



MindSight Clinic

GESTALT THERAPY COURSE

In physiotherapy, it is important to have a unique bond with your client to help them heal quickly. There are several therapy courses available, but gestalt builds a strong and healthy relationship and is considered to be the best one. Gestalt also focuses on what is actually happening around a person instead of thinking about imaginary moments. It emphasizes on increasing awareness. Gestalt therapy helps a person to explore themselves and increase self-awareness by creating dialogues. It also allows a person to be aware of their behavior and thoughts rather than ignoring them. You can also use the empty chair technique and exaggeration technique to analyze the person's deep-rooted problems.

GESTALT THERAPY



Take the Gestalt Therapy Course from Mindsight Clinic Professionals and improve your client-therapist relationship. Any participant can get training easily as there are no age barriers!

BENEFITS OF LEARNING GESTALT COURSE

- Advanced knowledge of human behavior and personal growth.
- Learn how to increase self-awareness of client's.
- Expert guidance and facilitation throughout the course.
- Developing a natural and deep connection with another person.

COURSE SYLLABUS -


- Concept and principles of gestalt therapy
- Detailed overview of the human brain and nervous systems
- How to increase awareness
- Modern tricks to know and discern dialogues and speech
- Field and other theoretical strategies

ADMISSION CRITERIA:

- ➔ No prior experience or knowledge required.
- ➔ Age 18+
- ➔ Suitable for students, psychologists, doctors, nurses, counselors, social workers, teachers, trainers, and others.

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 www.mindsightclinic.com

Duration : 2 Days Integrated Course | 90 mins/day

Course Fee : ₹10,000/-

Certificate Included.

**KANDIVALI / MALAD / GOREGAON / ANDHERI / JUHU / KHAR /
BANDRA / KEMP'S CORNER / POWAI / GHATKOPAR**