



## GANZ NEWSLETTER – June 2019

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Welcome to the June 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](mailto:ganz.membership@gmail.com)

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## COUNCIL NEWS

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Dear GANZ and Gestalt Community,

Although we are now some weeks now from the GANZ Hui Gathering, I continue to feel the resonances of that event and what it might invite our community to consider or move towards.



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Firstly though, I want to acknowledge all those who gave of their time and energy to plan and hold this event. The Facilitation Group – Ashleigh Power, Gabe Phillips, Alan Meara, Mike Reid and Brenda Levine – worked tirelessly to put together an event that was as much an experience as anything else, but one which invited us to consider deeply what it matters most. Those who were there would have a sense of the extraordinary amount of work they did, and the enormous gift of time and passion this represented.

The work of the Facilitation Group was supported by a wonderful group of Sydney locals who contributed their time, energy, and good humor to holding the space and managing all the necessary logistics that go with holding a conference event. It's work that can go unseen and unacknowledged, but it's crucial and often makes the difference between a good event and a great experience.

On behalf of the GANZ and all those who attended, I want to say a public thank you for what all of you in your different ways gave to our community. It's was and continues to be a gift of love, energy and vision and I'm hopeful that in the coming months and years we can continue to build on all your hard work and the passion that was stirred through the Hui.

The term, for those not familiar with its origins, means something along the lines of different tribes coming together with the intention to work – to collaborate. One of the key things I took away from the Gathering was a sense of how vital and alive the gestalt community in Australia is. Lots of people are engaged doing very interesting work. My question has to do with how GANZ can be a catalyst for bringing this energy together, supporting what is already being done, and building greater links between these different groups.

We will say more about that as we move towards this year's AGM which has been set for the 16<sup>th</sup> of October at 6pm (AEST). In the coming months we also hope to have an announcement about the GANZ Conference for 2021.

So more to come...  
Wishing you all the best  
Leanne O'Shea



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### International Co-Chairs Report

Many great initiatives are happening within Gestalt therapy community around the world. One of them is the AAGT Bud Feder Scholarship Fund: 2019-2020 Online Series. You will find more information about this initiative in our Newsletter and we would like to invite all Gestalt colleagues in Australia to participate. AAGT Gathering and AGM will be held in Sardinia, Italy in September 2019 so if any of you can participate that will be great. The next AAGT Conference is in Ireland 2020.

Another amazing project is the research database. The database will have many scholar references in Gestalt therapy which are published in peer-review journals and books. The situation in Europe inspired many Gestalt therapists to organize and fight for our modality. We need to contribute to evidence-based practice and we need to publish academic articles and books. Gestalt therapy community in Europe is well organized especially the EAGT research committee and they currently have many projects. The next EAGT Conference is in Budapest, September 2019.

Also, the International Gestalt Research Conference in Santiago, Chile was hosted by our Gestalt colleagues in May 2019 and the conference was very successful. The next one will be in Hamburg, Germany 2021. Finally, another important contribution and international collaboration we would like to mention is the 2<sup>nd</sup> edition of the Handbook of Theory, Research and Practice in Gestalt Therapy edited by Philip Brownell. The book is published and available through Cambridge Scholar Publishers. As you can see Gestalt community in Europe and USA is very alive and active. We are still trying to make contacts with Asian Gestalt Community and we hope to succeed in the future.

**Jelena & Eric**

### GESTALT CONFERENCES

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The Gathering/Hui was certainly a departure from earlier conference protocols. It was designed to be a process that in my view, in some ways paralleled Lewin's Action Research method and reflected elements of the Unit of Work, along with creative experimentation with music, art and posters. It is interesting to note that upcoming conferences overseas are moving in somewhat of a similar direction. There are lessons to be learned about how to present a shift in emphasis to potential participants in ways that are more connective and engaging.

A brief summary of the phases and intentions follow:

- *Acknowledgement of country* – grounding in the environment.
- *The ground of our perceptions* - exploration of unconscious bias and exclusion.
- *Stories of transformation experiences* - expressed through creative posters.
- *Uncovering catalysts*. Identifying forces for change, with a phenomenological description how catalysts operate.
- *Grappling with dilemmas* – identifying constraints to change, forces for sameness. The most common was 'fear' in its many forms.
- *Actions in the field* - projects/actions selected by the large group addressed both catalysts and constraints with small consultant groups presenting the outcomes to the whole community. These were collected to form a statement from the heart – to be published in the future.
- *Going forward together* – represented through an emotionally moving placard parade.

