Leader Name/s: Michael Clemmens

Workshop Title: Embodied Relational Gestalt - Month Long

Workshop Description:

This month-long program is focused on Gestalt as a group process. Gestalt offers the opportunity to experience and explore our own process in relation to others and the context of the present moment. We will create a group that can contain the varieties of each person’s unique way of being and allow us to experience the power of the greater whole, the group. Because of the importance of creating an ongoing collective, it is crucial that all students attend each session. No prior experience with Gestalt or group process is necessary. The structure of the program will be experiential exercises, practice sessions, and group discussion to develop our awareness of self and the group. We will begin with our earliest movements (prior to birth) and then explore how we co-create our bodily membership in the more complex gestalts of family, groups, and cultures. Our goals will be to experience how we create relationships through embodiment, and to develop skills in attending to ourselves and others.

Michael Craig Clemmens, PhD, is a psychologist and trainer in Pittsburgh, Penn. He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Metanoia Institute in London, and at Esalen. He is the author of Getting Beyond Sobriety and numerous articles on Gestalt therapy, body process, and addiction.

COURSE OBJECTIVES

1. Participants will gain awareness of how client’s historical patterns of engaging in their inter-personal relationships will influence their work
2. Participants will build clinical competency in identifying alternative patterns of interacting for their client
3. Participants will skills in articulating client’s experience of the inter-personal relational field
4. Participants will learn to identify the impact of complex systems on others as skill for this practice with clients.

COURSE OUTLINE

For practitioners, this month-long course will enable them to both experience and identify the different developmental pattern of embodied inter-personal relationships as well as contextual social influences of somatic behavior. The focus of each segment will be on learning to work these different contexts.

- 1) Early Developmental Pattern of in utero experience 3 hours Participants will both experience and identify the influence of early, in utero development as a background of client’s patterns of trust and attachment.

- 2) Mother child patterns of inter-personal bonding and attachment-3 hours- In this segment participants will be identifying patterns of “maternal” attachment and yielding in clients through active experiential and theoretical overview.

- 3) Parental /child triangle as basis for life experience -3 hours in this segment, participants will learn the
components of “healthy” triangles developed in childhood and how these are manifest in client’s present relationships.

- **4) Family patterns of relating as template for behavior/narratives 9 hours (including all day intensive).** In this segment, participants will be able to identify how patterns of family interpersonal relationships influence client’s present patterns of orienting and managing their experience in groups.

- **5) Dyadic patterns of relating from childhood as templates for adult pairing-3 hours.** In this segment, participants will both experience and able to identify the significance of dyadic or partnering patterns in inter-personal relations.

- **6) Sexuality patterns in inter-personal relationships-3 hours.** Participants will experience and learn to identify patterns of sexuality and erotic interactions in others. This knowledge will allow them to identify these patterns in their clinical practice.

- **7) Cultural patterns and influences on inter-personal embodied relationships- 3 hours.** Participants will learn to identify the relationships between various cultures (including their own) and bodily and emotional patterns.

- **8) Eco-psychological influences on inter-personal embodied relationships- 3 hours.** Participants will be able to identify two different impacts of the ecological environment on individual psychological functioning.

Additionally, the month program will include four two hour sessions focusing on participants processing and integrating – 8 hours