

# Self in Motion

A Radical Phenomenological  
Approach to Gestalt Theory

Date: July, 10<sup>th</sup> to 13<sup>th</sup>, 2017

Time: Monday, Tuesday, Wednesday and Thursday:  
From 9:30 am to 5:00 pm

To: Gestalt Psychotherapists.

Venue: New York City (USA)

Fees: 900 Euros (payable in three payments).

Registration: requires payment of the entire course.

Traveling, accommodation and meal expenses are covered  
by the participants.

A list of hotels, apartments and rooms at affordable prices  
will be provided.

For more information and registration please contact:

Centro de Terapia y Psicología

Phone.: (+34) 91 416 52 70

e-mail: [ctpinforma@centrodeterapiaypsicologia.es](mailto:ctpinforma@centrodeterapiaypsicologia.es)

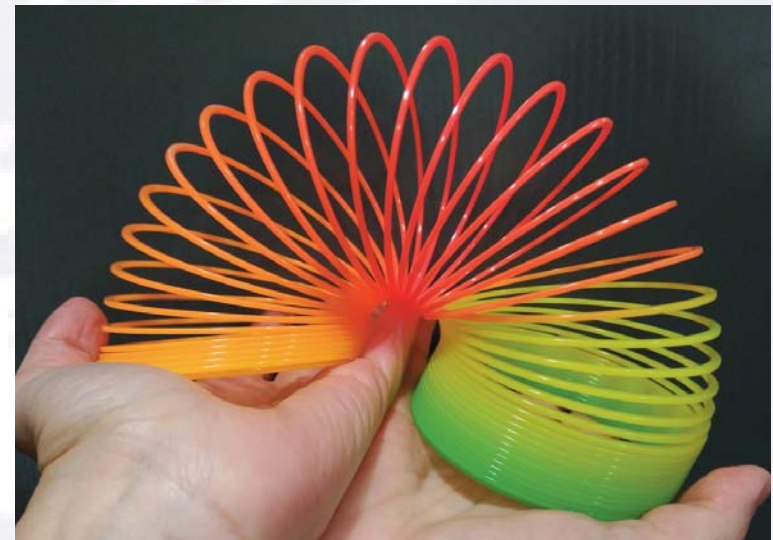


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Ruella Frank

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Center for Somatic Studies™

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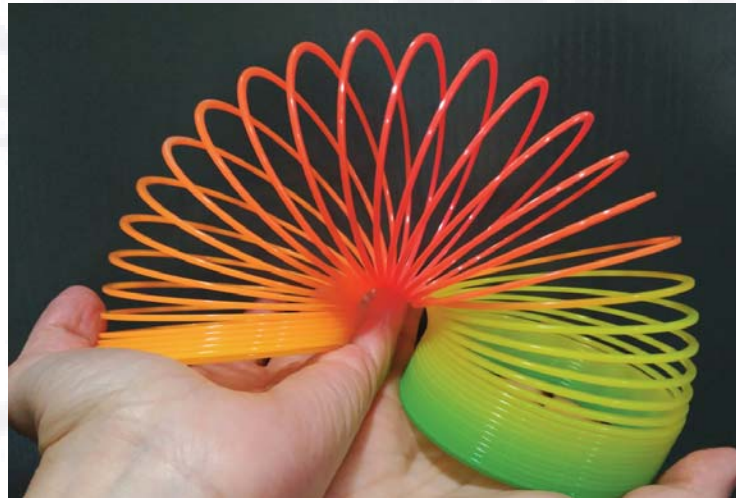
## A radical Phenomenological Approach to Gestalt Theory

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As a phenomenological methodology, Gestalt Therapy is concerned with an understanding of how we live the situation we are living: how to analyze, describe and know it.

In this training, participants will learn the basic principles of Gestalt Therapy Theory by investigating the dynamics of movement. In breaking down movement process to its most basic elements, we will explore ideas of Self, Creative Adjusting, Contacting, Modalities of Contacting, etc. That is, by focusing on MOVING– tactility (touch), kinesthesia (the feel of ourselves moving), and kinetics (movement itself), we will learn the essentials of how we experience ourselves with an other.

Special attention will be given to the emergence of fundamental movements in the first year of life and their constitutive participation in the moment-to-moment experiences throughout life: a developmental perspective



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Ruella Frank, Ph.D

Is founder and director of the Center for Somatic Studies, and faculty at Gestalt Associates for Psychotherapy and the New York Institute for Gestalt Therapy. She teaches throughout the United States, Europe, Russia and Mexico. Ruella is the author of articles and chapters in various publications, as well as the book *Body of Awareness: A somatic and Developmental Approach to Psychotherapy* (Gestalt Press, 2001), available in four languages. She is co-author *The First Year and the Rest of Your Life* (Routledge, 2011), available in three languages. Her chapter “Self in motion” and her video “Introduction to Developmental Somatic Psychotherapy” are available in English at [www.somaticstudies.com](http://www.somaticstudies.com)