



GANZ NEWSLETTER – April 2021

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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 or share a reflection from, please contact Aicha Brogan our Newsletter Editor at ganz.membership@gmail.com



+++ COUNCIL NEWS +++

Welcome to the April 2021 GANZ Newsletter.

As we head towards the colder months, we are fortunate to be in our part of the world. We in Australasia are privileged by our distance from the worst of Covid-19, both in geography and in management strategy. It is important to count our blessings, and important to remember our privilege. The freedom to go about our daily lives without fear of infection and the social assistance we enjoy is unusual in many countries.

Many of us have family, friends and colleagues in other places who are not so fortunate. Poorly executed, repeated lockdowns and unclear messaging have been common in Europe and the Americas. Poor leadership, misinformation and selfish behaviour have been common. Consequently, the human cost has been incalculably high. In the United States overall average life-expectancy has dropped by an entire year since the pandemic began in early 2020. An absolute disgrace in a modern, wealthy nation.

There is reason for hope, however. Vaccines have been devised and rolled out in unprecedented time. Some of the hardest hit countries are now becoming the most vaccinated. Healthcare professionals have put in extraordinary effort to protect and heal. We are capable of great humanity in times of great hardship.

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In this edition of the newsletter, you will find an update from GANZ President Anne Garrety on what council is up to and the GANZ peer groups, reflections from newsletter editor Aicha Brogan on Erv Polster, the Resnicks and planting vegetables, a check-in from John at New Gestalt Voices and some other personal reflections and community news. Also included is a cornucopia of PD possibilities from Gestalt and Gestalt adjacent sources. As always, there is an open invitation for all members to let us know what you are up to and where you have been by adding to the newsletter.

Drop a line to Aicha at ganz.membership@gmail.com

With warmth,

Eric, Aicha, Nathan, Annie, Julia, Michelle, Kat, Larz, Karolina and Amanda.

Message from President Anne Garrety

We are looking forward as a Council to our privilege awareness seminar with Heather Anne Keyes on April 18 with a view to offering this to all GANZ members in the future.

This seminar gives us the opportunity to raise the awareness of our current privilege blindnesses and how these can impact the therapeutic alliance.

It has been delightful to welcome the contributions and enthusiastic ideas of Kat Barker and Amanda Guilfoyle at our last meeting. They have suggested that the value of gestalt groups could be more formally supported in the future by paying a facilitator for a set amount of sessions and members being offered a reduced price for participation.

The experiment of peer groups continues to unfold as group one comes to the end of its twelve months. These four groups have been a great source of connection support and infoldment. The mixture of students and practitioners has served us well in clarifying what it is to practice Gestalt principles together with no agenda other than welcoming the emergent field.

We are in the very early days of planning a conference for 2022 in the latter half of that year. So far, we have interest from a number of practitioners with specialist expertise to come to Australia or offer online opportunities for practitioners to come together and be nourished by contact and content.

December 2020: "I had a lovely meeting with Frank Bosco the president of the NYIGT for an hour the other day. He is a music therapist as well as GT and we really met. We discussed the possibility of him contributing to GANZ conference or mini conference. We plan to meet again."



Message from Editor

Just now I have sat in on the zoom “Drinks with Shrinks” with Erv Polster. He talked about death, getting older, meeting Fritz and more. Erv said “Anything that happens only happens in background to everything-else.” I think of this as I appreciate the wider field of Gestalt opening with zoom opportunities and possibilities for connecting more with folks around the planet in ways perhaps we haven’t utilised until now.

This newsletter includes Professional Development opportunities from around the globe - I have added ones in that are in “compatible” time zone for us Down Under. I might have heeded my own advice - last weekend I attended a two-day training with Michael Clemmens and Ellen Hoffman through the Gestalt Institute of Cleveland and survived on 5 hours sleep in 60 hours. I am getting too old for this!! A rich and evocative workshop, and also a reminder to me of how I want to look more closely into how I “push” myself and effort.

