



Body Movement in Gestalt Therapy

The Developmental Somatic Psychotherapy Perspective

David Picó Vila

17. - 19. Nov 2023

Fri 16:00h - 20:00h / Sat 09:00h - 19:00h / Sun 09:00h - 14:30h



About the course

The body is essential to Gestalt therapy. However, Gestalt therapists have not always succeeded in finding a way of working with the body that is compatible with the relational, processual and field-based view of Gestalt therapy. New York Gestalt therapist Ruella Frank brings a deeply Gestalt approach to working with the body that focuses on movement in relation to the environment and incorporates the concepts of process, field and intentionality. Developmental Somatic Psychotherapy (DSP) offers a vocabulary that brings us closer to experience in the here and now and allows us to understand concepts such as the id function or the process of contact in a deeper way. Rather than offering a set of exercises or techniques of "bodywork", DSP helps us therapists to open up to the experience of the person who is always moving in one way or another, with a heightened capacity for perception. In this workshop we will introduce the main concepts of DSP in a practical and theoretical way and connect them with the theory of Gestalt therapy.

About the trainer

David Picó Vila is a Gestalt psychotherapist and psychologist. He lives and works in Valencia, Spain. His interest in issues of expression comes from his experience as a musician. He is DSP supervisor and trainer in Gestalt therapy. He teaches workshops on body movement, use of the voice in psychotherapy, social phobia and performance anxiety, and couples therapy. He is currently the VicePresident of EAGT.

Details

- Maximum number of participants: 20
- The price of education is 200 € + PDV = 250 €