



GANZ NEWSLETTER – Aug 2018

Welcome to the August 2018 edition of the GANZ Newsletter. In this edition you will find information on:

GANZ COUNCIL NEWS.....	1
COMMUNITY NEWS.....	2
JOURNAL.....	3
GESTALT CONFERENCES.....	4
RESEARCH	6
PEER GROUPS	7
PROFESSIONAL DEVELOPMENT OPPORTUNITIES	8

GANZ COUNCIL NEWS

Invitation for Expressions of Interest to Vice Presidents role on the GANZ Council

Dear GANZ members, Gestalt students, and friends,
We would like to invite expressions of interest to the role of Vice President on the GANZ Council. The GANZ Council's function is to support Gestalt practitioners and the development of Gestalt Therapy in Australia and New Zealand. It is anticipated that formal elections for this position will be held at the 2018 GANZ Annual General Meeting on 19-Sep-18. The Vice President would hold the position for 2 years, and would hold registration with an accreditation body.

While we are looking to fill the VP role, in reality, what we need is not so much someone to step into the job description of VP as it has formerly been described, but someone who will join Council and help to ease the load we are carrying. The resignations that occurred so soon after last year's AGM have left us somewhat depleted, and it would be wonderful to have not only an additional voice and perspective, but someone who can help with some of the tasks necessary to running GANZ.

If you have any interest, please contact Leanne on 0413-208-767 or leanne@gestalt.com.au to discuss what might be possible. (Please note I will be away for 2 weeks from the 22-Aug-18).

Leanne O'Shea
On behalf of the GANZ Council



AGM

Save the Date: 6.00 pm Wed 19-Sep at Gestalt Therapy Australia in Fairfield

For this year's AGM, we would like to encourage as broad a range of participation as possible, so arrangements will be made for people to join the meeting by online through Zoom. As well as attending to the business of the AGM (more details to follow in the coming weeks), we will also include as part of the evening a conference 'teaser' that will stir your interest in next year's GANZ conference to be held in Sydney.

At the AGM, an election will be held for the positions of Student Representative and Vice President. There will also be an opportunity to enter into dialogue with the Council about issues that matter to you, and we invite and encourage your questions, whether these be around specific work the Council is doing, a broader issue that affects the Gestalt Community, or how Gestalt can be applied in ways that are relevant and meaningful.

For those who live locally, we hope you will join us for drinks and nibbles, and the opportunity to join this community gathering.

Regards

The GANZ Council

Leanne, Jelena, Eric, Leonie, Barbara, Madeleine and Anthony

COMMUNITY NEWS

Obituary for Marga Berends

I thought to share this sad news with you as an international co-chair. The EAGT is mourning a special person, Marga Berends, who was an EAGT office manager for more than 15 years. Marga was an amazing woman full of joy and energy. I worked together with her more than 7 years in the Executive committee of the EAGT. She will be missed tremendously in European Gestalt community.

Jelena Zeleskov Doric



EAGT also posted on their Facebook:

“It is with great sadness that we inform you of the passing of Marga Berends. Marga passed away yesterday afternoon.

Marga was the essence of kindness, of duty, of genuine humanity. Marga's joy for life transmitted where ever she had taken her smile and the sparkle in her eyes. Her beauty will never be extinguished from our minds.

Marga was highly valued member of our EAGT team for more than 15 years. We used to call her the heart and brain of EAGT. For many of us she was also a close friend and wonderful colleague. She kept surprising us by her open and honest attitude, strength and aliveness, and her sense of humor, especially in the recent months when she was facing the relapse. Her way of being in these difficult moments of her life inspired many of us. She will be missed tremendously.

Marga will be lovingly remembered by her husband Geert and her family and friends. And by so many people who had been honored to know her. Let us keep Marga’s family and friends in our thoughts as they go through most difficult times.

Margas’s funeral will be on Monday August, 6th at 14:00 at Cereshof at Ceresstraat 4A, Stadskanaal.

EAGT will be represented at the funeral by members of the EC.
You are welcome to leave your condolences via email or our facebook page.”

JOURNAL

I am pleased to announce that the May 2018 edition (Vol 14 No 2) of the Gestalt Journal of Australia and New Zealand is now available. The Journal can be downloaded from the GANZ website free for members or for \$15 to non-members. Apologies for the very late publication of this edition.

The editorial picks up on the theme of the 2019 GANZ Community Gathering/Hui: Catalysts for transformation, with an update on progress and the intentions for an innovative process included. We have an interview with Miriam Taylor who will be visiting Australia and New Zealand next year that explores her interest in trauma therapy and other areas.



There is a contribution from Mark Fairfield focussed on leveraging diversity as a way of generating transformative community action. Marie-Anne Chidiac, Sally Denham-Vaughan and Lynda Osborne present a relational matrix model for supervision, that includes clinical, coaching and organisational settings.

Anthony Jones' exploration of ways to engage with clients around their patterns in relationship represents an example of practice based research that also includes reflection on the therapeutic relationship. Leanne O'Shea also addresses the value of reflection, in this case through the process of writing, and offers support for members and others who may be interested in participating in writing groups or workshops.