Putting this newsletter together today I feel some of the “effort” of it. I’m looking forward to curling up with my book by the fire or planting some of the vege seedlings that have been sitting waiting for me for two weeks. Another recent and inspiring training with Bob and Rita Resnick reminded me of the importance of withdrawal – that connecting involves an honouring of both contacting and also of withdrawal.



In February the Gestalt Centre in Melbourne held a gathering in Abbotsford to celebrate the 25th anniversary of GTA and to have the first meeting of the Gestalt Community of Practice. Seeing so many familiar faces after the year of Covid felt both exciting and also overwhelming. Gabe Phillips spoke with heart about what shaped the beginnings of GTA for him and Clare Taubert. He named 'love' as a core value that guided the formation of GTA – love of who we are, who we are discovering ourselves to be, love of each other on our shared journey of discovery, and love of those we seek to serve. Gabe spoke also of 'service' – of the nature of a therapist/trainer 'giving' and a client receiving – allowing the flow of love. He spoke of holding lightly that which we cherish. In listening I was touched by the notion that in service to our clients, we have the possibilities to expand our own being, our own ways of being with



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ourselves and of knowing ourselves – which can only ripple outwards with an expansion into this world. Gabe concluded:

My reflection is simple really --- if our hearts are open to express love for ourselves and others undaunted by the reality of our messy humanity - and if we seek to bring this love into acts of service - then we burn bright for as long as our purpose serves a purpose.

I wish us all well in this endeavour.

Erv Polster ended today by stating his desire to live a life where he has excitement of the ordinary kind. He said “I’d like to be able to experience each moment as its own reality, that honours resistance, not only of me, but of the world at large. Whatever troubles there are...we are commissioned to make them more palatable to how we are in the world.”

The training opportunities listed here remind me of how lucky I am to work and be a human in a field that has such richness inherent in it. Thank-you all for your contributions to it. I breathe it in with the cool Autumn air...

Aicha Brogan

Access to professional development policy

Part of the GANZ Council’s intention for 2021 is to offer and facilitate professional development opportunities from local and international presenters. For those trainers who intend offering online Gestalt training, we would 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



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The GANZ Council

Julia, Nathan, Aicha, Michelle, Eric, Annie, Larz, Kat, Karolina and Amanda.

Newsletter Editor

Aicha

Newsletter assisting Editor

Karolina

+++ RESEARCH +++

From Research Chair Anne Garrety

Margherita Spagnuolo Lobb is providing supervision for the 9 single case studies of the impact of 10 sessions of Gestalt Therapy on the phenomenological aspects of hope, experienced connection, and intentionality to contact in clients who are depressing and have unipolar depression diagnoses. This study is halfway through and shows promise that this new instrument and depression scale serves to show the effects on both therapist and client of each session. This project will not only be taken to Italy as the next step but also into a larger nationwide project here in Australia.

+++ JOURNAL +++

GJANZ

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

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+++ COMMUNITY NEWS +++

Sydney Gestalt Interest Group

Anyone with an interest in Gestalt therapy is invited to the upcoming gathering of the Sydney Gestalt Interest Group (GiG). The self-organised group meets quarterly to provide opportunity for connection with the local Gestalt community.

The first get-together for this year was held on Tuesday 9th March, 6.30-9pm, in South Coogee.

The evening will be a chance to meet up socially, as well as engage in some facilitated discussion or activities around Gestalt therapy themes. Please bring along some nibbles to share.

RSVP to Ruth Berendt (ruthnberendt@gmail.com) for address details.

Relational Organisational Gestalt

Spring update can be found [here](#).

Reflections on supervision with Rafael Cortina

I attended the recent supervision group centred around trauma and addiction, organised by GANZ with Rafael Cortina. This group brought together a range of different therapists from Melbourne to Darwin and several places in between. Ranging in experience from current Gestalt therapy students through to new graduates and experienced practitioners.

