

# DEVELOPING YOUR PRACTICE

LIVE PRACTICE FOCUSING ON THE FOUR PILLARS OF GESTALT

4 DAY PROGRAMME

**DI HODGSON & MARIE-ANNE CHIDIAC**

Beginning 05 December 2024

Join us for an immersive 4-day programme designed to deepen your Gestalt skills through focused live practice. Each day will centre on one of the four core pillars of Gestalt: **Phenomenology, Dialogue, Field Theory, and Experimentation**. Whilst each of the pillars will be the figural lens, other aspects of Gestalt will be incorporated. We will also be paying attention to themes such as self-disclosure, looking for meta themes, rupture and repair to name a few.

Following a brief overview of the key theme, participants will be invited to live practice and supervision allowing for discussion and reflection on both theory and practice. Whatever your level of experience, this is a valuable opportunity to refine your understanding and practical application of Gestalt.

Led by experienced trainers **Di Hodgson** and **Marie-Anne Chidiac**, this programme offers a safe and supportive environment for Gestalt practitioners to continue developing their skills.

**Group sizes will be kept small** to ensure personalized attention. You can choose the specific days you wish to attend, and discounts are available for booking multiple sessions.

## Dates:

- Phenomenology Live Practice – 5<sup>th</sup> December 2024
- Dialogue Live Practice – 23<sup>rd</sup> January 2025
- Field Theory Live Practice – 27<sup>th</sup> February 2025
- Experimentation Live Practice – 27<sup>th</sup> March 2025



**VENUE:** Kingston-upon-Thames (within walking distance from the train station)

**Times:**  
9.30am – 4.30pm each day

**COST:**  
1 Day: £250  
2 Days: £450  
3 Days: £600  
All 4 Days: £800

**TO BOOK email: Mandy at**  
[mandy@relationalchange.org](mailto:mandy@relationalchange.org)

## TUTORS



**DR MARIE-ANNE CHIDIAC - D.Psych, MSc, MBA, UKCP registered Psychotherapist and Supervisor**

Marie-Anne is an international trainer with 20 years' experience as a coach, psychotherapist, OD consultant and supervisor. As well as working clinically in private practice, she is passionate about supporting organisations in developing relational approaches that lead to better ways of working. Marie-Anne is co-founder of Relational Change and brings a distinctive understanding of both the clinical and organisational settings and how they impact the supervisory relationship.



**DI HODGSON, BA, MSc. Gestalt Psychotherapy, DPsych, UKCP Registered Psychotherapist and supervisor.**

Dr. Di Hodgson BA, MSc. Gestalt Psychotherapy, DPsych, UKCP Registered Psychotherapist and supervisor. Di is a trainer, psychotherapist and supervisor with a private practice in Poole, Dorset. She has worked in the field of counselling and psychotherapy for over 30 years.

For over 12 years Di was the Director of the MSc in Gestalt Psychotherapy at Metanoia Institute. Di is an international trainer and regular facilitator of workshops at national and international conferences. She is also an external examiner for international Institutes. In the past she has chaired the GPTI executive, the UKCP diversity, equalities and social responsibility committee and been on the editorial team of the British Gestalt Journal.

Di has also worked as an organisational development consultant and executive coach, with leaders primarily in the education, regulatory and legal sectors.