

# Arthur Roberts

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**Education** Massachusetts Institute of Technology - B.S. - 1992  
Lesley University - M.A. Counseling Psychology - 1997

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**Academic Experience** Faculty positions, invited presentations, guest-lecturer engagements, and workshops at various colleges, universities and post-graduate training institutions around the world, including:

- Harvard University (2002 – 2006)
  - The Massachusetts Institute of Technology (1996, 2003-2005)
  - Columbia University Business School (2002 – 2006)
  - Salve Regina University, Graduate Program in Holistic Counseling (2000 - 2019)
  - Cambridge College (1997-1998)
  - The Esalen Institute (1998, 2013)
  - Gestalt International Study Center (2008 – present)
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**Professional Experience**

**Private Clinical Practice** **Counseling & Psychotherapy** **6/97-present**

Provide psychotherapy, coaching & consultation to individuals, couples, families, and groups. Clients include adolescents and adults. Also work to advance the field through professional publications, conference presentations in the US and abroad, conducting professional trainings, running private supervision & process groups for practicing therapists & coaches, serving on Editorial Advisory Boards, and publishing (*see below*).

**Organizational Consulting Practice** **Consulting & Training** **5/01-present**

Provide organization development consultation to organizations in Europe, Asia, and the U.S. Clients include government, corporations, non-profits, and educational institutions (*see Partial List of clients, below*) Core services include:

- Leadership Team Development
- Improving cross-functional collaboration, performance management systems, and team effectiveness
- Alignment of strategy, people, values, and vision
- Design and delivery of customized training & coaching, focusing on:
  - Conflict Management
  - Leadership Presence
  - Attachment Theory
  - Action Research
  - Group Dynamics
  - Applications of Systems Theory

**Experience,  
Cont.)**

**GestaltPress (Formerly GICPress)**

**Editor and Co-Director**

**8/97-5/01**

*The GestaltPress is the largest independent publisher of Gestalt books in the U.S.*

Responsible for managing the production, distribution, and quality control of contemporary Gestalt literature published for the worldwide Gestalt community. Selected, developed, and edited book-length manuscripts for publication. Managed content decisions, project timelines, copy editing, formatting, design, layout, and printer/distributor relations. Promoted Gestalt literature at conferences. Assisted in the planning and facilitation of a series of international "Writer's Conferences," designed to provide a framework of support for Gestalt writers developing new theoretical and practical material.

**Family Health Services, Inc.**

**Fee-for-Service Clinician**

**9/97-4/98**

*Family Health Services is a community-based counseling agency in Malden Massachusetts.*

Provided in-home counseling to special needs individuals and families on a fee-for-service basis. Processed case paperwork and on-going documentation, including intake evaluations, treatment planning proposals, progress reports and quarterly reports.

**Berklee College of Music Counseling Center**

**Intern / Staff Clinician**

**9/96-7/97**

*The Berklee Counseling Center provides on-site counseling services for the students of Berklee College of Music in Boston, MA. The international student population was greater than 40%.*

Conducted individual and group psychotherapy with a multicultural population ranging in age from 17 to 51 years. Served as a referral resource for academic faculty, participated in individual and group supervision, gave case presentations and consultations, and attended in-service trainings. Conceived and conducted outreach workshops addressing substance abuse in the community. Conceived, designed and led specialized psychotherapy groups for artists, and delivered psychoeducational presentations.

**Boston Veteran's Administration Outpatient Clinic**

**Intern / Outpatient Clinician /  
Intake Specialist**

**5/96-9/96**

*The Boston Veteran's Administration Outpatient Clinic is the National PTSD Center for the Department of Veteran's Affairs.*

Co-led a Trauma Survivor's Group and an Expressive Arts Therapy Group. Performed intensive evaluation screenings as intake specialist for VA's outpatient PTSD clinic. Administered 8-session PTSD diagnostic evaluations, and wrote assessment reports for the inter-disciplinary V.A. Diagnostic Review Board. Evaluations included qualitative interviews, pen-and-paper questionnaires, and empirical assessments (MMPI-II, ASI, CAPS). Managed personal caseload of individual therapy clients while receiving individual supervision. Internship experience.

