



Foundations of Gestalt Therapy

Presented by Friedemann Schulz, MA, MFT
and Amanda Rowan, LCSW

Therapist Development Center Provider # 1449

Course format: Self-paced recorded audio

Length: 9 hours

Continuing education credits: 9

About the course

This course provides clinicians with an overview of Gestalt therapy, including its history and the context within which the theory emerged. Participants will become familiar with differences between Gestalt theory and other existing theories of the time. Foundational underpinnings, as well as defining clinical characteristics of Gestalt theory as a third force in psychotherapy will be discussed. Clinical concepts, such as “I-It / I-Thou”, “contact”, “awareness”, “paradoxical theory of change”, and “creative adjustment” will be explained and clinically exemplified. Participants will be introduced to three important elements of the dialogic method and its therapeutic implications. In addition, this course will discuss the concept of phenomenology, its components and clinical application. Finally, the instructors are going to walk the participants through the concepts of field theory, as well as paradoxical theory of change and their clinical implications.

Instructors

- **Friedemann Schulz**, MA, MFT, served as faculty chair for the Pacific Gestalt Institute (PGI) until spring 2021, and is past-president of the Gestalt Institute of Los Angeles (GTILA). For many years, Friedemann taught at Antioch University Los Angeles, and has been a long-time supervisor of mental health professionals. He maintains a private practice in West Los Angeles. In addition to his clinical work, Friedemann is a senior instructor of Shintaido, a Japanese body discipline, and has led workshops in the US, Germany, and Mexico that draw from eastern philosophies and Gestalt therapy principles. His publications include "Roots and Shoots of Gestalt Therapy Field Theory: Historical and Theoretical Developments" (2013), "Dialogue and Experiment", co-authored with Gary Yontef, PhD (2016), "Gestalt Couples Therapy" (2018), and "Living in a World of Meaning" (2022, in press). Originally from Germany, Friedemann came to the United States



as a young adult and now lives with his family in Santa Monica, California.

- **Amanda Rowan** is an LCSW and the founder and CEO of the Therapist Development Center. Amanda graduated with honors from Dartmouth College, where she majored in Neuroscience. She earned her Masters in Social Welfare at UCLA. Since founding the Therapist Development Center in 2008, Amanda has prepared more than 100,000 therapists nationwide to pass their state licensing exams. She is a certified Gestalt Therapist who has worked with a wide variety of clients in a range of settings over the past 20 years. She is a highly effective instructor who has a passion for collaborating with seasoned therapists who understand what works because they do it every day.

Who should take this course

This course is appropriate for mental health clinicians at all levels of experience to better understand the legal and ethical issues that can lead to disciplinary actions and identify concrete steps they can take to protect their psychotherapy practice.

Therapist Development Center, provider 1449, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 5/30/24-5/30/27. Social workers completing this course receive 9 clinical continuing education credits.

Therapist Development Center is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers SW-0857.

Learning Objectives

As a result of participating in this training, participants will be able to:

1. Differentiate between I-Thou and I-It concepts
2. Understand elements of the dialogical methodology
3. Understand the concept of “awareness” through the Gestalt theory lens
4. Understand the concept of phenomenology as it applies to clinical practice
5. Describe three aspects of the phenomenological method: bracketing, description, and horizontalization
6. Articulate the paradoxical theory of change
7. Describe the concept of “creative adjustment”

Course outline

1. Part 1:
 - a. Introduction
 - b. The History of Gestalt Therapy
 - c. Contact and Awareness
2. Part 2: Dialogue Centered Approach
3. Part 3: Phenomenology
4. Part 4:



- a. Field Theory
- b. Paradoxical Theory of Change

Registration Please register online at www.therapistdevelopmentcenter.com

How to access this course Once registered, participants will be able to download handouts and listen to recorded audio lectures.

Price \$144

Certificate of completion The participant can print their certificate of completion immediately after receiving a score of 80% or better on the post-test and completing the course evaluation.

Grievance & Refund Policy To view our grievance policy, [click here](#). To review our refund policy and terms of use, [click here](#).

ADA needs We are happy to accommodate your ADA needs; please email help@therapistdevelopmentcenter.com

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