



Focus Course

Establishing and Maintaining Boundaries

31 August 2023

In common parlance we hear about “having good boundaries” in relation to self-care and relationships. What exactly are boundaries? How do they separate, and also enable integration or relationship? This focus course explores the Me/Not Me boundary and how this relates to identity formation, as well as the process of bounding and making meaning, and how this relates to learning and change. The course will invite introspection as well as skill practice in working with others around their boundaries (sense of self, understanding of things, perspectives, assumptions).

Who should attend

This focus course is appropriate for anybody who works in or with organisations (leaders, managers, facilitators, consultants, coaches, mentors and organisation development practitioners). Participants are expected to have attended a Gestalt Africa Introduction to Gestalt course, or similar.



What you will get out of the programme

- An affirmed sense of own boundaries, and hence identities
- Insights into how we (habitually) make contact with others and our environments, our contact styles
- What to do in the case of blurred boundaries, and confusion, frustration and disappointment in our relationships with others
- How to effectively say “no!” when our boundaries are crossed
- Practical examples of setting boundaries and pushing back to take care of ourselves, as well as softening boundaries to connect and engage

Specifically, the course will explore Gestalt principles and practice:

- The organism / environment concept as a model for understanding the “me” and “not me”, where “I” signifies the boundary.
- The Cycle of Experience as a model for inter-dependence between person and environment.
- The Gestalt concept of the contact boundary as the place of exchange, learning and change, and of definition, identity and presence.
- The ability to bound, organize, frame and reframe, define, limit and to consider a boundary as a process, a phenomenological moment, essentially arbitrary.
- Working with under boundedness, over boundedness, rigid and permeable boundaries clear and blurred boundaries, fixed figures and ambiguity in relation to current issues (e.g. bullying).

Background to Gestalt

The Gestalt approach to working with(in) groups and organizations evolved out of psychological research into perception and its applications, Gestalt therapy and organisation development. The therapeutic model was originally developed as an alternative to Freudian psychoanalysis, by Fritz Perls in Germany, South Africa and the United States (1930s to 1970s). Gestalt therapy has gained a significant international reputation, and has been further developed and applied to couples, families, teams, organizations, large business systems, social services and economic development. It is used extensively in group work and in coaching. Gestalt perception research influenced the work of Kurt Lewin, the founder of modern organisation development and first to formulate a comprehensive theory of leadership. Gestalt practice is based on awareness, of self and of the other and the context. The ability to see / diagnose what is going on with others and to use the data collected to support others to develop heightened awareness, is a distinguishing quality that makes superb leaders, managers, and consultants. A Gestalt practitioner uses the self as a primary instrument: the basis of observation, data collection, and to design and implement interventions.



Trainers

Chantelle Wyley



Chantelle is a Director of Baobab Consulting & Training, a South African facilitator and coach with a background in community capacity building, training and consulting in socio-economic development. Her major focus is leadership development (training, facilitating, coaching) using Gestalt and Emotional Intelligence. She began her journey with Gestalt in 1995 and has trained with the Gestalt Institute of Cleveland, Ohio, and the Gestalt International Study Centre, Cape Cod. She is on the faculty of the International Gestalt Organization and Leadership Development Program (iGOLD) offered by the iGOLD Center (see www.gestaltod.org) and has taught coaching skills on the coaching programs of three South African business schools. She has been instrumental in (re)introducing Gestalt training in South Africa. She is also an associate of the Teleos Leadership Institute (Philadelphia, USA).

Testimonials

"Learning styles and how it impacts one's life. Context/perspective is everything! Awareness is key to Gestalt".

"By becoming self-aware and also aware of others and the environment, I decide how these stimuli impact me by controlling my contact boundary and responding more positively in all situations no matter how difficult".

"What impacted me is that as a prospective Gestalt practitioner, that my responsibility is not to solve problems, but rather to bring individuals to the point where they have realisations which lead them to solve their own problems".

"Allowing me to use the theories thought to practice"

"Context is key not only to understanding and being aware of ones state of being and their response to their environment and or situations; but it also enables me as a Gestalt leader to know how to intervene and engage in the process of reflection and or shifting the conversation"

"It is about process, being fully involved, honour the complete cycle, more questions, be ready to be surprised and be a bit uncomfortable in a positive way"

COURSE DETAILS

DATE 31 August 2023

TIME 10h00 - 16h00 SAST

PLACE Zoom (A link will be sent to registered participants a week before the course)

COST R3300 (excluding VAT), \$235, €235

REGISTRATION

<https://gestaltafrica.com/register>

Registration is open until 24 August 2023. Places are limited to a maximum of 20 participants.

QUERIES info@gestaltafrica.com