



GANZ NEWSLETTER – Nov 2018

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

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If you would like to contribute items to the GANZ Newsletter, please contact the Newsletter Editor on ganz.membership@gmail.com

COUNCIL NEWS

Scholarships for attending the 2019 Gestalt Research Conference

One part of GANZ's strategy to develop Gestalt Therapy in Australia and New Zealand is to support research into Gestalt Therapy. While many members may not be directly engaged in research, GANZ believes that advancing Gestalt research will over time benefit all Gestalt practitioners by building the visibility and credibility of our therapeutic modality.

In line with this strategy, GANZ will fund two \$150 USD scholarships towards the cost of the tickets for 2019 Gestalt Research Conference in Santiago. The International Gestalt Research Association will match funding provided by GANZ, which together will cover the total cost of the conference ticket. The Scholarship does not cover costs of flights or accommodation.

For the application process please click here: [GANZ-Research-Conference-Scholarship-application.pdf](#)

Applications close 28-Dec-18



GESTALT CONFERENCES

STUDENT TICKETS AVAILABLE FOR ONLY \$295 FOR A LIMITED TIME

WHY IT IS IMPORTANT THAT YOU ATTEND THE GATHERING/HUI?

Dear GANZ Member,

We are writing to invite you to the GANZ Gathering because we believe that if we are to dynamically explore the theme of the Gathering/Hui we need a diverse chorus of voices. Each of us has unique life experiences informed by differences in class, gender, ethnicity, race, sexual orientation, language, religion, age, nationality and geography. The more of us who come the more our Gathering will be a reflection of our diversity – and this will enrich our conversations and understanding.

Our GANZ membership has been traditionally passive. Yet, we live in a time when passivity needs to give way to passion. In the spirit of Michelle and Barack Obama's declaration during the 2016 US Presidential elections "Don't boo – vote!", our catch-cry is "Don't bow out – come!". More than ever GANZ needs you to participate, more than ever our world needs compassionate and intelligent practitioners skilled in the art of human relating. We hope you will decide to join us and of course take advantage of the early bird rate and special student offer.

Gathering Facilitation Group

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

BRIEF OVERVIEW OF THE GATHERING

The founders of Gestalt therapy transformed the nature and practice of psychotherapy over 60 years ago. And now, in our fragmented and disconnected modern times, from the consulting room to the broader world there are growing calls for humanity to again transform the personal, interpersonal, ecological and socio-political dimensions of our relating, and become more compassionate human beings.

The theme of the GANZ Gathering “Catalysts for Transformation: Diversity, inequality, dialogue and?” aims to:

- address the challenging issues of our time as they manifest in our society and practice contexts
- explore the multiple constraints to human and social development, and wellbeing
- identify the catalysts that energise meaningful change and deeper transformation in ourselves, our clients, our communities and society
- practice the intersubjective arts in our time together by honouring difference, encouraging complexity, practicing inclusion and expressing empathy
- motivate each and all of us to become citizen activists in areas of personal interest and



professional practice.

Departing from the usual format of a conference the 2019 Gathering will be experimental in design, experiential in nature and supportively facilitated to provide all participants with opportunities to participate and contribute to the growth of Gestalt informed living, practice and influence in our region.

A more detailed description of the theme, process and program are available here www.ganzgathering.com.au <http://www.ganzgathering.com.au/>

STUDENT OFFER ENDS FRIDAY NOVEMBER 30

COMMUNITY NEWS

Vale Bud Feder

Tributes to Bud Feder continue to roll in. Bud was "being" to Gestalt as PHG is to the hermeneutic of Gestalt. His passing reminds us of Yalom's notion of Rippling:

Yalom writes: "Rippling refers to the fact that each of us creates—often without our conscious intent or knowledge—concentric circles of influence that may affect others for years, even for generations. That is, the effect we have on other people is in turn passed on to others, much as the ripples in a pond go on and on until they're no longer visible but continuing at a nano level. The idea that we can leave something of ourselves, even beyond our knowing, offers a potent answer to those who claim that meaninglessness inevitably flows from one's finiteness and transiency." – Irvin Yalom, *Staring at the Sun: Overcoming the Terror of Death*.





