



GANZ NEWSLETTER – October 2019

Welcome to the October 2019 edition of the GANZ Newsletter. In this edition you will find information on:

COUNCIL NEWS	2
AGM Update	2
COMMUNITY NEWS	4
News and Notes	4
EAGT	4
Reflections from Professional Development/Workshops	10
PROFESSIONAL DEVELOPMENT	13
Contemporary Psychopathology: A Gestalt Psychotherapy Approach	13
Webinar Series: AAGT Bud Feder Scholarship Fund presents	14
Webinar: Exploring the root of developmental trauma with Ruella Frank	14
Free online course - How much should you charge for therapy services?	15
Online Course - The Ultimate Course on Pricing Your Services	15
Relational Skills Group Supervision	16

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



GANZ NEWSLETTER – October 2019

COUNCIL NEWS

AGM Update

The 2019 GANZ AGM has been rescheduled to 6 pm AEST Wednesday 27-Nov-2019

The AGM will be held both online and in person:

Venue: The Gestalt Centre at 622-624 Lygon St, Carlton VIC 3054

Online: Time: Nov 27, 2019 06:00 PM Canberra, Melbourne, Sydney

NZ time: 8:00 pm (Christchurch)

Join Zoom Meeting : <https://zoom.us/j/788302295>

Meeting ID: 788 302 295

By phone: Find your local number: <https://zoom.us/u/aFHOK1Qxp>

- Please update your zoom to the latest version before the meeting, which can be downloaded here: zoom.us/download

- If you have trouble a video connection with zoom, try logging on with audio only, and turn off the video in zoom

Agenda: 6 pm Social Gathering & Food

6:30 pm The formal part of the meeting will commence



GANZ NEWSLETTER – October 2019

By now, GANZ Members should have received an information pack containing:

- Full Agenda
- Minutes of 2018 AGM
- Treasurer report for 2018/2019
- Membership report
- [GANZ Constitution](#)
- Two proposals for changes to the constitution:
 - *Proposal for minor amendments to the constitution to clarify rules – Proposed by Alan Meara*
 - *Proposal to amend constitution to add flexibility to number of councillors – Proposed by Anthony Jones*
- Council Role descriptions
- Voting Procedure & Details of current nominations
- Proxy form for members who cannot attend the AGM

If you have not received this information and would like to, please email ganz.membership@gmail.com

To RSVP, please email ganz.membership@gmail.com and advise if you are attending in person or online.

Hope to see you there!

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

Newsletter Editor
Aicha Brogan



GANZ NEWSLETTER – October 2019

COMMUNITY NEWS

News and Notes

News and Notes is a joint publication of The Gestalt Journal Press and The Gestalt Therapy Network. Published irregularly, it reaches more than five thousand readers via email worldwide and contains information of interest to the Gestalt community ranging from employment notices to workshop announcements, to requests for information and references. We urge you to use any vehicle accessible to you to get the word out about your activities, Gestalt News and Notes, the calendar of the British Gestalt Journal, the Newsletter of Gestalt Therapy Brisbane, many institutes have their own calendars . . . let us know of any other venues and we will let other Gestalt practitioners know at: gestaltnews@gestalt.org
Latest worldwide trainings can be found at: <https://www.gestalt.org/news/>

CONFERENCES

EAGT

The EAGT Conference took place in September in Hungary with around seven hundred participants from over fifty countries. Keynote speakers included Nancy Amendt Lyon, Lynne Jacobs, Gordon Wheeler, Bob Resnick, John Leary-Joyce and Kathleen Holl. The conference theme was “Explore the fertile void with creative indifference.” GANZ Council member Eric Houghton (from New Zealand), GANZ member Annie Garrety (from Australia) and New Gestalt Voices journal Founder and editor-in-chief John Gillespie (from The United Kingdom) all share with us a snapshot of their time in Budapest.

Eric Houghton

In late September, the 13th EAGT conference took place in Budapest, Hungary. The theme was “An Experiential Exploration: The Fertile Void and Creative Indifference.” It was an opportunity to meet in these times of turmoil for our planet and the creatures living upon upon it, and to seek contact and



GANZ NEWSLETTER – October 2019

dialogue with like minded others. Particularly figural for Europeans was the looming deadline of BREXIT. A number of people were attending from the British Isles, many of whom spoke of the shame felt in standing on the continent of Europe while their government actively worked towards estrangement. On a global scale, the concerns of rising nationalism and authoritarianism, along with our precarious environmental future were present with us in the field.

