



OCTOBER 7-13, 2011  
&  
APRIL 20-26, 2012

Stockholm,  
Sweden

CAPE COD TRAINING PROGRAM EUROPE

*Co-Sponsored by the Gestalt  
International Study Center  
and the Gestalt Academy of  
Scandinavia*



*Transforming the way you live and work in the world*

# Cape Cod Training Program - Europe: Embracing the Cape Cod Model

Dates	<b>October 7-13, 2011 and April 20-26, 2012</b> <b>Begins Friday, 1 pm</b> <b>Ends Thursday, 5 pm</b>
Fee	<b>\$5,500 US / Euro 4,125</b> <b>GISC Members: \$5,450 US</b>
CE hours	<b>96</b>
Faculty	<b>To be drawn from: Joseph Melnick, PhD , Penny Backman, MSSA, Carol Brockmon, LICSW, Sonia March Nevis, PhD, Stuart Simon, LICSW, and Sharona Halpern, LMHC</b>

Since 1980, the Cape Cod Training Program (CCTP) has provided a distinctive learning opportunity for psychotherapists, coaches, consultants, executives, and leaders from around the world. In structured, intense, and highly interactive sessions, participants learn how to become effective agents for change using the Cape Cod Model. The first week focuses on working with couples and includes: perceiving a system instead of separate individuals, exploring the role of the intervener, examining counter transference and boundaries, and connecting intimate and strategic ways of relating. The second week is focused on working with small systems. Topics include: working effectively within hierarchical systems, understanding the difference between working with families and organizations, and using experiments.

CCTP is structured so that content and theory presentations are followed by intensive small group practice sessions in which the underlying concepts are applied. Faculty members rotate through the small groups, enabling participants to be exposed to different styles and receive individual feedback from each member of the faculty.

This intensive program provides an unusually high level of individual attention and feedback from faculty because of the student faculty ratio (six to one), and the emphasis on experiential learning and practice.

*“The Cape Cod Training Program, although focused on teaching of skills, is a life changing program. I know few people who have not come away from it without saying that it has transformed the way they think and live in the world.”*

Joseph Melnick, PhD  
CCTP Faculty Co-chair

## Benefits

Participants will:

- Learn a powerful new perspective that recognizes behavior and interactions of systems, rather than individuals, creating new and dynamic possibilities for intervention.
- Use this systems perspective in working with individuals, couples, and small groups, including developing a technique for giving compelling, positive feedback that strengthens the system and builds its ability to move toward change.
- Learn how to appreciate and articulate what the system is doing well.
- Understand a sequence of steps for intervening in any system.
- Learn to use the power of oneself as an instrument of influence.
- Gain insights into the differences between strategic and intimate ways of relating, and understand the appropriate use of each.
- Learn how to create and use experiments with clients to expand their range of behavior.
- Discover how to work with differences.
- Learn techniques for working with families and working with organizations.
- Have an opportunity for extensive practice.

## Participants

The Cape Cod Training Program is designed to benefit coaches, organizational consultants, psychotherapists and other mental health and social service professionals; as well as executives, educators, and other professionals who are concerned with small systems. The program has been found useful for leaders of and coaches and consultants to family businesses. The Cape Cod Model has proven effective in applications across countries and cultures.

## Additional Information

GISC is pleased to announce that the Cape Cod Training Program in Europe is now a joint offering of GISC and GA due to a new strategic alliance between the two organizations. In the future we plan to expand our offerings to include ICF-certified coaching programs in Europe.

## CCTP Location & Accommodations

Cape Cod Training Program will be held at the Sättra Brunn conference center located about 100 miles northwest of Stockholm.

CCTP fee is for tuition only and does not include accommodations. Participants must book their own rooms by contacting Sättra Brunn directly:

Sättra Brunn ([www.satrabrunn.se](http://www.satrabrunn.se))

Contact: Pernilla Norrström, +46 224 546 00,

email: [pernilla.norrstrom@satrabrunn.se](mailto:pernilla.norrstrom@satrabrunn.se)

Sättra Brunn has been a spa, retreat and conference center for over 300 years. It is a place made for meetings - meetings between people, between ideas, and between work and rest. Here you will find more than 100 houses from the 18th century, leafy parks, and a serenity that is hard to find elsewhere. There are small and larger conference rooms, a lovely swimming pool, massage therapists, and an excellent restaurant.

