

Certification Requirements

Certification by PGI is conferred by the faculty after you have passed a series of exams testing your theoretical and clinical knowledge and practice. Certification requires a minimum of 220 hours (roughly 4 years) of training. Additionally, 50 hours of individual Gestalt Therapy and 75 hours of Gestalt supervision are required. Minimum hours do not guarantee readiness for examination.

Before beginning the certification process, trainees are expected to have a mastery of basic theory. Examinations are designed to test competency in articulating and skill in applying the following concepts:

- 1) Field Theory
- 2) Phenomenology
- 3) Dialogue
- 4) Paradoxical Theory of Change
- 5) Contact/Withdrawal Process
- 6) Character Styles
- 7) Shame Process

In addition, trainees should be familiar with the following:

- 1) Group Process
- 2) Gestalt Psychology
- 3) Existential Thinking
- 4) Body Process
- 5) Creative Adjustment
- 6) Working with Experiment
- 7) Gestalt Perspective on Anxiety
- 8) Other Psychotherapeutic Approaches, for example, Contemporary Psychoanalytic Approaches.

The required fee is \$400 (U.S. Dollars). In cases of significant need, scholarships are available.

Examination Series

The examination series is structured as follows:

- 1) A take-home **written examination** (closed book, four-hour) on the theory of Gestalt Therapy. Exam questions are designed to assess the trainee's grasp of basic theory.
 - 2) An **oral examination** covering the theory and practice of Gestalt Therapy. Exam questions are designed to assess the depth and breadth of the trainee's understanding of theory as well as ability to work with and relate the concepts to each other and to clinical practice.
 - 3) A **clinical examination** in which the trainee's work will be observed to assess clinical skills. The clinical exam is given in a group setting. Such an examination tests the trainee's abilities on a number of variables, such as group process, focusing on a piece of work, dealing with the anxiety of being observed and examined.
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Recommended Reading

The following reading list is recommended for preparation for the certification exam.

Gestalt Therapy

- 1) Perls, F., Hefferline, R. & Goodman, P. (1994/1951). *Gestalt therapy: excitement and growth in the human personality*. New York: The Gestalt Journal Press. (originally published 1951).
 - 2) Yontef, G. M. (1993). *Awareness, dialogue & process*. Highland, NY: The Gestalt Journal Press.
 - 3) Polsters, E. & Polster, M. (1974) *Gestalt therapy integrated*. Highland, NY: The Gestalt Journal Press.
 - 4) Beisser, A. (1970). *Paradoxical theory of change*. In J. Fagan & I. Shepherd (Eds.). *Gestalt therapy now* (pp. 77-80). New York: Harper.
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Phenomenology

- 1) Spinelli, E. (1989). *The interpreted world: An introduction to phenomenological psychology*. London: Sage Publications.
 - 2) Yontef, G. M. (1993). *Awareness, dialogue & process*. Highland, NY: The Gestalt Journal Press.
 - 3) McConville, M. (2001). *Let the straw man speak: Husserl's Phenomenology in Context*. *Gestalt Review*, 5(3), 195-204
 - (4) Ihde, D. (1977). *Experimental Phenomenology: An Introduction*. Albany: State University of NY.
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Field Theory

1) Yontef, G. M. (1993). *Awareness, dialogue & process*. Highland, NY: The Gestalt Journal Press.

2) Parlett, M. (1991). *Reflections on field theory*. The British Gestalt Journal, 1, 69-81.

3) Latner, J. (1983). *This is the speed of light: Field and systems theories in Gestalt therapy*. The Gestalt Journal, 6(2), 71-90.

Shame Process

1) Yontef, G. M. (1993). *Awareness, dialogue & process*. Highland, NY: The Gestalt Journal Press.

2) Lee, R. & Wheeler, G. (1996). *The voice of shame: Silence & connection in psychotherapy*. San Francisco: Jossey-Bass Publishers.

Dialogue

1) Yontef, G. M. (1993). *Awareness, dialogue & process*. Highland, NY: The Gestalt Journal Press.

2) Hycner, R. & Jacobs, L. (1996). *The healing relationship in Gestalt therapy: a dialogic-self psychological approach*. Highland, NY: Gestalt Journal Press.

Miscellaneous

1) Kepner, J. I. (1983). *Body Process: A Gestalt approach to working with the body in psychotherapy*. Cambridge, MA: Gestalt Press/The Analytic Press.

2) Frank, R. (2001). *Body of awareness: A somatic and developmental approach to psychotherapy*. Cambridge, MA: Gestalt Press/The Analytic Press.

3) Fairfield, M. (2004). *Gestalt groups revisited: A phenomenological approach*. Gestalt review, 8(3), 336-357.

For more information on certification, please contact us.