



## GANZ NEWSLETTER – February 2020

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

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### COUNCIL NEWS

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#### Introducing the new GANZ Council

Welcome to 2020 and to the return of the GANZ newsletter for this year. At the AGM late last year GANZ farewelled a number of people who had served on the Council. I would like to again thank Leanne O'Shea (President), Jelena Zeleskov Djoric (International Relations), Leonie Sinclair (Treasurer), Madeleine Fogarty (Research), and Barbara Churcher (Secretary) for their work for the Gestalt community and their generosity in giving their time. We are now ready to announce the new Council line up:

President - Vacant

Vice-President - Anthony Jones (Vic)

Secretary - Julia Werner (Vic)

Treasurer - Nathan Dick (NSW)

International Chair and NZ representative - Eric Houghton (NZ)

Community and Membership Chair - Aicha Brogan (Vic)

Research Chair - Annie Garrety (Qld)

Student Representative - Marc Moskowitz (Vic)

Professional Development Chair - Michelle Sier (Vic)

We can all be contacted via [contact@ganz.org.au](mailto:contact@ganz.org.au)



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I would like to welcome all new and returning Council members to their roles. I am sure that GANZ will benefit from having you on board, and may your time on the Council be good for you also.

Anthony Jones

### **Donations for Australian fire victims**

For many of us here in Australia the fires have taken on an “apocalyptic” feel. What seems clear is that these fires will have a devastating and incredibly profound and long-reaching impact. There will be long-lasting trauma and undoubtedly a system not well designed to attend to the enormity of the effects from the fires. Cities are blanketed in smoke and the fire situation is still unstable with fires expected to burn for many months. Smoke has covered parts of New Zealand and our capital city was recorded with the lowest air quality rating of anywhere in the world. Our summer has barely begun. With this comes the frightening realisation that events like this will become our new norm.

I myself have had to evacuate and my family members have left their homes. Stories abound that are devastating. Towns are pitch black in the middle of the day. People huddle on piers to escape fires. As I returned to work today I had many of my clients bring their distress about the fires and for many, they are living in a state of activation and high anxiety. Our political landscape is peppered with urgent calls for our government to commit to effective climate change policies and resources for funding for firefighting and prevention.

The GANZ Council appreciates the support and contacts from people around the world and welcome the many ‘reaches’ towards us Down Under.

Aicha Brogan.

**If you would like to donate directly to the state based fire services and volunteers fighting the fires:**

[New South Wales Rural Fire Service](#)

[Victoria’s Country Fire Authority](#)



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[South Australia's Country Fire Service](#)  
[Western Australia Fire Brigades](#)

**To support people and communities affected by bushfires recover and rebuild:**

[Red Cross' disaster relief and recovery service](#)  
[Salvation Army Disaster Appeal](#)  
[Victorian Bushfire Appeal](#)  
[St Vincent de Paul South Australia bushfire appeal](#)  
[Community enterprise foundation](#)  
[WA Emergency Services Volunteers Hardship Fund](#)

**To support animals including wildlife and pets affected by bushfires**

[RSPCA Bushfire Appeal](#)

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### **GANZ Plans for 2020**

The new GANZ Council will shortly begin planning for 2020, and while the priorities are not yet set, there are a few overarching themes that continue from last year.

- First, we continue to look for ways that GANZ offers value to members, within the limits of our resources. On that note, we would like to begin 2020 with an announcement regarding GANZ's new policy to support members to access professional development (see below). The next edition of the GJANZ Journal is also in the final stages of preparation, and will be released soon.
- Second, while GANZ is in a good financial position, the sustainability of the GANZ Council roles need some attention. The Council's structure - where people volunteer for two year terms and then step down - brings both strengths and provides challenges to supporting the functioning of GANZ at times of transition. And there has been a lot of transitioning over the last few years! The council roles also require a commitment in time, thought, effort (and heart), which Council members, current and past, give from their busy lives. I would like to see the end of 2020 arrive with the people in Council roles



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feeling more supported, and having the sense that structures exist to support others to step into Council roles when the time comes for the next round of elections.

- Finally, before the middle of 2020, the Council and key stakeholders in the wider Gestalt Community will need to turn our mind to planning the next Gestalt Conference.

### **Access to professional development policy**

In 2019, the Council voted to begin a policy to offer a discount on registration fees for GANZ members attending PD run or organized by Gestalt Institutes or practitioners who are GANZ members. This is our next step towards supporting members to access PD. It is our hope that this policy will both benefit members and attract participants to run workshops.