800 attendees, from 50 countries were present. Directors of training, trainers, therapists, coaches counsellors and students were there, along with many of the most well known Gestalt voices of the past few generations. It was fun to see queues forming for selfies with Malcolm Parlett, Rita and Bob Resnick and Margherita Spagnuolo Lobb, as though it were a music festival or book signing. For obvious reasons, a majority of the attendees were from Europe, though North America and Central Asia were also well represented. A handful of us from Australasia were probably the ones who had traveled furthest. The delight of rubbing shoulders with Gestalt elders, those relatively new to the work, and the many of us from the “in between” in the one space didn’t wear off over the three days. There were always new people to meet and colleagues from the previous workshop to touch base with. Field energy felt high, encouraged by the vitalness and diversity in European Gestalt. The differing backgrounds of those at the conference was a microcosm of the continent.

It was a fertile void as the conference theme had promised. New people became colleagues, friends, and potential collaborators quickly. Amongst the old hands were those nervously doing their first workshop, and finding their voice in the crowd. As one would expect, everyone was very interested in talking and sharing their work and areas of interest. Between the big name keynote speakers, there was a rich assortment of over 160 workshops to chose from, ranging from the deeply experiential to lectures and research presentations. It was a tough choice between some of these which, decision fatigue aside, felt like a very good problem to have.

As a city, Budapest is rich in history and quite appealing to spend time in. The Danube divides the Buda and Pest sides, two settlements that grew into one. Many empires have left a mark here, notably the Ottoman Turks and the Austro-Hungarians. In the mid to late 20th century it was the Nazis and the Soviet Union who dominated. There is a castle overlooking the city, the parliament buildings along the river are grand and unique and the largest synagogue in Europe is in Budapest.

The next EAGT conference will be in 2022, either in Riga, Latvia or Madrid. For anyone considering going, it is a big commitment of time and finances, but if you can make it, the experience is something you won’t forget.



GANZ NEWSLETTER – October 2019

Annie Garrety

This brings me to the transformation of presence; presence as attention that has not been seduced into the meaning making formation of the already known, yet does not deny or oppose it; presence as awareness that is broad and diffused yet sharp and crisp. And this then brings me to my experience at the conference at the workshop entitled “Do not get in the way of change”

Jan Roubal set us the experiential task of holding a pen with the tip of our finger while our partner who held the other end with their tip of their finger. We were simply instructed to hold the pen; firstly with eyes open, then graduating to eyes closed. We established a balanced contact with the pen and the other in relation to the task. A simple exercise that summoned bodily awareness, focussed attention and adjustment processes using sight, proprioception and motor co-ordination. My partner and I slipped quickly and quietly into connection and rhythm; a dynamic attention that travelled inwards yet stayed outward with the pen task. I myself am an experienced Zen sitter and yoga practitioner, with hours of attentional training and practice. I suspect my partner was also experienced and trained. We came to a very quiet calm space even though we are surrounded by forty others attempting the task in a small confining room. We arrived at breathing together and being present to the task and each other.

Next we were given the experiential task of being client and therapist in turn; and to remain in silence while the client kept the “problematic issue” in mind, not spoken of, and offers it to the therapist in the form of hands shaped and extended towards the therapist. The issue was expressed by the patients hands and presented to the therapist who was then to attune and move with the other whilst repeating the mantra “I have no wish to change you/this, only to fully be with you/this”. This exquisite exercise representing the paradoxical theory in action had a profound effect upon the client and myself. It was a profound moment of meeting and movement. What follows is a poem that came as I processed this later that night.

TO NOT GET IN THE WAY OF CHANGE

An Invitation...

To be of service to the suffering

to stay with the suffering of the other in silent attuned attention

bringing our deepest working theory

as the company

that keep us company with the suffering.



GANZ NEWSLETTER – October 2019

*Listening to your hand
moment to moment
asking of our instruments of aesthetic felt knowledge
what music yearns
to have itself played aloud as if for the very first time.
“Do not to get in the way of the change”
I hold no wish to change you
as a mantra
inviting
a change that begs to me/you through your/our pain
to be touched by the eternal vulnerability
and yet rather than be destroyed become aware of how transcendent
we already are.
That we are indeed made of stars as well as dust
becomes clearer
through a melody we tune into
this harmony of our shared falling to our knees
returns us together
to the dignity of our one life
and the beauty of our quivering instrument.
It is not an old song
but rather always a new song from an ancient known.*

*And in sitting down to the table
breaking together the bread of our broken moments
a clear tear shines like a diamond of meaning, beauty and truth
and falls upon my still fingers
such that no sound can penetrate the perfectness of its silencing.*



GANZ NEWSLETTER – October 2019

*Like a resounding bell
that is heard yet no peal left it's perfect golden fullness
that tear
slides
so slowly
from your cheek to my hand
and slides off my hand like holy water
in slow motion
We, together,
are reduced like an exquisite jus
for our senses deepest pleasure
and our mutual mourning
reveals one pure moment
of cherished meeting.
Indeed was anything transformed?
Or did we simply cease for a moment to resist
the unbounded fresh truth
of this here-now-with-you-ness of
an original open movement of the field
Where is the "problem" of suffering now?*

John Gillespie

EAGT meets in Budapest.

