

Sierra
Institute for
Contemporary
Gestalt Therapy
in collaboration
with
Jim Fishman &
Linda Rose

“The Relational Journey”

*A Retreat & Residential Training
Designed to Help you*

Personally...

- Connect at a deep level in facilitated process groups
- Enjoy the beauty of the Mendocino Coast
- Make new friends and reconnect with old friends
- Enjoy good food and a relaxing atmosphere

... and Professionally

- Work with an experienced team
- Enhance your group therapy skills and knowledge
- Learn with facilitators from two distinct, yet complementary theoretical orientations to group therapy

THE RELATIONAL JOURNEY:

INTERPERSONAL, GESTALT, AND IMAGINAL PATHWAYS IN GROUP THERAPY

A RETREAT & RESIDENTIAL TRAINING

AT IRISH BEACH ON THE BEAUTIFUL
MENDOCINO COUNTY COASTLINE

Dates: Wednesday evening, August 12 through Sunday morning, August 16 2015
Cost: \$1450 for double room. \$1650 for single occupancy; Includes Room & Board
for more information & registration please contact

Jim Fishman at (415) 359-1407 jamesfishman@hotmail.com or
Daisy Reese at (510) 610-0562 daisyreese@gmail.com

Through morning experiential process groups, afternoon didactic sessions, and evening ritual/ imaginal sessions, this residential retreat & training is for therapists and others who have done extensive psychological growth work. We will refresh, deepen, learn and experience how process-oriented group work can support the journey to wholeness.

- Renew your spirit in a beautiful location
- Enjoy the company of a community of learners
- Enhance your group therapy skills
- Enjoy good food, music, movement, storytelling and art activities
- Engage in personal growth with process groups run by an experienced team

Learning Goals: 1. Define the dialectical process in groups; 2. Explain differentiation and integration; 3. List the nine sequential phases of group development; 4. Define the scapegoating phenomenon; 5. List therapeutic interventions with scapegoating; 6. Explain reciprocity and frustration in the handling of the defiant leader's crisis in stage five; 7. Describe the Emotional Leader, Task Leader, Scapegoat Leader and Defiant Leaders Roles; 8. Describe the meaning of “moving beyond the hotseat” in gestalt group therapy; 9. Explain the principles of rupture and repair in group therapy; 10. Describe the phenomenological perspective in Gestalt Group Therapy; 11. Identify a group member's enduring relational themes; 12. Describe the Selfobject Tie in GGT; 13. Explain Symbolizing in GGT; 14. Describe affective flow and affective processing in GGT; 15. Explain the saying in GGT “there is no master-narrative.”

WHO WE ARE

Peter Cole, LCSW; Jim Fishman, LCSW, Daisy Reese, LCSW & Linda Rose, LCSW are longtime colleagues and leaders in the Northern California group therapy community. They have been leading process and training groups for decades and have trained many psychotherapists in group therapy. Peter and Daisy work from a Gestalt Group Therapy model (GGT) and are co-directors of the Sierra Institute for Contemporary Gestalt Therapy. Linda and Jim have extensive experience working from an integrative model of group psychotherapy -- combining group-as-a-whole, interpersonal, and depth psychological perspectives. The theories and findings of Ariadne P. Beck, MA, and the Chicago Group Development Research Team have profoundly influenced their work, especially their findings on the phases and leadership roles in groups.

ACTIVITIES

Attendees at the retreat will participate in morning process groups led by the retreat facilitators. In the afternoons we will have didactic sessions featuring training in group therapy from a variety of theoretical perspectives. Evenings will be devoted to creative expression: Jim with art, Linda with movement & mindfulness, Daisy with storytelling and Peter with music.

OUR VISION: RETREAT & RESIDENTIAL TRAINING

RESIDENTIAL RETREAT— Our vision is to create a space where participants can recharge and rejuvenate in a beautiful location with good food, surrounded by a community of people who are themselves seeking renewal.