**Discovery Day Treatment Center**

**Intern / Milieu Clinician**

**12/95-5/96**

*Discovery Day Treatment center is an adult psychiatric day treatment facility operated under the auspices of South Shore Mental Health in Quincy, MA.*

Co-led four therapy groups for individuals with chronic mental illness aged 18 to mid-60's, and managed small caseload of individual therapy clients. Acted as liaison with various community-based psychiatric resources. Assisted with planning and organizing community events within the milieu. Participated in treatment planning seminars, individual supervision, and group supervision. Responsible for documenting client progress for private insurance, DMH and other third-party payers. Received individual and group supervision.

*List of publications and selected presentations begins on next page*

## Publications

### **Books:**

- Kraus, Roberts, & Wheeler (Eds). (in press). *A Field Relational Approach to Couples*. Big Sur, CA: GestaltPress
- Polster, E. and Polster, M.; Roberts, A. (Ed.) (1999). *From the Radical Center: The Heart of Gestalt Therapy*. Cambridge, MA: GICPress.
- Fantz, R. and Roberts, A. (Ed.) (1998). *The Dreamer and the Dream: Essays and Reflections on Gestalt Therapy*. Cambridge, MA: GICPress.
- Wheeler, G. with Epilogue by A. Roberts. (1998). *Gestalt Reconsidered*, 2<sup>nd</sup> Edition. Cambridge, MA: GICPress.

### **Professional Journals:**

- Roberts, A. (2014) Book Review: Teaching a Paranoid to Flirt. *Gestalt Review*, Volume 17, No 3
- Roberts, A. (2009) In Memoriam – Dan Rosenblatt. *British Gestalt Journal*, Volume 18, No. 1
- Roberts, A. (2006) Borderlands: An Essay in Honor of Malcolm Parlett. *British Gestalt Journal*, Volume 15, No. 2
- Roberts, A. (2005) The Dreaming Field. *Gestalt Review*, Volume 9, No.2
- Roberts, A. (2002) Discernment and Decision-Making. *Australian Gestalt Journal*, Volume 6, No. 1.
- Roberts, A. (1999) Digging up the Bodies. *British Gestalt Journal*, Volume 8, No. 2.
- Roberts, A. (1999). The Dialectical-Synthetic Mode in Gestalt Therapy. In *From the Radical Center: The Heart of Gestalt Therapy*, by Erving and Miriam Polster, A. Roberts (Ed.). Cambridge: GICPress.
- Roberts, A. (1999). The Field Talks Back: Field theory, Constructivism and the Retrieval of Experience. *British Gestalt Journal*, Volume 8, No. 1.
- Roberts, A. (1998). Introduction. In *The Dreamer and the Dream*, by Rainette Eden Fantz. Cambridge, MA: GICPress.
- Roberts, A. (1998). Theatre and Therapy: Historical Parallels, Clinical Perspectives. *Australian Gestalt Journal*, Volume 2, No. 1.
- Roberts, A. (1997). Quintessential Polarizing. *British Gestalt Journal*, Volume 6, No.2
- Roberts, A. (1996). Another End of Something. *CommonTHOUGHT*, Volume 7, No. 1
- Walker, Bowen, Goldstein, Roberts, et al. (1992). Autoradiographic distribution of [<sup>3</sup>H](+)-pentazocine and [<sup>3</sup>H]1,3-di-*o*-tolylguanidine (DTG) binding sites in guinea pig brain: a comparative study. *Brain Research*, Volume 581, Issue No. 1, pp. 33-38

### **Popular Press**

- Couples and Money: <http://www.golocalprov.com/lifestyle/inside-therapy-couples-fighting-about-money/>
- The Overselling of Body Disorders: <http://www.golocalprov.com/lifestyle/inside-therapy-the-overselling-of-body-disorders/>
- Getting Therapy on your Smartphone: <http://www.golocalprov.com/lifestyle/inside-therapy-getting-therapy-on-your-smartphone/>
- Stop Communicating and Pay Attention: <http://www.golocalprov.com/lifestyle/inside-therapy-stop-communicating-and-pay-attention/>
- When Looking for Solutions can Ruin a Relationship: <http://www.golocalprov.com/lifestyle/inside-therapy-when-looking-solutions-can-ruin-relationship/>
- When Why Won't Work: <http://www.golocalprov.com/lifestyle/inside-therapy-when-why-wont-work/>
- When Judging Gets us in Trouble: <http://www.golocalprov.com/lifestyle/inside-therapy-why-judging-gets-us-into-trouble/>
- Give Placebos a Chance: <http://www.golocalprov.com/lifestyle/inside-therapy-give-placebos-a-chance/>

