



# Compassionate Relational Gestalt

By: Rafael Cortina

**RECLAIMING WHOLENESS:**

**A COMPASSIONATE/ RELATIONAL GESTALT  
UNDERSTANDING OF TRAUMA AND ADDICTION**

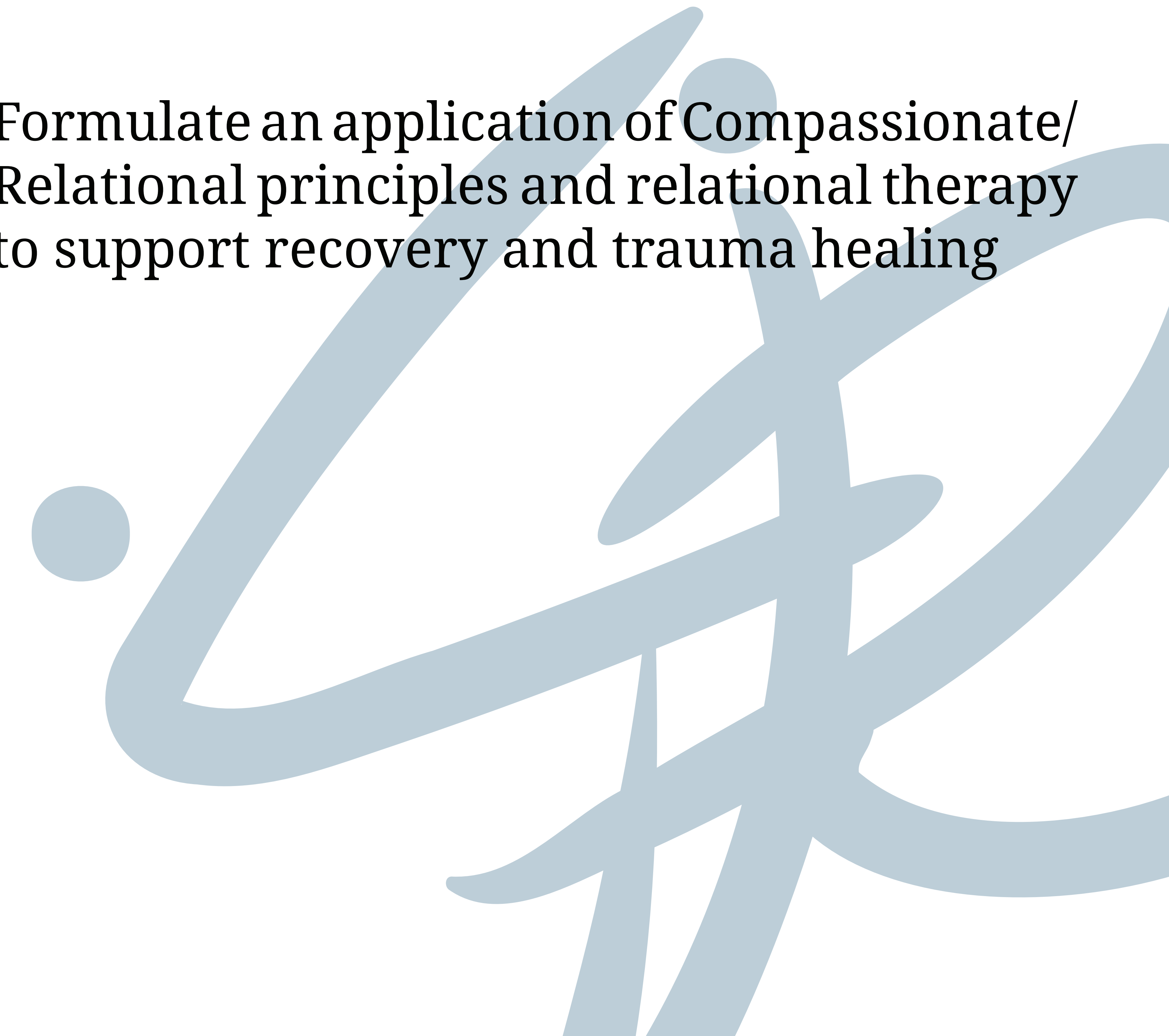


## Description

Traumatic childhood and life events shape how individuals see themselves and the world, which directly impacts relationships, self-perception, coping skills, self-esteem, etc. Unfortunately, a common and initially effective way of managing the impact of trauma and adjusting to the world is through addictive behaviors. They provide temporary relief and anesthetize emotional and relational pain. This workshop offers a deep exploration of how traumatic experiences can contribute to addictive patterns and behaviors while also examining how addiction can serve as a coping mechanism for unresolved trauma.

