

PENNSYLVANIA GESTALT CENTER

For Psychotherapy & Training

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“Intimate Connections”

With Mariah Fenton Gladis

In Cape May, New Jersey

Friday Evening, June 5th to Sunday, June 7th, 2009



Do you believe that good relating evolves naturally, and then discover in the routine of living with families, friends, and lovers that you have not been adequately prepared to meet the demands of loving relationships?



Successful human relating is an activity and an ability that requires movement, purpose, emotional capacity, and contact skills. At a recent workshop, we recorded some of the ways people said they use to avoid contact in the world. Negative self-talk. Taking care of others. Getting busy. Analyzing. Disconnecting. Fear of risk. Judgment. Getting angry. Self-censoring. Using humor. Isolating. Intellectualizing. Become peacemaker. Prioritizing others. Withdrawing. Are you in there somewhere?

In this workshop you will learn to assess your abilities and disabilities, to deepen your relationships and capacity to love, to develop new relationship skills, to increase self-awareness and to practice risking positive action with others. For the past 20 years, Mariah has been giving this special workshop to sold-out audiences at Esalen Institute in California. Come join us for this important event. Singles, couples, and young adults are welcome.

Individual workspace participants have a time to do “open seat” work with Mariah and the group. Group participants share in group exercises and are involved as observers of “open seat work”.

Individual Work Space.....\$375

Group Space.....\$250

Gestalt Center Students/Alumni..... \$125

Food and Lodging are not included, so that you may choose from the many fine Hotels, Bed & Breakfasts and Restaurants in Cape May. Information can be found on the web at www.CapeMay.com.

When: Friday at 7:30pm, through Sunday at 5:00pm

Location: This workshop will be held at the Kiwanis Club, Cape May, New Jersey. Call the Center for information. Directions will be mailed upon registration.

Reservations: A non-refundable deposit of \$200 reserves your space for a weekend workshop. Please indicate whether you want an individual or a group spot. Balance is due by June 5th. Please call the Center at **610-251-0945** for reservations or email us at **PAGestalt@comcast.net**.

For more information, visit us on the web at www.gestaltcenter.com

Staff:

Mariah Fenton Gladis, M.S.S., L.S.W., is the Founder and Director of the Pennsylvania Gestalt Center and is on the faculty of Esalen Institute. Mariah has 30 years experience as a psychotherapist and Gestalt Trainer.

Dori Middleman, M.D., co-leads workshops and training at the Center and is Founder and Director of the Center for a Healthy World, a volunteer-driven psychotherapy and training cooperative. Dori is a board-certified psychiatrist in private practice seeing children and adults and families.

Mark Putnam, M.D., co-leads workshops and training at the Center, and is Medical Director, Department of Psychiatry, at St. Joseph's Hospital in Reading, PA. Mark is a board-certified psychiatrist in private practice seeing children, adolescents, and adults.