I found the experience supportive of my practice working with this client group. We shared recent experiences with clients who've experienced trauma and struggles with addiction. We covered many kinds of addiction from unhealthy/toxic relationships through to substance abuse and behavioural habits.



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Rafael is a highly experienced therapist and supervisor. I found him to be very generous with his vulnerability and dedication to learning. He was also gentle and accurate in sharing his knowledge and wisdom.

Nathan Dick.

Reflections on a conversation with Erving Polster

As a fresh Gestalt graduate, I jumped at the opportunity to attend a Zoom webinar with Erving Polster. He had been referenced by me so many times in all my academic assignments in the past four years while studying with Gestalt Therapy Brisbane (GTB). I had connected in my learning with Erving as an elder of elders and felt humbled and deeply grateful to be sitting in a virtual space with a great man fifty years my senior. As Erving reflected on meeting Fritz Perls in the early fifties in New York and assisting him with groups and lectures in that time I got a real sense of the immense expanse of experience this kind and connected human carries with him. Witnessing his humility and warmth had an ineffable effect on my being that left me somewhat calmer in my current existential anxieties around my newly emerging health concerns, which leads me onto something else Erving said that had an impact on me.

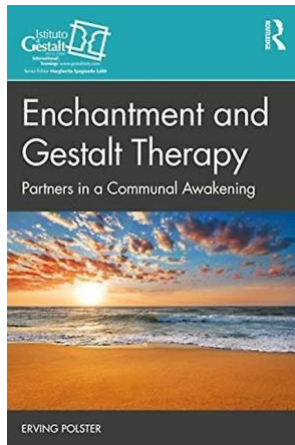
“You are something, but not everything” said Erving in response to a question about Gestalt therapies existential under-pinning’s. This statement resonated with me and moved me in a way that had me closer to being okay with death and dying. Not to say I was suddenly at peace with death, but I was shifted ever so slightly that had me be calmer in my own existence and my new awareness of a complicated and chronic heart disease that was diagnosed just four months ago. For this I was again grateful to be listening to Erving a ninety-nine-year-old Gestalt elder, and me a forty-nine-year-old Gestalt beginner. This leads on to another beautifully simple Gestalt principle Erving spoke of before wrapping up his hour-long dialogue with us.

Erving said *“If you stay with ‘what is’ consecutively, you will get to where you need to go.”* He was struggling to name the Gestalt principle in short and was humorously apologising because he is ninety-nine years old. As a newcomer to Gestalt therapy, it was wonderful to hear these simple and foundational words come from Erving as a timely reminder of the power of working in the here and now. Erving finished up the conversation by encouraging us to stay fluid and to not become rigid in our practice as therapists and to continue to love learning.

Scott Lacey

<https://embodiedhealing.com.au/>

Enchantment and Gestalt Therapy, partners in exploring life



Enchantment and Gestalt Therapy is a personal exploration of Erving Polster's remarkable career, the value of the Gestalt approach, and the power of enchantment in psychotherapy. Polster points ahead to a vision of a psychotherapy that includes the population as a whole rather than focusing on individuals, highlights common aspects of living, and focuses on creating an ethos for a shared understanding. The book outlines the six Gestalt therapy concepts that have formed the basis of Polster's work and describes Life Focus Groups, with an emphasis on the communal relationship between tellers and listeners. Polster also describes the phenomenon of enchantment in psychotherapy in detail, with reference to his own experiences. This unique work is essential reading for Gestalt therapists, other professionals interested in Gestalt approaches, and readers looking for a deeper insight into community and connection.

The Author: Erving Polster is a veteran teacher of Gestalt therapy and the author of several books. His major interests have long been the transformation of psychotherapy as a curative process into psychotherapy as a communal source of orientation and guidance.



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A Small Update from New Gestalt Voices

I want to share with you a taste of the work we are doing here at NGV. This serves as an invitation/request for anyone with interest and/or relevant skills to join us in our various projects, or to suggest a project of your own.

