see below). Students will negotiate the number of sessions with you
  - Year 2:
    - Semester 1 TWO to THREE 20-minute sessions
    - Semester 2 at least THREE and up to FIVE 20-30 minute sessions
  - Year 3:
    - Semester 1 FOUR and up to EIGHT 20-60 minute sessions
    - Semester 2 at least TWO and up to FOUR 20-60 minute sessions
  - Year 4
    - Semester 1 EIGHT 45-60 minute sessions
    - Semester 2 multiple clients for 60-minute sessions

If you are interested, go to: [Be a client!](#)