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Life Coaching: The Gestalt Approach

June 4-6, 2007

Herb Stevenson, MA, CDP, CPC

Sarah Toman, PhD

Life Coaching: A Gestalt Approach is a three day journey through the field of Life coaching. Day One will provide a theoretical review of how Life coaching evolved and the theoretical foundations that have been built in the last decade, including use of assessments and professional certification. Day Two will continue the theory building as primary concepts underlying Gestalt theory will be presented and overlain onto Life coaching. Day Three will focus on a series of exercises and live coaching that will enliven the theories presented and create a series of experiences that will enable the student to embody the coaching process

Workshop Objectives

Participants will become aware of the following:

1. An overview of coaching how it has evolved into the field of Life coaching including clear distinctions between coaching and therapy and consulting.
2. Coaching theories and models that have evolved over the last decade from various fields including sports, business, consulting, and psychology.
3. When to use psychometric assessment tools.
4. Methods for creating coaching tools and techniques from everyday materials.
5. Gestalt theoretical concepts such as the paradoxical theory of change, cycle of experience, unit of work, presence, awareness, contact.
6. Personal coaching styles used by the participants with encouragement and support to stretch into new styles.

Who Should Attend

Working coaches, therapists expanding their skill base or transitioning into coaching as a career move, and students of gestalt theory and application will find this workshop a rewarding experience.

Facilitators

Herb Stevenson is President/CEO of the Cleveland Consulting Group, Inc. He is a Certified Professional Coach (CPC) and Certified Diversity Professional (CDP). He is on the professional staff of the post-graduate Gestalt Institute of Cleveland, where he provides, clinical, group, & organizational training, and the College of Executive Coaches, which certifies executive coaches in affiliation with the International Coaching Federation (ICF). Herb is on the graduate faculty of Cleveland State University where he

teaches assessment and diagnosis, facilitation, change management, and conflict settlement in the Master's degree program in Organizational Psychology with a diversity management specialization. He is a member of the Organization Development Network (ODN), the International Coaching Federation (ICF), and the Academy of Management. More information can be found at www.Natural-Passages.com
[Http://ClevelandConsultingGroup.com](http://ClevelandConsultingGroup.com)

Sarah M. Toman, PhD is an associate professor at Cleveland State University. She obtained her Masters and Doctorate degrees from Kent State University and is also a graduate of the Gestalt Training Program, Gestalt Institute of Cleveland. She has formerly served as Chair of the National Career Development's Research Committee and as Secretary of the Association for the Advancement of Gestalt Therapy. Sarah has several career development publications that highlight interest inventory assessment, including several articles in the *Career Planning and Adult Development Journal* which merge her two areas of interest: career development and Gestalt therapy. She contributed chapters about use of the Kuder Career Search in MacCluskie, Welfel, and Toman (2002), *Using Test Data In Clinical Practice*, and is co-editor of the 2005 text, *Gestalt Therapy: History, Theory and Practice*. Sarah maintains a psychotherapy practice in offices in Medina and Beachwood, Ohio.
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Take Homes

Participants will receive workshop materials including a manual of theory and techniques that are tested in the field. In addition, each participant will receive the following texts.

Life Launch: A Passionate Guide to the Rest of Your Life by Frederic M. Hudson, Pamela D. McLean, and Hudson M. Frederic

The Adult Years: Mastering the Art of Self-Renewal by Frederic M. Ph.D. Hudson and Frederic M. Hudson

Therapist as Life Coach by Patrick Williams and Deborah C. Davis

Questions

Call Herb Stevenson at 440 338 1705 or email him at therbstevenson@aol.com if you have any questions.

Fee

The workshop fee is \$525.00, includes all course materials. **Graduate Credit:** One hour of graduate credit will be granted for completion of this workshop through Cleveland State University. The fee for the graduate credit is an additional \$414.25 (course number EDT 518)

Registration

Online at www.gestaltcleveland.org
Mail: Registrar
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