- Why it Hurts to Listen (but why we should): <http://www.golocalprov.com/lifestyle/inside-therapy-why-it-hurts-to-listen-but-why-we-have-to-do-it/>
- Are our War Advisors Thinking like Toddlers?: <http://www.golocalprov.com/lifestyle/inside-therapy-are-our-war-advisors-thinking-like-toddlers/>
- The Problem with Detachment: <http://www.golocalprov.com/lifestyle/inside-therapy-the-problem-with-detachment/>

**Selected Presentations, Offerings, and Professional Workshops Given**

- *Working with Embodied Experience Online: Challenges & Opportunities*. Co-facilitated online workshop in response to Covid-19 pandemic, attended by clinicians around the world. Sponsored by the Gestalt International Study Center, April 29<sup>th</sup>, 2020.
- *Core Training Group – Contemporary Gestalt Therapy*. Leading a monthly training & consultation group comprised of seasoned clinicians in private practice. Membership limited to 8 at any given time; running continuously since September, 2013.
- *Relational Gestalt Process Group for Practicing Psychotherapists*. Led a weekly experiential process group providing immersive experiential training and development for therapists. Designed to further personal and professional development. May, 2016 to April, 2020.
- *Working with the Body in Mind*. Annual 3-day experiential workshop for clinicians and consultants, sponsored by the Gestalt International Study Center, Wellfleet, MA. September 21-23, 2018.
- *Advanced Working with the Body in Mind – “Boot Camp IV”* Intensive hands-on training for graduates of “Working with the Body in Mind” training program sponsored by the Gestalt International Study Center. Second boot camp June 1 – 3, 2018, in Providence, RI.
- *Advanced Working with the Body in Mind – “Boot Camp III”* Intensive hands-on training for graduates of “Working with the Body in Mind” training program sponsored by the Gestalt International Study Center. Second boot camp December 8 – 10, 2017, in Providence, RI.
- *Whole Intelligence Workshop – Skopje, Macedonia*. Co-led with Malcolm Parlett, sponsored by Gestalt Institute Skopje and Gestalt in Organizations. Three day experiential workshop & theoretical seminar on applications of field theory in clinical and organizational work, using Malcolm Parlett’s “Five Explorations” model of holistic intelligence. June 2 – 4, in Skopje, Macedonia.
- *Advanced Working with the Body in Mind – “Boot Camp II”* Intensive hands-on training for graduates of “Working with the Body in Mind” training program sponsored by the Gestalt International Study Center. Second boot camp February 17 – 19, 2017, in Providence, RI.
- *Gestalt International Study Center/ Youth Leadership Lab*. Facilitated workshop on embodied mindfulness and physical presence for inaugural Youth Leadership program. Joint venture between GISC and Get Empathy. August, 2016.
- *Advanced Working with the Body in Mind – “Boot Camp I”* Intensive hands-on training for graduates of “Working with the Body in Mind” training program sponsored by the Gestalt International Study Center. First boot camp April 1 – 3, 2016, in Providence, RI.
- *Advanced Working with the Body in Mind*. Annual 3-day experiential workshop for clinicians and consultants, sponsored by the Gestalt International Study Center, Wellfleet, MA. Inaugural program held in November, 2015.
- *Working with the Body in Mind*. Annual 3-day experiential workshop for clinicians and consultants, sponsored by the Gestalt International Study Center, Wellfleet, MA. 2015.
- *Working with the Body in Mind*. Annual 3-day experiential workshop for clinicians and consultants, sponsored by the Gestalt International Study Center, Wellfleet, MA. 2014.
- *Working with the Body in Mind*. Annual 3-day experiential workshop for clinicians and consultants, sponsored by the Gestalt International Study Center, Wellfleet, MA. 2013.
- *Working with the Body in Mind*. Annual 3-day experiential workshop for clinicians and consultants, sponsored by the Gestalt International Study Center, Wellfleet, MA. 2012.

