

The Well, Peterborough

**'Gestalt Workshop'**  
By Christine Stevens

**Saturday 4<sup>th</sup> October 10am - 4.00pm**

**William Law School, Twelvetree Avenue,  
Werrington, Peterborough PE4 5DT**



Gestalt is a process-orientated approach to counselling. This means that it does not focus on particular techniques, but on awareness. It has famously been described as 'existential experimental and experiential'. The emphasis is on working in the here and now, not because the past or future is unimportant, but because what is significant from our past, and our hopes and expectations for the future, are alive in the present moment. Practitioners are encouraged to bring their own creativity and experience to working in this way and Gestalt theory provides a good ground for the integration of other useful counselling approaches.

This day workshop is planned as an introduction to Gestalt, giving a taste of theory and practice with some practical ideas you could take away and try out for yourselves.

Christine's background is in academia and social work. She studied for her Masters degree in Gestalt Psychotherapy. She has a private practice in Nottingham and does some NHS work, she runs workshops and trains internationally. Christine is the Editor of The British Gestalt Journal, an international peer-reviewed psychotherapy publication.

**Cost: £60 (including tea and coffee) numbers limited to 24 (registration 9.45a,)**

For further information please contact [help@wellcounselling.org.uk](mailto:help@wellcounselling.org.uk)

or phone 01733 232433

---

**Booking Form**

Please return this form if you would like to book a place on

'Gestalt Training' before Friday 12<sup>th</sup> September together with your cheque to:

Wendy Edworthy, 78 Five Arches,

Orton Wistow, Peterborough, PE2 6FQ

Please make cheques payable to: **The Well, Peterborough**

Name .....

Address .....

.....

Telephone .....

E-mail .....

Organisation .....

**For a map please click below:**

<<http://maps.google.com>

[/maps?f=q&hl=en&geocode=&q=PE4+5DT&ie=UTF8&ll=52.622174,-0.277233&spn=0.010525,0.029011&z=15](http://maps?f=q&hl=en&geocode=&q=PE4+5DT&ie=UTF8&ll=52.622174,-0.277233&spn=0.010525,0.029011&z=15)