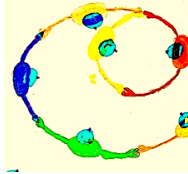


## Stepping into Presence An Experiential Process Group for students of counselling and psychotherapy



**Starts on Thursday 1 October 2026**

Explore your relational traits and experience the transformative potential of group dynamics in this safely held experiential process group. Experiential process group participation brings to life a unique piece in the practitioner's development by supporting awareness of prevailing attachment styles, contact adaptations, trauma responses, approaches to shame and belonging, engagement with power dynamics and more, thus providing a rich ground for personal growth. The group also provides a safely held space where participants can mindfully experiment with old and new ways of being, explore relational flexibility and ultimately walk away with an experience that informs where the client's story ends and the therapist's personal history begins.

|                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                  |
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| <b>Format</b><br>Six fortnightly meetings on Thursdays from 5pm to 7pm.<br>Upon completion participants may be able to re-enrol into the next set of six meetings.<br><b>First meeting:</b> Thursday 1 October<br><b>Last meeting:</b> Thursday 10 December | <b>Location:</b> Sydney CBD TBA<br><b>Group size:</b> 15 places available<br><b>Cost:</b> \$240 payable in full at sign-up (\$40 per meeting)<br>*If you are experiencing financial hardship, email <a href="mailto:esperanza.egan@gmail.com">esperanza.egan@gmail.com</a> confidentially for a free-of-charge (1) or partially funded (2) spot while they last. |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Bookings

#### Acceptance into the group is subject to

1. Satisfying the Inclusion and (non) Exclusion criteria (see below) as stated in the Application Form;
2. A 15min Individual Screening Interview to clarify goals and ascertain readiness; and
3. Payment of the program fee (\$240).

### Inclusion Criteria

Suitable participants are those who agree to all of the following points:

1. The applicant wants to gain greater awareness of their attachment style, contact adaptations, trauma responses, relationship to shame and belonging, and engagement with power dynamics
2. The applicant is able to give and receive feedback
3. The applicant is willing to explore their own responses (feeling triggered) to the ways of being of others

### Exclusion Criteria

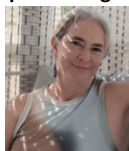
Applicants with any of the following conditions will not be able to gain admission into the process group:

1. The applicant is a current student in a unit tutored by Esperanza Egan, or is currently a client or supervisee of Esperanza Egan
2. The applicant is currently engaging in a harmful pattern of substance use as defined by the [ICD-11](#) (6C4E.1; 6C4E.1Z; 6C4E.20)
3. The applicant is currently suffering from severe psychosis as defined by the [ICD-11](#) (resulting from a current severe depressive or manic episode, or bipolar disorder, schizophrenia or other primary psychotic disorders)
4. The applicant is currently experiencing acute crisis, emanating from a current acute stress reaction as defined by the [ICD-11](#)

### Application form

Complete the Application Form below and email it to [esperanza.egan@gmail.com](mailto:esperanza.egan@gmail.com)

### Esperanza Egan —MGestTherapy, MFMH, MAC



Esperanza is Director of Therapist Australia, clinical supervisor and educator in Australia and overseas. Esperanza is drawn towards the transformational power of working through grief, trauma and conflict, and works as an individual and couple therapist; she runs therapy and clinical supervision groups. She holds a Master of Gestalt Therapy, a Master of Forensic Mental Health and a Master of Communication.

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## Stepping into Presence

### An Experiential Process Group

for students of counselling and psychotherapy

#### Application Form

Thank you for your interest in joining this program. This form helps ensure the program aligns with your current needs and safety requirements. Please review the criteria below and answer each section honestly.

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#### Section 1: Personal Information

- Full Name: \_\_\_\_\_
  - Email Address: \_\_\_\_\_
  - Phone Number: \_\_\_\_\_
  - Degree/Program you are studying: \_\_\_\_\_
- 

#### Section 2: Readiness and Fit (Inclusion Criteria)

*Please check the boxes to confirm your readiness for this program.*

1. **Self-Awareness:** I want to gain a greater awareness of my attachment style, contact adaptations, trauma responses, relationship to shame and belonging, and engagement with power dynamics.  
☐ Yes  
☐ No
  2. **Feedback:** I am able to give and receive feedback in a group setting.  
☐ Yes  
☐ No
  3. **Self-Exploration:** I am willing to explore my emotional responses—including feeling triggered—to the ways of being and behaviours of others.  
☐ Yes  
☐ No
- 

#### Section 3: Eligibility & Safety (Exclusion Criteria)

*Please answer the following questions to ensure a safe and ethical environment for all participants.*

4. **Are you a current student in a unit tutored by Esperanza Egan at ACAP, or are you currently a client or supervisee of Esperanza Egan?**  
☐ Yes  
☐ No
5. **Are you currently engaging in a harmful pattern of substance use as defined by the [ICD-11](#) (6C4E.1; 6C4E.1Z; 6C4E.20)?**  
☐ Yes  
☐ No

6. **Are you currently experiencing severe psychosis (resulting from a current severe depressive or manic episode, bipolar disorder, schizophrenia, or other primary psychotic disorders) as defined by the [ICD-11](#)?**
- ☐ Yes  
☐ No
7. **Are you currently experiencing an acute crisis (emanating from a current acute stress reaction) as defined by the [ICD-11](#)?**
- ☐ Yes  
☐ No

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#### Section 4: Brief Statement of Intent

*In a few sentences, please share why you wish to join this program at this time:*

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#### Section 5: Declaration

I confirm that the information provided above is accurate and true to the best of my knowledge.

• **Signature:** \_\_\_\_\_

• **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_