- *Evolution of Gestalt Conference* – “*Gestalt work with Couples.*” Served on conference faculty and design committee for bi-annual Evolution of Gestalt symposium held at the Esalen Institute. Co-Faculty made up of Gordon Wheeler, Mary Ann Krause, Michael Clemmens, Mark Fairfield, Deborah Ullman, and Leanne O’Shea. March 10-15, 2013.
- *Leadership in the 21<sup>st</sup> Century.* Facilitated workshops on physical presence for executives from around the world attending an advanced education program at the Gestalt International Study Center on Cape Cod. Annual workshops given from 2007 – 2011, and 2016.
- *Leading with Presence* (©The Ariel Group) and hundreds of other experiential training workshops on topics related to leadership development, executive presence, and relationship building. Workshops took place in cities including Hong Kong, London, New York, Shanghai, Paris, Berlin, Bangkok, Vienna, Los Angeles, Lisbon, Miami, Singapore, Chicago, Prague, Edinburgh and more, 2001-2007.
- *The Burden of Discernment.* Two-day experiential workshop and lecture, delivered as keynote speaker at the 2nd annual meeting of the Friends of the British Gestalt Journal, Hawkwood College, Stroud, Gloucestershire, UK. December 4-5, 2001.
- *Sexual Boundaries in Professional Relationships.* Experiential workshop conducted with Carol Brockmon, et al., at the 5<sup>th</sup> International Conference of the Association for the Advancement of Gestalt Therapy, Dallas, TX, November 8-12, 2000.
- *Intimacy & Intersubjectivity.* Experiential workshop conducted with Gordon Wheeler, Ph.D., at the 5<sup>th</sup> International Conference of the Association for the Advancement of Gestalt Therapy, Dallas, TX, November 8-12, 2000.
- *Creating Creative Environments.* On-line interview with The Boston Globe’s “DigitalMASS” website, March 15, 2000. [ URL: [www.digitalmass.com/competition/content/roberts\\_interview.html](http://www.digitalmass.com/competition/content/roberts_interview.html) ]
- *Self-as-Story: Gestalt Narration/Narrative Gestalt.* Symposium conducted with Gordon Wheeler, Ph.D., at the 4<sup>th</sup> International Conference of the Association for the Advancement of Gestalt Therapy, New York City, NY. May 25-31, 1999.
- *Working with Shame.* Experiential workshop conducted with Gordon Wheeler, Ph.D., at the Esalen Institute, Big Sur, CA. April 23-24, 1999.
- *Working with Groups of Male-Batterers—Developing a More Effective Model.* Symposium conducted with Claude Verdier, M.A., at the Gestalt Gender Conference of the Center for the Study of Intimate Systems (GIC), Cape Cod, MA. October 16-18, 1998.
- *Theatre and Therapy: Toward a Field-Theoretical Approach to the Dream.* Symposium conducted with Janet Sonenberg, M.F.A., at the 3rd International Conference of the Association for the Advancement of Gestalt Therapy, Cleveland, OH. June 4-7, 1998.
- *Family Narratives in George Walker’s “Escape From Happiness.”* Guest lecture in MIT Program in the Humanities, Department of Music and Theatre Arts, November, 1996.

## Advanced Training

### *Gestalt therapy:*

- Gestalt Institute of New England – 2-year postgraduate Diploma – Cambridge, MA 1998
- Gestalt International Study Center – Couples & Family Training Program, Week One – 2006
- Private Training & Supervision with Gordon Wheeler – Cambridge, MA 1999 to 2002
- Gestalt International Study Center – “Trance & Contact” – 2-day workshop – 2006
- Gestalt International Study Center – member of “Next Generation” group – 2008 – 2011
- Numerous 2 and 3 day training workshops at various locations and conferences around the world, including the Esalen Institute, the Gestalt International Study Center, and more – 1999 to present

