



GANZ NEWSLETTER – April 2020

Welcome to the April 2020 edition of the GANZ Newsletter. In this edition you will find information on:

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We would like to invite all members to contribute to the GANZ 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





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COUNCIL NEWS

Checking in and reaching out

So much has changed since our last Newsletter a month ago. While we on the GANZ Council are all grappling with the impact of COVID-19 situation in our own lives and work, we would also like to reach out to all in the Gestalt community. We encourage you to remain connected with each other, with your supports, and to your values. And, as Aicha Brogan reflects later in this newsletter, Gestalt has something to offer in times of great uncertainty, change, and loss.

For our part, the GANZ Council will offer what we can during this time to support Gestalt Practitioners. GANZ will endure, and is a resource to support the vitality of the Gestalt Community.

GANZ Council Vision

Prior to the COVID-19 situation emerging, we as a new Council we chose the themes of vitality, integrity and visibility for our work in this Council term. We chose this theme as we want to bring into focus an intention to grow Gestalt Therapy in Australia and New Zealand, and we believe vitality, integrity and visibility will support this to happen. In practice this means that as a Council we will be:

- Looking for ways to make belonging to GANZ more valuable to members
- Offering support to strengthen Gestalt communities, and
- Supporting the movement locally and globally to have Gestalt therapy recognised as an effective therapeutic practice.

Some of our plans will need to be put into hibernation for now, but we hope you, both GANZ members and the broader Gestalt Community will join us in forming and realising this intention to grow Gestalt in the longer term together. To begin with, vitality, visibility and integrity will be served through support for greater peer contact, beginning with free online Gestalt Process Groups.



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Online Gestalt Process Groups

GANZ is piloting online Gestalt peer groups, in which small groups of up to 9 members can participate monthly in a practice group based on the principles of gestalt awareness and group process.

- **Cost:** GANZ Members are able to participate for free. Due to the coronavirus situation, the normal fee for non-members (nominally \$20 per session) has been waived. Registration will be first opened to members on 6/4/2020 and will then be opened to non-members on 21/4/2020.
- **Date:** It is planned that the first group commence on:
5:30pm – 7pm AEST Wednesday 13th May 2020 (7:30pm - 9pm NZ time)
- **Registration:** Please express your interest by “purchasing” registration from the GANZ website [here](#). Once you have registered, the group co-coordinator will contact you to discuss whether the group fits for you.
- **Commitment:** We ask that people joining the group are able to commit to at least three sessions to allow the group a reasonable chance at forming.
- **New members:** To support the group to function, it is planned for the group to transition from being open to new members to a closed group once the group is full. Once the group has shifted to a closed group, the group members will decide when to re-open the group to new members.
- **Facilitation:** The groups have either rotating facilitation or leaderless facilitation to be agreed upon by members at the groups inception.
- **Group rules:** All participants agree to follow the GANZ Code of Conduct and it is the expectation that each process group establish their own group rules regarding group safety, confidentiality, and dealing with conflict. GANZ offers administrative support, provides the online platform, and co-ordinates member access. GANZ is not responsible for facilitation or managing conflict within a group or in any other way responsible for the content of the group process.

The peer groups are open to both practising therapists and students of counselling and psychotherapy. Participation is not restricted to Gestalt Psychotherapists and Gestalt students but rather is open to all registered psychotherapists and students of psychotherapy with an



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interest in Gestalt therapy. Please note that this peer group is not a therapy group, treatment group, or a Gestalt training group.

For more information contact: Annie Garrety on garretya@gmail.com

Access to professional development policy

Finally, for those trainers who intend offering online Gestalt training, I would like to invite you to consider registering the training with GANZ so that GANZ Members can receive a discount. It is our hope that this policy will both benefit members and attract participants to run workshops. As noted previously, it is not the intention for GANZ to have any influence over the content of the training under this policy.

If you are interested, please contact Michelle Sier at michelle.sier@outlook.com

Keep safe and stay connected,

Anthony Jones.

GANZ Vice president,
on behalf of the The GANZ Council
Anthony, Julia, Nathan, Aicha, Michelle, Eric, Marc, & Annie.

Newsletter Editors
Aicha Brogan and Anthony Jones.



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JOURNAL

All of us are affected by the COVID-19 situation, and there is an opportunity in the coming Journal edition to share our learnings and support each other. It is planned that the next edition of the GJANZ take a different format and collect short pieces focusing on the implications of the COVID-19 situation on Gestalt Therapy, practice, and training.

