



GANZ NEWSLETTER – July 2019

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



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COUNCIL NEWS

Dear GANZ members and Gestalt Community,

The GANZ Council held our July meeting last weekend, and would like to alert you to you the following:

Save the Date: 2019 GANZ AGM 6 pm 16-Oct-2019

The AGM is an opportunity for people to consider how they might like to contribute to GANZ's work of supporting Gestalt Practitioners and the ongoing development of Gestalt Therapy. More information will be available in the coming weeks.

PACFA update

PACFA has voted to accept an interim definition of psychotherapy, which can be viewed [here](#). This definition differentiates psychotherapy from counselling. It is also positive that the interim definition includes are:

- Psychotherapists have “completed a substantial, experiential professional training”
- “Psychotherapy trainees engage substantially in the process of their own psychotherapy” and
- The “training curriculum will have included extensive practical clinical skills” and supervision

PACFA's working group will be using this definition to guide their work on training standards, which has implications for all psychotherapy trainings in Australia. We will keep you posted.

Student survey:

GANZ is putting a call out to all current Gestalt Students. We would like to hear from you!



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GANZ wants to support students' development and to further involve them in Gestalt Therapy at large. To do so we are allocating more resources to support students of Gestalt Therapy including appointing a student representative to the council.

We have developed a brief survey to capture your needs at this stage of your career and what you might like to see GANZ do. Responses from the survey will be used to inform how GANZ can best serve the Gestalt student communities of Australia and New Zealand.

We would greatly appreciate it if you could complete it here: www.ganz.org.au/studentfeedback

Warm Regards,

Marc Moskowitz
GANZ Student Representative
student_rep@ganz.org.au

Member contributions to this newsletter

This edition of the GANZ newsletter contains three pieces written by GANZ members that we would encourage you to read. Anne Garrety reflected on the research group at the recent GANZ Gathering / Hui and also provides a report on the recent Gestalt Research conference. Aichia Brogan writes with enthusiasm of her experience of joining in the first webinar of the Bud Feder Scholarship Fund presented by Michael Clemmens.

We would like to invite all members to contribute to this newsletter in this way, so it's more 'relational' and less about just being an information sharing newsletter. For example, if there has been a workshop or conference you have attended that you would like to tell people about, please contact Aicha Brogan our Newsletter Editor at ganz.membership@gmail.com

Enjoy reading!
The GANZ Council
Anthony, Leanne, Eric, Marc, Barbara, Jelena, & Leonie



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GESTALT CONFERENCES

Reflecting on the 2019 GANZ Gathering / Hui

Anne Garretty offered this reflection from the research focus group at the 2019 GANZ Gathering

Think Globally act locally

This became connect globally and language locally as a theme for our specialty group at the Gestalt gathering in Sydney last May.

We as therapists belong to a larger global community of Gestalt therapists, trainers, researchers and influencers in the wider community of psychotherapists both in Australia and globally. This research and communication group met to explore and share excitement in these global and local challenges to make greater contact both with psychotherapy in Australia and with the gestalt and psychotherapy community globally.

The topic of communicating about gestalt was framed from 2 perspectives. The first was community mental health workers needing non-jargon ways to talk about their interventions that could be understood by their administration and team leaders. The second was from a therapist and trainer wanting clear language to support referral and client's enthusiasm. Madeleine suggested the use of her Gestalt Therapy Fidelity Scale as a resource that gives simple language to the intervention behaviours of the therapist.

Gregory Poll, a Gestalt mentor from Sydney institute spoke of the impact of his simple language which was a result of English being a second language for him.

The topic of connecting globally was then addressed by Jelena Djoric who spoke of her connections with EAGT the global European community and the importance of Australia staying connected with the research going on internationally. Also Madeleine spoke of her GTFS in



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current research with other researchers from Chile, Italy, Spain, Germany and Czech Republic and her success of being published in the international journal of psychotherapy. Publish to flourish was considered as the global solution to communication and connection. Nick a student of GTB spoke of the marketing value of both communicating locally and connecting globally to increase the perceived value of the product of GT. IN the name of hearing our voice heard I shared a little song I had written that is sung to the melody of “Gaudeamus Hodie” a well-known canon. So, as we constructed the placard for the parade we sang it as a call and response.

Here and now phenomenology
Situated in a singular field
Ethical and dialogical
Let's grade that experiment
Note contact functions
Clearly contract
See forces for difference
And forces for same
Po-la-ri-ties Sharp-en
The figure in a unit of work

There was so much enthusiasm and joy!

