

Short Course: 2 Days

# Fundamentals of Gestalt Therapy with Children and Adolescents

Course Reference Number: TGS-2025056360



## About the Course

This workshop (basic, part 1) is designed to build theoretical understanding and clinical skills in play therapy from the perspective of contemporary Gestalt psychotherapy. Balancing didactic discussion, experiential practicum with feedback, and case presentations, the emphasis will be on individual psychotherapy and the application of Gestalt therapy principles represented in the works of Violet Oaklander, Ph.D., author of *Windows to Our Children: A Gestalt Approach to Child and Adolescent Psychotherapy* (1989) and *Hidden Treasure: A Map to the Child's Inner Self* (2007).

Participants will learn the underlying principles of play and integrate using various creative modalities. Working in pairs or small groups, participants will have opportunities for group consultation and practice.

\*More information about the course and instructors' profiles can be found here:

<https://fass.nus.edu.sg/swk/continuing-professional-education/>

**At the end of the course, learners are expected to achieve the following objectives:**

- Understand the power of play and its underlying principles;
- Overview of major play therapy models using Yaseik & Gardner's Play Therapy Dimensions Model;
- Explore key neuroscience findings supporting Play Therapy;
- Understand Gestalt relational perspective on child development and the nature of the self;
- Overview of the therapeutic process developed by Violet Oaklander;

**At the end of the workshop, participants are expected to be able to do the following:**

- Integrate the principles of Gestalt play therapy in treating clients;
- Use different creative mediums like clay, art and craft, lego, puppets appropriately with their clients.

**Who Should Attend**

Practitioners working with children and adolescents in the field of health and mental health (such as psychiatry, psychology, psychiatric nursing, special needs, medical doctors), helping professions (such as social work, counselling) and related fields (such as childcare/student care setting, physical therapy, art therapy, or other related fields).

**Course Requirements**

At least a Degree in any discipline.





## Course Fees

Fees Description	Total Payable (incl. GST)
Full course fees	\$1962.00
Pricing after SSG Funding* (Singapore Citizen below 40 years / Singapore Permanent Resident)	\$1062.00
Pricing after SSG Funding* (Singapore Citizen aged 40 years and above)	\$702.00

**\*SSG Funding Information**

Learners must achieve a ‘Competent’ grade in assessment, to be eligible for SSG funding. Please note that learners may have to bear the full course fee (incl. GST) if they fail to meet this requirement..

For enquiries, email to [swkcpe@nus.edu.sg](mailto:swkcpe@nus.edu.sg)

## Terms and Conditions

1. Classes will be formed only when a minimum class size is being met. Organiser reserves the right to cancel or postpone any programme at short notice, or may change the modality of the class and at its absolute discretion without assigning any reason for such cancellations or postponements. Refund will be made if payment has been received.
2. There will be no makeup lesson if participants miss any class.
3. No withdrawal is allowed once the participant is being offered into the programme. Participants can either find a replacement to take his/her place or pay a penalty of 30% of the full course fees incl. GST.
4. Photographs and/or videos may be taken during our programme for audit and marketing purposes.

## CPE Credits

Course participants are eligible for Continuing Professional Education (CPE) credits with the Singapore Association of Social Workers (SASW). One CPE credit will be awarded for each contact hour. Approval of CPE credits are to be submitted through the CPE Log Book under each accredited professional's account.