The process involved pair work, small groups of various kinds and whole group configurations with the intent to create many opportunities for interpersonal connection and respect diversity. The facilitation of the process was an experiment in itself, formulated over eighteen months of Zoom meetings, with a mix of shared and lead facilitation across sessions, and many collegiate debriefs on site. The convener group in Sydney, operating largely behind the scenes acted in creative and effective ways to the many and various 'blips' in room and resource management, and Q-station liaison.

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Now, nearly two months afterwards, it is some relief to regain some time for my other commitments. Yet I believe our intentions and hopes were well met and satisfying enough for all stakeholders. I hope that the momentum created at the Gathering/Hui ripples out in our region.

**Alan Meara**

### Catalysts



### Constraints





















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### **AAGT Bi-Annual Conference Call for Proposals EDGES OF EXILE AND BELONGING**

#### **From AAGT:**

Dear AAGT members and Gestalt practitioners around the Globe:

We are very happy to announce to you that the Call for Proposals for the next AAGT Biennial Conference, Ireland 2020, is open! We are inviting you to submit proposals of a workshops that you are willing to facilitate for the Conference and/or the Pre-Conference programmes.

Whether you are a past Conference Presenter or Newcomer to presenting at AAGT, feel very welcome to submit your proposal. You can go to the Call for Proposals form where you can find more details and general guidelines.

You don't have to fill in the form all at once, you can fill it in in stages and save it until it is finished so you can send it.

Notice that the deadline for submissions is August 18th, 2019. Regretfully, we will be unable to accept proposals after this date.

We have also provided some helpful tips and tricks. Feel free to contact us if you need more information.

[Submit a Proposal!](#)

[Helpful Tricks and Hints](#)

Marie Quiery, Marie Cacao, Claudia Fernández and Eduardo Rubio, co-chairs of the Pre-Conference and Presentations Committees  
**[admin@aagt.org](mailto:admin@aagt.org)**





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### Changing Landscapes: Innovation and Challenges in the Treatment of Trauma and Dissociation

**Registration Open Now!**

**Rydges Latimer Christchurch | 22-24 November, 2019**

Join ISSTD in Otautahi/Christchurch, NZ for a three day regional conference! Come together with your colleagues for a weekend of incredible training opportunities.

The conference will kick off on Friday with a series of half and full day pre-conference workshops followed by evening social events which will allow attendees to experience Christchurch. The main conference begins on Saturday with a cultural opening followed by plenary workshops from ISSTD Past President Kathy Steele, current ISSTD President Christine Forner, ISSTD Board Member Michael Salter and ISSTD Past President Martin Dorahy. The day of education will end with a plenary panel featuring Rick Hohfeler, Joan Haliburn, David Leonard, Matt Ball and Susie Farrelly, moderated by Warwick Middleton. Join us in the evening for the conference dinner (separate registration required/guest tickets available). Sunday will feature a number of workshops and the cultural closing of the conference. The full preliminary schedule for the conference will be available soon!

[REGISTER NOW!](#)

#### Preliminary Schedule

Friday, 22 November 2019

Pre-Conference Workshops (Half and Full Day Options)

- Track 1
  - Assessment with the MID-6 (Half Day) – D. Michael Coy & Jennifer Madere
  - Which Brain Am I?: Identifying and Targeting Appropriate Interventions in the Triune Brain in Complex Trauma Disorders (Half Day) – Naomi Halpern
- Track 2
  - Sensorimotor (Full Day) – Rochelle Sharpe Lohrasbe
- Track 3
  - Perpetrator-Victims and Organised Abuse (Half Day) – Warwick Middleton & Michael Salter



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- When Nothing Else Works: Chronic Self-Regulation via Shame and Dissociation – Formulations and Treatment Considerations (Half Day) – Martin Dorahy & Rick Hohfeler
- Track 4
- Dissociation 101 (Full Day) – Christine Forner & Mary-Anne Kate

### Evening Social Event

Saturday, 23 November 2019

Conference Opening

Plenary Addresses

- An Integrated Systemic Model for Treating Trauma-related Dissociation – Kathy Steele
- Mindfulness in the World of Dissociation: What are the Hurdles, Benefits, and Cautions – Christine Forner
- Constructions of Complex Trauma and Implications on Women's Wellbeing and Safety from Violence – Michael Salter
- Dissociative Identity Disorder: Clinical Phenomena Under the Laboratory Spotlight – Martin Dorahy

### Plenary Panel

- Dissociation, Psychosis, and Borderline Personality Disorder Interface – Rick Hohfeler, Joan Haliburn, David Leonard, Matt Ball, Susie Farrelly and Warwick Middleton (Moderator)

### Conference Dinner

Sunday, 24 November 2019

90 Minute Workshops (Three Tracks)

Full Day Workshop (One Track)

Conference Closing

### Conference Hotel

Rydges Latimer Christchurch

30 Latimer Square, Christchurch Central | Christchurch 8011 New Zealand



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### COMMUNITY NEWS

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#### SUPERVISION GROUPS

Two new Monthly Supervision Groups have started in Inner West Sydney.

