



For therapists, psychologists, psychiatrists and students with a clinic

Training - Development - Supervision - Research

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**Innovative training at the heart of the therapeutic intervention**

## **WHAT IS HEALING IN PSYCHOTHERAPY ?**



**To better understand what  
heals...**

**And what we take care of!**

***An operational perspective on change***

With each of our patients we look for what is healing and how to support the path to change. But we are often lost as to what the therapeutic work is all about. This seminar offers the therapist clear guidelines. Based on current research in psychotherapy, we will propose an integrative model of change, operational for gestalt therapists and taking into account the singularity of the therapeutic encounter. These contributions will be illustrated by clinical vignettes and proposals for experiential work.

### **Aims**

**Take another look at relational suffering  
Use new concepts from research  
Develop a clear vision of the therapeutic path  
Discover the 3 key steps of the intervention**

# TECHNICAL SHEET

## Organization of the training

- Face-to-face
- 4 days: Two two-day periods separated by a period of clinical practice of at least a few days
- Or 3 consecutive days - To be adjusted

## Pedagogical means

- Theoretical-clinical and experiential training in small groups
- Clinical work based on real cases brought by the participants
- Video illustrations
- Learning through experience and observation (supervised practicums, didactic sequences, video), role playing and sharing time

*Our trainings are built around taking into account the specific needs and resources of the participants, which encourages their self-training. They offer a safe environment, in small groups, rich in resources.*

## Compatibility with EAGT training standards

*This seminar is compatible with topics 2, 8 and 12 (Theory of Gestalt Therapy -The Gestalt therapist in the therapeutic relationship - Research in Gestalt) of the EAGT training standards and as such can be included in the minimum 600 hours of theoretical courses.*

## Program

Session 1	Session 2
- Integrative Model of Change - Enduring Relational Themes - Alliance, Responsiveness, Secret Longing	- The 3 key steps of the intervention - Focus on the emerging processes - The change required of the therapist

## THE TRAINERS



### Florence Belasco et Vincent Béja - Founders of IDeT

*Over 25 years of experience in psychotherapy and Gestalt therapy*

Florence and Vincent develop a unique perspective on the **processes of change** in psychotherapy.

Through their **writings**, their **training institute** and their **commitment to research** in humanistic psychotherapy within the international Gestalt community, they develop a **relational vision of therapy** that places the **therapist's affective resonances** at the heart of the change process.

BRITISH  
GESTALT  
JOURNAL

« Ways and means of the phenomenological attitude in a field perspective » - *British Gestalt Journal* 2020, Vol. 29, No. 2, 33–39

« The Secret Longing: A Relational Compass in a Field Perspective » - *Gestalt Review*, 2022, Vol. 26, No. 1

