



The
Gestalt Project

SEMINAR SERIES

VICTORIAN ASSOCIATION OF GESTALT PRACTITIONERS (VAGP)

The Gestalt Project organises seminars, events, and groups on issues that matter to Gestalt Therapy community, both in Victoria and beyond.

Seminar 5

Working with Embodied Process

Presenters: Anna Evans and Rhys Price-Robertson

Date: Tuesday 16 August, 6pm-8:30pm.

Location: In person event - location will be confirmed

Gestalt therapy has a holistic approach, promoting integration of mind and body. However, it is not uncommon for gestalt therapists to have a strong sense that the body is important, yet limited confidence in deepening embodied process with their clients. In this experiential seminar, we will explore practical ways to work with the conversations our bodies are already and always having. We will speak to the importance of meeting clients where they are on their journey to mind-body integration so that interventions match their orientation to their bodies. And we will explore therapists' own capacities for embodiment. Come prepared to feel, move, practice, and connect.



Anna Evans

Anna is a psychologist and psychotherapist working in private practice and a member of GTA faculty. Anna has a keen interest in embodiment and was a yoga teacher for 10 years. She now follows an approach to yoga developed by Vanda Scaravelli. She is engrossed by the idea that every joint in the body is relational, and likes to explore approaches that cultivate an attitude of participation of both therapist and client in whatever is emerging.



Rhys Price-Robertson

Dr. Rhys Price-Robertson is a gestalt therapist, researcher, and member of GTA faculty. He believes that many of the issues people bring to therapy are connected to, and manifested in, the body, and that it is important for therapists to continually develop their own capacities for embodiment. Rhys has published widely on topics such as psychotherapy, mental health, fatherhood, family life, and social theory, and was previously the Editor of the Psychotherapy and Counselling Journal of Australia (PACJA).

For more detail about each event see our website

<https://www.gestalttherapyaustralia.com.au/the-gestalt-project-seminars>

Book for this event [here](#)

Cost each Seminars / \$30 (exc GST)

Please note there is no refund for these events

Seminar 6

Introduction to Embodied Experiential Dreamwork

Presenter: Leslie Ellis

Date: Saturday 17 September, 9am-11am.

Location: Online

Dreams provide immediate access to our clients' inner lives. When we are able to help our clients experience their dreams in a curious, open way, they are able to directly access the dream's tendency to carry their life situation forward. Over the past 20 years, Dr. Ellis has been working with dreams in clinical practice and has come to favour three embodied experiential dreamwork techniques: "finding the help" in a dream (from focusing), re-entering a dream element (from gestalt therapy), and dreaming the dream onward (from Jung). These experiential methods can be used and combined to safely and constructively navigate the depths of any dream. In this introductory workshop, Dr. Ellis will offer examples, a demonstration, and experiential exercises that will show participants how to allow the dreamer to discover for themselves what the dream is trying to tell them.



Dr Leslie Ellis

Dr. Leslie Ellis is a teacher, author, and psychotherapist interested in the many ways of cultivating inner life, especially through dreams and the body. She is currently offering online dreamwork instruction based on her book, *A Clinician's Guide to Dream Therapy* (Routledge, 2020). She also offers training in focusing, a somatic approach to psychotherapy. Leslie has a PhD in Clinical Psychology from the Chicago School of Professional Psychology and a Masters from Pacifica Graduate Institute. She is vice president of the International Association for the Study of Dreams and past president and a Certifying Coordinator with The International Focusing Institute.

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