



GANZ NEWSLETTER – March 2019

Welcome to the March 2019 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

Welcome to the second GANZ Newsletter of 2019!

The GANZ Council met for the first time this year on 3-Mar-19 and worked on two main topics:

- Further developing our professional development policy, which focuses on supporting members to access PD
- Advocacy for the value of depth experiential psychotherapy training in a number of forums, including with PACFA

Updates regarding our membership numbers and budget and the 2019 GANZ Gathering were also discussed. If you have any questions or would like to contribute to GANZ in some way, please let us know.

The GANZ Council. Jelena, Anthony, Barbara, Leanne, Madeleine, Marc, Leonie & Eric.



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PACFA update

We would like to alert you that the next **PACFA Council Meeting** is to be held 13 to 14 April 2019 in Sydney. According to PACFA's rules, individual PACFA members do not have a vote but the Branches or Leadership Groups to which they belong to do.

This meeting is important as it will consider the definition of psychotherapy within PACFA, which has significant implications for the future viability of experiential psychotherapies in Australia, including Gestalt Therapy.

At the moment, PACFA prefers that the definition of Psychotherapy does not to specify the type of training that a psychotherapist undertakes, nor the number of hours of experiential training. The question of concurrent therapy and supervision is also under review, as is the larger issue of the "formation" of the therapist.

The main issue at stake for Psychotherapy in Australia is that PACFA seem to be moving towards defining that psychotherapy training to comprise a 3 year counselling degree followed by a fourth year psychotherapy course (Masters), There are several courses like this in Australia and their interests are represented on PACFA's Psychotherapy Working Party (PWP).

Of concern is that this definition, should it be adopted, does not support psychotherapy trainings that emphasise experiential learning and therapist development through supervision and the therapist's own personal work.

We would like to encourage any GANZ members who are eligible to attend the PACFA meeting to do so or to contact the College of Psychotherapy Leadership Group (CoPLG) or the Gestalt Leadership Group within PACFA if they have any concerns,

If you have any questions please contact Madeleine Fogarty on madeleine@madeleinefogarty.com



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GESTALT CONFERENCES

**An invitation to participate in a warm-up activity for the Gathering/Hui
- March**

PERCEPTION - EXPERIENCE - ACTION

Welcome to the **second of three self-directed discovery activities –
something **creative** to do before you arrive!**

Dear Colleague,

Context and purpose of activities

The purpose of the three (3) pre-Gathering/Hui activities is to invite everyone attending (and those not attending) to undertake some personal reflection as preparation for engaging with the interactive nature of the Gathering/Hui. Each activity aims to support us to have an informed voice in certain sessions in the program. **Activity 1 if you missed it is available on the website www.ganzgathering.com.au**

In place of offering panels and the traditional choosing from a menu of workshops or presentations, each day of the Gathering/Hui's overall process-oriented design builds on experiences of the previous day. In effect, the Gathering/Hui is a macrocosm of the gestalt process within a community situation. Rather than focusing on any single social issue, the intention is to support participation through engaging together across a variety of configurations in exploring and expanding our understandings and learnings around the core theme of ***Catalysts for transformation.***

From our personal and professional experience as citizens and practitioners we know that in our life experiences and the work we do that we all witness a wide range of personal distress within diverse aspects of society. Our craft provides us with the ability to offer transformational processes and to develop personal capacities and skill sets that illuminate a deeper awareness of what catalyses change. Our invitation to you to engage with each of the three self-directed



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discovery activities reflects our hope to optimise our individual and collective capacity to explore deeply the theme of the Gathering/Hui.

Self-directed discovery activity 2: Experience

We have all experienced moments of transformation. They may be moments of your own or ones that you have facilitated or witnessed in others. In these moments of transformation alchemy is at work. We are inviting you into a process of personal story telling that will establish a shared ground to help us uncover the alchemy of these moments - the catalysts for transformation.

1. This activity involves creating a poster of any size that represents your “first person” account of a story of transformation that you are willing to share at the Gathering/Hui. When creating your poster, you could use words, drawings, images, diagrams as writing, collage, painting or a mix of any of these, all of these and more. You could do this individually, as a pair or a small group – whatever configuration you wish.
2. Our hope is to fill our main meeting place on Saturday morning with a gallery of representations of our lived experiences of transformation. We will encourage you to share your stories of these in free form conversations, and then through engaging in a live-poster making process, to uncover potential catalysts and extend the list suggested in the theme statement.

Realities of our being together

As a facilitation group we want to keep before you some realities of our Gathering/Hui and are hopeful that you will commit to some perspectives and ways of being together that will serve us well in our adventure.

1. We represent an incomplete microcosm of global diversity and therefore we all have some form/s of cultural incompetence in relating to our clients, colleagues and the wider community whether individuals, social groups or larger systems.