## Objectives

- Identify how compulsive behavior can function as creative adjustment and the impact on adult behavior and relationships.
- Express effective ways of supporting recovery while providing a safe space for trauma work.
- Formulate an application of Compassionate/Relational principles and relational therapy to support recovery and trauma healing





# Process

This Workshop will teach a clinical model for treating trauma and addiction using a Compassionate/ Relational Gestalt approach. The workshop will include:

- **Experiential Exercises:** Activities to enhance awareness and understanding of the contact boundary
- **Group Discussions:** Facilitated conversations to share experiences and insights in a supportive environment.
- **Modeling Sessions:** Demonstrations and practice of Gestalt techniques for real-time application
- **Theoretical Insights:** Key concepts of Gestalt therapy integrated with practical applications.

Participants will learn to help clients explore the contact boundary and build new experiences, fostering growth and recovery from trauma and addiction.

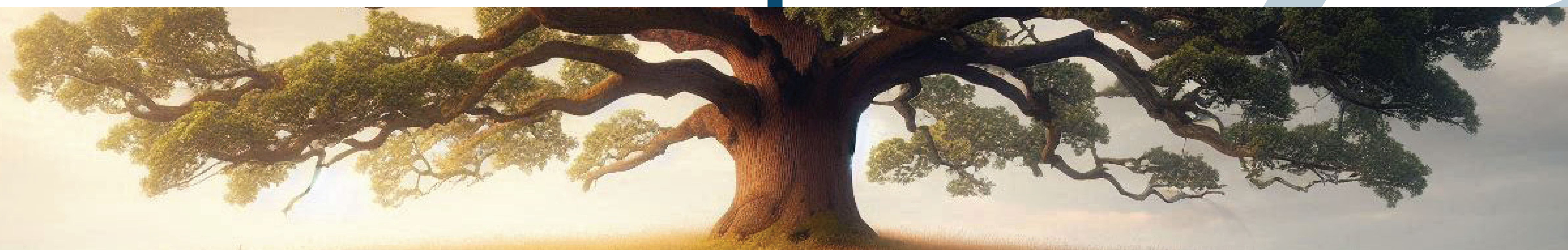
# More details

## Target Audience:

This workshop is designed for therapists, coaches, counselors, and mental health professionals seeking to deepen their understanding of therapeutic relationships and enhance their practice through Relational Gestalt therapy.

## Duration:

The workshop will be conducted over 2 to 3 8-hour days, allowing ample time for both theoretical learning and practical application





# Facilitator

*Rafael Cortina, MBA, LMFT, MAC, CCTP-II*



## **Bio:**

Rafael Cortina is a highly experienced, licensed, and bilingual (English-Spanish) therapist with over 24 years of expertise in working with individuals, couples, families, and groups. He holds multiple certifications, including a Master Addiction Counselor, Certified Clinical Trauma Professional, Certified Gestalt Therapist, and Certified Gestalt Couples Therapist. Rafael is also specially trained in EMDR, TRM, addiction treatment, and trauma-focused therapy. He serves as an Adjunct Faculty Member at National

University and is a former Board Member and Newsletter Editor for the International Association for the Advancement of Gestalt Therapy. Rafael has extensive experience addressing a wide range of mental health challenges, including Mood Disorders, Anxiety Disorders, Addiction, Grief and Loss, Dual Diagnosis (co-occurring substance abuse and mental health disorders), and Trauma. He is skilled in working with LGBTQ+ clients, providing HIV/AIDS counseling, and facilitating Dreamwork and Gestalt-oriented psychotherapy. Additionally, Rafael is a seasoned presenter and facilitator of workshops, trainings, lectures, and international conferences. His work spans both virtual and in-person settings across Mexico, the USA, Australia, Canada, Africa, Asia, and Europe.



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