



GANZ NEWSLETTER – Sept 2020

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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

Upcoming AGM

**Save the date: 9:30 am AEST (12.30 pm NZ DST) Sunday 22-Nov-2020
(Online only)**

AGM's can be a little dry, so this year the GANZ Council is planning something more engaging. We have fabulous MC lined up, a facilitated experiential opportunity to reconnect with other Gestalt practitioners, as well as the normal business of an AGM. The Council will report back to members and elections for vacant positions will be held. This year we farewell Anthony Jones (Vice President) and Marc Moskowitz (Student Representative). GANZ would like to thank them for their time, work and commitment to GANZ and to supporting Gestalt Therapy over the last two years. The President's role is still vacant, so elections will be held for this position as well.

The GANZ Council will also be bringing specific proposals for the development and re-invigoration of GANZ in 2021 to the members. Stay tuned for more details!

GANZ Council Update

The GANZ Council holds monthly meetings, and as part of the GANZ Council's intention to be more visible, I'd like to give you a mini-report of the last few meetings. Each Council meeting runs for about an hour and begins with a personal check-in. Each meeting I am reminded yet again of the value of this check-in, which to me enlivens the Council as a group.

The rest of the meetings are a workspace to share information, and to bring ideas and translate these ideas into action. Here are some examples drawn from the last few months on how we look to bring into action our Council theme of vitality, integrity and visibility:

- Annie Garrety (Research Chair) has been coordinating the successful pilot of GANZ's Online Gestalt Process Peer Groups; (*visibility and vitality*)
- Nathan Dick (Treasurer) kept us in the loop about the status of the GANZ accounts and audit process (*integrity*);



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- A plan was finalised to reach out to GANZ members whose membership expired in the last months (*vitality*)
- Aicha Brogan (Community and Membership) and Nathan Dick (Treasurer) have increased communication via Facebook (*visibility*), as the supply of content for the newsletter dropped off due to COVID
- Anthony Jones (Vice President) has been working in the background on understanding & sharing the legal framework that sits behind GANZ, developing a procedure for keeping on top of the legal compliance required (*integrity*)

We also have been planning for this year's AGM, and then turned our collective minds to the planning of how and in what form GANZ can support Professional Development in times of COVID.

Anthony Jones.

From the Vice President

Dear Colleagues,

I would like to mark to GANZ members the beginning of my farewell to my time on the GANZ Council. I joined the Council in 2017, first in the Community and Membership role, and then moved into the Vice President's role, which I have held for 2 years. It is now time for me to step down from the Council, which I will do at the AGM later in this year. Making this announcement early is part of my intention to find ways to do endings well and to give time to people who may be curious about joining council.

It is my hope that as I prepare to leave this role that I can find ways to communicate that I value and respect my colleagues on Council; that the work we have put in together and that I have contributed to is worthwhile; and to honour the losses that arise from my decision to step away from this role. I also have a keen interest in supporting the Council's transition through the elections that will be held at the AGM this year, and support the continuing members of the Council, the new people who will join, and the stable functioning of the organisation itself. It is my hope that although my inhabiting the role of Vice President will cease, this ceasing will not



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be an abandonment of the people of the Council, of GANZ itself, nor of my interest in Gestalt Therapy.

I offer the following reflection on my reasons for joining the Council and my work for GANZ in part as an invitation for GANZ members to consider what might motivate them to contribute to GANZ, either by joining Council or volunteering time for GANZ projects.

After being a somewhat passive GANZ member for many years, I was conscious of several reasons for wanting to joining the Council. I had gained much from my training in Gestalt Therapy, and wanted to support the continued availability of Gestalt training. I also I wanted to get to know other Gestalt practitioners better, and for them to get to know me. And, I had arrived at a time in my life where my attention and therapeutic interest had returned to Gestalt Theory. Importantly, I also had the time then to volunteer to GANZ.

Somewhat unexpectedly, it was only *after* joining Council that another reason became clear to me. I found I was engaged with wanting to strengthen the sustainability of the Council and organisation itself. I wanted to find ways to reduce the administrative load on the people on Council, and to make sure the systems that support the operation of GANZ work well. I also wanted to find systems that were not too dependent on any particular person, so that new people coming on to council do not have to re-invent the wheel. And I had a growing awareness that the time, thought, emotional investment and commitment given by people who joined Council was a considerable gift. To me, this meant that I would like that people who completed terms on Council would think of their time on Council as a being a good experience overall.

