The gestalt of trauma healing

Syllabus · January–September 2027

Total tuition per clinician
$1,295

Blended cost per hour
$82 per hour, rounded

15 hours 50 minutes per clinician. Meetings are included in one tuition, not separately priced.

Gestalt therapy is the foundation.

Gestalt therapy provides the clinical frame for this mentorship. We study awareness, contact, countertransference and treatment choices. EMDR components are considered for their clinical purpose in stages one and two of trauma treatment.

Across eight meetings, revise a de-identified formulation and examine treatment choices. Role play addresses countertransference and intervention choices. Individual meetings return to your learning goals.

Linda completed a three-year Gestalt intensive and a year in developmental somatic processing. Her EMDR training at Cummins Behavioral Health Systems included a year of follow-up consultation; Mirmont Treatment Center paired staff training with ongoing consultation.

Format: live virtual via Zoom

Cohort span
January 7–September 9, 2027; August off

Cohort
Eight clinicians

Group meetings
Eight Thursdays, 10:00–11:45 a.m. Eastern Time (105 minutes)

Individual meetings
Two 55-minute meetings per participant; booked separately

Group dates (2027): Jan 7 · Feb 11 · Mar 11 · Apr 8 · May 6 · Jun 3 · Jul 8 · Sep 9 (all Thursdays). No August meeting. Eastern daylight time applies when in effect.

Included time
Group: 14 hours (8 × 105 minutes).
Individual: 1 hour 50 minutes (2 × 55 minutes).
Total: 15 hours 50 minutes per clinician.
Blended cost: $82 per hour, rounded ($1,295 ÷ total live time).

Enrollment, payment and cancellation terms are on page 3.

COURSE OF STUDY / EIGHT MEETINGS

Gestalt therapy in clinical practice.

Across eight meetings, examine your formulation, practice responses and reconsider treatment choices.

MEETING 1

See the gestalt of the client's situation

History, current pressures, relationships, strengths, safety, and alternatives.
Learning work: Draft a one-page de-identified formulation and one unanswered question.

MEETING 2

Countertransference ~ examine your response

Frustration, urgency, withdrawal or rescue: how your responses affect contact.
Learning work: Use role play to recognize your contribution before acting and rehearse another response.

MEETING 3

Choose among plausible approaches

Keep the Gestalt frame; consider somatic, relational, and parts-oriented perspectives.
Learning work: Map the rationale and identify a training or consultation gap.

MEETING 4

Choose an intervention ~ know why

What the client needs, what the intervention should accomplish, and consent.
Learning work: Practice noticing the response to decide whether to continue, adapt, stop, or use no technique.

MEETING 5

When to begin trauma-memory processing

Safety, dissociation and present engagement. Therapy continues when memory work waits.
Learning work: Explain whether to begin processing, continue preparation, or seek consultation.

MEETING 6

EMDR components in stages one and two of trauma treatment

Explore EMDR components that can be used in both stages of trauma treatment.
Learning work: Whether the client is dealing with dissociation, insecure attachment strategies, addiction or compulsive behaviors, we ask: What is the most pressing issue and what interventions would benefit this client at this time?

MEETING 7

When the work stalls ~ reconsider the formulation

Contact interruptions, dissociation and intervention purpose; use the two clinical sites.
Learning work: Identify what may have been missed and revise the next step instead of repeating it.

MEETING 8

Show your reasoning

Revisiting the case, explaining decisions, and planning further learning.
Learning work: Present a revised formulation and specific development plan.

Resources and enrollment.

Use these optional readings between meetings to connect assessment with treatment decisions. Trauma Essentials provides Gestalt and attachment styles, assessment and interventions; EMDR Deconstructed provides clinical components and free Chapter 2.

01 / Gestalt: contact and the therapeutic relationship

Review awareness, contact interruptions and experiments to examine what is happening between therapist and client.
Read the Gestalt guide

02 / EMDR components: choose a tool for a clinical purpose

Examine dual attention, imagery, behavioral rehearsal and other tools. Knowing the purpose helps you decide whether a tool belongs in the treatment you already practice.
Read the component guide

03 / Free Chapter 2: dissociation and complex trauma

Use the assessment and screening material to identify dissociative responses and consider how treatment needs to change. Direct chapter PDF; no email signup required.
Open the free chapter PDF

04 / Secure and insecure attachment styles and strategies

Assess closeness, distance and relational threat. Choose interventions for secure, anxious, avoidant or disorganized attachment patterns, then evaluate the client's response.
Explore attachment assessment and interventions

Participating in the mentorship

Bring a de-identified clinical question, not a client record. Use role play to examine your responses and practice intervention choices. Apply what you learn within your training and scope of practice.

Enrollment and cancellation

Enrollment and payment: $1,295 per clinician; eight places. Interested clinicians: enroll through Stripe with a $150 seat hold or full tuition. The $1,145 balance and applications are due December 14, 2026, 11:59 p.m. Eastern.

Written withdrawal: Before December 1, 2026: full refund. December 1–14: retain $150. December 15 onward: no refund. If Linda cancels the entire cohort: full refund. Missed groups: no tuition reduction.

Read the combined agreement and full enrollment terms before paying.