PEER GROUPS

Sydney Gestalt Interest Group

Martina Palombi & Declan Brady hosted the last Sydney Gestalt Interest Group at their therapy practice 'Affinity Psychotherapy' in Bondi Junction on the 5th October 2018. It was an engaging evening of 'fast' and 'slow' contact (short bursts of contact in dyads changing at a fast pace and then longer, silent, mindful contact episodes with one 'speaker' and one 'listener') facilitated by Martina & Declan followed by group process. 12 people attended in total. The group process allowed for the emergence of the following figures: people's need for more contact, wanting to build a Gestalt community that is not aligned with a particular Gestalt school/ training institute, building more connection to allow for more Gestalt community to emerge. The Gestalt Interest Group is open to anyone who is interested in Gestalt. The Group is not associated to GANZ or to any one Gestalt school/ institute. Everyone is welcome who has a genuine interest in Gestalt. The next group will be held in February, details will follow closer to the time.

Peer Group Contacts

If you are interested in joining or setting up a group, please contact Barbara Churcher on contact@barbarachurcher.com.au

JOURNAL

Most frequently downloaded GJANZ articles

About 1000 GJANZ articles a year are downloaded via the Infomit database internationally and in Australia and New Zealand. [The top 10 list](#) is interesting. There's quite a variety, with some focus on clinical issues. The most frequently downloaded paper is Friedemann Schulz's "Roots and Shoots of Gestalt Therapy". A more interesting statistic would be the number of citations of individual articles (but that's hard to get), and I think Stuart Stawman's "Relational Gestalt: Four Waves" wins on that count from what I've seen in overseas Journals.

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



RESEARCH

Research Presentations

The following poster paper was presented at the 2018 AAGT Conference:

- Development of a Gestalt Therapy Fidelity Scale - [GTFS-AAGT-2018](#) - by Madeleine Fogarty, Sunil Bhar & Stephen Theiler (Swinburne University)

Summary of recent research

The following document contains a list of recent citations for various research projects focused on or related to Gestalt Therapy:

- [Gestalt Research Citations](#) - for abstracts please contact Madeleine Fogarty madeleine@madeleinefogarty.com

The Phenomenological Experience of Relationality in Gestalt Therapy

Dr. Dominic Hosemans (UK), has requested participation in his research, which is funded by New Gestalt Voices and the Relational Centre. **If you are interested in participating, please contact dominic.hosemans@gmail.com**

Background & Research Aim

Relationality within gestalt therapy arises from the depth of contact between the client and therapist. Relationality is experienced as the in-between, where being in relationship with the other expands one's horizon upon the field (Yontef, 1993). Such a process is bi-directional, with the therapist also changing as a result of contact. Relationality is additionally a dance between I-thou and I-it, allowing contact to deepen on each osculation between the two - facilitating introjection of the containing other (Mackewn, 1997). However, the experience of relationality within the gestalt literature is primarily discussed in terms of a theoretical understanding based on one's experience. As such, the phenomenological experience of relationality itself has never described at length. Thus, the current study aims to understand the themes underlying the phenomenological felt-sense of relationality according to clients of gestalt therapy.

Project Description

The current study will concentrate on recruiting between six and eight individuals who have undergone at least 50 sessions of gestalt therapy.

Interviews will be organised at a time and place, including online, convenient for the individual. Individuals interested in participating will be asked to contact the primary researcher, who will provide an Explanatory Statement that describes the boundaries of the interview. Individuals will be informed that confidentiality and anonymity is assured, with only pseudonyms used throughout the write-up of the article. Individuals will additionally be informed that the session is not therapy,



but an interview on the therapy process especially in terms of relationality. Upon being adequately informed, individuals will be asked to sign a consent form, where the interview will be recorded and then transcribed verbatim. The project will involve between six to eight interviews, each with an approximate duration of 45 minutes to one hour, which will concern attempting to understand the phenomenological experience of relationality from the perspective of the client. Individuals will have an opportunity subsequent to the transcription to read through the interview, in which they can request to have anything removed or added.