Finally I wish to alert members that the GANZ Council President position is currently vacant. After I step down, both the President and the Vice President role will be vacant. **Without people in these roles GANZ (in the form that it is now) will not function.** Please do not be put off by the implied hierarchy and individualism behind the terms "President" and "Vice-President". In my view, GANZ operates best when the Council has a flat power structure, with leadership shared relationally, as this best reflects the nature of the organisation and its relationships with members and the broader Gestalt Community.



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I will write more on the roles of Vice President and President, but for now, I invite you to consider joining the work of supporting Gestalt Practitioners and the development of Gestalt Therapy by nominating for Council when the AGM comes. If you are interested, I recommend talking to a Council member about what it is like to be on Council, and the typical time commitments involved.

Launching International Memberships

The GANZ Council is pleased to announce the addition of an International Membership type to our website. This change follows the intention of the founders of this current incarnation of GANZ that membership to be open to people residing in all countries, while retaining a core membership from New Zealand / Aotearoa and Australia. However, up until now, our website would require international members to join either as Australian or Aotearoa / New Zealand residents.

At the July 2020 GANZ Council meeting, the Council voted to introduce a separate International Membership type, with membership fees set to be the same as New Zealand Residents.

Prospective International members are welcome to contact Eric Houghton (Chair International and External Relationships) on houghton@yahoo.com

PACFA update

From the PACFA website: *In 2018, the PACFA Training Standards were amended to make it mandatory for training to be accredited by government in line with the Australian Qualification Framework (AQF) levels 7 to 9. This change was aimed at raising the profile of counsellors and psychotherapists and to gain greater recognition by government, including on the form of Medicare provider numbers. The change had a very serious impact for psychotherapists, however, many of whom could no longer join PACFA. This is because psychotherapy training is often provided by small, private training institutions that are not in a position to achieve government accreditation of their training.*



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See [here](#) for further details.

COVID resources

For those trying to keep up with the ever changing Covid19 restrictions, both [PACFA](#) and the [APS](#) website offer information about what practitioners can and cannot do.

Online Gestalt Process Groups

GANZ is piloting online Gestalt peer groups. For more information contact: Annie Garrety on garretya@gmail.com

Access to professional development policy

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

The GANZ Council

Anthony, Julia, Nathan, Aicha, Michelle, Eric, Marc, & Annie.

Newsletter Editors

Aicha Brogan and Anthony Jones.



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JOURNALS

GJANZ

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

New Gestalt Voices

The sixth edition of NGV Journal was published on the 3rd of August. It includes an article by GANZ Council member Annie Garrety. See [here](#) to download.

COMMUNITY NEWS

GTA and ConnectGround update

Over many years, and in the face of several (existential) challenges, GTA has continued to offer our relational gestalt psychotherapy training as a small and independent program. For many years PACFA accreditation gave our graduates a pathway to registration. Given this, we opted against becoming a tertiary provider to maintain some of the integrity of our developmental/process-oriented training.

A decision made by PACFA in 2018 to stop accrediting non-tertiary courses, challenged us deeply. In 2019 we had a historically low enrolment. With the PACFA pathway closed, we



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began to explore other membership/registration options. We also began to assert the value of our program as it has been delivered, particularly in respect to the very unique opportunities that the ConnectGround clinic offered students. This reinvigoration and revaluing of our program saw a bounce back, and we had a full 1st-year intake this year.

2020 has seen a whole lot of new sorts of stressors on our community, but the year has not been without its highlights. I'm so grateful that our students, interns, faculty and staff have all pulled together, and will complete the year soon. This does help us face the future with some confidence.

Furthermore, earlier, the federal government announced a significant fee increase for all counselling courses. As a consequence, our program has become relatively more affordable. Then more recently PACFA has announced its intention to reverse their 2018 decision and create new pathways for psychotherapy graduates to register with them. We hope that the result of these changes also reinvigorates our training program. The changes should also support our psychotherapy profession and the way we train, as a distinct contributor to the mental health and personal development sector. It's a needed boost to all independent psychotherapy training programs, and to the experiential teaching methodology, we represent.

Tony Jackson

PACFA Gestalt Leadership Group update

I am pleased to report that the PACFA Council meeting held via Zoom on Aug 1 2020 resoundingly endorsed the recommendation that alternative pathways to PACFA membership for psychotherapists and indigenous healing practitioners be recognised.

At the heart of this change is the recognition of the long personal growth journey which is central to the formation of a competent psychotherapist. This training element has been central to Gestalt therapy since its inception. The endorsement is also consistent with the definition of Psychotherapy which has been adopted by PACFA.



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On a personal note, I am standing for the positions of Psychotherapy Representative and Vice President on the PACFA board and would appreciate your votes via the email invitation sent to all members from PACFA on Sept 4 2020.