We invite all Gestalt practitioners to send in written contributions to the Journal Editor, Alan Meara at ozgjeditor@ganz.org.au

COMMUNITY NEWS

Reflections from GANZ members

Aicha Brogan

I've sat for some time on how to follow up my last update on the Australian bushfires. I realise my procrastination to write about this stems from my fear of the unknown. Of a world where the ground is shaky, where climate change and global pandemics can no longer leave us complacent and unaware of our co-creation and shared responsibility and humanity. As we are increasingly asked to isolate ourselves from our family, friends and communities, I am left to go inward.

In the news recently there was a beautiful quote from a man who has lived alone on an island for thirty odd years. He said "I understood that the most beautiful, dangerous, adventurous and gratifying journeys of all is the one inside yourself, whether you're sitting in the living room or under a canopy here in Budelli. That's why staying at home and doing nothing can be really hard for many."



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As Gestaltists, we are trained to reflect upon ‘cultivating’ more uncertainty in these times and in developing our capacity to “sit with” what is. GANZ Council will soon be co-ordinating online peer process groups as we also hold in mind the longer-term view of what might be needed for growth, healing and nurturance of our environment, relationships, and of ourselves.

With the unfolding of the impacts of the devastating Covid-19 virus, for many of us not living in the fire affected communities, the fires have taken a backseat. Close to 20,000,000 hectares have been burnt, 34 people and an estimated 1,000,000 animals killed with the major fires now contained or extinguished due to a tremendous amount of work from fire personnel but mainly from a large rain front. There are still hundreds of thousands of hectares still burning in my state alone.

From my time spent working in the communities impacted by our 2009 Black Saturday bushfires I know that although the fires may have faded from public awareness, the impacted communities are only just beginning their journey of recovery and finding new meaning in an ever-changing landscape.

This seems true for all of us now in the face of the global pandemic and it will be undoubtedly through connection and community that we, as a human race, will traverse this crisis together.

Annie Garrety

Embracing the Uncertainty

My clients and I are working at such a deep level this week. As we work within this field of such undeniable uncertainty, both economic and physical, we seem more able or willing to acknowledge our own personal uncertainty. And.... stay a little longer. I notice that we deeply embraced and surrendered to this uncertainty and we arrived at deeper new beginnings. It's as though a sort of super fertile void of holy unknowing opened up and a daring to breathe underwater so to speak followed. A daring to breath in places where previously we thought no oxygen or support existed. I applaud my clients for being willing to do this with me. I am grateful



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to follow this uncertainty together. Surprisingly satisfying contact with the field and each other followed this movement.

Warm regards,

Annie Garrety BA Dip T MGestTher
Sunshine Creative Counselling



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PROFESSIONAL DEVELOPMENT

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: Recorded sessions from Michael Clemmens, Gianni Francesetti and Peter Philipsson are now available. The next session with Lynne Jacobs will present on the 7th of March 2020.

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

Gestalt and Social Change Association Webinars

<https://www.facebook.com/events/s/gestalt-social-change-webinar/2881843321877014/>

When: 1 session per month, every last Friday

Starting date: 28 of February

Duration : 2 hours per session

Max. participants per session: 5

Suggested donation: 50 euro. You can offer more or less according to you economic condition.

Online Meditation Course

Hi, I just wanted to let you know that given the difficult times we are facing I have decided to run an online meditation course, “meditation in uncertain and difficult times”. The course will run over 4 consecutive weeks and have a minimum of 6 participants and a maximum of 10. We will focus on the importance of implementing a meditation practice during such difficult and uncertain times, how to apply the principles of meditation to specific issues we are facing, like



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fear/anxiety, uncertainty, grief, increasing your capacity to tolerate difficult emotions and hold conflicting experiences.

If you have a current mental health care plan the group will be bulk billed (costing you nothing), email activemindbody@me.com if you are interested and give me an idea of the days and times you are free so I can set up a time.

Thanks
Dean Smith
Psychologist

Free support webinars for therapists to help us in these times of uncertainty

Regular webinars to:

- Support one another around our anxieties and concerns about our clients and our practice
- Offer mini-presentations with guest speakers on topics to help us get through these times (e.g. providing services via video conference, phone, or email, etc., dealing with technology, issues around reducing fees, collecting payments and a lot more.)
- Share strategies for keeping our business running and attracting new clients

23 March-23 May

Free

Clinton Power and the Mind Body Training Institute

See [here](#) for more information.



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

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.

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