For more information on Sättra Brunn pricing and accommodations, please visit the CCTP Europe page on our website to download a flier.

## Application & fees

This program requires an application, which can be found on the reverse of this brochure and on our website, as well as a \$500 deposit, \$250 of which is non-refundable once you are accepted to the program. Please find full details regarding application and payment on the application form.

The Cape Cod Training Program generally fills early and there is often a wait-list for the program; we recommend that prospective students apply early.

This program is ICF certified for 24 cc hours and 72 other hours.



## The Cape Cod Model

The Cape Cod Model teaches tools that enable individuals to be more effective in working one-on-one, in groups, and in organizational settings. Participants will learn to increase their impact and create positive change in all areas of life by applying basic principles and practices that reflect a powerful core methodology:

- Through an optimistic approach, people can be taught to develop and apply skills that enable them to work together to achieve productive and satisfying outcomes.
- The focus is on learning to recognize what happens among groups of people, not on understanding or labeling individuals. The goal is to perceive the system created when two or more people are interacting.
- The assumption that both individuals and groups are doing the best they can at any given time makes it possible to appreciate and articulate their strengths and what they are doing well. This supportive approach enables people to then discover impediments to their productivity and satisfaction.
- Influence is best directed toward enhancing awareness of how people relate to each other. To be influential requires developing awareness of our own patterns of relating; with this self-knowledge individuals can then use themselves authentically as instruments of change.
- By valuing multiple perspectives – or “multiple realities” – people can be taught how to minimize conflict by inviting differences and using them creatively.
- Behavior can be strategic, meant to achieve a goal, or intimate, intended to enhance connection among people. These ways of relating must be balanced differently in accordance with the nature and function of each relationship.

These skills are developed through detailed observation, ongoing practice, and feedback from a supportive learning community, which the Cape Cod Training Program provides.

# Application for the Cape Cod Training Program Europe, 2011-2012

*Embracing the Cape Cod Model*

Name	Age	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Home Address			
City/State/Province/Postal Code/Country		Referred by/How did you hear about the program?	
Work Phone (please include country code)		Mobile Phone (please include country code)	
Home Phone (please include country code)		E-mail	

## Education:

Year	Institution	Degree	Major Field of Study

## Previous post-graduate or special training experiences (Gestalt, other)

Year	Length of time	Name of Program	Leader(s)

## List two references who know you and your work

Name	Profession	Phone
Address		
City/State/Postal Code/Country		
Name	Profession	Phone
Address		
City/State/Postal Code/Country		

The fee for the 2011-2012 Europe program is \$5,500 US/\$5,450 for members of GISC (Euro 4,125). This fee does not include accommodations. Contact Pernilla Norrström at Sättra Brunn to reserve a room, +46 224 546 00. **A deposit of \$500 (Euro 375) to be applied to the program fee, is required with this application.**

- I have enclosed payment (check or money order made out to Gestalt International Study Center, in US funds)  
 I have paid online: [www.gisc.org/register/](http://www.gisc.org/register/)  
 Please charge my credit card:  VISA  MasterCard  American Express

Name as it appears on the card	
Account Number	Expiration Date
Signature (Required for credit card charges)	

Co-sponsored by  
Gestalt International  
Study Center and  
Gestalt Academy of  
Scandinavia



We are now accepting applications.

Please include a deposit of \$500 US (or Euro 375) with this form.

Once accepted into the program, \$250 will become a non-refundable deposit. The balance of program tuition is due upon acceptance into the program. Please contact the GISC office if you wish to split the fees into more than one payment. In any case, all fees are due in full no later than August 15, 2011.

If cancellation becomes necessary due to emergency or illness after August 15, 2011, fees paid will not be refunded, but can be applied to a future program.

Mail or fax, along with your payment, to:

GISC  
PO Box 515  
South Wellfleet, MA 02663  
USA

Fax: 1-508-349-7908  
Tel: 1-508-349-7900