The deadline is Oct 2. I am standing because I am keen to build on the understanding of Psychotherapy recognised in the recent decisions of PACFA. My candidate statement is reproduced below for reference.

Candidate Statement: Doug Aberle

A graduate and faculty member of Gestalt Associates Training Los Angeles (GATLA), I have been practicing as a Psychotherapist for more than 35 years. I am passionate about Gestalt Therapy, its profound respect for the client and its emphasis on the innate healing power of awareness and contact.

I provide supervision to several psychotherapists and counsellors in Perth and overseas and run psychotherapy training workshops locally and internationally. As part of my role on the faculty of GATLA I deliver a theory track on using Gestalt in organisations as well as providing clinical group training and individual live supervision of trainees from around the world.

Along with my private psychotherapy practice, I run a business consulting and coaching practice in which I draw on my psychotherapy training and my long parallel career as an executive in the electricity industry. This has included substantial interaction with governments at ministerial level.

I have chaired and served on numerous commercial and not-for-profit boards and am a Fellow of the Australian Institute of Company Directors.

Having been a member of the leadership group of the Gestalt Therapy modality within PACFA since its inception in 2018, I have been an active participant in PACFA Council meetings. I am keen to continue the excellent work of Tara Green and others in developing the understanding of psychotherapy for PACFA.



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I have a particular interest in seeing the long-term, experiential nature of the psychotherapeutic apprenticeship recognised in the qualification framework of PACFA. I am delighted at the recent incorporation of the College of Aboriginal and Torres Strait Islander Healing Practices.

With my background in both psychotherapy and business and my strong engagement as a council member, I believe I can make a positive contribution to the PACFA board at this critical time and am excited by the prospect.”

Doug Aberle.

AAGT

AAGT provides an exciting experiment of a 1st ever **BFSF Online Service Raffle** designed to connect members of the community through the service prizes offered, as well as raising funds for the Bud Feder Scholarship fund. The fund is named in honor of Bud Feder, a long-time AAGT member and champion of this and other social causes. We provide AAGT members support to enable them to participate in biannual conferences, AGM gatherings, AAGT regional events and co-sponsored events like the International Gestalt Research Conference.

If you are interested in making a *donation* above, beyond or separate from the raffle ticket purchase options, you are welcome to do so on this platform.

Tickets can be purchased for 10 per \$1USD [here](#) and the prizes vary from supervision and therapy sessions to more experiential spaces from experienced Gestalt practitioners.

Reflection on Lynne Jacob’s recent webinar Hopes, Fears and Enduring Relational Themes

By Kerim Nutku

Having read Lynne’s ERT article before, I wondered what more the Webinar might offer. Lynne did not disappoint.



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For me, the best gems were in her inspiring openness about her mistakes with clients: "Our *mess-ups* are miracle moments in therapy, as long as I can attune to the client and be willing to be seen in my humiliating moments....Being perfect is not useful to the client, but they benefit hugely from us owning up to our flaws. Ask them: Are you worried about telling me I fucked up there?" Someone asked what had helped her be so courageous and non-defensive: "If I don't do it, I do my clients a disservice." When I make a comment that shames me, I *lean into understanding other's experience....and dissociate from my embarrassment* at least until I get home...the more you do it, the more you'll like the results."

Of course she also offered the following thoughts and guidance about working with ERTs:

- She said the webinar key lesson is to ask yourself: "In what ways is my participation either *enhancing* or *inhibiting* dialogue with the client?"
 - Gestalt is not about helping clients *take responsibility* (a la early Gestalt), but rather developing *confidence in their sense of agency*, which builds confidence in being able to *survive and experience satisfaction* despite not getting what they want, which in turn enables *response-ability*.
 - ERTs are embodied habits and action sequences, all in relation to *approach/avoidance* and *confidence/mistrust*.
 - *We never get rid of our ERTs*, we simply have the bad ones take up less space, and build more positive ones.
 - Everyone is a '*canary in the mine*' for the particular life experience that's been difficult for them.
 - "During a session, it's really useful to *track fluctuating levels of anxiety and depression* and then start working on what makes the difference.
 - With anxious client, we don't work on anxiety directly. It doesn't work. We work on *agency: how can he live with it without it dominating his life*.
 - A different way of stating the Paradoxical Theory of Change is: "Identifying with our ongoing experience, moment to moment, enables us to meet the next moment naturally."
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CONFERENCE NEWS

International Conference on Research in Gestalt Therapy

September 24-26 October 2021 Hamburg Germany

The German Association for Gestalt Therapy (DVG) in cooperation with the European Association for Gestalttherapy (EAGT) and Association for the Advancement of Gestalt Therapy (AAGT) are organising the 5th International Research Conference It is entitled “Gestalt for Future – Creating a network for research”. See [here](#) for further details.