Race and Racism Workstream

Nnandi Lecointe leads NGV's response to race and racism. This work is so important to what NGV aspires to do that we are taking it at the pace it needs to go, dependent on the leadership and capacity of people of colour. In the wider NGV team we are engaged in a process of learning about how we create a race and privilege aware organisation, learnings which we anticipate we will share with the wider world as we assimilate them. Nnandi is currently also completing her gestalt therapy training. If you are a person of colour and would like to talk to Nnandi about NGV work, please contact nnandilecointe@yahoo.co.uk.

Schools and education Work Group

The Covid situation has highlighted what has been apparent for some time that most of our education systems do not afford enough importance to emotional and social capabilities that today's children will need to navigate ever more complex and uncertain futures. I believe the failings of today's education systems are evident less in the inequalities in technical capabilities and earning capacity that they produce, but more so in our wider tolerance for inequality and in our collective difficulty with overcoming various inequalities and in touching each other. Our schools/education working group currently brings together leadership from John Gillespie and Leonie McCarthy in the UK and from Aneta Sekovska in Macedonia. We draw on existing gestalt practice and related work such as Malcolm Parlett's concept of Whole Intelligence (Whi), to imagine, pilot and evidence a future-proof form of education in emotional resilience and adaptability. To find out more about how you can be involved in this workstream please contact me at John@newgestaltvoices.org



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NGV Radio

Thomas Ameel heads up our NGV Radio channel. Check out our schedule for future broadcasts on our events page <http://newgestaltvoices.org/ngv-events/>. You can listen to previous episodes including Kamila Bialy's shows on Intergenerational dynamics any time from our podcast page <https://anchor.fm/ngv-radio>

Partnering with Business for Ecological sustainability

Badr Hajjani, Toni Clarkson, John Gillespie and Nickei Falconer are working with business (MBA) students at Rice University, Houston. MBA students are helping us understand how to build relationships and have conversations with the corporate sector around issues related to ecology and sustainability. The project offers a test case of how business and gestaltists can mutually influence each other and both be nourished by the contact. For more information on progress with this project please see <http://newgestaltvoices.org/connecting-with-business/>

NGV International Journal - Edition 7

January 21 saw the launch of edition 7 of the International Journal edited by Bernadette Latuch and featuring contributions from Ivan Moyano, Romina Baldwin, Caroline Vassallo, Kate Egawa, John Gillespie, David Cebrian Tarrason, Sean Gaffney, Kamila Bialy and trainees and faculty from Scarborough Counselling and Psychology Training Institute. It can be downloaded [here](#).

3d Coaching Programme

Toni Clarkson from NGV's Advisory Board runs 3d Leadership Consultancy with her business partner Tony Fusco. NGV is pleased to recommend their ILM Level 5 Coaching Programme to anyone looking to develop coaching or mentoring skills to diploma certification level. <http://newgestaltvoices.org/3d-leadership-coaching/>

Wishing you a safe and supported few months



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Warmly

John Gillespie
CEO New Gestalt Voices

+++ CONFERENCE NEWS +++

GANZ Council is beginning to plan the 2022 Conference. Please contact us, if you would like to be involved.

International Conference on Research in Gestalt Therapy

September 24-26 October 2021 Hamburg, Germany

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

Gestalt Online with Heather Keyes and David Pico

Coming soon to Australia/New Zealand... a decent time to take a course!! Seven sessions, beginning in January (English) and March (Spanish). See [here](#) for registration and details.

GTA

The Gestalt Centre is pleased to announce the Gestalt Project Seminars Series for 2021. The Aim of the Gestalt Project is to create opportunities for gestalt practitioners, students and interested colleagues to meet and explore elements of our practice. The Seminars are spread across the year and are held at the Gestalt Centre from 6-8pm.

