



For therapists, psychologists, psychiatrists and students with a clinic

Training - Development - Supervision - Research

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Innovative training at the heart of the therapeutic intervention

THE THERAPIST'S RESONANCE



TO EXPERIENCE

IN ORDER

TO INTERVENE

New perspective for the intervention

We are always affected by our patient just as they are constantly affected by us. In this complex system of resonances, the therapist can often feel helpless, arrested, even abused. We will offer participants a method and guideposts for attuning their experience to that of the patient in a way that is opening and growth-inducing.

Aims

Become aware of one's body and emotional resonances
Know how to evaluate what they would push you to do
Tune in to the patient's experience
Learn to intervene in an adjusted way

TECHNICAL SHEET

Organization of the training

- Face-to-face
- 4 days: Two two-day periods separated by a period of clinical practice of at least a few days
- Or 3 consecutive days - To be adjusted

Pedagogical means

- Theoretical-clinical and experiential training in small groups
- Clinical work based on real cases brought by the participants
- Learning through experience and observation (supervised practicums, didactic sequences, video), role playing and sharing time

Our trainings are built around taking into account the specific needs and resources of the participants, which encourages their self-training. They offer a safe environment, in small groups, rich in resources.

Compatibility with EAGT training standards

This seminar is compatible with at least 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.

Program

Session 1	Session 2
- Resonating - Orienting - Attuning	- Deep listening - The change required of the therapist - Intervening

THE TRAINERS



Florence Belasco et Vincent Béja - Founders of IDeT

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.

BRITISH
GESTALT
JOURNAL

« Ways and means of the phenomenological attitude in a field perspective » - *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