"To void or avoid"

If you were an alien visiting our recent EAGT gestalt conference in Budapest you'd be forgiven for thinking the state of planter gestalt is alive and well. The podium was occupied by people who have made undoubted contributions to gestalt - Robert Resnick, Lynne Jacobs, Gordon Wheeler ... We can still draw large numbers of people, particularly notable are the numbers of gestaltists coming from Eastern Europe

8

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

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GANZ NEWSLETTER – October 2019

... Workshops were numerous and well attended showcasing the theme of this year's conference "the void".

And yet as some of the contributions from the podium alluded to, all is not well. Gordon Wheeler set out mankind's tendency to 'binarise' when faced with 'unassimilable amounts of data', and suggested that what is needed now in the face of global challenges is "a step change in consciousness, akin evolutionarily to man coming down from the trees".

The conference took place in Hungary and yet was notable for the scant allusion to the rise of populism and the challenges facing this part of the world - the pain was evident in private spaces such as the process group I took part in. Robert Resnick said in his keynote that theory needs to be constantly evolved in order to remain alive in the face of current challenges. He reminded us that theory is only "some person's phenomenological organisation".

The strengths and heritage we have in gestalt are evident to me. And yet with a few notable exceptions this conference was an example of how as gestaltists we can pervasively "avoid", in the name of the 'void'. "Creative indifference" and "zero point" - concepts which we owe to Friedlander - I understand are meant to gesture at the point of unity where polarities can be bridged or transcended. And yet whilst we discussed the nuances of the void, a whole range of oppressive attitudes and stances across the globe, and much nearer to hand, prosper. To tackle these, first they need to be named, and then opposing polarities need to be framed and held - Greta Thunberg is the current exemplar of this.

At the EAGT AGM two people appropriately outraged by repression of LGBT+ people in Poland angered some in the meeting by demanding that a letter written by gestalt colleagues in AAGT be read out. On another day a rainbow flag in the lobby advertising a GSD gathering served as a minor object of dissent. We have heroes in our midst.

This was a well presented and slick conference and yet one that I think leaves many upset and angered that we are not as a community having the conversations that are pressing to be had, and that won't go away. We know something needs to be different. The likes of Gordon and Robert took us right up to the precipice. It is down to us now to jump. And this is scary. But if we don't, gestalt becomes largely irrelevant despite our undoubted heritage and the riches in our theory.

John Gillespie founded NGV and is chairing NGV's forthcoming "Gestalt in the Hot-Seat" Conference on 26th October, exploring questions pertaining to gestalt's having a future.

<http://newgestaltvoices.org/gestalt-in-the-hot-seat/>

Reflections from Professional Development/Workshops

Clinical Psychologist and Gestalt Therapist Ken Hutchinson who resides in California writes of his participation in the Bud Feder Scholarship Fund Online Seminar Series:

I participated in the Gianni Francesetti seminar. I was also for a short time in Michael Clemmens seminar but had to leave early. I've worked with Michael in the past many times and always came away with a deeper understanding of myself and my gestalt work. I'm an experienced gestalt therapist with exposure to trainings with many of the other prominent people in the field. I seek deeper understandings of the phenomena we are faced with daily in our work and of how I participate in that. Gianna's presentation of the "field" in the therapy clearly added to the depth of knowledge I have in gestalt therapy and about myself. Some of the clarifications and new perspectives he presented were in my world very profound. I particularly liked how he presented the therapist's role as surrendering to the "flow" in the field moving the patient toward closure, and the idea of "cultivated intuition" guiding us into and through that flow of the field. It lead me to returning to his writings in "Gestalt Therapy in Clinical Practice" where I find more interesting and profound ideas. While these seminars are short interactions, I find these presentations stimulating, and adding to the depth of my gestalt work and my trainings with other therapists. Thank you Gianni (and from the past seminar Michael). You (both) were inspirational.

Ken Hutchinson, Ph.D.

GANZ member Annette Reeves shares her reflection upon attending a Melbourne workshop with the founder of Gestalt trainings in Japan Masa Momotake in September.



On a quiet spring day I went along to a workshop entitled Gestalt, Zen and Mindfulness with Masa Momotake. He was accompanied by Taeko Sakurai who assisted with translation and administration.

I had been told about the workshop via a colleague but I really didn't have much to go on. Gestalt and Japan are not things that I associate together, but it had three things in the title that were irresistible Gestalt, Mindfulness and Zen. And as a bonus it was to be delivered by a senior Gestalt therapist from Japan who trained in the States in the seventies.