Seminar 1: A Non-Binary Field Perspective: Gender processes, Awareness, Transition & Integration.

With Eden Brown – Thursday 20th May

This seminar will provide counsellors and practitioners with an opportunity to explore gender awareness, transition and integration with a particular focus on Transgender and Gender Diverse experiences.

Seminar 2: Getting Curious about Uncertainty & Conviction

With Rhys Price-Robertson – Thursday 29th July

It's a good time to get curious about uncertainty and conviction in gestalt therapy, which is exactly what we'll do in this seminar.

Seminar 3: Setting up a Gestalt Private Practice

with Tom Trikojus & Rhys Price Robertson – Wednesday 18th August

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This seminar will explore how to set up and maintain a sustainable and vibrant private practice. We will also explore the challenges and supports required for working with complex and high need clients.

Seminar 4: Wilderness Therapy and Ecopsychotherapy

with Jane Leyshon & Cam Gilbey – Thursday 28th October

This experiential 'Wilderness Therapy' session is for participants to have a felt sense of what it is and its potential as a therapeutic tool.

Gestalt Project Seminars Series for 2021

Time / 6pm to 8pm

Where / Gestalt Centre

Cost / \$30

Bookings / contact Gestalt Centre office

Information / <https://www.gestalttherapyaustralia.com.au/the-gestalt-project-seminars>

GTA is pleased to offer two courses in partnership with Relational Change based in the United Kingdom.

The first, An Introduction to Relational Supervision, is a stand-alone course that has PACFA accreditation. It offers an introduction to the Relational Matrix Model of Supervision and is highly experiential. It is a prerequisite for the Graduate Diploma of Supervision, which is an internationally recognised qualification in supervision conferred by Relational Change.

This is a specialist training for those who offer supervision in their practice as psychotherapists, psychologists, organizational coaches, managers and team leaders.

Program Leaders: Dr Leanne O'Shea & Tony Jackson with Relational Change (UK).

An Introduction to Relational Supervision 5 day program /April 28-30th & June 10th & 11th.



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Graduate Diploma of Supervision 7 day program / October 11th to 15th & November 25th & 26th (now confirmed).

See [here](#) for full program description

Psychotherapy After Relational Trauma, Cultivating Clinical Hospitality when Struggles for Power Become Central as Repeated Early Themes

This 2-day training program is for psychotherapists, psychiatrists, psychologists, counsellors and other health professionals. The aim of this workshop is to deepen the practitioner's capacity for compassion and clinical hospitality.

Facilitator: Dr Jackie Amos

Date: 1st & 2nd July 2021

Working Relationally with Teams, Organisations & Systems: Introducing Relational Organisational Gestalt (Rog) Practices to Australian Organisations with Dr. Sally Denham-Vaughan (UK)

There are many diverse paths and approaches that support organisations to change and develop. Most rely on mechanistic assumptions about the nature of business and people and therefore do not adequately address the levels of complexity, uncertainty and volatility we are grappling with today. We believe that Organisational Gestalt has much to offer the fields of Organisational Development (OD) and Leadership Development at this time. Our approach offers consultants, coaches, facilitators, and leaders a unique advantage in harnessing the power of emergence to support organisations to flourish.

Venue: Online

Date: Tuesday 6th & 20th April and 4th May 2021

Time: 6pm - 9pm (total 9 hours)

Costs: \$525 +GST; Currently enrolled GTA students \$490 +GST

For more Information and to enrol please contact the office P: 03 9489 6300 or admin@gestaltcentre.com.au

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ConnectGround Professional Extension Workshops

"It hurts": (Mis)understanding self-harm

Self-harm can have a substantial negative impact on the well-being and functioning of family members and other carers. Parents of young people who self-harm often feel guilt and shame and are afraid of exacerbating the self-harming behaviour. This seminar will look at similarities and differences between self-harm as a coping mechanism and suicidal behaviour, and how this knowledge and related insights can support our work as Gestalt psychotherapists.