For the discount to apply, the training needs to be broadly relevant to Gestalt therapy, and the training provider would need to register the training with GANZ. GANZ would reimburse the training provider the amount of the discount, and the training provider would retain full ownership of the training content. It is not the intention for GANZ to have any influence over the content of the training under this policy.

As this is a new policy and impacts our budget, the Council decided to begin cautiously and cap the offer to 10% of workshop fees, up to a maximum of \$35 per GANZ member per year.

We are now looking for workshop and training providers who would like to register for this policy. If you are interested, please contact Michelle Sier at [michelle.sier@outlook.com](mailto:michelle.sier@outlook.com)

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### **AGM Update**

At the 2019 AGM, the standard resolutions to pass the president's and the financial reports were approved by members. There were some minor changes to the constitution also approved, which were designed to allow flexibility to the number of Council members and to fix consistency issues within the constitution itself. Members are able to view the minutes, and the Presidents, Treasurers, and Community and Membership reports of the 2019 AGM [here](#) and the updated



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constitution will be released when ready. I would also like to make a few comments around the election process at the AGM in the interests of transparency.

As you may be aware, a number of Council roles were not filled at the 2019 AGM. While it is preferable that people are elected to Council roles at the AGM, the GANZ constitution also allows for the Council to appoint people to vacant roles. We have also learnt over time that this provision in the Constitution, and the provision that allows people to be elected “from the floor” of the AGM, needs to be used thoughtfully. It is far better that people understand fully the requirements of a Council role before nominating rather than feel pressured to step up at an AGM. In recruiting to fill vacant roles, the Council also has to balance the need for GANZ member involvement with the need to have sufficient people on board for a functioning Council by the start of the year.

The outcomes of this process were that:

- Marc Moskowitz and Anthony Jones continued in their roles, as the Vice President and Student Rep roles weren't up for re-election;
- Aicha Brogan (Community and Membership), Annie Garrety (Research) and Eric Houghton (International Chair and NZ representative) were elected at the AGM;
- Michelle Sier (Professional Development) and Julia Werner (Secretary) expressed an interest in the roles at the AGM, and after discussion the existing Council members voted to appoint them subsequent to the AGM;
- following a call out to GANZ Members after the AGM, Nathan Dick expressed interest in and was appointed to the Treasurer role.

If you have any questions or concerns about this process please contact Anthony Jones at [contact@ganz.org.au](mailto:contact@ganz.org.au)

Which brings me to the President's role.

### **President's role**

You will notice that the President's role is vacant in the list of Council members above, which I believe reflects that this role as it stands may not be the most enticing in the world. And yet it is



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a pivotal role without which GANZ’s functioning will reach limits. The President holds the vision for GANZ, guides projects, leads the Council and is the liaison with Gestalt Training Institutes. In addition, the President shares with other Council members the tasks of overseeing development of the next Gestalt Conference, and supporting healthy working relationships within the GANZ Council.

The Constitution also requires that the President “should have a high level of training in Gestalt Therapy and substantial experience as a Gestalt Therapist and be eligible to be listed on the publicly searchable practitioner register”.

There is undoubtedly complexity in the role, and time commitment, which also may be part of the difficulty filling the role. The GANZ Council will be looking at how this role may be re-structured and better supported, but in the meantime, if you are interested in discussing this role, please contact Anthony Jones at [contact@ganz.org.au](mailto:contact@ganz.org.au).

All the best for 2020

Anthony Jones.

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

Newsletter Editor  
Aicha Brogan.

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## JOURNALS

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The latest edition of the GJANZ Journal is due out shortly, so members keep an eye out in your inboxes.

Looking ahead, we would like to put a call out for submissions to the next Journal edition. If you are interested in writing for the Journal, have an idea you would like to discuss or would like some support in developing your writing, then please contact the Journal Editor, Alan Meara on [ozgjeditor@ganz.org.au](mailto:ozgjeditor@ganz.org.au).

GJANZ is also looking for Gestalt practitioners with an interest in theory as book reviewers, so please contact Alan if you are interested.