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2. While our Gathering/Hui is unrepresentative and we cannot be more that we are, we do not want to be less than we are. We will work with what we have understanding that this is not all there is.
3. While we may be tempted to speak on behalf of others, we will endeavour to be clear about the personal context of our contributions and not assume our views are representative. We encourage sensitivity, openness, courage, kindness and compassion in our ways of being together and speaking about others.
4. We profoundly realise that our Gathering/Hui will mirror the dynamics that play out in the wider field. The opportunity in our coming together is that as these inflammatory stuck points of misunderstanding and overreach manifest, rather than moving into isolation and alienation, we will collectively breathe and create the space to discover the catalysts required in the moment to enable transformation.

The facilitation group remains committed to furthering the vision of gestalt therapy's founders, and many others since then, in fostering the contribution of gestalt to individual and social change processes that value inclusive collaboration, develop restorative action, and reject oppression. We have come to realise that these transformative processes are not conceptual - they are at the heart of the Gathering/Hui.

Attending the GANZ Gathering/Hui counts as 20 CPD points.

Gathering/Hui Facilitation Group

Mike Reed, Brenda Levien, Alan Meara, Gabe Phillips

And Gathering/Hui Convenor

Ashleigh Power



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COMMUNITY NEWS

PEER GROUPS

Clare Mullen in Western Australia would like to connect with others who may be interested in Gestalt coaching in Australia. She has researched some opportunities to undertake training, and found a number of options overseas. She is interested to know if there are any opportunities in Australia. If not, she is interested to see if there might be sufficient interest from people to consider approaching training providers about delivering programs in Australia. If you're interested in Gestalt coaching, or know of any such programs in Australia, please contact Clare at: clare@positivelyleadingchange.com

Gestalt Interest Group Get-together (“G.I.G.G”) Report 21 February

The Sydney Gestalt Interest Group met recently for the first quarterly get-together for 2019.

Zan Goodrich hosted the Get-together at her home. 17 people interested in gestalt ideas attended for some informal socialising, as well as some updates on what's been happening in our local and international community. Julie Rea and Chris Wilkinson shared their experience of Ruella Frank's training in Spain last October, Zan and Julie explained the initiative of the Gestalt Interest Group to those who haven't attended before and Mike Reed spoke about the upcoming "Hui " taking place at Manly Q Station on May 3-5- a wonderfully ambitious and innovative gathering, grounded in the gestalt approach. Mike facilitated a small "warm up" process for the Hui- inviting the gathered group to share experiences of "being othered or othering". The process provided some experiential "ground" to the figure of the Hui "Diversity, inequality, dialogue and...?".

A reminder that the Gestalt Interest Group welcomes anyone interested in Gestalt. Please come along and experience our fledgling initiative! The next get-together will probably be in June or July- details will be published on the GANZ community events page.

Peer Group Contacts

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



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JOURNAL

GJANZ Journal

The Nov 2018 edition (Vol 15, No 1) of the Gestalt Journal of Australia and New Zealand is available for downloading from the GANZ website at [GJANZ](#) . Print orders are now available for ordering, and thank you to members who alerted us to a bug in the website preventing downloads, which has now been fixed.

The editorial expands the theme of the 2019 GANZ community Gathering/Hui: ‘Catalysts for transformation’, with an update on progress and the intentions for pre gathering activities as well as situating these within a global perspective. We have offerings that explore neuroscientific aspects of cognitive and aesthetic processes in therapeutic process including the roles of the use of self, and of creativity and play in therapeutic engagement. A book review explores the contribution of the Cleveland based Cape Cod model grounded in the authors’ reflective processes around the application of change processes at various levels within social situations

Sadly, there is the honouring of the passing of two significant contributors to our craft: Bud Feder and Georges Wollants.

As always, your voices in print in representing issues and ideas that are important to you are welcome, with the offer of support to refine your work where necessary.

Happy reading, and best wishes for the new year,
Alan Meara.

Editor, GANZ Journal

Contact email: ozgjeditor@ganz.org.au

Gestalt Review Journal

The content page of the current Gestalt Review Journal can be found [here](#)

“Launched in 1997, Gestalt Review is a peer-reviewed journal that provides a worldwide forum for exchanges in theory and practice. It concentrates on the



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Gestalt approach at all levels of system: from the individual, couples, families, and groups, to organizations, educational settings, and the community-at-large. Published three times a year, the journal includes original articles dealing with politics, philosophy, gender, and culture. There is also a section for book reviews and reflections. It is targeted to Gestalt theorists, Gestalt therapists, Organizational Development professionals, psychologists, social workers, clinicians, counselors, educators, and the community-at-large.” *Gestalt Review*

RESEARCH

Subject: Psychotherapy Research article on the Gestalt Therapy Fidelity Scale

Hi everyone,

Just published in Psychotherapy Research:

Madeleine Fogarty, Sunil Bhar & Stephen Theiler (2019) Development and validation of the Gestalt Therapy Fidelity Scale, Psychotherapy Research, DOI:
10.1080/10503307.2019.1571688<<https://doi.org/10.1080/10503307.2019.1571688>>

You can get paid access to the article by clicking on the DOI above. Alternatively, the publisher allows 50 free views of the article by clicking on the link below (please make sure to download the article when you view it):

<https://www.tandfonline.com/eprint/B2xS47hxjUijcBBJxvWQ/full?target=10.1080/10503307.2019.1571688>

The link will stop working once it has been used 50 times, so first in best dressed! If the link doesn't work for you, and you would like to read the article, please email me directly.