AAGT Conference 2022

May 17-22 2022. County Clare, Ireland.

Every two years the Association for the Advancement of Gestalt Therapy holds a conference. In 2022 the conference has the theme "Edges of Exile and Belonging", and will be held at the Falls Hotel in Ennistymon, County Clare in Ireland, from May 17th to May 22nd, 2022.

This conference will be of interest to Gestalt practitioners and psychotherapists, counsellors, coaches, social and community workers, and others involved in working with the disadvantaged, organisational consultants, therapists who wish to integrate Gestalt into their practice, students of Gestalt, and advanced Gestalt therapists and trainers.

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



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PROFESSIONAL DEVELOPMENT

Introducing Relational Organisational Gestalt (ROC) Practices to Organisations

RelationalSkills Gestalt Centre presents Dr Sally Denham-Vaughn (UK) offering a series of online workshops from 6-9pm AEST on: 15, 29 September and 13th October 2020. These dates have booked out, and a further several dates are additionally on offer: 10th and 24th November, 8th December. The workshops aim to introduce the concepts of 'ethical presence and relationality' as the linchpins of the Relational Change "SOS" (Self-Other-Situation) model. The model was developed by Sally Denham-Vaughan and Marie-Anne Chidiac, the co-founders of Relational Change (UK). They have created a specific brand of gestalt based organisational praxis. Sally will introduce you to core principles behind the Relational Organizational Gestalt (ROG) approach and explain why we believe this approach can offer a leading edge of contemporary Organisational Development work.

See [here](#) for details.

Working Relationally with Teams, Organisations & Systems/Introducing Relational Organisational Gestalt to Australian Organisations

10th & 24th Nov & 8th Dec. 6pm - 9pm x 3 sessions (total 9 hrs). Zoom. \$525 or \$490 for enrolled students and interns +GST

Hosted by Dr. Sally Denham-Vaughan (UK), Eva Deligiannis and Tony Jackson



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An Introduction to Relational Supervision: A PACFA Accredited Course in Association with Relational Change (UK)

5 days. 9th, 10th & 11th Dec 2020 + April 19th & 20th, 2021. 9.30am to 3pm (face to face) and 6-8pm (Zoom). \$1,050

*Please contact the office for more details regarding this program.

Hosted Leanne O’Shea, Tony Jackson with contributions from Dr. Sally Denham-Vaughan, Marie-Anne Chidiac and Lynda Osborne (UK).

All events will be presented via the online platform Zoom. To book please email us at admin@gestaltcentre.com.au or phone 03 9489-6300.

Annual British Gestalt Journal Seminar Day

Necessary Derangement - Living and working in a changing field: a digital gathering led by Gestalt psychotherapist, climate psychologist and author Steffi Bednarek.

When: Saturday 7th November.

The day will be filled with discussion, group work and creative writing surrounding the predicted increase in “pandemics, extreme weather events and global challenges” and “the role of psychotherapists in a time of death of the collective familiar”.

See [here](#) for details.

Gestalt Therapy Australia webinars

- Responding to disclosures of sexual assault - Northern CASA.



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27th of October 9am-1pm.

- Culture and Gestalt - Nicole Van Os and Sean Renehan

29th October

Contact ConnectGround on 94896300 for details.

Gestalt Centre presents: The Resilient Therapist / Relational Gestalt Therapy as a support for building relational capacities for therapist and clients

Saturday 19th September. 9.30-4pm. Online platform (Zoom) \$75

Hosted by Tony Jackson

At GTA we are very interested in the personal capacities necessary to be a self-aware, responsive, supportive, emotionally regulated and vital psychotherapist. The sum of these we call 'presence' and can be understood as the resilience for courageous, compassionate and curious living that enables us to show up for our self and lean into meeting with others. In this experiential workshop we will explore the capacities of embodied awareness; compassionate responding; and courageous interrelating all as supports for resilience in the face of challenge and change.

Gestalt Centre presents: Taste of Relational Gestalt Therapy (\$25) & 2021 Student Information Session

Thursday 1st October 6-9pm. Zoom

Hosted by Tony Jackson and Belinda Gibson

The Taster costs \$25 and runs from 6-8pm and the 2021 Student Information session will be held from 8.15 - 9pm.



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Booking are essential, please contact the office on 9489-6300 or email admin@gestaltcentre.com.au. Thank you.