Happy reading, and please consider how you could contribute your ideas and experiences to the community.

Alan Meara
Editor, GANZ Journal
Contact email: ozgjeditor@ganz.org.au

Article Title	Page
Editorial: Catalysts for transformation Alan Meara	2
In dialogue with Miriam Taylor Paddy O'Regan	5
The ground for inclusion: Diversity and interdependence Mark Fairfield	19
The relational matrix model of supervision: Context, framing and inter-connection Marie-Anne Chidiac, Sally Denham-Vaughan and Lynda Osborne	45
How am I with you? Searching for a collaborative way to describe relational patterns with clients. Anthony Jones	65
On writing and the art of reflective practice Leanne O'Shea	83
GANZ community gathering/hui, Sydney, May 2019 update	89

GESTALT CONFERENCES

2019 Gathering Update

Imagine a meeting space alive with transformative ideas, processes and actions that have emerged from a multitude of voices and perspectives. A festival of transformative ideas!





Our GANZ gathering aims to offer such a space and provide an opportunity for people to:

- come together, to meet and speak with one another
- find and express personal and communal voices
- have all voices listened to and heard
- enact and develop the values we wish to live individually and communally.

Our gathering also aims to offer opportunities for contact, connection and community, through exploring, experiencing and engaging with '*catalysts of transformation*'. The five large circle sessions across two and a half days will begin with creative processes that:

- enliven our shared space as a place of excitement and growth
- warm up those present to their personal experiences, ideas and wisdom
- serve as conversation starters to cultivate fertile ground to explore the themes of the gathering.

Flowing from these experiential processes we envisage opportunities for people to self-organise into smaller circles reflecting areas of personal interest and preferred ways of sharing, to maximise meeting, speaking, expressing, listening, hearing, witnessing, confirming and enacting.

In the spirit of the radical origins of gestalt, this unconventional conference design aims to support participation and connection; you get to choose your course through the smorgasbord of options and opportunity on offer. The facilitation group, over the coming months, will be offering a range of pre-gathering activities that aim to orient you to your relationship with the theme. We want to encourage you to come warmed up and ready to engage.

We look forward to you being part of this unique and novel event in experiencing our present and shaping our future.

Register here: <http://ganzgathering.com.au>

PS: Book your accommodation early to ensure you are able to get your preferred room!

Gathering Committee

Mike Reed, Brenda Levien, Alan Meara and Gabe Phillips
Ashleigh Power



RESEARCH

Society for Psychotherapy Research Conference

Attached is the final [program](#) for the Society for Psychotherapy research conference that was held on 26-30 June 2018. Gestalt Therapy was represented for the first time at this conference. This is a significant step for Gestalt Therapy, in reaching out beyond Gestalt Therapy conferences. It represents possibilities for researchers from other modalities to engage with Gestalt Therapy and create and collaborate on research and training projects.

Gestalt Research Conference

The next Gestalt Research Conference will be held in Santiago, Chile in June 2019.

The key note speakers are all well known and respected researchers, and the conference is hoping to have 400 attendees. Mariana Krause is one of the key-note speakers and she is also president elect for the Society for Psychotherapy Research, so there is a great opportunity for networking and collaborations between Gestalt Therapy and the wider Psychotherapy research community.

For more information, please see [Gestalt Research Conference](#)

Madeleine Fogarty

On behalf of the GANZ Council



PEER GROUPS

A Message from GANZ Member Aicha Brogan:

Looking for others to form a peer supervision group or to join an existing group of experienced therapists (either peer led or facilitated) either in Melbourne or virtually.

Hello Fellow Gestaltists,

I began training in counselling and some analytic therapy in 2001 and in more recent years completed my gestalt training . I have been working for over a decade providing 1:1 and group therapy and I am looking for a small group of people who would be interested in meeting monthly in the evening either in Melbourne (towards the eastern suburbs – anywhere between Fairfield/Richmond/Hawthorn along to Ringwood way and Warburton!) or via Zoom. So you could be from anywhere in the world! I am wanting to develop a supportive peer supervision group that can support me in my clinical practice as an adjunct to my personal supervision, and also as an opportunity to stay connected with Gestalt theory and other practitioners in a deeper capacity. I have a particular interest in practising through a trauma informed and somatic framework.

What I'm looking for in you:

- You may be a recent graduate of Gestalt training, or have graduated many years ago
- You will be eligible for Clinical membership of PACFA or related (ie you will have several years and many hours experience in providing counselling/psychotherapy/somatic or trauma informed therapies/analysis)
- You would be willing for the session to have a predominate focus on clinical supervision/case studies
- You would be willing to commit to meeting monthly (give or take)
- You would be interested in approaching supervision with a predominately Gestalt lens

I am flexible about when the group starts, happy to begin in Early November.

Please contact me at aichab1@yahoo.com or on 0405677117 if you are interested in discussing further and I would appreciate you sharing with anyone or on any site that you think may fit with what I'm looking for.

My warm regards,
Aicha Brogan



PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Disclaimer: Sharing of information relating to Gestalt Therapy is offered to GANZ members as a service for members, and does not imply endorsement of the information by GANZ.

