



“Awareness in itself
is healing”

- Frederick Salomon Perls



GESTALT THERAPY WORKSHOP

2 Days Experiential Program

In association with omymind

About Gestalt

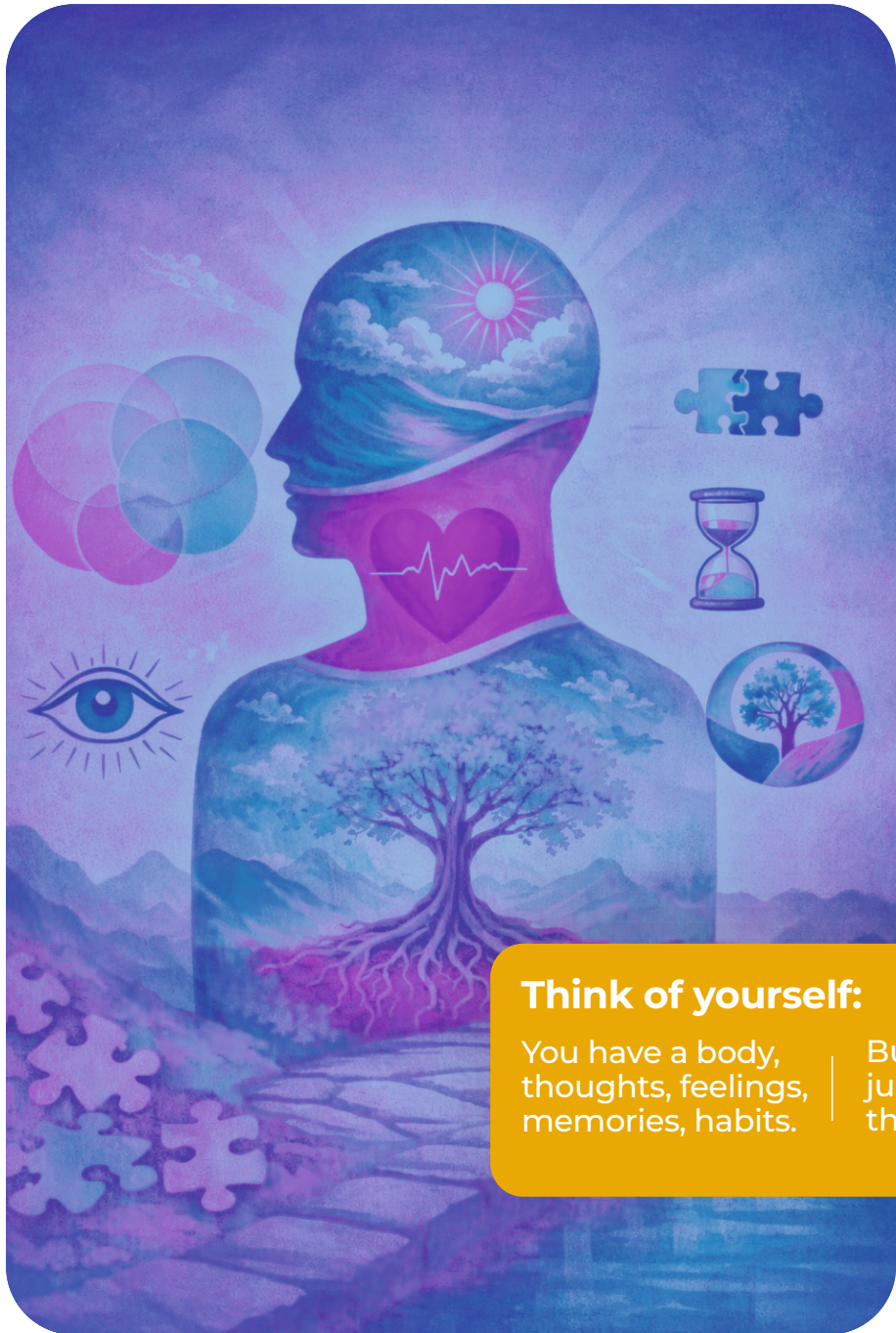
Gestalt is a German word that means “**whole**” or “**form.**” It is both a philosophy and a therapeutic approach that views a person as more than the sum of their parts. Gestalt emphasizes **awareness, presence,** and the **integration of mind, body, and emotions.** It helps us see patterns, resolve unfinished experiences, and return to a state of **wholeness.**

Think of yourself:

You have a body, thoughts, feelings, memories, habits.

But you are not just the sum of these parts.

When all of these come together, you become a unique, living, breathing whole person – YOU.



What is **Gestalt Therapy**?

Gestalt Therapy is a humanistic and experiential form of psychotherapy developed by Fritz Perls, Laura Perls, and Paul Goodman in the 1940s. It is based on the idea that people are best understood as whole beings — integrating mind, body, emotions, and environment — rather than as separate parts.

It Focuses on:



Living in the Here & Now



Raising Awareness



Working through Unfinished business



Taking Responsibility for our choices



Integrating mind, body & emotions



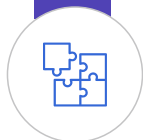


Why Gestalt Therapy?

Life often pulls us into the past (regrets, hurts) or the future (what ifs). Gestalt Therapy helps bring us back to the present moment. The only place where healing and change can really happen.

It's not about **“fixing”** you, but about helping you see yourself more clearly, your feelings, your body signals, your patterns of relating. So that you can make new choices instead of repeating old ones.

Learning **Outcomes**



- **Grasp the core principles of Gestalt** including wholeness, awareness, here-and-now, and responsibility.



- **Develop present-moment awareness** to connect more deeply with yourself and others.



- **Integrate different parts of the self** by working with mind, body, emotions, and shadow aspects.



- **Practice experiential techniques** such as chair work, dialogue, and awareness exercises.



- **Strengthen relational presence** by cultivating empathy, boundaries, and authentic communication.



- **Facilitate growth and transformation** using awareness-based interventions.



- **Enhance creativity and problem-solving** through recognizing patterns and connections.



- **Resolve conflicts and polarities** with clarity, compassion, and responsibility.



Who **should join**

01 :

**Mental health
professionals
& coaches**

02 :

**Educators
& trainers**

03 :

**Students &
lifelong
learners**

04 :

**Leaders &
professionals**

05 :

**Anyone
seeking
healing &
self-growth**

**The only way to make
sense of change is to
plunge into it, move with
it, and join the dance.**

- Fritz Perls

 **87 999 47 569**

 info@mastermiinds.in

 www.mastermiinds.com