The group will be facilitated by Christine Wilkinson, an experienced Gestalt Therapist and Professional Supervisor. Contact details: [chris.wilkinson@internode.on.net](mailto:chris.wilkinson@internode.on.net)

#### NEW GESTALT VOICES JOURNAL: ONLINE SUPPORT/ PEER GROUP

Join fellow Gestaltists from the U.K., Poland and Australia in an online support group running monthly/or every three weeks for one and a half hours. Meeting time is at 7am UK time/ 8am CET/ and 4pm Melbourne AUS time on a Thursday. This may change with daylight savings time changes. We are looking for 1-2 more participants to join us in the formation of this group. Contact John Gillespie: [John@newgestaltvoices.org](mailto:John@newgestaltvoices.org)

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### JOURNALS & PUBLICATIONS

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#### GJANZ Journal

The new edition of the GJANZ Journal will be released very soon so keep an eye out for an announcement!

The Journal is delivered electronically free to members who have signed up to the GANZ mailing list. Members can also download the Journal by logging in to their account on the GANZ





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website [www.ganz.org.au](http://www.ganz.org.au) and can be purchased by non-members [here](#). Print editions can also be purchased via our website.

If you are a GANZ member and have not been receiving the Journal, please log on to your account in the [members area](#) and sign up to the mailing list before the next edition comes out.

It will be soon!

To contribute to future editions of the GJANZ please contact Alan Meara, Editor, GANZ Journal on [ozgjeditor@ganz.org.au](mailto:ozgjeditor@ganz.org.au)

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**New Publication:** [Handbook for Theory, Research, and Practice in Gestalt Therapy](#) (2nd Edition) edited by Phillip Brownwell has been released.

From the publisher's blurb:

*This is a true second edition, so much so that it approaches being a different book. It includes among its new authors some of the most sought-after theorists in contemporary gestalt therapy. There is a section on the philosophy of science, research and research methodology, and one devoted to gestalt therapy and its teaching and research in diverse parts of the world. There is disagreement and critique, for this is not a simple book. It is so packed with information that it serves as both a challenge and a resource. This second edition of the Handbook will take its place as an aid in understanding the evolution of contemporary gestalt therapy and as a guide to the evolving research tradition in gestalt therapy. It rightfully belongs on the shelves of both beginning trainees in gestalt therapy and advanced and experienced practitioners, and certainly represents a resource for practitioner-researchers involved in practice-based research.*

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**Gestalt News and Notes – Spring 2019 edition** has been released: provides information on trainings, research and publications from around the world.



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For details: <https://www.gestalt.org/news/>

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### RESEARCH

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#### **New paper on Gestalt Therapy Effectiveness published**

Abstract: Gestalt therapy (GT) is a humanistic clinical approach. The research concerning the efficacy of this model represents a controversial and quite poorly investigated topic within the general field of psychotherapy effectiveness. An up-to-date review of the studies concerning GT efficacy is currently lacking. Therefore, we conducted a systematic review of all available studies in the past twelve years aiming to give an overview of the most important findings of empirical researches published in international peer review journals in English and Italian languages. A total of 11 studies were included in this re- view. GT intervention was shown to especially improve conduct in the group therapy setting-not only for clinical disorders, but also related to other social issues. Findings allow suggesting certain reflections concerning future directions in GT research.

Raffagnino, R. (2019) Gestalt Therapy Effectiveness: A Systematic Review of Empirical Evidence. Open Journal of Social Sciences, 7, 66-83. <https://doi.org/10.4236/jss.2019.76005>

#### **Online Database of Gestalt Research**

The [Gestalt Psychotherapy Research Database](#) is an open dataset of bibliography references to research and literature about Gestalt Psychotherapy and related modalities. This database is the result of collaboration of different Gestalt Psychotherapy associations and their members:

- PTPG Polskie Towarzystwo Psychoterapii Gestalt  
Polish Association for Gestalt Psychotherapy
- AETG Asociación Española de Terapia Gestalt  
Spanish Gestalt Therapy Association
- EAGT European Association for Gestalt Therapy





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### Gestalt Research Conference

The 2019 Gestalt Research Conference has just completed in Santiago, Chile. It is planned to have a report back from this Conference in the next newsletter.

