



Norsk Gestaltinstitutt as
HØYSKOLE

PSYKOTERAPI - VEILEDNING - COACHING - ORGANISASJONSEVALTERING

Norsk Gestaltinstitutt University College

DIPLOMA

Zsófia Andráska

Born: 25.03.1977

Date: 29.04.2023

has completed

4-Year Gestalt Therapy Training

Sandvika, 11.05.2023

Bodil S. Riise

Bodil Stranden Riise
Rector

Elisabeth Rost

Elisabeth Rost
Manager

General information about the degree

Higher education graduate is awarded according to "Regulations on Degrees and Vocational Education, protected title and normative study time at universities and colleges" of 6.12.2005.

The standard study time for the degree is four years part-time and it gives 120 credit points.
A completed academic year is rated to 30 credits.

Higher education graduate is a qualification that is part of the first cycle of the National Qualifications Framework for Lifelong Learning, set by the Ministry of Education, Science and Technology 15.12.2011.

Objectives, content and organisation of the programme of study

Gestalt therapy has developed methods to raise awareness of people's own feelings, reactions and actions so that they can acknowledge and see themselves and their choices. This awareness occurs through conversation, experiments and role-playing. The methods are also used to process past, unfinished experiences, crises and self-development. The purpose of the study is that the student learns gestalt theories and methods, the philosophy of which they are based, as well as applying them in practice. Through the awareness of own values, different experiences, and the acquisition of formative methods supported by theoretical studies, the student will develop knowledge, skills, attitudes and ability to act as a gestalt therapist.

The program is a part-time study over four years and divided into the following subjects;

1. Introduction to gestalt therapy / theory and method.
2. Gestalt therapeutic theory in practice.
3. Therapeutic skills and characteristics.
4. Gestalt therapeutic and scientific basis for practice, and academic / scientific basis for practice.

Each subject has final exams. Passing the exam on the previous subject is the pre-requisite requirement to start the next. Objective and subjective requirements must be satisfied each year.

All subjects are mandatory.

The candidate's learning outcomes

After graduation, the candidate will understand the dynamics between the client and the therapist, see the possibilities, limitations and consequences of therapy, and the connection between practical work, theory and methods.

The candidate should be able to support, intervene, build strategies, make hypotheses, experiment, reflect and learn from experiments, make contracts with clients, perform a contractual work and complete this work.

The candidate should be able to assess the degree of opportunity for growth and disturbance among clients, which clients he / she can take in to therapy and consider who should be referred further.

The candidate should be able to assess when he / she needs guidance, professional stimulation and upgrading, and when he / she is to work with other occupational groups.

Transcript of Records

Name: Zsófia Andráska
Degree: Higher education graduate
Programme of study: Gestalt Therapy Training

Institution: Norsk Gestaltinstitutt University College
National identification number: 25037711111

Degree awarded on: 29.04.2023

Code	Course name	ECTS credits	Semester	Grade	Grade distribution				
					A	B	C	D	E
GT1TM	Introduction to Gestalt Therapy: Theory and Method	30.0	2020 Spring	Passed					
GT2TP	Theory of Gestalt Psychotherapy in Practice	30.0	2021 Spring	Passed					
GT3FE	Therapeutically Skills and Characteristics	30.0	2022 Spring	Passed					
GT4P	Gestalt Therapeutic Practice	30.0	2023 Spring	Passed					

Total: 120.0



Rani Sobanthan, institution's representative

11.05.2023

Credit system and grading

The academic school year usually lasts 10 months. A part-time study is estimated at 750 to 900 work hours and gives 30 ECTS credits.

The Norwegian grading system consists of two grade scales: one scale with the grades Passed and Failed, and a graduated letter scale from A to E.

NGI uses grading Passed or Failed.

To achieve a passing grade, the student must have shown a steady performance, which is satisfactory in most areas. The student must also have shown good judgment and independent thinking in the most important areas.