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**BRITISH  
GESTALT  
JOURNAL**

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**Articles**

STEFFI BEDNAREK	'This is an emergency': climate crisis
ROBERTA LA ROSA, SILVIA TOSI, MICHELE SETTANNI, MARGHERITA SPAGNUOLO LOBB AND GIANNI FRANCESSETTI	Italian CORE research project
BISERKA TOMLJENOVIC	CHAP with a twist
RUDI KOTNIK	First steps into phenomenology
NICOLE CHEW-HELBIG	Dialogue analysis of a filmed therapy session
BRUCE KENOFR	Approaches to development

**Letter to the Editor**

DOMINIC HOSEMANS AND PETER PHILIPPSON	Furthering the critique of the GTFS
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**Opinion**

BETINNA SIDOR	The phenomenology of silence
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## CONFERENCES

### Habitat 2020 Online Conference

19 February 2020 @ 8:00 am - 23 February 2020 @ 5:00 pm



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The Mexican Association for Gestalt Psychotherapy is happy to welcome you to our 1st International Online Gestalt Conference. The event runs from Feb 19-23, and is comprised of 2 hour interactive workshops from absolutely amazing presenters from all over the world. From now until feb 3rd, you are invited to sign up to join up to [3 workshops live for free](#).

If you are interested in having access to more live workshops or in being able to access the bank of recorded sessions from the event during the conference dates and up to one week after, you can register for \$100 USD on <http://www.habitat2020.com.mx/> on the "Habitat Virtual" subpage.

Questions or comments about the event, please feel free to reach out to [ampgestalt@gmail.com](mailto:ampgestalt@gmail.com).

Videos of the individual sessions will be available for sale after the conference. Please have a look at the [full workshop program](#).

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### **AAGT Conference 2020**

#### **Come to AAGT conference in lovely Ireland this September!**

Early-Bird Registration for the AAGT Biennial Conference, Edges of Exile and Belonging, will open on February 1st, 2020. The conference is taking place in the spectacular Burren area of County Clare in the West of Ireland. Pre-Conference workshops open on Tuesday 8th of September, with the full conference commencing on the evening of September the 9th. It will be possible to register for the conference through our website <http://www.aagtireland2020.com/> .



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A full conference program, with details of presentations for Pre-Conference and Conference workshops, will be available for selection as you register.

Early Bird fees for the conference (not including optional Pre-Conference workshops) are as follows:

AAGT Member Registration Fee: €244

Non-Member: €281

Student/Retiree Fee: €183

Full day Pre-conference workshop €60

Half day Pre-conference workshop €30

(Proceeds for pre-conference workshops are donated to the Bud Feder Scholarship Fund)

The early-bird will be available until March 31st, after which time, regular and late registration fees will be offered. As with every AAGT event, the Bud Feder Scholarship will be open to applications via the registration form.

If you are travelling to Ireland for the conference, you might be interested in the range of activities for conference delegates organised by our Special Events committee. These include kayaking near the Falls Hotel on the river Inagh, boat trips to the Aran Islands and around the Cliffs of Moher, guided walks in the Burren region, and an eclectic offering of local cultural events and activities. Details of the program of special events are available to view on our website.

We are also welcoming contributions to the co-creation of the conference in other ways - as a facilitator of a process group, as part of the Friday Night Entertainment offering, or perhaps you would like to avail of a work-study opportunity? All details will be available on the website once registration opens.

More information, including hotels, can be found on our website:

<http://www.aagtireland2020.com/>

See you in Ireland!



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Trevor Zimmer  
Student at Gestalt Institute of Toronto  
Communications Chair of AAGT 2020

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### COMMUNITY NEWS

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#### **Gestalt Interest Group**

The next Gestalt Interest Group in Sydney will be a social gathering and opportunity for networking. We are also trying to organise a PACFA Representative to take some questions and answers, but this will not be the main focus of the evening.

Where: 198 Edinburgh Rd, Castlecrag (lift offered from the East if you are interested- ask Zan)  
Time: 6pm-8pm, 5 March  
Please bring a drink or a bottle to share.

RSVP Zan [susanna@therapytree.com.au](mailto:susanna@therapytree.com.au) <mailto:susanna@therapytree.com.au> or 0414338966 (text please)

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#### **Reflections from GANZ members**

Recent GTA Graduate Craig McGrath shares his experience of finishing up training.

A quality that I noticed in students completing fourth year at GTA is an increased level of comfort with themselves. My stop-start journey started around 10 years ago, with a repeat of second year and involvement with a few training groups. A recommendation to take a year off took a couple of years to work through, providing me with a sound appreciation of what 'working



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through your own stuff’ actually means (ouch). So, through involvement with different groups of students I witnessed this ‘comfort with self’ characteristic often.

Through journaling hundreds of thousands of words in my many years with GTA, a central learning can be summed up as not taking things personally. It is my own stuff but just as important is the fact that it is uniquely other peoples’ individual stuff. To me, the theory mind-maps into this point in so many ways. And then, it is finding ways to enable us individuals (therapist and client) to meet in connection to assist in increasing awareness of self, such that healing may occur.

