



Program Description

The California Institute for Gestalt Experiential Therapy presents a two year training program in Gestalt-Experiential psychotherapy with individuals, couples and families. The theoretical foundation of this program is based on Humanistic Psychology and Gestalt-Experiential Psychotherapy and honors the work of Walter Kempler, M.D..

The objectives of this program are: 1) To teach you how to assess the moment to moment unfolding of the therapeutic process in order to identify the most important theme or working point for the client, couple or family; 2) to use your assessment to design effective therapeutic interventions; 3) To learn how to use the full range of your awareness and personality to be therapeutic; and 4) To learn how to develop interventions that are pragmatic and concerned with impact rather than convention.

This approach is ahistorical. This does not mean that history is unimportant, it clearly is critical in our development. Rather this means that the "here and now" or "immediate" is the focal point for therapy.

This training will teach you how to create a climate that encourages experimentation and risk taking, and to engage clients in a powerful therapeutic dialogue and when appropriate, in therapeutic exercises which are designed to create awareness, correct unhealthy patterns of behavior and acquire possibilities.

A TWO YEAR TRAINING PROGRAM IN GESTALT EXPERIENTIAL PSYCHOTHERAPY with Allen Berger, Ph.D.



THE CALIFORNIA INSTITUTE OF GESTALT- EXPERIENTIAL THERAPY

Target Audience

This program is for veteran clinicians and newcomers alike. Regardless of your level of clinical experience, Dr. Berger and his staff will help you develop your full potential as a therapist or counselor.

Training Method

The program is modeled after the training program that Dr. Kempler offered for over 10 years in Southern California. Dr. Kempler encouraged the personal participation of each trainee in the process of training. Students have commented that they have grown personally at least as much as they have grown professional, if not more.

Each training session will consist of a didactic lecture by Dr. Berger or one of the staff on a specific element of Gestalt therapy or the therapeutic process, followed by at least one live therapy demonstration either conducted by Dr. Berger or by one of the trainees, sometimes there is a moment by moment analysis of videotaped sessions of various master therapists including Erving or Mairam Polster, Walter Kempler, Fritz Perls, James Bugental, or Virginia Satir, followed by a time to personally apply or discuss the subject or theme of the day.

Schedule

This program meets one Saturday per month from 9 a.m. to 3 p.m. for 24 months.

Program Cost

The program cost is broken down as follows: \$150.00 Per month for the Saturday Training Sessions. A \$150.00 deposit is required. Payment for each monthly session is due at the beginning of each training session.

Please note that when you are accepting into this program you are making a commitment for two years. If you need to end the program before it is completed, you are responsible to find an acceptable replacement who is approved by Dr. Berger and his staff.



Allen Berger, Ph.D., Clinical Director of Training

Dr. Berger is a licensed clinical psychologist. He has trained clinicians nationally and internationally for over 30 years. He received his doctorate in clinical psychology from The University of California, Davis.

Dr. Berger has over 40 years of clinical experience in a variety of clinical settings. He has worked at both inpatient and outpatient psychiatric clinics, and at inpatient and outpatient treatment programs for alcoholism and other addictions including eating disorders. He has been in private practice since 1982.

Walter Kempler, M.D. and William C. Rader, M.D. both were significant influences in his professional development.

Dr. Kempler was a pioneer in the field of family therapy. Walt conducted Gestalt Therapy workshops with Fritz Perls, M.D. at Esalen, and eventually translated the principles of Gestalt Therapy into Gestalt-Experiential Family Therapy. Dr. Berger directed The Kempler Institute's two year training programs in Southern California for over ten years and was a senior member of The Kempler Institute's International Training Staff.

Dr. Rader, is a psychiatrist, and a pioneer in the field of addictionology. He is a gifted clinician with an uncanny ability to identify the key clinical issue of a patient, and what clinical experience the patient needed to take the next step in his or her

recovery. Dr. Berger worked with Dr. Rader for over 13 years at both San Pedro Peninsula Hospital's ARS, and at South Bay Hospital's ARS.

Dr. Berger is the author of several professional journal articles on the process and outcome of psychotherapy. He has also authored 3 books: *Love Secrets - Revealed* (HCI Books, 2006), Hazelden's Bestseller, *12 Stupid Things that Mess Up Recovery* (2008), *12 Smart Things to do When the Booze and Drugs are Gone* (Hazelden, 2010), *12 Hidden Rewards of Making Amends* (2013) and *12 More Stupid Things that Mess Up Recovery* (2016). His pamphlet on *How to Get the Most Out of Group Therapy* (Hazelden, 2001) is used nationwide to help the new patient realize the greatest benefit from group therapy.

Current Training Location

REBOS – Ross Remien, Director/Founder.

Address: 1772 S. Robertson Blvd., Los Angeles, CA 90035

The training location may change for the 2017–2019 class.

Registration Procedure

Please send a letter of intent and a \$150.00 deposit to Dr. Allen Berger, 2200 Pacific Coast Highway, Suite 219, Hermosa Beach, CA 90254. Include your address, clinical background, contact information, and a stamped self-addressed envelope.



Walter Kempler, M.D. 1920–2008