Anne Garretty

HABITAT 2020 - Virtual Conference - Mexican Association for Gestalt Psychotherapy

Dear Colleague,

On behalf of the Mexican Association for Gestalt Psychotherapy's Board and the Conference Planning team for the Feb 2020 International Conference entitled “Habitat”, it is an honour to be in touch with you regarding this exciting project. You are receiving this letter because we are interested in collaborating with you as a satellite site for the first ever Virtual Gestalt Conference



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which will be offered as part of our event from February 20-23, 2020 based out of La Paz, Baja California Sur, Mexico.

For more information: [Habitat 2020](#)

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



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JOURNALS & PUBLICATIONS

GJANZ May 2019 edition (Vol 15 No 2)

GESTALT JOURNAL of Australia & New Zealand		
Vol 15. No 2 May 2019		GANZ gestalt australia and new zealand
Editorial: A deeper field Alan Meara		2
<i>Peer reviewed article</i>		
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How wide is the field? Gestalt therapy, capitalism and the natural world Steffi Bednarek		18
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GANZ community Gathering/Hui, Sydney, May 2019. Expression of gratitude. Leanne O'Shea		105



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I am pleased to announce that the May 2019 edition (Vol 15 No 2) of the Gestalt Journal of Australia and New Zealand is now available for download [here](#). Print editions may be ordered [here](#)

The editorial seeks to recognise a pattern across the contributions of addressing both theory and implications for practice, depth, and across various fields, width.

Dominic Hosemans threads a relational psychoanalytic concept of companionship, shortcomings of dialogue, as applied in a case study of a traumatised child. Steffi Bednarek examines the role of psychotherapy in societal responses to climate change and raises issues on unconscious bias in our theory that limits recognising the more than human world. Barry Laing argues for Gestalt therapy to be an ally in providing more culturally appropriate support for indigenous health care than currently offered in the Social and Emotional Wellbeing (SEWB) framework. Barbara Suess first explores ways to provide support for bereavement, across historical and contemporary cultural differences, followed by findings from a project that revealed more similarities than differences in bereavement experience.

Leanne O'Shea as GANZ president expresses gratitude to the facilitators and convener (and the support committee) for the experimental Gathering/Hui which had quite a positive response from participants.

Happy reading, reflecting on the themes expressed by the authors, and perhaps taking action.

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



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New Publication: Embodied Relational Gestalt: Theory and Applications

From Gestalt Press:

Stand by for our newest title! **Embodied Relational Gestalt: Theory and Applications** is edited by Michael C. Clemmens, to be released on July 25 in the UK, perhaps before then in the US. Watch this space for the announcement!

In the meantime see what members of our community -- Margherita Spagnuolo-Lobb, Jim Kepner and Gordon Wheeler have to say on the back cover:

Reviews

“Considering various forms of the relational field, from which our experiences emerge, Michael Clemmens presents the concept of “forms of embodiment”, a very interesting and useful development of phenomenology of perception and Gestalt therapy. I feel grateful for his work that creates a solid basis for recent studies on therapist/client reciprocity in aesthetic terms, like the “Aesthetic Relational Knowledge” and the “Dance Steps”. This book and the unique perspective expressed by all chapter authors stand as a fresh description of clinical situations which you cannot help but use.” – **Margherita Spagnuolo Lobb, Istituto di Gestalt HCC Italy, Siracusa, Palermo, Milano; www.gestaltitaly.com**

“Michael Clemmens has done a great service to the advancement of embodied work in Embodied Relational Gestalt: Theory and Applications. This collection offers a wide array of perspectives from a wonderfully international group of Gestalt therapists. Originally a follow up on presentations at the Gestalt & Embodiment Conference at Esalen Institute, this collection has brought us a rich set of perspectives on embodied relational work. Kudos to Michael Clemmens as editor and author and to the authors of these expressive and stimulating chapters for their furthering embodied work in Gestalt therapy.” – **James Kepner, PhD, faculty Gestalt Institute of Cleveland, author of *Body Process; Healing Tasks***

“This wonderful new collection is one of the most long-needed titles in the Gestalt field. All of us who work with clients in any setting and theory model - clinical, organizational, educational, social activist - know we need grounding in skills of using experiential embodiment. We know that in theory; - this book will help you know how.” – **Gordon Wheeler, Phd. President, Esalen Institute; author, *Gestalt Reconsidered; Gestalt Therapy (with Lena Axelsson, PsyD), APA book series, Major Methods in Psychotherapy***



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COMMUNITY NEWS

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

RESEARCH

Gestalt Research Conference report

The 2019 Gestalt Research Conference has just completed in Santiago, Chile. Anne Garrety attended and provided this report:

SYSTEMATIC CURIOSITY

“Research is just systematic curiosity” were the inspiring words of Dr Jan Roubal from the Czech Republic. This systematic curiosity was presented in the plenary sessions and workshops from Chile, Italy, UK, Mexico, Australia, Germany, Brazil, Argentina, Peru, Spain, Russia, Uruguay, Sweden and USA. This conference was presented in Spanish and English with simultaneous translations. I noticed that single case time series (SCTS) was one of the preferred methodologies in the research work presented at this conference. Pablo Herrera, Madeleine Fogarty, Gianni Francesetti, Jan Roubal, Marina Schnake and others presented the results of these single cases with varying degrees of statistical quantitative and qualitative data.



