

Ronald Alexander Brisbane 2018

Mind, Mood and Happiness: Transforming the Self

In this unique, one-day experiential professional development workshop, international presenter, experienced psychotherapist, author and leadership coach Dr. Ronald Alexander provides a rare opportunity to explore how people can learn to change their thinking and behaviour in ways that enhance happiness and resiliency.

Dr. Ronald Alexander's teaching draws on his extensive knowledge of modern psychotherapeutic methods such as Gestalt therapy, positive psychology, somatic experiencing, neuroscience as well as his understanding and practice of Eastern wisdom teachings reaching back 2,500 years.

He studied the 'skilful methods' early Eastern texts referred to for the transformation and study of the mind/body. These visualisation practices help cultivate self-regulation through awareness concentration, mindfulness, and other attention skills.

Participant learnings

- Techniques from Gestalt therapy, modern positive psychology, and mindfulness practices
- How to create new neural pathways for healthy and creative brain development
- Understanding of how yogic exercises, mindfulness practice, and somatic experiencing methods can be used for nervous system regulation, containment and release of painful feeling states
- Understanding of somatic styles for accessing and regulating flow states for healing and peak performance

Who is the workshop for?

- Psychotherapists, psychologists, social workers, counsellors, mental health professionals
- Body workers
- Health care professionals
- Students
- Interested others

International presenter

Executive Director of OpenMind Training Institute, Santa Monica, US

Author of Wise Mind, Open Mind and several meditation CDs.

Fri 12 Oct 2018

9.30am – 4.30pm

Gestalt Therapy Brisbane
28 Prospect Tce, Highgate Hill

\$195 /\$175 (GTB students & graduates)

Register online now!



About your presenter

Ronald A. Alexander, PhD, MFT, SEP is a psychotherapist, leadership coach, and clinical trainer in the fields of Gestalt Therapy, Somatic Experiencing, Mindfulness Meditation, and Transformational Leadership. Alexander has been conducting

workshops and professional clinical trainings worldwide since 1972. For more information visit www.ronaldalexander.com



07 3844 4204

contact@gestalttherapybrisbane.qld.edu.au

www.gestalttherapybrisbane.qld.edu.au