

Jim Robinson

Psychotherapist and Counsellor - BACP, AHPP & UKCP Accredited

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Wed Evening Gestalt Group Practice Notes

Fees & Times

Sessions are from 7.30 to 9.30 fortnightly on a Wednesday. £25 per session

Consistency

A therapy group can only work well if members are committed to it. This means attending regularly. Obviously, life gets in the way for all of us on occasions, but being a member of such a group is a commitment. Such groups become an arena for deep feelings with real and important possibilities for growth and development. Casual attendance is not conducive to the respect necessary for these possibilities to unfold.

Notes on Gestalt Groups

The aim is to be with 'what is' in the present moment. That is about attending with awareness to ourselves as well as others. Gestalt therapy knows and trusts that the more we can do this, the more alive and vital our processing is, it also enables the group's wisdom to better unfold in its mysterious way.

As Rumi says, "our task is not to aim for Love, but to remove the obstacles to love that exist within us". The same applies to Awareness, Consciousness, Understanding and Embodiment. Change is a paradoxical process whereby we change through seeing, facing and embodying what we are, not through trying to be different. A group provides a unique environment for seeing and exploring and understanding what is "in the way" for us. There are all our complex reactions to being seen by others and towards others. The golden rule is, that it is what we reject, judge or complain about in the other, is what we are rejecting, judging, not accepting in ourselves.

Groups have their own processes of development and usually go through a series of stages, and hopefully they arrive at a place of deep openness and mutual support. But the road can be a bit rocky at times, so perseverance and patience are needed to get there. And, as with personal therapy we need to be prepared to work at facing our insecurity, whatever form it takes. The prize though is, as ever, self-knowledge and greater freedom, together with the joy of sharing a deep connection with others.

My job is to navigate the balance between the support and challenge that each group member needs for their growth. It is my responsibility to make sure that the space is safe enough for everyone, and I take this very seriously.

Cancellations

I don't charge if you miss a group, but please give as much notice as possible.

Stopping coming

Of course, you can stop coming whenever you wish, I would just ask, that in order to end as healthily as possible you give some notice. It helps everyone to "process" and "digest" the ending.

Confidentiality

I am committed to abiding by the BACP & UKCP code of ethics (these are available through their websites). As part of this, all that occurs in a session is strictly confidential under normal circumstances. The exceptions are -

1. That I can discuss sessions with my supervisor, but other than first names, they will not know who you are.
2. If I think that a client is in serious danger of harming themselves or another, then, after discussion, I reserve the right to contact your G.P. and or other agencies.

I don't keep notes about sessions, which avoids any issues that can arise from that.

It is very important that members keep confidentiality too, especially in these days of social media. Discussing your own feelings and reactions to the group, outside the group is obviously fine, but it is not helpful or respectful to gossip about others. Within the group is the place to say anything that needs to be said to each other.

Social Media

I undertake not to have any contact with your social media presence. I am not on Facebook, Twitter, etc. Please let me know if you have any other concerns in this area.

Data Protection

Signing this form also gives me permission to hold your details on file. I promise to take all reasonable steps to keep your details safe and I will not share them with anyone. The only marketing I will use them for is to send out my occasional email "Newsletter", from which you can "unsubscribe" at any time.

Please tick the box to indicate your agreement to this part specifically

I agree to the above.

Print Name(s)

Signature(s)

Date

Address: -----

Phone numbers and email: -----

Please provide the name and practice of your G.P. -----

Thank you,
Jim Robinson