

## **Gestalt Institute of Ireland: Personal Development Programme** **(<https://www.activelink.ie/node/116470>)**



### **One-Year Non-Residential PD Programme: Gestalt Institute of Ireland | delivered at the Dublin Gestalt Centre | Starts November 2025**

---

#### **Awaken Awareness. Deepen Connection. Grow from the Inside Out with Others.**

The **Personal Development Programme** at the **Gestalt Institute of Ireland (GII)** is a one-year, non-residential journey into **self-awareness, embodied presence, and relational growth**.

This programme is for anyone curious about how Gestalt principles can support meaningful change in both personal and professional life. Whether you're seeking deeper self-understanding, more fulfilling relationships, or exploring the potential for future psychotherapy training, this is a powerful place to begin.

---

#### **What You Can Expect**

Over four weekends across the year, you'll join a supportive group of like-minded individuals for a highly **experiential, participative** programme focused on:

- **Deepening self-awareness through embodied practice**
- **Exploring how you relate to yourself and others**
- **Building emotional, relational, and somatic intelligence**
- **Discovering new ways of being, expressing, and connecting**

We work in the **here and now**, inviting you to listen more deeply to your body, emotions, and internal rhythms—while offering practical tools for reflection and self-development.

---

#### **Gestalt: A Whole-Person Approach**

Gestalt is a holistic, experiential psychotherapy model that views growth as emerging from authentic contact—with self, others, and the environment. It honours the integration of **body, feeling, and thought** as inseparable, and recognises the body's **inherent wisdom** as a powerful source of insight and transformation.

This programme is not just about learning *about* Gestalt—it's about living it.

---

#### **Programme Structure**

**Four 3-Day Weekends (Friday–Sunday) non-residential**

**Venue:** Dublin Gestalt Centre, 66 Lower Leeson Street, Dublin 2

**Facilitators:** Olive Fanning & Sandra Mullen

**Apply:** Email [admin@gestaltinstitute.ie](mailto:admin@gestaltinstitute.ie) (<mailto:admin@gestaltinstitute.ie>) to request an application form

**Fee:** €1600.00

---

## 2025–2026 Weekend Dates:

- 7th – 9th November 2025
  - 16th – 18th January 2026
  - 20th – 22nd March 2026
  - 24th – 26th April 2026
- 

## Is This Programme for You?

This programme is open to anyone who:

- Is **curious about personal growth** and inner exploration
- Wants to cultivate deeper **self-awareness and self-compassion**
- Is interested in **embodied, relational approaches** to development
- May be considering psychotherapy training in the future
- Desires a meaningful, life-enhancing experience in a safe and skilled group environment

No prior therapy or counselling experience is required—just a willingness to engage, reflect, and grow.

---

## Why Join?

- Explore who you are beyond roles and patterns
  - Cultivate a deeper, embodied connection to yourself
  - Learn to navigate relationships with clarity and presence
  - Discover new meaning and direction in your personal or professional life
  - Be part of a **supportive and reflective group** held by skilled facilitators
- 

## Pathway to Further Training

Participation in this programme will be considered when applying for the **MA/Postgraduate Diploma in Gestalt Psychotherapy** at the Gestalt Institute of Ireland.

---

## Apply Now

Ready to begin your journey?

**Email:** [admin@gestaltinstitute.ie](mailto:admin@gestaltinstitute.ie) (mailto:admin@gestaltinstitute.ie)

**Location:** Dublin Gestalt Centre, 66 Lower Leeson Street, Dublin 2

**Places are limited – early application recommended**

### Region

Dublin 2

### Date Entered/Updated

27th Jun, 2025

### Expiry Date

27th Aug, 2025

---

**Source URL:** <https://www.activelink.ie/community-exchange/training/116470-gestalt-institute-of-ireland-personal-development-programme>