

GESTALT THEATRE THERAPY WORKSHOP

GESTALT THEATRE THERAPY  
A TOOL FOR INDIVIDUAL AND SOCIAL CHANGE

WITH

DIEGO MARIN ROMERA

27TH - 29TH OF SEPTEMBER 2019, ZAGREB, CROATIA.

Dear all,  
we are inviting you to participate in three day international intensive workshop on topic **Gestalt Theatre Therapy – a tool for Individual and Social Change** led by Diego Marin Romera, Gestalt therapist and trainer in non formal learning, specialist in Gestalt Theatre applied in work on conflict solving and personal development.

## ABOUT WORKSHOP

### Introduction

The development of self-awareness as well as the creative possibilities that this can bring is very important for human health. Moving through conflict and interpersonal problems in a Gestaltic therapeutic framework opens up a wide and varied range of means of creative expression placed at the service of emotional and physical health. The integration of awareness, movement and emotion in “the here and now” requires the use of all our senses. The Gestalt Therapy Theatre contributes to this.

### What for?

It is a therapeutic workshop based on the principles of Living Theatre (Stanislavski – Grotowski) and Gestalt Therapy (Fritz Perls) that helps to have a:

- Greater acceptance of oneself and others.
- Greater spontaneity and ability to express and communicate (artistic and emotionally).
- Greater ability to approach problems (and conflicts) in a constructive way.
- Greater freshness and richness in the emotional reaction.

### What will we do?

Through Gestalt Theatre Therapy we will:

- Explore about aspects of our personality through the construction of characters and role plays.
- Performing from the fictional, from the theatrical to re-connect through improvisation with our emotional memory, allowing access to personal experiences that facilitate greater self-awareness and integration of pending needs or personal unfinished situations.
- Learn how Gestalt Theatre can be applied in the school framework in order to support pupils to raise awareness about themselves or about very specific topics such as bullying or gender based violence.





TRAINER - **DIEGO MARÍN ROMERA** (SPAIN)  
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Murcia - Spain

### BACKGROUND IN TRAINING:

Living in Spain, Bachelor Degree in Law by the Faculty of Law of Murcia. Diego is specialized in experiential learning and non formal education since 1997. For more than 15 years working with groups of various kinds, youth and social workers, teachers, health workers, trainers, public staff, groups of adolescents, prisoners, etc. He is a member of the Pool of trainers of the Directorate of Youth and Sport of the Council of Europe, Spanish National Agency for Youth and the SALTO trainers Pool (Support for Advanced Learning and Training Opportunities).

<https://www.salto-youth.net/tools/toy/diego-marin411/>

### THERAPEUTIC PERSONAL WORK:

Diego is Gestalt therapist by the Gestalt Therapy School EIDOS in Murcia. He has realized the Long Term Training on Gestalt Theatre Therapy (Ttg) in the Spanish School for Gestalt Theatre Therapist of Claudia Fres. He has made several SAT modules on Enneagram of Claudio Naranjo between 2008 and 2010. He has realized the Fisher process of therapeutic work with parental figures with the team CIPARH (Madrid) in 2010. It is currently in the process of training for certification as a Breathwork therapist Holotrópica.

### BACKGROUND IN THEATRE:

Formed in social theatre in Spain, with the help of Yoshi Oida, actor and companion of Peter Brook ("The essence of the actor"), David Martinez (Theatre of the Oppressed), Anton Valen (The Way of the Clown) and Allan Owens (Pretext Drama). Since 2014 he is delivering Gestalt theatre workshops with groups and individual clients.



**City:** Zagreb

**Organizators:**

Association Praktikum - Drniška 20;

Association Omnibus - Brozova 36/2;

**Contact person:**

Maja Uštulica, Gestalt and Play therapy practitioner;

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**Workshop adress:** Photo studio Omnibus; Brozova 36/2

**Workshop dates:** 27. – 29.09.2019.

**Timetable:**

Friday - 15:00 to 20:00;

Saturday - 10:00 to 13:00 and 14:00 to 19:00;

Sunday - 10:00 to 13:30

**Cost:** 1.250,00 kn

**Participants:** Maximum 20 people – Educators in formal or informal educational contexts, youth workers, trainers, actors, certified gestalt therapist or students of gestalt therapy, psychotherapists and students from other modalities

**Language:** English

**Apply:**

a) Application form is on our web page <https://www.udruga-praktikum.hr/> or ask Maja - maja@omnibusww.com

b) Send e-mail and filled application form to maja@omnibusww.com

c) Maja will send you details about payment procedure, after the payment you will receive a confirmation of participation (\*all applications will be valid for 7 days from the date of receiving. If the fee is not paid within 7 days, it is canceled and no longer valid)