Presenter: Karolina Kryszynska, PhD

Venue: Gestalt Centre

Date: 23rd March 2021

Time: 9.30 - 11.30 am

A Gestalt Approach to Understanding & Working with Depression

This half day workshop will help participants understand and explore:

- The Phenomenology of depression
- The somatic and psychological function of depression.
- Different types of depression.
- What depression is communicating about what is out of balance and needing to be listened to, loved and learnt.
- The common ways we relate to and manage symptoms of depression that can perpetuate it.
- Underlying drivers, as well as cultural and contextual conditions that often live in the ground behind the figure of depression.
- The relationship between depression, shame, core beliefs and the inner critic.
- The role polyvagal theory and neuroscience play in helping us understand and work more effectively with depression.
- 15 bio-psycho-social principles that support people to recover from depression.



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There will be an overview of how the paradoxical theory of change, self-compassion, holism, experiment, phenomenological inquiry, here and now immediacy, relational and field theory can be applied in supporting clients to regulate and understand depression.

Presenter: Noel Haarbarger

Date: June 9th

Time: 9.30-1.00pm

Cost: \$165 / Free of charge for all current ConnectGround interns

Living Well / Relating Well 10-week program

This program is designed to support participants to develop their personal awareness; find more choicefulness in the ways they respond to the world around them; and step towards relating to others with more confidence and vitality.

When: 6.15 to 8.15pm Thursdays 15th April to 1st July

Where: Gestalt Centre

Cost: \$750

Facilitator: Tony Jackson

Application: Complete application and email to manager@connectground.com.au

Responding to Disclosures of Sexual Assault

Northern CASA provides free therapeutic services to women, men and young people over the age of 12 years who have experienced sexual assault (past or recent) and their non-offending family members and friends. Northern CASA provides a range of services including 24hour crisis care for recent victims of sexual assault (17 years and over), counselling, group work, advocacy, community education and secondary consultation and training for other professionals.



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This professional development session will explore:

- Using a trauma lens to understand and work with the impact of sexual assault
- Working with flashbacks and triggers
- Legal processes available to clients

Venue: Gestalt Centre

Date: 10th August 2021

Time: 9.00am - 1.30pm

See flyers attached outlining the workshops and details of how to register and pay:

<https://www.gestalttherapyaustralia.com.au/connectground-professional-extension>

Trauma-Sensitive Yoga (TSY) 6-week program

Trauma-Sensitive Yoga is a complementary treatment that focuses on mindful body-based yoga positions and breathing practices. It has its foundations in trauma therapy, attachment theory, neuroscience and Hatha Yoga practice.

When: 10.30 to 11.30am Thursdays 25th March to 29th April

Where: Gestalt Centre

Cost: \$150. Places limited to 8 people. Payment upfront to secure your place.

Facilitator: Micki Mayo

Gestalt Therapy Brisbane

See [here](#) for GTB trainings

Being with Death and Grief: 2-4th June 2021

Intimacy: a Workshop on Couples Therapy: 21-22nd August 2021.



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International Gestalt Dots Institute

DOTS is hosting a number of professional development opportunities this year. We hope that the events we currently organise will enrich your knowledge and skills, and provide you with possibilities to meet Gestalt therapists, students, supervisors, and trainers around the world. Humans for Humans.

DOTS April Psychotherapy and Art events:

Humans and Environment - 7 & 14 April 2021 - 3 CPD hours (PACFA Category A)

Facilitators: Dr Ioannis Michalou(di)s, Visual Artist

Dr Jelena Zeleskov Doric, Psychologist and Gestalt Psychotherapist

Awareness and Atmospheres - 21 & 28 April 2021 - 3 CPD hours (PACFA Category A)

Facilitators: Dr Ioannis Michalou(di)s, Visual Artist

Dr Jelena Zeleskov Doric, Psychologist and Gestalt Psychotherapist

DOTS April Clinical series events:

