



GESTALT  
INTEGRATIVE  
INSTITUTE

# **COUPLE THERAPY TRAINING**

## **- A Gestalt Approach -**

### **Trainer: Dr Vibeke Visnes**

LONDON 2024 - Venue - Therapy Space East - Shoreditch

Price: £1500 (early bird discount £1400 before 1st July 2024)

#### **Module 1 - October 4-6 2024**

*Introducing the Relational Process Model:*

Couple therapy is the most complex and vulnerable of the therapeutic situations due to the presence of the significant other. In the first module we work with the therapeutic relationship: What it demands in couple therapy and how it is different from individual therapy. From the beginning the training is highly experiential and practice-near, combining theory with therapeutic explorations.

#### **Module 2 - November 1-3 2024**

*A Gestalt Integrative Model:*

Building on the first model this module the Gestalt Integrative Model of Phenomenological Domains (GIMod). The GIMod is created to support therapists to find figures and grade interventions in the complexity of a couple therapy situation and is inspired by the developmental domains by Daniel Stern. Again, taking a practise-near approach and reflexive and reflective practise on theory in light of experiential practice in smaller groups.

#### **Module 3/4 combined (4 Days) - November 29-December 2nd 2024**

*Module 3 - Working with couples with trauma in the Field of the Relationship*

In the last two decades, relational (developmental) trauma has been increasingly acknowledged and implemented in trauma theory. Vibeke's research project has been specifically created to include what she found missing in couple's therapy - a humanistic, holistic and relational perspective to suffering in traumatised fields. Development Somatic Psychotherapy (DSP) by Ruella Frank is introduced and implemented throughout. We will practice couple therapy and do practical session intervention training with space for reflection and sharing of theory and process.

*Module 4 - Intimacy and autonomy*

Our work as therapists is to bring the clients to the "id of the situation" (Robin, 2016), meaning in practise, direct spontaneous contact in the relational field of the clients. We explore the resources of the therapist and how to support the clients to a new more dynamic way of relating - supporting the contacting process of being together (confluence) and differentiation (withdrawal).

We dive deeper into the potential in DSP, sexuality and presence. We also look at implementing the GIMod to support a working hypothesis while working with the couple.

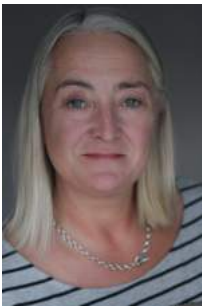
Trainer - Dr Vibeke Visnes - Gestalt Integrative Institute



Vibeke developed this model of Gestalt Couple training through her PHD training at Metanoia Institute London. She supervises therapists and teaches at the Norwegian Gestalt Institute training program for Gestalt therapy. Vibeke does advanced training for psychotherapists from all modalities around Europe.. In her doctoral research she created a relational process method (RPM) and a Gestalt Integrative Model of Domains to support therapists working in this complex field of therapy. You can read more about the research and publications [here](#). Vibeke has presented her work at the EAGT conference in Madrid Sep 23 and will be presenting again at the IAAGT conference in Mexico in Sept 2024

[www.visnes.no](http://www.visnes.no)

**Host-** Jemma Crowe - Therapy Space East



Jemma Crowe is one of the Partners in Therapy Space East Shoreditch. A Therapy space for practitioners and for CPD and groups.

This is the first offering of CPD and we are really excited to be bringing this training to London after experiencing Vibeke's presentation in Madrid.

Jemma Crowe is also a Primary Tutor on the Gestalt MSC programme at Metanoia Institute and a psychotherapist and supervisor in Private Practice at Therapy Space East. Jemma will also be partaking in the training.

[www.therapyspaceeast.com](http://www.therapyspaceeast.com)

[www.jemmacrowetherapy.com](http://www.jemmacrowetherapy.com)

Please contact [jemmacrowe@gmail.com](mailto:jemmacrowe@gmail.com) for more information or to apply.

(This training is offered to qualified practitioners only- no prior couples training necessary - minimum 9 maximum 12 participants)

If minimum numbers are not reached for the training a full refund will be issued.

*\*\*\*The training space is on the third floor of our building with no lift unfortunately - so may not be advisable for people with mobility issues. We are hoping to offer this training again, somewhere with more access next time. \*\*\**