



## GTB COMMUNITY VALUES & LEARNING ENVIRONMENT

Before applying, please read and agree to these principles:

### Our Core Values

We foster a learning space built on respect, dialogue, and meaningful connection. We welcome participants of all identities and backgrounds, and do not tolerate discrimination. We honour everyone's chosen name, pronouns, and gender expression.

We believe in:

- Treating everyone with respect and seeing each person as whole and autonomous
- Practicing inclusion and being mindful of both impact and intent
- Sharing our real experiences without "othering"
- Recognising our shared humanity, while embracing differences
- Seeking consent in our relating both within and outside the learning context

We stand against violence and oppression, and we support those affected by conflict and harm.

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## Learning Environment

Our residential program is built around interactive and experiential group processes, live therapy sessions, and discussions designed to deepen your understanding of Gestalt therapy. These experiences may touch on sensitive topics and evoke strong emotional responses.

We encourage participants to:

- Share only as much as feels emotionally manageable
- Take breaks and practice self-regulation as needed
- Reach out to faculty for support if feeling overwhelmed

If faculty determine that a participant requires additional support beyond what the program can offer, participation may be paused until appropriate support is in place.

We strongly recommend that all participants maintain outside therapeutic support. For acute distress or emergencies, please contact your local crisis line or emergency services.



To help foster a safe and supportive environment, participants are asked to:

- Abstain from or use alcohol only in moderation
- Abstain from the use of illegal substances

We are committed to providing a high-quality, experiential training environment that welcomes curiosity, courage, and compassion.

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