Field and relational perspective on panic disorders in gestalt therapy

with Gianni Francesetti
22th - 23th of June 2019.
Zagreb, Croatia.
Dear all,
we are inviting you to participate in two day international intensive workshop in contemporary gestalt perspective on topic: Field and relational perspective on panic disorders in gestalt therapy led by Gianni Francesetti, Gestalt psychotherapist, psychiatrist, international trainer and supervisor, one of the main figures in contemporary gestalt perspectives on theory, research, field and relational perspectives in Gestalt therapy and Phenomenological Approach to Psychopathology and Clinical Practice.
About workshop

Panic attacks are one of the most widespread symptoms in the postmodern context. They are a difficult challenge for psychotherapists: panic occurs as physical distress often detached from any emotional awareness and connection with life events, it is a situation of emergency that interferes deeply with the patient’s life, it is a loss of autonomy often in a moment when autonomy is growing, it is a suffering that happens far from the therapeutic room and psychotherapist often feels scared and powerless. During the workshop we explore panic disorder from a Gestalt therapy perspective. We propose theoretical frames, practical experiences, supervision and personal work with the aim to present an overview on this disorder and its treatment. This clinical understanding is based on a field perspective on psychopathology and therapy and is the result of an original phenomenological research published in the book “Panic attacks and postmodernity. Gestalt therapy between clinical and social perspective”, G. Francesetti (Ed.), F. Angeli, Milan, 2007.

Theoretical contents:

- Differences between panic, panic attacks and panic disorder
- Phenomenological and descriptive approach to panic disorder
- Figure/ground dynamic in panic attacks
- Emergent themes in panic disorders
- Life phases, growth, losses and panic disorder
- Specific support for panic disorder and phases of therapy
- Panic disorder in the postmodern era: a psychosocial frame

Goals

The workshop provides theoretical frames and practical skills that improve specific competences for psychotherapists working with this suffering. Specifically, the workshop’s goals are:

- To have an overview of Panic Disorder from a Gestalt Therapy perspective
- To be more aware about personal experiences related to panic
- To receive supervision on patients suffering from panic disorder
- To know therapeutic steps and their risks for patients suffering from panic disorder
- To be aware of the connections between this suffering and the biographical/social field
About trainer:

Gianni Francesetti, Gestalt psychotherapist, psychiatrist, international trainer and supervisor, Adjunct Professor of Phenomenological and Existential Approach at the Turin University, Dep. of Psychology. President of IPsiG (International Institute for Gestalt Therapy and Psychopathology), Past President of the EAGT (European Association for Psychotherapy), of the Italian Federation of Psychotherapy Associations (FIAP, the Italian NUO), of the Italian Gestalt Therapy Association, a member of the New York Institute for Gestalt Therapy, of the Association for the Advancement of Gestalt Therapy (AAGT) and of the Society for Psychotherapy Research (SPR). He has authored articles, chapters, and books in the field of psychiatry and psychotherapy (among the last books: Francesetti, Gecele, Roubal (2013), Gestalt therapy in Clinical Practice; Francesetti G., Absence is a Bridge Between us. Gestalt Therapy approach to depressive experiences. He lives and works in Turin (Italy) as psychotherapist, psychiatrist and supervisor.

City: Zagreb
Adress: Centar IGW Zagreb, Ogrizovičeva ulica 36,
Timetable: Saturday 9 - 19 h, Sunday 9 -19 h
Cost: 230,00 euros
Early bird application: 200,00 euros
till 30th of January 2019.
Participants: Maximum 25 people - Certified gestalt therapist, psychotherapists from other modalities, psychiatrists and graduate students of gestalt therapy
Language: English
To apply send e-mail and filed application form to: centar.igw.zg@gmail.com
Application form is on our web page: www.centarigwzagreb.hr