August 2018

**15 Aug Gestalt Project Seminars: The Language of Weaving,
Presented by Waltraud Reiner.**

Gestalt Project Seminars are held at GTA and bring together students, graduates and gestalt practitioners from around Melbourne and begin with a gathering at 5.45pm accompanied by food and wine, followed by the presentation which runs from 6.30 to 8.30pm.

Waltraud's background is millinery. She uses the metaphors and techniques of hat making, weaving and other art forms as creative avenues towards emotional wellbeing, including travelling widely to rural Australians, who struggle with isolation and environmental hardships. The cost remains \$25 and bookings are via www.trybooking.com/322410.

September 2018

1-2 Sep Intimacy: A Workshop in Couples Therapy

This 2 day informative, interactive and experiential workshop will be held in Sydney and offers therapists an understanding of working with couples from a Gestalt and Emotional Focused Therapy (EFT) perspective. It will provide participants with knowledge on the emotionally focused and attachment oriented approaches of EFT weaved through the phenomenological, dialogic and relational aspects of Gestalt couples therapy.

Participants will be supported with practical and experiential exercises in developing their therapeutic practice. Providing an understanding on how effective couples therapy can assimilate somatic, systemic and behavioural interventions in enriching a diverse approach to therapy and in working with complex couples issues.

The workshop is worth 12 x CPD points for PACFA and AASW Members. This is the first time the workshop has *been run in* Sydney and has *sold out* the last 2 years in Brisbane. Tickets for this event are selling fast!! Your facilitator, Sean Tonnet (MGest, BSocSc, ADip Welfare) has been working with people for over 25 years and as a full time therapist, clinical supervisor and group facilitator for over a decade. Specialising in relationships, Sean has over 5000 case hours working with couples. Don't miss this opportunity to train with a local and leading couples therapist!

For information and to register: <http://www.therelationalinstitute.com.au/tria-events/>

For further General information: <http://seantonnet.com.au/workshop-sydney/>



13 – 16 Sep Realising Your Promise workshop & retreat

This retreat is for those who are seeking deeper connection with themselves and others, to be well met and held in nourishing therapeutic embrace. In an environment of loving care and peer support you can attend to your needs, challenge your growing edges, recognize your value and reaffirm your strengths. We need to feel we are going into the unknown with wise, exuberant fellow travellers to open ourselves to life and the emerging future.

The retreat will be held on: 6pm Thursday 13 - 3pm Sunday 16 September

At: Anahata Waters 859 Wilsons Creek Road, Mullumbimby, NSW 2482

For more information please see the [flyer](#) or contact Rhonda Gibson Long on 02-66840095 or Rhonda@gestaltsydney.com

October 2018

6-13 Oct Opening to Life Bali Retreat - Gestalt Group Process

This seven day Bali retreat will nourish both you and your practice. Learn Gestalt group skills while also working on your own wellness. There will be daily small group experiential learning supported by morning yoga. You will become more skilled in reflection, resonance and building awareness using the body as a valuable source of information. Gestalt group skills will be demonstrated, with a focus on phenomenology, experimentation, dialogue and field theory.

This method is dynamic, present centred, energising and transformational. Teaching will also incorporate the chakra system.

Retreat includes 14 hours CPD, accommodation, breakfast and airport pickup on arrival.

For more information please see the [flyer](#) or contact Leila Davis Psychotherapy on contact@leiladavis.com.au or 0424775564.



19-21 Oct Workshop / retreat - Mindful Relationships

Dr Ron Alexander is an expert in integrating somatic psychotherapy and Eastern wisdom traditions focusing on the resolution of trauma, negative thought patterns and painful emotions by creating communication between the unconscious and the aware self. He is a clinical trainer who leads professional training throughout the world. He is also a Gestalt therapist who specialises in relational dialogical approaches and has developed his own unique method of working and is going to share that with us - to be used personally or with clients – to create mindful relationships.

This 2 day workshop will be held in Mullumbimby and will include a mixture of experience, theory and skills development to access your creativity and resources when recognising and treating body symptoms and mood disorders. We will learn how to access the unconscious and promote its healing with mindfulness and metaphors and to use positive psychology techniques to develop optimal states of wellness.

A PD certificate will be issued on request for 14 hours of training. The retreat will be held on 19 to 21 October at Anahata Waters, 859 Wilsons Creek Road, Wilsons Creek, NSW

For more information please see the [flyer](#) or contact Rhonda Gibson Long on 02-66840095 or Rhonda@gestaltsydney.com. This retreat has residential and non-residential rates plus early bird if payment before July 31

**24 Oct Gestalt Project Seminars: Fat is a Therapeutic Issue
Presented by Leanne O'Shea.**

Gestalt Project Seminars are held at GTA and bring together students, graduates and gestalt practitioners from around Melbourne and begin with a gathering at 5.45pm accompanied by food and wine, followed by the presentation which runs from 6.30 to 8.30pm.

Leanne is an experienced therapist, supervisor and educator and long term faculty member at GTA. This seminar will discuss three potential struggles that therapists face in working with overweight clients.

The cost remains \$25 and bookings are via www.trybooking.com/322410.