



October 29-Nov. 4, 2010  
Stockholm, Sweden

&

April 8-14, 2011  
Szeigetkoz, Hungary



## CAPE COD TRAINING PROGRAM EUROPE



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

# Cape Cod Training Program: Creating Change Through Positive Interventions

Dates	<b>October 29–November 4, 2010 and April 8–14, 2011</b> <b>Begins Friday, 12 noon</b> <b>Ends Thursday, 7 pm</b>
Fee	<b>\$5,200 US (plus \$100 application fee)</b> <b>GISC Members: \$5,150 (plus \$100 application fee)</b>
CE hours	<b>96</b>
Faculty	<b>Drawn from Senior US and European CCTP faculty</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 groups. 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 faculty-student 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 different 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 so international students are specifically invited to attend.

## Program Information

For mastery of the model and practice in applying this methodology to specific situations, participants should also register for Applying the Cape Cod Model in Organizations or Applying the Cape Cod Model to Coaching, currently offered in the U.S. These programs provide extensive practice opportunities with real clients.

Note: This program requires an application, which can be found on the back of this flyer, and a \$100 nonrefundable application fee.

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.

2011 USA Program Dates

May 12 – 19 and September 15 – 22, 2011

Wellfleet, MA • Cape Cod • USA

*“The Cape Cod Training Program has been enormously beneficial for me personally and in terms of my own consulting practice. I understand my own projections more clearly; and intervening with the strengths of the client system does catalyze the ‘paradoxical change.’ As the client gains awareness, it is quite special to see and experience the energy being mobilized. The program faculty have all contributed to my learning — either in plenary discussions or in the practica. I am very much looking forward to my next GISC program.”*

Tom Gross

*“Going to GISC’s Cape Cod Training Program made a powerful difference in my capacity to help groups and the individuals I coach. The GISC program stays in my actions, not just in my head. Yes, I changed how I am with groups and those I coach, to fit in what I learned. But the change felt immediately intuitive and compelling, as if it was waiting to happen and GISC just evoked it. I don’t remember ever experiencing the afterlife of a training program like this.”*

Louis de Merode



## 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 • 2010-2011

*Creating Change through Positive Feedback*

Name \_\_\_\_\_  Male  Female

Home Address \_\_\_\_\_

City/State/Province/Postal Code/Country \_\_\_\_\_ Mobile Phone (please include country code) \_\_\_\_\_

Work Phone (please include country code) \_\_\_\_\_ Referred by/How did you hear about the program? \_\_\_\_\_

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 2010-2011 program is \$5,200 US + \$100 application fee and does not include accommodations.

**A non-refundable application fee of \$100 is required with this application.**

I have enclosed payment (check or money order made out to Gestalt International Study Center, in US funds)

I will pay online: [www.gisc.org/payment/](http://www.gisc.org/payment/)

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) \_\_\_\_\_

**Gestalt International  
Study Center**



We are now accepting applications.

Please include a non-refundable \$100 application fee with this form.

Mail or fax, along with your payment, to:

Gestalt International  
Study Center  
PO Box 515  
South Wellfleet, MA 02663  
USA

Phone: 1-508-349-7900

Fax: 1-508-349-7908

E-mail: [office@gisc.org](mailto:office@gisc.org)