

PENNSYLVANIA GESTALT CENTER

For Psychotherapy & Training

At a recent workshop, we recorded some of the ways people said they use to avoid contact in the world. They include: Negative self-talk. Taking care of others. Getting busy. Analyzing. Disconnecting. Fearing risk. Judging. Getting angry. Self-censoring. Using humor. Isolating. Intellectualizing. Becoming peacemaker. Prioritizing others. Withdrawing. ARE YOU IN THERE SOMEWHERE?

Free Contemporary Gestalt Demonstration **CEUs Available**

With Mariah Fenton Gladis, Dori Middleman and Mark Putnam
Tuesday, September 19

Register at http://gestaltcenter.com/Calendar/event_details/demo.htm

For questions, please contact us at 610- 251-0945 or PAGestalt@comcast.net

If you have an intense interest in personal or professional growth, this evening demonstration is an excellent way for you to experience some basic Gestalt awareness concepts. Many have learned these principles to help create positive changes in their lives with family, friends, and themselves. Clinicians, administrators, and consultants in human services, education, health, and organizational development have found Gestalt techniques have enriched and expanded their skills for working with people, groups, and organizations.

These exciting demos will allow you to experience our Center's special blend of Gestalt with a discussion of the Awareness and Contact Cycle and its applicability to clinical practice and daily life. Mariah Gladis will also demonstrate a piece of Gestalt work with a volunteer. Bring along a friend to join us in these exciting demonstrations, and while you're here, take the opportunity to meet our excellent staff and learn about our programs. Register at 610-251-0945 or email us at PAGestalt@comcast.net.

CEUs: This program has been approved by the **Pennsylvania Board of Social Workers, Marriage and Family Therapists and Professional Counselors** for 2.5 contact hours of continuing education toward licensure renewal.

MARIAH FENTON GLADIS, MSS, LCSW, is Founder and Director of the Pennsylvania Gestalt Center and is on the faculty of the Esalen Institute. Mariah has over 35 years experience as a workshop leader, psychotherapist, and trainer.

DORI MIDDLEMAN, MD, 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, adults and families.

MARK PUTNAM, MD, is Medical Director for the Department of Psychiatry at St. Joseph Medical Center, and for the Berkshire Pavilion Haven Behavioral Hospital of Eastern PA in Reading, PA. Mark is a board-certified child and adult psychiatrist in private practice seeing children, adolescents, and adults in his practice, Berkshire Psychiatric Associates and Behavioral Health Services.

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