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*Post-Graduate School of Psychotherapy recognized  
by the Italian Minister for Universities  
(DD.MM. 9/5/94; 7/12/01; 24/10/08; 28/04/11)*

*The therapist needs his conception in order to keep his bearings, to know in what direction to look. It is the acquired habit that is the background for this art as in any other art. But the problem is the same as in any art: how to use this abstraction (and therefore fixation) so as not to lose the present actuality and especially the ongoingness of the actuality? And how - a special problem that therapy shares with pedagogy and politics - not to impose a standard rather than help develop the potentialities of the other?*

*Perls, Hefferline, Goodman*

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The Istituto di Gestalt was founded in 1979 and it was the first School of Gestalt Therapy Training in Italy. It has made a significant contribution to the development of this psychotherapeutic method in Italy and is now internationally recognized for its original theoretical development of the principles of Gestalt therapy, especially in hermeneutic terms, i.e. in terms of ongoing dialog with the demands of the society in which we live.

From the beginning the Institute was in constant touch with the founders of Gestalt Therapy, Isadore From and Jim Simkin, who were then still alive. Exchanges in the teaching and scientific fields have also been established with the most distinguished of the second-generation Gestalt therapists, Joseph Zinker, Erving Polster, Miriam Polster, Sonia March Nevis, Ed Nevis, Richard Kitzler, Michael Vincent Miller, Ed Lynch, Gary Yontef and others.

From 1982 to 1999 the Institute has trained around 500 students, running 24 four-years Training Programs, as well as various two-years specialization programs (for therapy with seriously disturbed patients, with couples and families; trainings for trainers).

Today Istituto di Gestalt is running Gestalt Therapy courses in Siracusa, Palermo and Milan. It's recognized by the Italian Minister for Universities.

For more information about Istituto's partnership and exchanges in teaching and scientific fields visit [www.gestalt.it/trainings](http://www.gestalt.it/trainings)



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A. Benetti, Porta del paradiso (Heaven's door)

## Gestalt Therapy Approach to Psychopathology and Contemporary Disturbances

Scientific Director

Margherita Spagnuolo Lobb, Dr. Psychol. Psychoth.

Program Coordinator

Gianni Francesetti, Dr. Psychiatr. Psychoth.

Two Years International  
Training Program  
2018-2020

As Gestalt therapists, how can we approach psychopathology and diagnosis?

How our theory opens new horizons on human suffering and contemporary disturbances?

How the understanding of clinical issues is enhanced by our radical contact-boundary perspective?

How this changes our daily practice in supporting people who suffer?

This International Training offers the possibility to explore main clinical issues throughout the Gestalt therapy theory and to find new keys to understand and support specific kinds of suffering. This exploration will provide a paradigmatic method in approaching psychopathology and diagnosis and connecting them to the clinical practice and to the wider social field.

## Reference books

### **The Now-for-Next in Psychotherapy**

Gestalt therapy recounted in post-modern society  
by Margherita Spagnuolo Lobb  
(Istituto di Gestalt HCC Italy, 2012)

### **Gestalt Therapy in Clinical Practice**

From psychopathology to the aesthetics of contact  
Edited by: Gianni Francesetti, Michela Gecele, Jan Roubal  
(Istituto di Gestalt HCC Italy, 2013)

To see contents and to order books go to  
[www.gestalt.it/eng](http://www.gestalt.it/eng)

## Main Topics

### 1. Roma (Italy), November, 14-18, 2018

#### **M. Spagnuolo Lobb**

Gestalt therapy approach to psychopathology and diagnosis (I).

“Personality disorders” as creatively adjusted Gestalten (I): narcissistic experience.

#### **G. Francesetti**

Gestalt therapy approach to psychopathology and diagnosis (II).

Anxiety and emergent Gestalten (I): panic disorder and phobias.

### 2. Roma (Italy), March, 20-24, 2019

#### **M. Spagnuolo Lobb**

“Personality disorders” as creatively adjusted Gestalten (II): borderline experience.

“Identity difficulties” as field emergent Gestalten: psychotic experience.

#### **J.M. Robine**

Anxiety, shame and their Gestalten.

### 3. Milano (Italy), November, 6-10, 2019

#### **G. Francesetti**

Depressive experiences and its Gestalten.

#### **C. Vazquez Bandin**

Losses, trauma and their Gestalten.

### 4. Siracusa (Italy), March, 18-22, 2020

#### **M. Spagnuolo Lobb**

When the body is the emergent dysfunction: experiences of dependency, anorexia, bulimia and other forms of eating disorders.

#### **G. Francesetti**

Anxiety and emergent Gestalten (II): obsessive and compulsive experience.

Psychosomatic disturbances.

## Location

Roma, Italy (first and second seminars)

Milano, Italy (third seminar)

Siracusa, Italy (fourth seminar)

Addresses will be communicated to participants.

## Language

English. The seminar led by Carmen Vazquez Bandin will be simultaneously translated from Spanish into English.

## Year Schedule

Two 5 days seminars per year (from Wednesday to Sunday). Seminar Time Schedule:

Wednesday: 2pm-7pm

Thursday, Friday, Saturday: 9am-1pm/2.30-6.30pm

Sunday: 9am-2pm

## Cost

700 Euro per seminar (board and lodging excluded)  
550 Euro per seminar for the first five places for colleagues from Eastern European Countries (board and lodging excluded).

## Participants

Maximum 30 people, previous training in Gestalt therapy and a minimum of clinical experience is required.

## Information

[www.gestalt.it/trainings](http://www.gestalt.it/trainings)

[info@gestalt.it](mailto:info@gestalt.it)

## Registration

Through the site [www.gestalt.it/trainings](http://www.gestalt.it/trainings)  
Registration implies the participation and payment of the four seminars. Those participants who cannot participate in one or more seminars, will have to pay anyway, and will be admitted to participate to the same seminar(s) of the next edition.

## Accommodation

Information on different categories of accommodation in the area where the training will take place (the historical center of Roma, Milano, Siracusa) will be provided.