RESIDENTIAL TRAINING — For those who wish to deepen their understanding of group process and their skills in group therapy, this experience will be especially rich, with experiential and didactic sessions featuring a faculty who has taught group therapy for many years at institutions including Stanford University, UC San Francisco, The Wright Institute and the UC Davis School of Medicine. Psychotherapists from all theoretical orientations who wish to learn more about group therapy will have an opportunity to learn and grow together in a caring and safe community. Gestalt therapists who wish to enhance their understanding of, and skills with, interactive group process are most welcome and invited to participate. Didactic sessions will cover Gestalt Group Therapy, The theories and findings of Ariadne P. Beck, MA, and the Chicago Group Development Research Team and topics in the relational/intersubjective approach to group therapy. Learning will be didactic and experiential with many opportunities for hands on learning and skill building in a supportive atmosphere.



Jim Fishman, LCSW, CGP*



Linda Rose, LCSW, CGP



Daisy Reese, LCSW, CGP



Peter Cole, LCSW, CGP

I've been a practicing licensed psychotherapist (clinical social work) since 1981, and my modalities include individual, couple and group psychotherapy. One of my passions is facilitating and teaching about groups; I present frequently at the Northern California Group Psychotherapy Society and have run Institutes for the American Group Psychotherapy Association. I have run a range of groups for diverse populations: interpersonal groups for gay men; co-ed relational group therapy; I co-lead an on-going experiential training group for psychotherapists with Linda Rose, LCSW, CGP. I also currently leading a process group for psychiatry residents. I am also a watercolorist who enjoys introducing the Mandala imagery as a pathway to wholeness, and have a daily meditation practice. I have written articles on gay male sexuality; on the process of becoming a group therapist; and my most recent publication with Linda has been in AGPA's The Group Circle: Navigating the Co-leadership Relationship Through Dreams.

I have been practicing psychotherapy for over 25 years, with individuals, couples and groups. My work is relational and depth oriented, informed by many other traditions of therapy, healing, personal growth, and most importantly mindfulness. Along with being a Licensed Clinical Social Worker, I am a Board Certified Dance/Movement Therapist, with a background in the performing arts, writing and visual art. In addition to verbal psychotherapy, I utilize movement, mindfulness and dream work. My understanding of the inter-relationship of the body, psyche and spirit is a special focus of my work. I have worked extensively with the LGBT community over the past 30 years.

Group work is an important component of my practice. Groups provide a safe container to work out one's interpersonal and intimacy issues. I currently run a year long training group for group therapists with Jim Fishman.

As a group and individual psychotherapist for over 25 years, I have increasingly come to love and value the power of groups to help participants heal old wounds and transform their relationships with themselves and with others. Together Peter Cole and I have been facilitating groups and training therapists in Northern California since 1992, I am a past president of the Northern California Group Psychotherapy Society (NCGPS). I have co-facilitated many day-long and weekend workshops both for NCGPS and for the American Group Psychotherapy Association. I have served on the faculty of the Psychotherapy Institute Group Training Program and am currently and an adjunct faculty member at the Wright Institute.

I'm particularly interested in working with stories and symbols. What are the stories of our lives? How do we make meaning of and develop our ability to symbolize our stories? How can they support us in moving through the difficulties and changes that life offers? How can we make use of our stories to more deeply connect with others and become more fully human?

Currently, Peter and I offer training/process gestalt groups in Berkeley and Sacramento.

For over 25 years, Daisy and I have been the co-directors of the Sierra Institute for Contemporary Gestalt Therapy. In that capacity, we have participated in the training and mentoring of many mental health professionals, an activity that we are truly passionate about. I have written many articles on the practice of gestalt therapy & gestalt group therapy (GGT). I have served as volunteer clinical faculty with the UC Davis School of medicine for 25 years, where I teach gestalt therapy to fourth year psychiatry residents. I also teach at the Wright Institute in Berkeley. I present regularly with the American Group Psychotherapy Association and the Association for the Advancement of Gestalt Therapy.

Daisy and I currently facilitate gestalt training groups in Berkeley and Sacramento. I am very excited to resume SICGT's residential program at Irish Beach after a hiatus of eight years.

We value diversity and encourage the participation of people of color, people from the LGBT community and people with disabilities in this program.

The Sierra Institute for Contemporary Gestalt Therapy (SICGT) maintains responsibility for this program and its content. Continuing Education for Psychologists, MFTs and LCSWs 30 hours
SICGT is an approved continuing provider (PCE 349) by the CA BBSE; SICGT is approved by the American Psychological Association to sponsor continuing education for psychologists

*Certified Group Psychotherapist