The next Gestalt Research Conference is to be held in Hamburg, Germany in 2021.

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### Current Research Projects 1

Dear Gestalt Community,

I recently conducted a phenomenological investigation into the client's experience of relationality within gestalt therapy, which has been written up and accepted after peer-review in Gestalt Review. I am now interested in conducting a similar investigation but from the perspective of the therapist.

If you are a gestalt therapist and interested in discussing your experience of relationality as a therapist, please get in touch. Interviews will be conducted online at a mutually agreeable time, expected to take no more than 20 minutes. If this research sounds like something you would like to contribute to, please email me at [dominic.hosemans@gmail.com](mailto:dominic.hosemans@gmail.com) <mailto:[dominic.hosemans@gmail.com](mailto:dominic.hosemans@gmail.com)>

Much appreciated.

Dominic Hosemans Ph.D.

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### Current Research Projects 2

Dear GANZ member

I am currently at Australian College of Applied Psychology and interested in doing a master's thesis on the challenges for Australian and New Zealand therapists of working with asylum seekers and refugees. Relevant information on the study is [attached](#)

I am planning to do semi-structured interviews in June and early July 2019 with psychotherapists from around Australia and New Zealand, who wish to be included in the study and who meet the following inclusion criteria:

- Work with refugees and asylum seekers for at least two years at least as part of their case-load

and

- Have PACFA College of Psychotherapy Clinical membership (full member) or
- Have APS full membership or
- Have AASW full membership or
- Have a full membership of a modality psychotherapy association (Australia and/or New Zealand)

and

- Have an experiential psychotherapy training in a particular psychotherapy modality (psychodynamic, gestalt, body psychotherapy, family psychotherapy, transactional analysis, existential therapy, narrative therapy)

This proposal has formal ethics approval from my college ethics committee.

Regards,

Anthony Brent Caldwell.

[238900@my.acap.edu.au](mailto:238900@my.acap.edu.au)



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### PROFESSIONAL DEVELOPMENT OPPORTUNITIES

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*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 training and events can be viewed here:**

<https://www.ganz.org.au/events/>

#### **Webinar: Ruella Frank**

##### **Exploring the Root of Development Trauma**

According to the traditional perspective on the development of trauma in the first year of a baby's life, the parent initiates what is thought to become an habitual traumatic reaction in the child.

Consequently, the baby reacts to the parent in ways that are rigid and repetitive. The understanding of developmental trauma, however, does not take into consideration relational dynamics that are part and parcel of any organizing experience. Observing baby and parent interactions from a relational and contextual perspective and through micro-movements, it can be seen how the baby's behaviors can powerfully impact the parents and can generate the threat of re-traumatizing for them.

This 75 minute **Interactive and Experiential WEBINAR** will center on the transaction patterns of both baby and parent that over time create traumatic attachment and the passage of intergenerational trauma. We will also explore how these early patterns influence the unfolding patient and psychotherapist relationship in the here-and-now and how to work through those ongoing and fixed gestalts.

Day: Friday, December 1, 2019

Time: 2:00 p.m. - 3:15 p.m. Eastern Standard Time

Cost: \$35.00



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**Webinar Series:** AAGT Bud Feder Scholarship Fund presents: The 2019-2020 Online Seminar Series featuring Webinars on a “pay as you can” basis by Gestaltists:

Michael Clemmens, Gianni Francesetti, Peter Philippon and Lynne Jacobs.

[https://docs.google.com/forms/d/e/1FAIpQLScbIXtdj4pEphb\\_AJuP4jxt9iGyB4y3pbfoBzo3OGZBF0p1xw/viewform](https://docs.google.com/forms/d/e/1FAIpQLScbIXtdj4pEphb_AJuP4jxt9iGyB4y3pbfoBzo3OGZBF0p1xw/viewform)

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### **Webinar: Contemporary gestalt therapy from a relational and phenomenological perspective**

From Dan Bloom:

This online seminar is now accepting new members. The seminar has been developing over the years in interesting directions. I usually run several concurrently with people at different levels of experience in them.

Below is the short description. A longer and more detailed one is on my website, [www.danbloomnyc.com](http://www.danbloomnyc.com).

