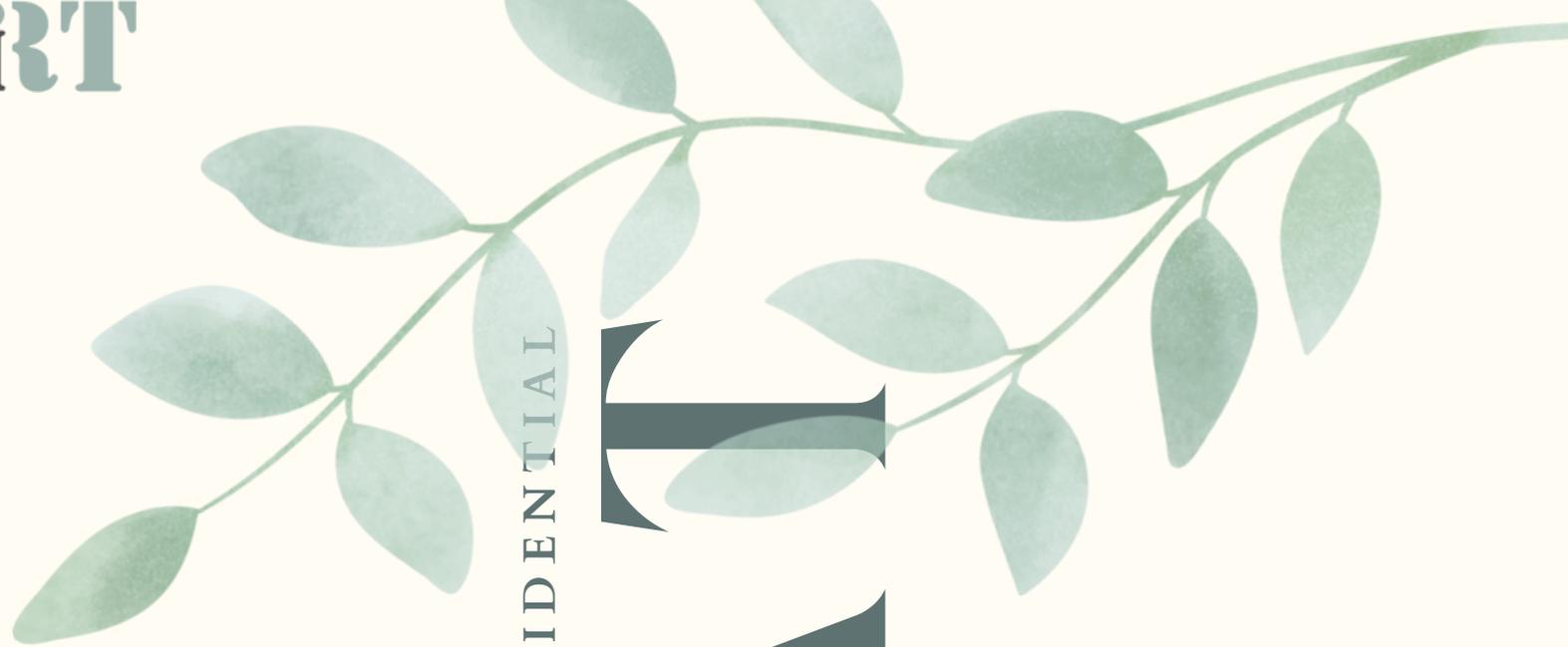


IRT



IORT RESIDENTIAL

RETTREAT

holding space for
group sensitivity,
care,
respect,
and congruent support.

Institute of Relational Gestalt Therapy

Residential Retreat 2026

Our vision is to nurture the development of a community of relational therapists who are sensitive to the notion of being in relation to self, the environment, and the pursuit of learning. The IORT residential retreat is aimed to foster this vision.

Over time our retreat has emerged into a space of group sensitivity and learning about relationality through staying and sharing as a community.

Our theme for the 2026 retreat is the Paradoxical Theory of Change—
Mindfulness to be Present to Oneself.

DATES	January 19 th to January 26 th , 2026
ELIGIBILITY	Mental health professionals invested in personal and professional growth, and who are in ongoing individual therapy for themselves.
FEES	INR 40,000/- for facilitation exclusive of GST.
REGISTRATION	<p>Please confirm participation by the end of July 2025. The invoice for the deposit of INR 10,000/- will be sent out by the first week of August 2025.</p> <p>50% of the deposit is refundable if cancelled by October 2025. The venue cancellation cost will be borne by the participant. The full fee can be remitted by December 2025.</p> <p>The venue and travel cost will be charged separately. The cost of the venue is INR 4,000/- per night, inclusive of all meals for twin sharing. Payment can be made directly to the venue in cash.</p>
CERTIFICATION & CREDITS	<p>This retreat will be certified by IORT and the visiting faculty. IORT is the pioneer of Relational Gestalt Therapy in India. For those of you who have registered for the MLCU-IORT PhD Scientist-Practitioner program, you can use these hours for your credits.</p>
VENUE	Heritage Home, Kolavara, Shimoga, Bangalore, India



FACILITATORS



CHRISTINE CAMPBELL

Christine, M.F.T., is a licensed therapist and certified teacher of Gestalt who has trained and supervised therapists and associates in the United States and internationally. She has served as a core faculty member of the Pacific Gestalt Institute for over a decade and is the current faculty chair. She is a contributing author of the academic anthology 'The Relational Heart of Gestalt Therapy' (Routledge 2022).

Christine began her training with the Gestalt Therapy Institute of Los Angeles (GTILA) in 1990. For many years, she served as an art therapist and as the clinical and administrative director of a number of partial hospitalization and intensive outpatient mental health centers. She is a former clinical supervisor at the Southern California Counseling Center, and a past-president of GTILA. Christine is currently in private practice in Los Angeles where she works with individuals, couples, and groups using a Relational Gestalt Therapy approach. She specializes in grief and traumatic loss and has a particular interest in grief as a creative process in therapy.

FACILITATORS



VANAJA AMMANATH

Vanaja is a relational gestalt therapist, teacher, and supervisor. She is a pioneer of relational gestalt therapy training, and a scientist-practitioner based PhD program in India. She has worked as guest faculty, as well as a group therapist, and has experience in working with diverse communities that cut across different cultures. Her book 'Relational Gestalt Therapy in India: Practice with Groups', has been published by Routledge and well received by the international community of gestalt therapists. She has been a yoga practitioner for thirty-eight years and is dedicated to her professional and personal development through personal therapy, supervision, and ongoing education.

WHAT TO EXPECT

This will be an eight day retreat starting on 19th January, from 2:00 p.m. to 6:00 p.m.

From 20th to 25th, the retreat timings will be from 9:30 a.m. to 6:00 p.m. The sessions will include one hour of theory in the morning followed by small groups focused on learning relational gestalt experientially through group work and practice.

Mid-way through the retreat there will be a one-day break. On 26th we will wind up post breakfast.



REACH US



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