### *Ericksonian hypnosis:*

- Richard Bandler – 2 day workshop – NYC – 1996
- Mel Bucholtz – private training in clinical hypnosis – Cambridge, MA – January, 2007 through June, 2007
- Ericksonian Hypnosis – 5-day practitioner training w/ Stephen Leeds – NYC – Spring, 2007

- Ericksonian Hypnosis & Self-Relations Therapy – 4-day training with Stephen Gilligan, Ph.D. – NYC – March 2008
- Ericksonian Hypnosis & Self-Relations Therapy – 4-day training with Stephen Gilligan, Ph.D. – NYC – March 2009
- Ericksonian Self-Relations Intensive – 4-day training with Stephen Gilligan, Ph.D. – Encinitas, CA– June 2009
- Ericksonian Hypnosis Master Class – 4-day training with Jeffrey Zeig, Ph.D. – NYC – July, 2009
- Ericksonian Hypnosis & Self-Relations Therapy – 4-day training with Stephen Gilligan, Ph.D. – NYC – March 2010
- Ericksonian Hypnosis & Self-Relations Therapy – 4-day training with Stephen Gilligan, Ph.D. – NYC – March 2011
- Ericksonian Hypnosis & Self-Relations Therapy – 4-day training with Stephen Gilligan, Ph.D. – NYC – March 2012
- Ericksonian Hypnosis & Self-Relations Therapy – 4-day training with Stephen Gilligan, Ph.D. – Santa Cruz, CA – August 2013
- Ericksonian Hypnosis & Self-Relations Therapy – 4-day training with Stephen Gilligan, Ph.D. – NYC – March 2014
- Ericksonian Self-Relations Intensive – 4-day training with Stephen Gilligan, Ph.D. – Encinitas, CA– December 2014

*Emotionally Focused Therapy for Couples:*

- Emotion Focused Therapy for Couples Externship – 4-day training – Los Angeles, CA, December 2008
- Emotion Focused Therapy for Couples – Master Class with Sue Johnson – November, 2010
- Emotion Focused Therapy for Couples – Core Skills Advanced Training w/ George Faller & Elana Katz – Ackerman Institute for the Family, NYC – Winter, 2012
- Emotion Focused Therapy for Couples – Group Supervision w/ George Faller, Greenwich CT – Fall, 2014

*Systemic Constellations (Bert Hellinger's work):*

- Judith Hemming – 2-week Family Constellations Training – London, UK – 2000
- Harold Hohnen – 1-week Family Constellations Training – NYC – 2002
- Bert Hellinger & Hunter Beaumont – 2 day Family Constellations Workshop – NYC – 2003
- Judith Hemming – 1-week Family Constellations Training – Esalen Institute, Big Sur CA – 2003
- Judith Hemming – 3 day Family Constellations workshop on the use of language in constellation work, Hamden, CT – January, 2011
- Dan Booth Cohen – 1 day Family Constellations workshop for therapists – East Greenwich, RI – April, 2013
- Suzi Tucker – 2 day Family Constellations workshop / guided learning – Long Island, NY – September, 2014

*Accelerated-Experiential Dynamic Psychotherapy*

- AEDP Essential Skills Course – September, 2010 – May, 2011 – 5 weekends – AEDP Institute Senior Faculty, NYC
- AEDP Advanced Essential Skills – October, 2016 through April, 2017 – 5 weekends – AEDP Institute Senior Faculty, Boston
- “Mobilizing Transformation: Tailoring Treatment to the Presenting Attachment Style” – 1-day workshop with Karen Pando-Mars – January 30, 2015, Boston
- AEDP Master Class – Karen Pando-Mars – January 31, 2015, Boston
- “Relational Resourcing” – full day workshop with Diana Fosha – April 25, 2015, NYC
- “The Nuts & Bolts” – full day workshop with Natasha Prenn – May 31<sup>st</sup>, 2015, NYC