Gestalt Centre presents: Black Lives Matter/ An Indigenous Australian Perspective

Saturday 7th November. 9-1pm. Zoom. \$145 or \$120 for enrolled students and interns

Hosted by Professor Judy Atkinson (We AI-li)

GTB Newsletter

GTB puts out a lovely and connecting newsletter - see [here](#) to access their latest Gestalt Therapy news and Blog.

Gestalt Therapy Brisbane presents a series of webinars

- Ruella Frank: Moving into meaning: Introducing a somatic and developmental approach to psychotherapy webinar

September 15th 10am-11.30am.

This webinar which will explore the intricate relational moves of embodied trans-subjectivity that form a basis of communication, initially between parent and baby, but then throughout life.

- Janice Roosevelt Gerard: Relational Gestalt: Immersion in Complexity

September 19-20th.

This course we will review the major underpinnings of classical Gestalt and how Relational Gestalt advances our capacity to integrate and live complex experiences while advancing the theory and practice of Gestalt therapy.



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- Dr Sally Denham-Vaughn: Knowing me, Knowing you, Finding the Other: Relational Supervision in Theory and Praxis

October 8, 15, 21.

In this workshop series we will explore the complex topics of Transference and Parallel process and see how these issues can make or break relational supervisory processes. In particular, we will examine how a relational approach rests very heavily on the personal awareness, stylistic preferences, and presence of the participants in the supervisory process.

- Tracey Santo: Being with Death and Grief

October 17, 18

In this workshop across two days, we will move towards understanding and being with death and grief. We will engage dialogically across our humanity and mortality, reclaim the existential lineage of phenomenology and experiment with how to be present to our own experiences of grief and death in order that we may be better positioned to offer support to others.

- Dr Greer White & Dr Leila Davis: Advanced Training in Supervision.

October 24, 25

November 14, 15

December 5, 6

The teaching offered will draw on the theory and practice of supervision. It will include principles of the Gestalt Therapy method in the supervisory setting: field sensitivity, relational dialogue, experimentation and here and now attention.

See [here](#) for all GTB trainings.



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Ruella Frank recorded webinar

Moving into presence online: a somatic developmental approach

45 mins.

This 45-minute webinar will illuminate the moving-feeling foundation required for developing presence as it emerges or is thwarted within both the baby-parent and patient-therapist dyad. Therapists learn how to enhance the potentiality for developing presence in themselves and their patients and, in doing so, to clear the obstacles that prevent us from finding each other. Special attention is given to the online therapy situation.

See [here](#) for details.

New Gestalt Voices presents webinar series

These series run from 2pm-4.30pm Uk time (GMT +1) so may rule most of us out Downunder, however the recordings are available to purchase at a 50% discount to GANZ members who are unable to join the live sessions. Contact John Gillespie to receive discount: john@newgestaltvoices.org

- An experiential exploration of how white privilege is carried in our bodies: 19th Sept 2pm (GMT+1)

This online experiential workshop is designed for people of all ages, nationalities and experience levels who identify as “white”. Together we will create a “white space” where we can explore our fragility and anxiety around race and systemic oppression of people of colour, with a focus on the somatic and affective aspects of our experiences. Participants will be able to define “white privilege”, “white fragility,” and “white anxiety.”

- Is the Abyss (a) Void?: 24th October 2pm (GMT=1)



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What do we avoid when we avoid that we avoid that we avoid? Perceptive and expressive explorations of a field and poetic questioning may support a radical ethical approach.

- A Case for Profit! How do we talk to the For-Profit Sector? 21st November 2pm (GMT+1)

Recent times are posing unprecedented challenges. From a societal perspective, we have witnessed a polarisation and unyielding positions around concepts that belongs to the past century. While this dynamic is probably the result of the unprecedented pace of change, we believe that only dialogue and an awareness of being all together as a planet can bring new light to current challenges.

See [here](#) for details.

Humans of Gestalt - an experiment in dialogue

Ongoing until September 26th 2020. Heather Anne-Keyes and Kamila Bialy.

Born of an interest in preserving the lived experiences of being with our colleagues, mentors and friends in Gestalt, as well as a deep curiosity about those we have not yet met, we would like to invite the international Gestalt community to get to know each other better through this experimental series of informal documentary and personal interviews.

See [here](#) for details.



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Gestalt Institute of Cleveland online training events

The Gestalt Institute of Cleveland are offering many of their trainings via the virtual format for anyone interested in braving the time difference (I will be!). Some of their courses are: Coaching using Physical Process; Advanced Seminar in Gestalt Clinical Practice.

Gestalt Institute of Toronto online P.D.

The Institute offers a series of webinars that fit nicely into our time zone including: their Armchair Series - Beyond Narcissism, Uncomfortable conversations about race and colonialism, The love workshops.

See [here](#) for further details.

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.



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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