Using the gestalt therapy model of Gestalt Therapy Excitement and Growth in the Human Personality (PHG) as the theory of reference, this seminar explores contemporary approaches to the theory and practice of gestalt therapy from a relational and phenomenological point of view. Basic concepts such as field, contact-boundary, self, creative-adjusting, and the aesthetic of contacting, are reviewed and explored in the light of current developments in theory and our own practices. Selections of PHG and various contemporary writings are discussed. Seminar members are encouraged to bring in examples from their own work.

Further details are on my website, [www.danbloomnyc.com](http://www.danbloomnyc.com)

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### **Advanced Skills in Couples Counselling**

*July 20 & 21 2019: Queensland*

<https://www.ganz.org.au/event/advanced-skills-in-couples-therapy-2/>

These two full day, advanced couples training workshops, will offer you as a therapist expanded knowledge on Infidelity (Day One) and the Use of Experiment (Day Two). The training will solidify existing skills and add new insights into your work with couples. In particular, fine-tuning techniques and interventions in support of your clients and in promoting the best opportunity for relationship repair and healing.

Utilising aspects of Gestalt couples therapy, Emotional Focused Therapy and Behavioural Models, participants will develop specific skills and interventions to enhance their couple's therapeutic practice. It will, furthermore, support participants in to work effectively with complex couples issues.



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### **Gestalt Art Experience workshop**

*11-Aug-2019 Brisbane*

**Helen McWilliam**

Enjoy this one day workshop to explore your inner landscape. Are you seeking insight into what's happening in your life right now? We will use a fairy tale as a lens to explore your situation and create opportunity for change. Have fun doing art, be inspired and touched by others as you share your stories and insights. I gently support you in a group process.

For more info: <https://www.ganz.org.au/event/gestalt-art-experience-workshop/>

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### **Advanced Couples Training: Working confidently with Infidelity**

*August 24 & 25 2019: Queensland*

<https://www.ganz.org.au/event/advanced-couples-training-working-confidently-with-infidelity/>

This two day, advanced couples training workshop, will offer your practice an expanded knowledge on working with infidelity and betrayal in adult love relationships. The training will solidify existing skills and add new insights into your work with couples. In particular, fine-tuning techniques and interventions in support of your clients and in promoting the best opportunity for relationship repair and healing. Utilising aspects of Gestalt couples therapy, Emotional Focused Therapy and Behavioural Models, participants will develop specific skills and interventions to enhance their couple's therapeutic practice.

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### **Cultivating Resilient Communities: Resources in the face of global crisis**

*August 30 2019: Brisbane*

<https://www.ganz.org.au/event/cultivating-resilient-communities-resources-in-the-face-of-global-crisis/>

In this workshop, international Gestalt trainer, author and organiser Mark Fairfield presents a framework for protecting communities under threat, pulling from research on resilience and social capital.

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Around the globe, communities are increasingly confronted with the imperative to take action to protect their human rights, their civil liberties, their livelihoods, and their well-being. But the scale of the problems threatening these fundamental values is so huge that the efforts required must be coordinated and managed at levels exceeding capacity.

The effect is a kind of unravelling and polarization of relationships that will undermine success. Now more than ever, communities need to build their resilience to stay in the struggle.

### Participant Outcomes

- Understanding of the factors that protect communities against collective trauma
- Orientation to resilience as a relational capacity fostered by personal and environmental qualities, rather than as an individual's skill or trait
- Access to tools and practices for cultivating protective factors
- Opportunities to experiment with using these tools and practices both during the workshop and in the broader context

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### Care of your Soul

*September 6th-11th 2019: New South Wales*

<https://www.ganz.org.au/event/care-of-your-soul/>

This September we are in for a treat for I am bringing Dr Janice Gerard from LA out again after 8 years. She is such a lovey!

She is a dedicated meditator and follower of a spiritual path based on Tibetan meditations and philosophy. She also has attended 17 Winter Residentials run by Gary Yontef and Lynne Jacobs, so is well experienced in Relational Gestalt work. This blending of the transpersonal with Gestalt group work will be a journey into a deep I-Thou connection with yourself and the group. She will be teaching us a series of special meditations over the 3 days.

So come on up and experience the relaxing joy of being in the rainforest along with one of the most experienced Gestalt therapists I know. Fritz Perls had his first LA group in her living room!

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**A full calendar of Gestalt related training and events is available at**

<https://www.ganz.org.au/events/>



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### How to submit a training event

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](mailto:ganz.membership@gmail.com)