*Advanced group therapy training:*

- Center for Group Studies, Modern Analytic Training Program – New York, NY – January 24-26, 2020
- Center for Group Studies, Modern Analytic Training Program – New York, NY – October 25-27, 2019
- Center for Group Studies, Modern Analytic Training Program – New York, NY – May 3-5, 2019
- Center for Group Studies, Modern Analytic Training Program – New York, NY – January 25-27, 2019
- Center for Group Studies, Modern Analytic Training Program – New York, NY – October 19-21, 2018
- Center for Group Studies, Modern Analytic Training Program – “The Essence of Modern Group Process” – New York, NY – May 4-6, 2018
- Center for Group Studies, Modern Analytic Training Program – “Resolving Transference Resistances and Termination Issues” – New York, NY – January 26-28, 2018
- Center for Group Studies, Modern Analytic Training Program – “Working with Unconscious Material: Dreams, Symbolic, and Non-verbal Communications” – New York, NY – October 20-22, 2017
- Center for Group Studies, Modern Analytic Training Program – “Special Topics in Transference and Countertransference” – New York, NY – May 5-7, 2017
- Center for Group Studies, Modern Analytic Training Program – “Working with Pre-Oedipal Resistances in Group” – New York, NY – January 27-29, 2017
- Northeastern Society for Group Psychotherapy Annual Conference – June 3-5, 2016
- Center for Group Studies, Modern Analytic Training Program – “Transference / Countertransference Issues in Group” – New York, NY – April 29 - May 1, 2016
- AGPA Two-Day Institute w/ Jeff Hudson – New York, NY – February 22-23, 2016
- Center for Group Studies, Modern Analytic Training Program – “Group Resistances” – New York, NY – January 22-24, 2016
- Ongoing Modern Analytic Training Group w/ Ronnie Levine, Ph.D. – Boston, MA – January, 2016 to present
- Center for Group Studies, Modern Analytic Training Program – “Forming Stage of Group” – New York, NY – October 16-18, 2015
- Northeastern Society for Group Psychotherapy Annual Conference – June 5-7, 2015
- Weekly Observation Group w/ Scott Rutan & Annie Weiss – Brookline, MA – summer & fall 2015

*Other Training:*

- Intensive Short Term Dynamic Psychotherapy (ISTDP) – 3 half-day seminars w/ Nat Kuhn and Allan Abbass – William James University and Massachusetts General Hospital – Boston, MA, 2017
- EMDR / Eye Movement Desensitization & Re-Processing – Part I Training – Maine, 2008
- Focusing – Two-year program with Joan Klagsbrun – Watertown, MA 1999-2000
- The Ariel Group – Certified Ariel Facilitator – Leadership Presence and Coaching – 2001 to 2007

**Professional Affiliations**

- Faculty, Graduate Program in Holistic Counseling, Salve Regina University
- Faculty, Professional Affiliate, Gestalt International Study Center
- Editorial Advisory Board, British Gestalt Journal
- Association for the Advancement of Gestalt Therapy
- Adjunct Clinical Member, American Group Psychotherapy Association
- Rhode Island Mental Health Counselors Association
- Licensed Mental Health Counselor, State of Rhode Island: *RI License # MHC00382*

**References**

Available upon request

ARTHUR ROBERTS

PARTIAL LIST OF ORGANIZATIONAL CLIENTS

**Governmental Organizations:**

Office of the Secretary of State, State of Rhode Island  
Office of the Mayor, City of Providence, Rhode Island  
The Federal Reserve Bank of the United States

**Corporate Clients:**

American Express  
General Electric  
IBM  
The Royal Bank of Scotland  
Daimler-Chrysler  
Time-Warner  
Hearst Corporation  
Chubb Insurance  
Booz, Allen, Hamilton  
Citizens Bank  
KPMG  
McKinsey & Co.  
Merrill Lynch  
The Boston Consulting Group  
Capital One Financial Services  
Omgeo  
Guidant Corporation

**Non-For-Profit Organizations:**

The Living Heart Foundation (New Jersey)  
Lifespan (Rhode Island)  
The Miriam Hospital (Rhode Island - Brown University teaching hospital)  
Kent County Hospital (Rhode Island)  
Saint Francis Hospital, Hartford, CT  
New England Association of Rehabilitation Counselors (Massachusetts)  
Granite State Independent Living (New Hampshire)  
The British Gestalt Journal, Ltd (United Kingdom)

**Educational Institutions:**

Columbia University Business School – Columbia Senior Executive Program  
Harvard Business School – Executive Education  
Massachusetts Institute of Technology  
The Boston Architectural Center