Although only one such learning, it is a profound one for me. And this one, one of many, fed into a leap in my mindfulness, my presence and understanding and acceptance of myself. Without question, all students completing fourth year experience an increase in their awareness of self; a gift to savour.

Of course, learning to become a beginner Gestalt practitioner is the goal but the love, for me, was found in the change that Gestalt training catalyses. My sincere thanks to my peers, faculty and staff at Gestalt Therapy Australia.

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## PROFESSIONAL DEVELOPMENT

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

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



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### **Relational Skills Group Supervision**

*February 2020*

A Relational Skills Group Supervision program is beginning at the Gestalt Centre, Melbourne. The program, facilitated by Nicole Van Os and Belinda Gibson, offers participants the opportunity to:

- Reconnect with Gestalt theory and reflect on their capacities and growing edges as a Gestalt practitioner
- Explore how their training and personal therapy experiences have shaped and influenced their style as a practitioner
- Identify core themes and contact styles they bring that enhance and shape the work they do with clients
- Utilise a gestalt framework when talking with colleagues and other professionals
- Present client work and receive feedback and support through a gestalt lens

Contact [admin@gestaltcentre.com.au](mailto:admin@gestaltcentre.com.au)

Or Carolyn Stewart, Manager Clinical Services

ConnectGround

Gestalt Therapy Australia

Relational Skills

t. 03 9489 6300 m.0438338678

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### **Systemic/Structural/Family Constellation Training**

Sydney 2020.

Course aims: To generate an educational experience whereby you can develop a good theoretical and practical basis for introducing systemic constellation work into your own practices. We aim to cover the most important core areas of systemic constellation work and



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where possible, include special interests and needs of the individuals in the course. See here for details, dates and registration: [systemic/structural/family constellation training 2020 sydney](#)  
Facilitator Maria Dolenc is a qualified Gestalt therapist, Family Constellation Facilitator, Trainer and accredited PACFA supervisor. She will be joined by co-facilitator Tanmaya. Tanmaya has been conducting Family Constellation workshops for over ten years. He has studied Family Constellation work both locally and overseas.

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### **6th Australasian Systemic Constellation Intensive**

Sydney March 21st-27th 2020.

The intensive features both local and international speakers. GANZ members Maria Dolec and Margarete Koenning are presenting. For the full program see [here](#).

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### **Writing for wellbeing**

With Barbara Churcher, psychotherapist.  
March Melbourne.

Let's take a little literary risk & weave a wordy path together (ability to spell not required).  
Sharing stories through creative writing & journaling to open up & discover more about who we are.

At least 6 participants needed for the group to begin.

Eight weekly sessions beginning

Wednesday 11 March 2020, East Melbourne.

6 – 8pm (with a cuppa & a bikkie in the middle)

\$45 a session (payable in advance - \$360)

To request a more detailed description email: [contact@barbarachurcher.com.au](mailto:contact@barbarachurcher.com.au)

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### **Gestalt and Social Change Association Webinars**

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**Gestalt Australia & New Zealand Inc, an Association of Gestalt Practitioners**

*PO Box 398, FAIRFIELD, VIC 3078, AUSTRALIA*

*[www.ganz.org.au](http://www.ganz.org.au) email: [contact@ganz.org.au](mailto:contact@ganz.org.au)*

ABN: 38 322 108 159



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- **The Sociopolitical side of Gestalt therapy and how to apply it in troubled times**

<https://www.facebook.com/events/s/the-sociopolitical-side-of-ges/178155226876032/>

When: Every last Monday of the month. Starting 24 of february 2020.

\*Suggested contribution: 40 euro per session. You can offer more or less according to your economic status.

- **Gestalt and social change webinar**

<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.

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### **How to work with the narcissistic personality - free online training**

With Wendy Behary. Includes:

- An understanding of the narcissism spectrum
- How narcissism differs from other personality disorders
- The #1 factor that's required for this population to change
- Key obstacles that prevent those with narcissistic personalities from giving up their self-absorbed behaviours
- How to work with a client with narcissistic traits

11 February 2020. To register and for more information: [How to work with the narcissistic personality](#)





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- **Disarming the narcissist - online training**

\$297. 20 February 2020

As you likely know, the narcissistic personality is one of the most difficult personalities to work with. These individuals probably show up in your office from time to time, as do their family members. The self-absorbed, controlling, and sometimes abusive behaviours that these individuals exhibit can overwhelm and disorient you in no time at all. To register and for more information: [Disarming the narcissist](#)



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