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I personally got to share the experience of being a researcher using SCTS with Madeleine Fogarty in my fourth year at GTB. This gave me the opportunity to speak myself at the workshop to the benefits for both client and student therapist of conducting practice based research. Although a great motivation for research is empirical validation in an environment of evidence based practice, there is also excitement around reflective practice on what works well and why in micro and macro change processes. Retrospective Questionnaire was the qualitative tool Roubal and Francesetti used in their single case studies. Data on what the client saw as moments of turning points in therapy were collected alongside data of unexpected changes in functionality at various intervals after the therapy.

Gestalt therapy research is in a hopeful phase of reaching out to connect to the wider field of global psychotherapy research. Madeleine Fogarty's Gestalt Therapy Fidelity Scale was particularly valued by the researchers as an invaluable part of the movement towards validating Gestalt Therapy as an evidenced informed methodology. Dr Otto Glanzer is heading an international team of gestalt research which is willing to take any data gathered around the world to contribute to a global bank of substantiation of the efficacy of Gestalt therapy. The Society for Psychotherapy Research members, Marianne Krause and Claire Hill, graced us with advanced presentations of their internationally acclaimed work in change processes. Madeleine Fogarty and Jan Roubal are two Gestalt therapists who have been published in the global psychotherapy research journal gaining notoriety and respect in the psychotherapy research world beyond Gestalt.

There was a strong women's presence at all the symposiums bringing a collaborative collective vision to the present and future development of gestalt approaches in the clinic and in social structures. The art and politics of practitioner research was a vibrant successful symposium with Dr Christine Stevens, Dr Rosie Burows, Sari Scheinberg PhD and Dr Claire Asherson Bartram. Gestaltresearch.org is a new site opened only 2 months ago. It is a database for gestalt therapy research which was created through funding from the Spanish and Polish gestalt associations by David Picò. EAGT will now fund the ongoing costs to maintain and grow this valuable site. Coming together with Latin America for this conference created connections of cross cultural appreciation of the depth of each other's drive to systematically be curious and share our



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curiosity along with our human desire to alleviate suffering. With days of simultaneous translations still ringing in my ears, I am glowing with new connections to young Brazilian and Peruvian researchers through our shared humanity.

Miriam Munitz from Mexico gave parting words to us never to forget that rather than a medical model gestalt is a teaching model. We must dare to be phenomenological, leave behind the cause and effect model, and listen to the call for development inherent in dysfunction: a call that is sounded within the clinic and beyond.

Gianni Francesetti reminded us that therapy is not a chance to change the client but to understand that the suffering is an emergent field phenomena and the therapeutic moment a chance to answer differently. The ways suffering appears in our relationships are dynamics of the fields that are emerging and we as therapists are instruments of the field.

Finally, connecting practice to research to theory is an eternal triangle of awareness vital to Gestalt therapy to keep it relevant and effective in the here and now. Gestalt as both as an approach in psychotherapy and a social approach is highly relevant to a complex changing world which requires not only a flexible creative adjustment for clear figures to effectively nourish us, but also an embodied experiential grounding from which true aesthetic figures can coherently rise.

Annie Garrety

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

Request for assistance from Joe Melnick, Gestalt International Study Center

Some of you may have remembered that a year ago I reached out after GISC's APA accreditation for C. E.U.'s had been denied. We reapplied and our application has been "deferred". They need the following information:



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Research less than 10 years old in refereed journals that do not have the word "Gestalt" in the title, that:

- Compares the Gestalt approach to others
- The positive impact of awareness - can be in the form of mindfulness-but not meditation
- The impact of optimism on relationships
- The importance of the therapeutic relationship in positive therapy outcomes

If you know of any articles that meet the above criteria and address the content I would appreciate it, you sending the references to me.

Thanks,

Joe.

joephmelnick10@gmail.com

Current Research - Calls for participants

4 Online Volunteers needed - post-doctoral International Research Study of the effectiveness of Gestalt Therapy with Anxiety.