Significance and Implications

The current study has both clinical and theoretical implications. Primarily, the study has the potential to flesh out the current theoretical understanding of relationality with the client's felt-sense of this experience. The extension of the field's horizon in this area will also hopefully facilitate gestalt practitioners in acknowledging moments of strong relationality as well as being able to reflect this back to the clients when particular relationality themes are discussed. Furthermore, the themes identified can additionally be used to form the foundation for a psychometric scale assessing the strength of relationality within the gestalt therapeutic setting.

Interview Schedule

Each of the participants will be asked for following, with further prompts used to help the individuals elaborate on their responses:

1. What does it mean to be in relationship in the context of gestalt therapy?
2. What are your thoughts/feelings that you associate when you think of relationality?
- 3a. How would you describe the process of relationality from your point of view as a client?
- 3b. How would you describe the process of relationality from what you perceive the therapist experiences? If consistent/inconsistent with previous – what is it about the client/therapist dynamic that you believe makes this so?
4. What does emotional contact in gestalt therapy mean to you?
5. What is your embodied experience of being in relationship within gestalt therapy?

Gestalt Research Conference

The [Gestalt Research Conference](#) will take place **from 29th May to 1st June 2019** at the Universidad Central de Chile, Santiago, Chile. The most renowned contemporary researchers and practitioners of psychotherapy have already confirmed their participation – among them **Prof. Michael Lambert, Prof. Clara Hill, Prof. Mariane Krause** confirmed their presence as keynote speakers.

Michael Lambert, PhD – His research spans 30 years and has emphasized psychotherapy outcome, process and the measurement of change. He has edited, authored, or co-authored nine academic research based books, and 40 book chapters, while publishing over 150 scientific articles on treatment outcomes. He also has been in private practice as a psychotherapist throughout his career.



Clara Hill, PhD – Her major research interests are helping skills, psychotherapy process and outcome, training therapists, dream work, qualitative research, and meaning in life. She has published over 220 journal articles, over 65 chapters in books, and 14 books (including Helping Skills, Dream Work in Therapy, Insight in Psychotherapy, Transformation in Psychotherapy, Consensual Qualitative Research, and Meaning in Life).

Mariane Krause, PhD – Her areas of research are change processes in psychotherapy, depression, and the interaction between sociocultural and mental health conditions. She has led several research projects in these areas, with funding from the Millennium Scientific Initiative of the Ministry of Economy, Development, and Tourism, the National Committee of Scientific and Technological Research, and the United Nations Development Program.

This is **wonderful opportunity for ALL who are interested in Gestalt therapy and psychotherapy and research**. Also for those who are looking for **networking possibilities and inspiration**. And of course for young and experienced researchers who are warmly welcome to present their projects or initiate new ones. **The early bird fee is \$300 USD.**

And last but not least this conference is in line with the three previous ones held in Cape Cod (2013, 2015) and Paris (2017) sponsored by AAGT, GISC and EAGT, and also with the educational seminar “Research in Gestalt Therapy. Introducing research methods to Gestalt practitioners” organized in 2014 by EAGT.

For more information please see [Gestalt Research Conference](#)
Hope you can make it!

Madeleine Fogarty.



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.

November 2018

Breaking through Shame: a relational stance to understanding the phenomena

28 November 2018 @ 8:00 am - 29 November 2018 @ 5:00 pm

The Centre for Existential Practice is presenting two workshops with Alan Leach (UK). Following his well-received first visit to Australia in 2017, Alan Leach returns to present two highly experiential workshops in Melbourne and Sydney: 2 days on the difficult and sensitive process of healing shame and 1 day on chair-work techniques for the 'here and now' exploration of dreams. Working on shame is a 'road less travelled' as it often remains a hidden dynamic within the therapeutic encounter and these two days will be of interest to all practitioners.

MELBOURNE: Wed 28 & Thur 29 NOVEMBER 2018

SYDNEY: Thur 6 & Fri 7 DECEMBER 2018

For more information: Centre for Existential Practice <http://www.cep.net.au/>

Developing Dreamwork

30 November 2018

Developing dreamwork is a great follow-up to Alan's introductory workshop in 2017 and its primary focus on two-chair work makes it equally worthwhile to newcomers to a 'here and now' approach to dream work.

