

Contact and Relationship in a Field Perspective

Lecture and Workshop

by Peter Philippson

In a lecture Fritz Perls gave in 1957, he said »So what is this ›self‹? Now the ›self‹ cannot be understood other than through the field, just like day cannot be understood other than by contrast with night. If there were eternal day, eternal lightness, not only would you not have the concept of a ›day‹, you would not even have the awareness of a ›day‹ because there is nothing to be aware of, there is no differentiation. So, the ›self‹ is to be found in the contrast with the otherness. There is a boundary between the self and the other, and this boundary is the essence of psychology.« Classical Gestalt Therapy is based on this insight: the client and the therapist discover each other and themselves in their contact. Will we find ourselves in a familiar way, or find a way to discover something new and lively?

This workshop will look at ways to work at the boundary where self and other co-create, through theory presentation, discussion and experience.

Faculty: Peter Philippson, M.Sc. (Gestalt Psychotherapy) is a UKCP Registered Gestalt psychotherapist and trainer, a Teaching and Supervising Member of the Gestalt Psychotherapy & Training Institute UK, a founder member of Manchester Gestalt Centre, Full Member of the New York Institute for Gestalt Therapy, Senior Trainer for GITA (Slovenia), advisory board member, Center for Somatic Studies and a guest trainer for many training programmes internationally. He is Past President of the Association for the Advancement of Gestalt Therapy. Peter is the author of *Self in Relation*, pub. Gestalt Journal Press, *The Emergent Self*, pub. Karnac / UKCP and *Gestalt Therapy: Roots and Branches*, pub. Karnac, and many other chapters and articles.

He is a teacher and student of traditional Aikido.

Date: 3. – 5. November 2017

Time: Friday, 7 pm – 9 pm, Saturday, 10 am – 6 pm,
Sunday, 10 am – 1 pm

Venue: InKontakt Gestaltinstitut Berlin,
Gleimstraße 37, 10437 Berlin

Costs: 250,- €

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