

PENNSYLVANIA GESTALT CENTER

For Psychotherapy & Training

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“Not For The Feint Of Heart”

—Be Bold In Your Personal Growth—

With

Mariah Fenton Gladis • Dori Middleman • Mark Putnam



Friday Evening, March 24 to Sunday, March 26, 2017 CEUs Available

If you're "feint of heart," you avoid confronting the emotional injuries or habits that prevent you from enjoying life to the fullest. You feint this way and that, preserving the status quo instead of moving past obstacles. This workshop is not for the feint of heart. It's for people who have a passionate commitment to creating healthy relationships within healthy lives. It offers opportunities to benefit from intensive individual healing work, which may involve emotional injuries rooted in the past, recurring themes or patterns of dysfunction, or personal longings in the here and now. Whatever the content of your work, you will:

- Discover the issues that are immediately obstructing the quality of your life
- Learn contact skills to authentically and effectively express yourself and assure healthy interaction with others
- Risk working deeply in an atmosphere of trust and mutual support
- Expand your capacity for generosity and compassion for yourself and others

This workshop is particularly helpful for human-relations professionals and those committed to a path of personal betterment. Mariah Fenton Gladis, known for her effective and innovative use of music to enrich the workshop experience, will blend individual and group Gestalt work in an environment of trust, compassion, and emotional generosity. A 34-year survivor of Lou Gehrig's Disease, Mariah speaks with what she calls her "ALS accent," which will be translated.

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

Location: Workshop is held at Temenos Retreat Center in West Chester, PA. **Healthy meals and snacks are provided.**

Fee: **Individual Work Space** participants have a time to do "open seat" work with Mariah and the group—\$495

Group Space participants share in the group exercises and are involved as observers of open seat work—\$350.

Reservations: Deposit of \$200 reserves your space. Please indicate whether you want an individual or a group spot.

There are a limited overnight **accommodations available at \$150 for the weekend, double-occupancy.** Please call our Center at **610-251-0945** for reservations or on-line at <http://gestaltcenter.com/>. Visa, MasterCard and PayPal are accepted.

CEUs: Approved by the Pennsylvania Board of Social Work Examiners for 21 contact hours of continuing education toward PA/LSW and professional counselors licensure renewal.

Recommended Reading – *Tales of a Wounded Healer* by Mariah Fenton Gladis at www.wounded-healer.com



Mariah Fenton Gladis, MSS, LCSW, BCD, is the Founder and Director of the Pennsylvania Gestalt Center.

Dori Middleman, MD, is psychiatrist in private practice and Founder of the Center for a Healthy World.

Mark Putnam, MD, is Medical Director for the Department of Psychiatry at St. Joseph Medical Center, and for Haven Behavioral Hospital, and for Berkshire Psychiatric and Behavioral Health Associates.