

# "Don't You... Forget About Me": A Gestalt Songworking Playshop

"Don't you forget about me." said the Unconscious to the Conscious Mind, although that's exactly what it has to do to keep us focused on the tasks of our daily lives. Yet, how can our Unconscious Mind, that vaster part of the "iceberg under the water", reveal an issue it's struggling to process, in such a way that it "floats up to the surface" to appear more clearly in our Conscious Mind?



## One such method is what we like to call "Gestalt Songworking"

*Our presenter will be Jeff Teachworth, Certified Gestalt Therapist (1987) and Transformational Life Coach (2003), Assistant Director of The Gestalt Institute and Relationship Center of New Orleans.*

*Our musician co-presenter will be Keith Burnstein, MAT, professional singer and songwriter, music instructor and founding member of the band "The Mumbles".*

"Songworking" is the process of using active imagination to discover deeper images, feelings and words inside yourself and of crafting them into your own personal song (or poem). By striving to arrange these primal elements into structured verses, we distract our Conscious Mind's blocking defenses so we can uproot our own unfinished psychological content. The resulting song expressing our unconscious material is then worked with for personal meaning and growth using Gestalt and other transformational life coaching techniques.

To begin, Jeff will make a short presentation about Gestalt theory relating to the goals of this workshop's process of self discovery. Next he will introduce Keith, who will share his own musical journey of self expression and techniques of songwriting. A variety of popular songs will be discussed to illustrate the different methods of self expression available.

A demonstration of a song being created by Jeff while mentored by Keith will reveal how to use the Songworking process to harvest images and experiences from the unconscious. Watch as they work together to go from a few words and images into an arranged structure that becomes the basis of an actual song, as well as learn to compose your own.

The group will progress through a series of exercises in the songwriting process to inspire the beginnings of their own personal songs. Step by step they will create their own song with the expertise of Keith Burnstein; and use the tools of "Gestalt Songworking" as conceived by Jeff Teachworth to gain personal insight and growth. *Previous music experience or having to sing is not required of participants.*

**Saturday, Mar. 7<sup>th</sup> from 12-4 PM at 433 Metairie Rd. Suite 113 Metairie 70005**  
**Cost is \$65 advance or \$75 at door. Pre-register at 504.931.9022 or [Gestalt-Institute.com](http://Gestalt-Institute.com)**