



**Schweizer Verein für
Gestalttherapie und
Integrative Therapie**

Gestalt&Zen:

Workshop with Dr. Margherita Spagnuolo Lobb, Gestalt Therapist and Niklaus Brantschen, Zen Master.

Nurturing a sense of belonging in a desensitised world.

The workshop provides space to experiment with and experience belonging in periods of silence, self awareness and theoretical input.

September 8th to 12th, 2018, Lassalle Haus Bad Schoenbrunn, 6313 Edlibach/Switzerland.

gestalt-zen.org.

The audience:

Gestalt therapists, P&OD professionals, coaches, counsellors, therapists and practitioners of neighbouring therapeutic schools.

The program:

- Sep. 8th 6:30 PM Dinner and Welcome
7:30 PM Introduction to Zen Meditation by Niklaus Brantschen.
- Sep. 9th Introduction to and practising Zen with Niklaus Brantschen: Posture, breathing, sitting, walking, attitude, benefits, lecture and Q&A.
- Sep. 10th - 12th Working with Margherita Spagnuolo Lobb. Each session starts with an input given by Margherita. The main focus is on connecting to one's own experience and individual work.
- Sep. 10th Morning session. The aesthetics of contact: From individual to relationship to the field.

Afternoon and evening session. The concept of awareness in a field perspective: the aesthetic relational knowledge.
- Sep. 11th Morning session. How to work with psychopathology in Gestalt Therapy terms: Phenomenological and aesthetic tools. Depressive experience.

Afternoon and evening session. Neurotic, borderline, psychotic and traumatised grounds of experience.
- Sep 12th Morning session. Individual work.
12:00 PM Feedbacks.
12:45 Lunch and Good-Bye

The structure of the day:

7:15 AM to 7:40	Zen (25 minutes)
8:00	Breakfast
9:00 to 12:30 PM	Work
12:45	Lunch and break
2:30 to 6:00	Work
6:15	Dinner
7:30 to 9:00	Work
9:10 to 9:35	Zen (25 minutes)

Administrative details:

Pricing: Program 445.00 Swiss Francs plus accommodation 480.00 Swiss Francs (room with lavatory, bathroom on the floor) or 640.00 Swiss Francs (room with small en suite bathroom). Breakfast, three course lunch and dinner included. Travel expenses not included.

Registration and mode of payment: Registration starts now. The workshop will be confirmed as soon as possible provided 18 people will participate. After confirmation a downpayment of 400.00 Swiss Francs should be made, the final payment one week before the workshop starts.

Good to know:

The Lassalle Haus Bad Schoenbrunn, 6131 Edlibach/Switzerland, can easily be reached by public transport. See <https://www.lassalle-haus.org/anfahrt.html> - in German only. Please ask for english directions.

For each participant the SVG, Swiss Association of Gestalt and Integrative Therapy, will provide a certificate of attendance.

Please do not hesitate to contact Beate Willauer (vorstand.bw@gestalttherapie.ch) if there are any questions or suggestions.