

Gestalt I: Awareness

The foundations of Gestalt awareness are explored experientially with individual, dyadic, and group exercises. Central concepts of wholeness, present-centered awareness, self-responsibility, body awareness, contact, and boundary disturbances are introduced. The basic form of a Gestalt experiment is demonstrated, and the stages of the process are learned. Transpersonal roots, community building, and development of the I-Thou relationship as the basis of therapeutic work are emphasized. Program students only.

Course Number: CNSM601

Unit: 3.0

Program: GRAD Transpersonal Coun