At this point I am tempted to talk about my Gestalt workshop anticipation fantasies. I yearn to see interactions between therapist and client at the edge of their window of tolerance where real change can happen. You know - the safe emergency ... safe but not too safe. I want to see the therapeutic connection and witness in an embodied way a meaningful shift taking place. I want to see the theories in action! Not just accumulate more words about awareness and I Thou and all the rest.

I am mindful that my fantasies are my fantasies and not necessarily a great formula for an ethically run effective workshop, so I take a deep breath, hold the fantasies lightly and have faith that there will be plenty of worthwhile material theoretical or otherwise.

Masa highlighted our different zones of awareness, the importance of working in the here and now, attending to the whole and noticing the self-organisation. He noted: if there is unfinished business or stuckness it exists beyond time and space and our emotions give a clue to what is going on between the individual and reality; hence the gestalt therapist is interested in working from a stance of curiosity.

Over the two days Masa worked with six individuals. Some sessions started with a physical symptom, others were large life dilemmas and yet others concerned intergenerational trauma.

Masa approached all with a presence and level of soft accepting attention that was a pleasure to watch at close quarters. His phenomenological observations were so worthwhile and his enquiries always seemed to be relevant. Masa is also a qualified Feldenkrais practitioner, perhaps this added another dimension to his observations. After each individual's session observers were invited to share the impact of the work that they had just observed. Only after this was done, could we then ask about technique or issues to do with Masa's approach.





GANZ NEWSLETTER – October 2019

Over the two days Masa always seemed to have a deep, grounded, calm and considered connection. He wasn't afraid to move the furniture, the client or himself so the usual stillness of talking therapies that are very familiar felt somewhat looser and more free. His invitation for reflection also offered a valuable learning space for participants.

So at the end of the second day as I walked away I noticed a deep satisfaction in myself. I felt as though I had been in the presence of a very skilled practitioner who made great use of a variety of tools to create significant connections. The fantasy had been fulfilled! I was keen to ask those who had participated as clients how it was for them, and I was also keen to try some of Masa's elements in my therapy room.

Masa says he is coming back to do workshops in Melbourne next year. If he does, I will be there and I encourage you to be there too.



GANZ NEWSLETTER – October 2019

PROFESSIONAL DEVELOPMENT

Contemporary Psychopathology: A Gestalt Psychotherapy Approach

Monday 25 and Tuesday 26 November

Dr Margherita Spagnuolo Lobb

This workshop will introduce a new approach to diagnosis and psychopathology in the light of modern society through different relational human sufferings in the last decades.

- Connect aspects of current society with contemporary psychopathology
- Differentiate between the ground experience of the client and his/her figural experience
- Look at the polyphonic development of domains of contact
- Use the Gestalt therapy concept of self
- Diagnose using aesthetic tools
- Use a field perspective in therapeutic settings
- Use the Aesthetic Relational Knowledge to work with reciprocity (instead of objectifying the client's problem)

Where: Wesley Conference Centre

220 Pitt Street Sydney

Price: Practitioners: \$300

ACAP Staff, Graduates & Students: \$280

For more information please see the [flyer](#)

To register email industry@acap.edu.au



GANZ NEWSLETTER – October 2019

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 Peter Philippson will run on December 6th 2019 and Lynne Jacobs will present on the 7th of March 2020.

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

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.

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.



GANZ NEWSLETTER – October 2019

Free online course - How much should you charge for therapy services?

7 November 2019 - 14 November 2019

<https://www.ganz.org.au/event/free-training-how-much-should-you-charge-for-therapy-services/>

Of course, you can charge whatever fee you want for your services. However, without understanding the psychology of pricing, you won't be strategic in how you price your services. As a result, you may not be serving yourself or your ideal clients as well as you could.

This free online video training may challenge some of your beliefs about how to set fees, what happens when you charge fees that are low and shows you the benefits of charging higher fees in order to attract the “right” clients for you.

Online Course - The Ultimate Course on Pricing Your Services

<https://www.ganz.org.au/event/the-ultimate-course-on-pricing-your-services/>

Registration period: 15-22 November 2019

Being a therapist in private practice is about serving others and doing work that you're passionate about.

However, there is that thing called MONEY.

You want to charge enough to live a comfortable lifestyle and not be worried that you'll have to struggle to pay your bills.

This course will help you to charge your “right fee” that allows you to attract the “right clients.”

But that is not all...

The Ultimate Course on Pricing Your Therapy Services also offers solutions for other pricing questions and struggles you may have – e.g., when to raise fees, how to advise clients of fee increases, the best ways for collecting fees, and much more.



GANZ NEWSLETTER – October 2019

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

Or Carolyn Stewart, Manager Clinical Services

ConnectGround

Gestalt Therapy Australia

Relational Skills

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GANZ NEWSLETTER – October 2019

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