This 12-week process will be conducted online and includes a daily questionnaire, an initial interview, 8 FREE sessions of Gestalt Awareness Therapy, and a follow-up interview.

Confidentiality is assured and all data collection protects your anonymity.

The daily questionnaire begins at the initial interview and weekly Gestalt Therapy begins two weeks later and continues for eight weeks. The follow-up interview occurs two weeks after that.

One therapy session will be filmed and that will be destroyed after assessing the fidelity of the therapeutic method evidenced.

Stressful situations, relational difficulties, loneliness, social anxiety experiences, phobias, obsessive compulsive suffering and panic disorder are amongst the symptoms suited to this study. You may leave the study at any time you feel this is not for you.



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As a Masters graduate of Gestalt Therapy Brisbane and a professional member of PACFA I run a private counselling practice at the Gold Coast and Brisbane.

Annie Garrety BA Dip T MGestTherapy

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@Healthandhappinesstherapies

0404521248 Please contact me for further details.

Gestalt Awareness Therapy is a humanistic existential experiential therapy that does not pathologise the suffering client. The whole person adjusting in their situation is recognised and supported to continue to creatively adjust towards greater wholeness, health and happiness. Talk therapy, arts therapies and movement therapy contribute to the experiential embodied processes used.



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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 August 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



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PROFESSIONAL DEVELOPMENT

Reflection on AAGT's first webinar with Michael Clemmens

Reflecting on AAGT's first webinar of the Bud Feder Scholarship Fund, Aicha Brogan writes:

As I write this I sit on my front porch in my toasty ski jacket - my dog beside me nudging me for a pat. It's mid-Winter in country Victoria (Australia) – apparently we are in the midst of an arctic wave - it sounds exotic but what I notice is the seeping cold, constant drizzle and grey skies. I'm feeling content. In front of me my jonquils are beginning to flower, my salvia is nearing the end of its final flush, the garlic I planted is edging towards it's end and the silver birches look silvery and remind me of the woods and vibrant greenness of Cornwall. I wonder if Robin Hood is nearby, skipping through fields.

I've just completed the last of my Winter pruning – I feel excited about what Spring will bring in my garden and it's so nice to be anchoring myself to my home – a place where I spend much less time than I would prefer, due to commuting to the city to work.

This morning I joined AAGT's first webinar in the series of well-known Gestalt therapists who are volunteering their time in service of the Bud Feder Scholarship Fund. Pittsburgh psychologist Michael Clemmens, who has contributed significantly to the gestalt field with his writings on addiction and body process (including editing the newly published book by Gestalt Press “Embodied Relational Gestalt: Theory and Applications”) was the first to present and began by talking of the importance of the “here” in the “here and now”. He invited us to participate in a short awareness exercise, paying attention to where we were, the sensations in our body as we made contact with (or did not make contact with) the ground. He encouraged us to bring our awareness to how we felt as we widened our awareness to our environment. Michael talked about bringing more into awareness how we include and notice our embodiment/our physicality in the here and now as we attend to the dialogical relationship with our clients and practice inclusion, presence etc...



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Michael reminded me that we exist “in relation” to another (person, environment etc). How I am, in myself, and what I can support, is dependent on the environment. Of course, this is not new to Gestalt! As gestalt therapists, we are well versed in knowing that figures emerge from relationality. That we organise ourselves in relation to what we can tolerate in ourselves (in our body) and in relation to the environment.

Michael wondered with us ‘do our clients have room for their sensations in their body?’. Where do we feel or not feel? How do we constrict our body as we retroflect? How do we manage the internal spaces in our bodies in relation to another?

Ahh! As some-one who grew up much more on the de-sensitised end of the continuum (it wasn’t safe to feel and express my difference – I needed to do more care-taking and to “mortgage off” parts of myself in order to be accepted by my family) I find it so refreshing to talk about paying attention to ourselves *before* our clients! No wonder this resonates with me (and why Gestalt is such a great fit for me) – I learnt to attend to the other and be much less aware of my own viscera (core) and my own needs. It kept me “safe enough” in relation to my caregivers. The cost, or course, was in being more attuned to others (what a great skill in a therapist), but less able to pay attention to and be aware of my own felt sense and what I needed to do about that (or how to complete my own experience cycles). How do we, as therapists, pay attention to our proprioception – to our internal space, as well as to what comes in through our senses – touch, taste, hearing...