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In the meantime, here's the Abstract:

Objective: Three studies were conducted to develop and validate the Gestalt Therapy Fidelity Scale (GTFS), a 21-item measure of treatment adherence for Gestalt Therapy (GT).

Method: Thirty five items for possible inclusion in the GTFS were generated on the basis of a literature review. In Study 1, a Delphi methodology consulting 63 international GT experts was used to select items for the GTFS. In Study 2, six experts used the scale to rate video-based sessions of GT, and provided feedback on the usability of the scale. In Study 3, 176 participants from 18 countries used the GTFS to rate GT and not-GT video recorded sessions.

Results: The Delphi study consensus method resulted in 25 items for consideration in the GTFS. The scoring system and items were subsequently revised following further feedback from experts (Study 2). The GTFS was found to significantly discriminate between GT and not-GT based sessions (Study 3): raters scored GT sessions significantly higher than not-GT sessions. High levels of internal and inter-rater reliability were found.

Conclusion: The GTFS is supported as a psychometrically sound measure of treatment adherence for GT, and hence can be used to assess the degree to which therapists are administering GT.

There is a much more condensed description of the development and validation of the GTFS in the forthcoming second edition of Phil Brownell's Handbook for Theory, Research, and Practice in Gestalt Therapy. That chapter includes the names of all those who participated in Study 3, the validation study.

Thanks again for your contribution and support for this project. I am deeply grateful to all who participated.

Warm regards,

Madeleine Fogarty.

Reminder for Scholarships for attending the 2019 Gestalt Research Conference



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One scholarship of \$150 USD towards the cost of the tickets for 2019 Gestalt Research Conference in Santiago is still available. 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](#)

The application deadline has been extended to 31-Mar-19.

EMPLOYMENT OPPORTUNITY

GANZ has received an enquiry for a Gestalt Therapist to conduct reflective practice sessions with a group of between 6 to 8 people working in Out of Home Care services, in April 2019 In the North West Melbourne Region. Experience working in the out of home care sector is preferred or experience supporting people with mental health issues and/or disabilities. For more information contact Anthony at ganz.membership@gmail.com



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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.

A full calendar of Gestalt related training and events is available at
<https://www.ganz.org.au/events/>

Newly announced this month:

- **May 2019:** Amanda Gruhn is pleased to announce her next 3 Day Depth Enquiry Workshop
www.ganz.org.au/event/depth-enquiry-workshop-with-amanda-gruhn-may-2019
- **Mar - Nov 2019:** An experiential, educational and theoretical background of Systemic Constellation work grounded in the principles and practice of Gestalt therapy.
www.ganz.org.au/event/systemic-structural-family-constellation-training-2019-byron-bay/
- **July 2019:** Advanced Skills in Couples Therapy - Utilising aspects of Gestalt couples therapy, Emotion Focussed Therapy and Behavioral Models, participants will be supported in developing specific skills and interventions to enhance their work with couples. <https://www.ganz.org.au/event/advanced-skills-in-couples-therapy/>
- **September 2019:** The Wisdom and magic of Play - Denise Richman, experienced child and adolescent therapist based in Los Angeles will facilitate this serious, yet lively and playful training. Participants will learn about and explore the Violet Oaklander model of Gestalt therapy for children and adolescents.
<https://www.ganz.org.au/event/the-wisdom-and-magic-of-play-part-2/>

How to submit a training event



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GANZ offers members the opportunity to advertise their own workshops and events on the GANZ website, Facebook, and through the GANZ Newsletter. Advertising is free to members. If you would like to apply for a workshop or event to be advertised through GANZ, please submit the details at <https://www.ganz.org.au/events/community/add> or via the Training and Events menu.

Once GANZ approves the application, a calendar event, blog post and Facebook post will be created. Each month, new training events will also be listed in the newsletter to members. Some things to note:

- Flyers can be uploaded if they are image files e.g. jpg or png, but not pdf files. Windows users can convert pdf files to jpg through the “windows snipping tool”, and Mac users can use the “FileExport As” menu.
- It is not necessary to log in to your GANZ membership account to submit events, but if you do login before submitting an event you will gain the ability to edit previously submitted events and won't have to do the somewhat annoying “I am not a robot” procedure when submitting events.

If you need any help, please contact ganz.membership@gmail.com