MELBOURNE: Fri 30 NOVEMBER 2018

SYDNEY: Sat 8 DECEMBER 2018

For more information: Centre for Existential Practice <http://www.cep.net.au/>

Depth Enquiry with Amanda Gruhn

2-4 November 2018

Amanda Gruhn is pleased to announce her next Depth Enquiry Workshop, to be held in November 2018. Amanda has developed Depth Enquiry over a period of 6 years, following her own training in EMDR in 2011 and her experiences of using EMDR with clients. She realised that she could take her clients deeper and could provide them with faster, more lasting changes by incorporating Gestalt understandings into the process.



This three day experiential workshop involves theory, demonstrations, practice, feedback and supervision. An extensive manual will be provided.

Cost: **\$850** (\$871.25 by PayPal).

[Find out more about the Workshop](#)

[More on Depth Enquiry](#)

[Amanda's Profile](#)

Contact Amanda: algruhn@gmail.com Tel: 0422 978 367

March 2019

Trauma Reflections Presented by Miriam Taylor

2-3 March 2019

Experience an international presenter and author of the acclaimed book *Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body*.

In her two-day workshop Miriam Taylor, experienced Gestalt psychotherapist, trainer and supervisor, provides participants with current theoretical perspectives on trauma and an opportunity for trauma focused group supervision. Reflective spaces will be woven through the two days, alternating with short teaching and experiential slots. The embodied presence of the therapist, in awareness of their own history and responses to trauma, will be considered as the key to facilitating growth. Sander's concept of Fields of Mutual Influence forms a theoretical underpinning, together with applications of neuroscience and trauma theory.

For more information please see [GTB - Miriam Taylor Workshop](#)

Location: Gestalt Therapy Brisbane

28 Prospect Tce, Highgate Hill, Q4101

Contact: Tina on: 07 38444204 or contact@gestalttherapybrisbane.qld.edu.au

Web: <http://www.gestalttherapybrisbane.qld.edu.au/workshop-miriam-taylor-march-2019>

Cost: **\$380/\$350 (GTB students/graduates)**

Register online now!

Tea and coffee will be provided. Please bring your own lunch. There are several cafes in the area. All day street parking is available on weekends. Southbank station is only a ten minute walk from GTB.



Replenish, Soulful Retreats for Therapists

20-24 March 2019

As therapists we are constantly holding space for others. This may have an effect on our overall well-being. Replenish Retreat provides the opportunity to care for your own needs.

This retreat is all about nourishing you. With daily yoga, meditation, scrumptious food, massages and spending time in nature, at the beautiful Noonaweena Resort on the Central Coast.

Meet other like-minded people, share your experiences and make new friends or business associates.

There is more to be gained attending the Replenish Retreat. You will attain 20 OPD/CPD points.

We are excited to have Phil Oldfield, previous Director Sydney Gestalt Institute, Gestalt Trainer since 1986 and Founding member of GANZ as one of our guest facilitators presenting on Mindfulness and Gestalt Therapy.

AND you will gain a Foundation Certificate in [Resource Therapy](#), facilitated by Tamika Dwight-Scott Clinical Resource Therapist and Trainer, Master of Gestalt Psychotherapy, Clinical Hypnotherapist, Group Facilitator and Supervisor, Facilitator at Petrea King's Quest for Life (Foundation Certificate cost is usually \$500.00, but included at no extra charge as part of your retreat attendance).

Give yourself the gift of time away from life's demands. Recharge, take stock and make changes to enrich your life.

For more information: [Replenish retreat flyer](#)

Location: Noonaweena Resort

1442 George Downes Drive, Kulnura, NSW, 2250

Contact: Tamika Dwight-Scott on: 0404884257 or innapeace@iinet.net.au

Web: <https://www.replenishretreats.com.au/>

Systemic/Structural/Family Constellation Training

29-31 March 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy.

Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information

For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177

M: 0425 277 279

E: maria@mariadolenc.com.au

W: www.mariadolenc.com.au

For more information about Systemic Constellation work:

www.family-constellations.org

www.constellationflow.com



July 2019

Systemic/Structural/Family Constellation Training

5-7 July 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy. Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information. For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177

M: 0425 277 279

E: maria@mariadolenc.com.au

W: www.mariadolenc.com.au

For more information about Systemic Constellation work:

www.family-constellations.org

www.constellationflow.com

August 2019

Advanced Training in Supervision Theory & Practice – A relational & experiential process

Presenters: Greer White, Leila Davis, Tine Mueller

24-25 August 2019/14-15 September 2019/26-27 October 2019

This exciting and newly developed training program provides participants with 39 hours of direct face to face supervision training within a training group over three weekends. This experiential learning will allow participants to enhance their practice of individual and group supervision within a supportive environment. Successful participants will be able to apply to be listed as an accredited supervisor on the PACFA National Register.

The teaching offered will draw on the theory and practice of supervision. It will include principles of the Gestalt Therapy method in the supervisory setting: field sensitivity, relational dialogue, experimentation and here and now attention. Learning will take place face to face, through the facilitation of incremental learning experience and experimentation, seminar-based discussions, and through collaborative and cooperative learning with facilitator and peer interaction.

For more information please see [GTB Supervision Workshop flyer](#)

Location: Gestalt Therapy Brisbane

28 Prospect Tce, Highgate Hill, Q4101

Contact: Tina on 07 38444204 or contact@gestalttherapybrisbane.qld.edu.au

Web: <http://www.gestalttherapybrisbane.qld.edu.au/workshop-advanced-training-in-supervision>

Cost: \$2,400/\$2,200 (GTB students/graduates)



Who is the workshop for?

- Psychotherapists, counsellors, social workers, psychologists, mental health workers, occupational therapists, HR managers, leadership coaches etc.
- Training is suitable and relevant for clinicians of diverse therapeutic approaches and professionals in fields not related to psychotherapy
- A professional qualification is expected and five years of experience in a relevant field.

Apply online now!

Tea and coffee will be provided. Please bring your own lunch. There are several cafes in the area. All day street parking is available over the weekends. Southbank station is only a 10 minute walk from GTB.

September 2019

Systemic/Structural/Family Constellation Training

27 – 29 Sep 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy. Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information. For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177

M: 0425 277 279

E: maria@mariadolenc.com.au

W: www.mariadolenc.com.au

For more information about Systemic Constellation work:

www.family-constellations.org

www.constellationflow.com

November 2019

Systemic/Structural/Family Constellation Training

8 – 10 November 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy. Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information

For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177



M: 0425 277 279

E: maria@mariadolenc.com.au

W: www.mariadolenc.com.au

For more information about Systemic Constellation work: www.family-constellations.org
www.constellationflow.com

Summer residential - Istituto di Gestalt Italy in Byron Bay - *Contemporary Gestalt thought and practice next to the ocean!* With Dr. Margherita Spagnuolo Lobb

18-23 November 2019

Margherita Spagnuolo Lobb brings her well received 1-week summer residential straight from Italy to Tallows Beach Retreat Centre between the Teatree Lake and the Pacific Ocean!

One of the most important and often forgotten issues for psychotherapists is to take care of oneself and to give oneself time and space to breathe, concentrate, to be able to accept the support of someone else.

This summer retreat and professional development program will offer you the possibility to work on yourself, while being updated on contemporary Gestalt therapy theory and to reflect on the application of Gestalt therapy principles to today's clinical problems.

And of course – to have good food, swim in the Pacific Ocean off Byron Bay, be together and visit the stunning surrounding area!

What will be offered

- Opportunities for personal work within a supportive group environment
- Update on new developments in Gestalt Therapy theory and practice
- Opportunities for participants to reflect on their own clinical practice
- Peer support
- Beautiful accommodation and environment to enjoy
- Time for walks on the beach
- Tasty vegan food prepared by popular chef Anthea
- opportunities to socialise

For more information: [GTB Flyer: Margherita workshop Byron Bay](#)

Location: Tallows Beach Houses Byron Bay

Contact: Tina on 07 38444204 or contact@gestalttherapybrisbane.qld.edu.au

Web: <http://www.gestalttherapybrisbane.qld.edu.au/workshop-margherita-at-byron-bay-nov-2019/>

Cost: \$1850 (Early bird ends 27 July 2019)

\$2,200 *standard registration *payment plans available for standard registration

Included:

- Twin share accommodation at Tallows Beach Houses
- Food

Register online now!