As I listened to Michael, I was reminded that *how* I was in the moment was co-created by where I sat, by the technology we were using and by the other participants. Michael asked (I am para-phrasing) ‘What, in the here and now, supports the client to take up more or less space?’ As I listened my dog let me know that he wanted to go outside. I carried my laptop with me as I went, so that I could keep listening. When I sat back down I noticed that I had forgotten to mute myself – I imagined that my chattering to my dog and my opening and slamming of the door was heard by the other participants. Without mentioning it to them I felt shamed and was aware that I then found myself shrinking and retroflecting. I noticed myself clench my jaw, draw in my lip and



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constrict my breath and chest. Had I taken their attention from Michael?! How rude of me! Perhaps they will be angry with me?! My introjects ran rampant for a moment before I caught myself (as a twin I know a lot about taking up “too much” attention from the other). In noticing this process within myself, in paying attention to *how* I was beginning to constrict myself physically (how can that be separated from the wholeness of me?) without trying to change what I was doing, I was then able to consciously allow myself to 1) be aware that this was my introject, my projection that I had not tested; 2) give myself more self-support by experimenting with deepening my breath and loosening my jaw, which in turn allowed me to loosen the hold of my projection.

Michael said “What feels possible is dependent on space and how it’s co-created.” How do we notice how we feel in relation to our client, the wide universe around us? How do we choose to adjust ourselves (depending of course on our own capacity to do so) and how can we tolerate what our clients want from us? How do we hold this in our bodies?

Sitting with a group of people from Ireland, Canada, Australia and the United States felt somehow so supportive. I awakened to my early Australian morning and came away feeling enriched, supported and connected to a bunch of folk from around the globe and very much appreciative of Michael’s contribution in facilitating this.

I feel thankful to AAGT, to Heather Keyes and to the upcoming presenters – Lynne Jacobs, Gianni Francesetti and Peter Philippson for providing this opportunity to experience the interactive webinars at a ‘donate what you can’ basis. I deeply look forward to more of the webinar’s and more opportunities “online” to meet with other Gestalt therapists as we do this most beautifully enriching relational work both in similar and in different fields.

Aicha Brogan



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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/>

Nutrition: The Missing Link in Mental Health Treatment (FREE Online Training)

27th August - 4th September 2019

<https://www.ganz.org.au/event/nutrition-the-missing-link-in-mental-health-treatment-free-online-training/>

This free, online training explores the new revolution in mental health and nutrition research and the role therapists can play in helping clients improve their mental health.

Webinar: Exploring the root of developmental trauma with Ruella Frank

Please note: correction of webinar date - published incorrectly in last newsletter

Friday 13th December 2pm-3.15pm Eastern Standard Time

<http://somaticstudies.com/webinar-exploring-the-root-of-developmental-trauma/>

Cost: \$35

According to the traditional perspective on the development of trauma in the first year's 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. This understanding of developmental trauma, however, does not take into consideration the 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 their parents and can generate the threat of re-traumatizing for them.



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This 75 minute Interactive and Experiential WEBINAR will center on the transaction patterns of both baby and parent that over time create traumatic attaching 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.

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: We just completed the first of four seminars for our Bud Feder Scholarship Fund! Many people from various countries and both hemispheres participated. Truly an amazing experience of advancing international Gestalt therapy. Do not miss out on the seminars to follow!

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

https://docs.google.com/forms/d/e/1FAIpQLScblXtdj4pEphb_AJuP4jxt9iGyB4y3pbfoBzo3OGZBF0p1xw/viewform

Intimacy: A workshop on couples therapy - NZ

Sean Tonnet

28th and 29th of September: Wellington, New Zealand

<https://www.ganz.org.au/event/intimacy-a-workshop-on-couples-therapy/>

And also on the 12th and 13th of October: Dunedin, New Zealand

<https://www.ganz.org.au/event/intimacy-a-workshop-on-couples-therapy-2/>



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This 2 day informative, interactive and experiential workshop will offer 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. It will, furthermore, support participants in understanding 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.

To deepen and support learning, the workshop will include live demonstrations of couples therapy with a local couple by the facilitator!

Depth Enquiry with Amanda Gruhn

18th-20th of October 2019: Sydney

Amanda will hold her next 3-day Depth Enquiry™ workshop in Sydney in October 2019. Come and enjoy an invigorating and rewarding 3 days – becoming proficient in this powerful technique for working with clients exhibiting a range of traumas and negatively-held beliefs.

Replenish Soulful Retreat for Therapists

October 25-29 2019: New South Wales

<https://www.ganz.org.au/event/replenish-soulful-retreat-for-therapists/>

A retreat to connect with other Counsellors, Gestalt Therapists, Psychologists, Hypnotherapists, Coaches and Psychotherapists. Located in Kincumber on the Beautiful Central Coast, NSW.



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

We would welcome personal reflections on professional development workshops, webinars, books, trainings or conferences.

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