

# The Essence of Gestalt

**ONE DAY ONLY**

## Introductory Course to an Experiential Approach to Therapy

*Presented by*  
**Naaz Hosseini, MA, LP**

**Sunday, September 27**  
**9:00 am – 5:00 pm**

**Fordham University**  
Graduate School of Social Service  
Continuing Education-  
Westchester Campus  
400 Westchester Avenue,  
West Harrison, New York

\$100, \$90 Alumni/Field Instructor,  
\$80 student/2009 grad



This one-day course provides an overview of the theoretical framework underlying the practice of gestalt therapy. Learn about and explore a variety of tools and techniques, such as present-centered awareness, chair work, contact boundary, layers theory (as it relates to the transformation process) and dream work. This dynamic course will include a combination of lectures, experiential exercises and live demonstrations of gestalt therapy. Open to all who are interested in learning about and experiencing Gestalt therapy. There will be an opportunity for a follow-up experiential group for those who want to deepen their understanding of gestalt therapy.

Facilitator, Naaz Hosseini, MA, LP, is a certified gestalt therapist, voice empowerment coach and performing artist with a private practice in Nyack. She serves as faculty, supervisor, and Referral Director at the Gestalt Center for Psychotherapy and Training, New York City.

**RESERVE YOUR PLACE EARLY**

For more information or to register, contact Jane Edwards at  
(914) 367-3100 or [jedwards@fordham.edu](mailto:jedwards@fordham.edu).