

Free Online Workshop

A Look at GPC



Gestalt Pastoral Care rests on the belief that God's grace is constantly at work in each person. Although we can't predict just how you will be healed, you can expect to be touched in body, mind, spirit, emotions and social/relational context in a process unique to you alone.

Gestalt Pastoral Care is rooted in the Christian ministry of healing, and integrates Gestalt growth work, spiritual companioning and prayer for healing.

We are greatly enriched by the wide diversity of theology and worship styles of our participants. All retreats and training programs of Gestalt Pastoral Care are open and inclusive (From the GPC website)

GestaltPastoralCare.org

August 7th, 2020

2 pm - 5 pm via zoom meeting

If you have been curious about what Gestalt Pastoral Care is, join this FREE 3 hour workshop. The basics will be covered as well as times of discussion and sharing with other attendees. This session is hosted by Deaconess Susan Silhan RN, Gestalt Pastoral Care Minister and Certified Yoga Instructor as well as a video presentation by founder Tilda Norberg.

What Will Be Covered

1. **What is Gestalt Pastoral Care?**
Definitions and early practice.
2. **Why add Gestalt practice to Pastoral Care or Spiritual Direction?**
3. **From the Founder** Pre-recorded interview with Tilda Norberg.
4. **Benefits and Practice**
5. **Simple Experiments - Breathe**
6. **Yoga and GPC** other body and breathwork practices
7. **Experiential Practice of Self Discovery**
8. **Private Sessions and Retreats**
9. **Recent Research and Upcoming Events**
10. **Q and A**

Visit the website for more information about Gestalt Pastoral Care Ministers, retreats and training.