



For therapists, psychologists, psychiatrists and helping professionals

Training - Development - Supervision - Research

**A set of innovative training courses
at the heart of the therapeutic intervention**

The affective resonances at the heart of the therapy

OUR APPROACH

*Based on the most recent research in psychotherapy, IDeT considers **the therapist** and **the therapeutic relationship** as the essential components of the clinic and structures its training around three axes :*

- *The rooting, the presence and the impact of **the therapist's person***
- ***Theoretical landmarks** for reflecting on the situation and therapeutic processes*
- *The practical application of **the handling of the therapeutic relationship***

OUR PEDAGOGICAL APPROACH

- To support **the professional development of participants**
- To deepen **the core of a fully relational practice**
- To clarify the key points of successful therapy

Our trainings are built around a consideration of the specific needs and resources of the participants, which encourages their self-training. They provide a safe environment, in a small group, rich in resources

www.idet.paris

TRAININGS

Built on the participants' clinical **practice**

Based on psychotherapy **research**

Focused on the **competencies** necessary for the therapeutic intervention
and on the key points for **successful** psychotherapy

A renewed approach of Gestalt therapy

OUR TRAINING MODULES



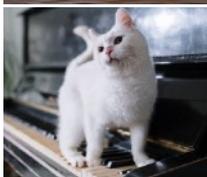
What is healing in psychotherapy?



The therapeutic alliance



The impact of the therapist that I am



The therapist's resonances

Our modules are compatible with topics 2, 8 and 12 (Theory of Gestalt Therapy -The Gestalt therapist in the therapeutic relationship - Research in Gestalt) of the EAGT training standards and as such can be included in the minimum 600 hours of theoretical courses.

THE FOUNDERS

Florence Belasco et Vincent Béja

Over 25 years of experience in psychotherapy and Gestalt therapy



Florence and Vincent develop a unique perspective on the **processes of change** in psychotherapy.

Through their **writings**, their **training institute** and their **commitment to research** in humanistic psychotherapy within the international Gestalt community, they develop a **relational vision of therapy** that places the **therapist's affective resonances** at the heart of the change process.



« Ways and means of the phenomenological attitude in a field perspective. The Secret Longing: a pragmatic clinical compass » - *British Gestalt Journal* 2020, Vol. 29, No. 2, 33–39

« The Secret Longing: A Relational Compass in a Field Perspective » - *Gestalt Review*, 2022, Vol. 26, No. 1

