



A ConnectGround Professional Extension Workshop

Clients at Risk of Suicide in the Clinical Practice of Gestalt Psychotherapy

Presenter / Karolina Kryszynska, PhD

23rd August 2022

Suicide-related presentations are often experienced as very challenging and distressing for therapists, including Gestalt psychotherapists.

This interactive training will provide insight into the complex nature of suicidality, and how suicidal ideation and behaviour can be understood and addressed in the context of Gestalt theory and practice, as well as broader clinical frameworks. It will present ideas for suicide risk assessment and management, including the importance of a therapeutic alliance, the concept of mental pain (psychache), and safety planning.

Methodology

The seminar will include some theory or psychoeducation and an overview of Gestalt thinking on this topic. The training will be an opportunity to share experience and dilemmas around working with clients expressing suicidal ideation and with a history of suicidal behaviour, and their families.

DETAILS

Venue : Gestalt Centre

Date : Tuesday 23 August 2022

Time : 9.30 - 1.30 pm

Costs : \$150 / Free of charge for all current ConnectGround interns

To register: <https://suicide-in-clinical-practice-2022.eventbrite.com.au>



Karolina Krysinska, PhD, is a Gestalt psychotherapist in private practice at Lygon Therapy and a volunteer at the ConnectGround Clinic. She completed her Gestalt training at The Relational Institute in Sydney. Karolina is also an experienced research psychologist, and her main interest for the last 25 years has been suicide research and prevention, and postvention. She is a Senior Research Fellow at the Centre for Mental Health, the Melbourne School of Population and Global Health at the Melbourne University. Since 2020, Karolina has been a member of the Gestalt Australia and New Zealand (GANZ) Council.

ConnectGround is a community-based counselling & psychotherapy centre offering low-cost individual and group therapy.

We offer low cost and ongoing psychotherapy that emphasises the therapeutic relationship as a support for developing awareness and flexibility.

We are putting into practice relational gestalt theory by emphasising the importance of connection to others and the world in which we live.

We offer opportunities for student interns, volunteers and graduate interns to gain experience by working with clients and develop their skills and professionalism.

Our Cancellation policy:

You can cancel up to 7 days prior to the commencement of the event via Eventbrite to receive a refund less their fee. Refund is subject to Eventbrite's cancellation policy, please refer to your registration details on how to apply for a refund. If your cancellation is received after this date, your course fee will be forfeited.