

Ángeles Martín
Carmen Vázquez

Cuando me encuentro con el Capitán Garfio...

(NO) me enganchó

2ª edición

La práctica en psicoterapia gestalt

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Cuando Me Encuentro Con El Capitan Garfio Serendipity

Vanesa Zamora



Cuando Me Encuentro Con El Capitan Garfio Serendipity:

Vivencia y teoría en discordia Vanesa Zamora, 2024-04-07 Viv y he visto muchas veces el empacho de intentar comprender la teoría gestáltica durante el primer curso mientras se compagina con el oleaje de la experiencia de la formación que no es precisamente un lago en calma de esto sino más afín a un viaje hibernar mar adentro Aqu una recopilación de los temas del primer curso apto para neófitos y curiosos de la gestalt aunque no estén en proceso de formación Yo que vengo del mundo de la Filosofía formada en Gestalt Coaching Constelaciones y Corporal y actualmente docente y tutora de certificados de profesionalidad de atención socio sanitaria acompañante tallerista y co docente de teoría en formación gestalt he intentado ofrecer lo que a mí me hubiera gustado estimular con muchos ejemplos y preguntas ofrecer respuestas alternativas bibliografía sugestiva y trascendente que motivara mi vida curiosidad Espero que encuentres todo eso y una lupa para tus sueños un as de corazones unos cuentos y unas alas que he dejado por aquí dentro Compasivo y comprensivo viaje tengas en todos los sentidos

El oficio que habitamos Angeles Martín González, 2013-12-02 El oficio que habitamos Testimonios y reflexiones de terapeutas gestálticos viene a concluir un proyecto cuyo origen data del año 1997 cuando celebramos las XV Jornadas de la Asociación Española de Terapia Gestalt La idea surge de una mesa redonda formada por mujeres en torno a lo que opinamos acerca del enfoque gestáltico y a cómo había sido nuestra integración en un mundo ocupado mayoritariamente por hombres De esa reunión surgió un grupo de trabajo y fue tomando forma una idea que se ha hecho realidad en este libro escribir acerca de nuestra experiencia y camino Cada artículo es la expresión de lo que en este momento o en algún otro nos ha preocupado y ocupado a las autoras Todos ellos han sido escritos con el deseo de transmitir algo de lo aprendido en nuestro recorrido una parcela de nuestra experiencia en este enfoque y por tanto de nuestra vida Primero aprendemos recibimos experimentamos actuamos y finalmente transmitimos todo aquello que a lo largo de los años ha surgido dentro de nosotras Angeles Martín González Licenciada en psicología por la Universidad Complutense de Madrid Especialista en psicología Clínica Se forma en Medicina Psicosomática en el Hospital Clínico de Madrid 1970-74 Formada en Terapia Gestalt es formadora de terapeutas desde 1977 bajo los auspicios de A Schnake y F Huneus Es miembro formador miembro didacta y miembro de honor de la Asociación Española de Terapia Gestalt A través de artículos ponencias y trabajos presentados en Congresos y Jornadas ha contribuido a la difusión y expansión de la Gestalt contagiando el espíritu de este enfoque En esta colección ha publicado Cuando me encuentro con el capitán Garfio no me engancha Manual práctico de psicoterapia gestalt y Los sueños en psicoterapia gestalt

Bibliografía española, 2005-07 *Cuando me encuentro con el Capitán Garfio... (no) me engancha* Ángeles Martín González, Carmen Vázquez Bandín, 2005 La Psicoterapia gestáltica es algo más que un conjunto de técnicas psicológicas para sentirse bien es una forma de vivir basada en el presente en el aquí y ahora Con demasiada frecuencia damos más importancia al razonamiento que a los sentimientos cuando son estos últimos los que básicamente guían nuestras acciones y nuestras decisiones Cuando me encuentro con el Capitán Garfio no me engancha es un libro que habla de

sentimientos de cómo reconectarnos con nuestras propias vivencias para sentirnos más auténticos de cómo decir adiós a aquellas sensaciones de nuestra experiencia pasada que dificultan nuestro presente de cómo retomar nuestra espontaneidad de niños para incorporarla a nuestra estresante vida cotidiana. Es un libro para vivir no para leer un libro para sentarse a sentirse. Aborda al ser humano desde varias perspectivas a través de fantasías dirigidas reviviendo nuestros viejos cuentos infantiles recordándonos qué significa decir adiós habiéndonos de nuestros sueños. Cuando me encuentro con el Capitán Garfio es un libro útil para estudiantes de Psicología para futuros psicoterapeutas gestálticos que ya saben que ellos son su mejor instrumento de trabajo y para todas aquellas personas que tienen el bello deseo de crecer día a día. Angeles Martín González. Psicóloga clínica por la Universidad Complutense de Madrid. Entre 1970 y 1974 desarrolló su actividad en el campo de la Medicina Psicosomática en el Hospital Clínico de Madrid. Formada en Gestalt con A. Schnake, F. Huneus y C. Naranjo (Chile) y M. Polsters y R. Feitiss (USA) en Psicoanálisis con S. Resnick, H. Kesselman y A. Liberman y en Psicodrama con Leonardo Satne y Rojas Bermúdez. En 1975 introduce la Terapia Gestalt en España y en 1976 crea el Instituto de Psicoterapia Gestalt, primer centro dedicado en exclusiva a esta técnica. A través de su tarea como formadora y supervisora de otros profesionales así como mediante conferencias, congresos y artículos publicados contribuye a la difusión de la Gestalt en España. Carmen Vázquez Bandín. Psicóloga clínica por la Universidad Complutense de Madrid. Española y psicoterapeuta gestáltica formada en USA. Directora y fundadora del Centro de Terapia y Psicología C.T.P. de Madrid. Directora y didáctica de la Escuela de formación en Terapia Gestalt en el C.T.P. Didáctica internacional. Miembro de la Asociación Española de Terapia Gestalt, A.E.T.G. de la Federación Española de Asociaciones de Terapia, F.E.A.P. de la Asociación Europea de Terapia Gestalt, E.A.G.T. de la International Association for Gestalt Therapy, I.A.G.T. y de la Association for Advancement of the Gestalt Therapy. **El Capitán Garfio**, 1993.

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