

Arthur Roberts

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

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 – 2020)

Professional Experience	Private Clinical Practice	Consulting, Coaching & Psychotherapy	6/97-present
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Provides consultation, coaching, and psychotherapy to individuals, couples, families, and groups. Also works 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
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Provides 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 & board development
- Alignment of strategy, people, values, and vision
- Cross-functional collaboration, performance management systems, and team effectiveness
- Design and delivery of customized training & executive coaching

GestaltPress (Formerly GICPress)	Editor and Co-Director	8/97-5/01
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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.

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*, 2nd 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 [³H](+)-pentazocine and [³H]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 29th, 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; September, 2013 – April 2020.
- *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.
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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 21st 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 5th 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 5th 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]
- *Self-as-Story: Gestalt Narration/Narrative Gestalt*. Symposium conducted with Gordon Wheeler, Ph.D., at the 4th 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
- Ericksonian Self-Relations Intensive – 4-day training with Stephen Gilligan, Ph.D. – Encinitas, CA – December 2023

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 Fallers & Elana Katz – Ackerman Institute for the Family, NYC – Winter, 2012
- Emotion Focused Therapy for Couples – Group Supervision w/ George Fallers, Greenwich CT – Fall, 2014

Systemic Constellations (Bert Hellinger's work):

- Judith Hemming – 2-day Systemic Constellations workshop – Wellfleet, MA – 1998
- Judith Hemming – 2-week Systemic Constellations Training – London, UK – 2000
- Harold Hohnen – 1-week Systemic Constellations Training – NYC – 2002
- Bert Hellinger & Hunter Beaumont – 2 day Systemic Constellations Workshop – NYC – 2003
- Judith Hemming – 1-week Systemic Constellations Training – Esalen Institute, Big Sur CA – 2003
- Judith Hemming – 3 day Family Systemic workshop on the use of language in constellation work, Hamden, CT – January, 2011
- Dan Booth Cohen – 1 day Systemic Constellations workshop for therapists – East Greenwich, RI – April, 2013
- Suzi Tucker – 2 day Systemic 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” – one day workshop with Diana Fosha – April 25, 2015, NYC
- “The Nuts & Bolts” – one day workshop with Natasha Prenn – May 31, 2015, NYC

Advanced group therapy training:

- Modern Analytic Training Group w/ Aaron Black, Ph.D. – Weekly Videconference – September, 2020 to January 2025
- Modern Analytic Training Group w/ Ronnie Levine, Ph.D. – Boston, NYC & Videoconference – January, 2016 to present
- Center for Group Studies, Modern Analytic Training Program – New York, NY – May 2-4, 2025
- Center for Group Studies, Modern Analytic Training Program – New York, NY – May 3-5, 2024
- Center for Group Studies, Modern Analytic Training Program – New York, NY – January 20-22, 2023
- Center for Group Studies, Modern Analytic Training Program – New York, NY – October 21-23, 2022
- 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
- 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*

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