The Aesthetic Relational Knowledge - 6 April 2021

Facilitator: Dr Margherita Spagnuolo Lobb, Psychologist and Gestalt Psychotherapist

Online Bodily Processes - 18 April 2021

Facilitator: Julianne Appel-Opper, Gestalt Psychotherapist

Humour, Resilience and Gestalt - 21 April 2021

Facilitators: Heather Anne Keys, Gestalt Psychotherapist

Dr Jelena Zeleskov Doric, Psychologist and Gestalt Psychotherapist



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Gestalt and Obsessive Compulsive Fields - 26 April 2021

Facilitator: Dr Gianni Francesetti, Psychiatrist and Gestalt Psychotherapist

DOTS May Psychotherapy and Art events:

Gestalt and Phototherapy Techniques 14, 15, 28 & 29 May 2021 - 16 CPD hours (PACFA Category A)

Facilitators: Dr Michele Cannavo, Psychiatrist and Gestalt Psychotherapist

Dr Jelena Zeleskov Doric, Psychologist and Gestalt Psychotherapist

DOTS May Clinical series events:

Working with Children and Families - 4 May 2021

Facilitator: Dr Margherita Spagnuolo Lobb, Psychologist and Gestalt Psychotherapist

Online Bodily Processes - 17 May 2021

Facilitator: Julianne Appel-Opper, Gestalt Psychotherapist

Gestalt Therapy and Depressive Experience - 31 May 2021

Facilitator: Dr Gianni Francesetti, Psychiatrist and Gestalt Psychotherapist

June events:

Gestalt and Phototherapy - Mood Experiences - 4,5,18 & 19 June 2021 - 16 CPD hours

Facilitators: Dr Michele Cannavo, Psychiatrist and Gestalt Psychotherapist

Dr Jelena Zeleskov Doric, Psychologist and Gestalt Psychotherapist

Responsivity of Contacting - 21 June 2021 - 3 CPD hours

Facilitator: Dan Bloom, Gestalt Psychotherapist

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New Gestalt Voices

Is expanding with many varied opportunities for learning, communing and relating. See [here](#).

Gestalt Institute of Pittsburgh workshop: The Power of a Name: "A Multicultural Perspective of the Use of Names in Gestalt Therapy" by Uma Thampu, Faculty member of the Gestalt Centre in London, March 27th, 9.00am - 12.15 EST

"Be There Now" Take part in our NGV Song Project, with Steve Ausbury

*New Gestalt Voices presents a project by NYC-based Gestalt therapist **Steve Ausbury** in which participants reconnect with a lost part of their lives through music.*

- Send your song experience to gestaltsongproject@gmail.com by 15th April. For attribution: write your name, title of the song, band or composer, country and the year the gestalt song represents. Read your work live on an NGV Radio Show in May 2021... and please tell us if you are open to submitting your piece for future print publication.
- It's generally a good idea to start with the phrase: "I am..."
- Often a song simply conjures one very particular moment. Perfect. Just stay in that moment and fully explore every aspect of the mini-world of that moment.
- There is no prescribed length or word count; writing can be as short as one sentence and as long as you like.
- The song could be from last month or it may be from fifty years ago. The specific timeframe reveals itself through the music.

Healing Trauma in the path of Recovery

Traumatic childhood and life events shape the way an individual sees himself/herself and the world. Which has a direct impact on relationships, self-perception, coping skills, self-esteem, etc. The focus of this 6-module training is to provide a deeper understanding on the relationship between addiction and trauma, the role of the nervous system, adverse childhood experiences, polyvagal theory, and the application of this knowledge through the framework of Gestalt Psychotherapy to support healing experiences.



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The training is divided into six 3-hour modules facilitated via zoom. Each module will be a combination of lecture, modeling, and practice.

- Module 1: Understanding trauma and addiction from a Gestalt perspective.
- Module 2: Assessment and nervous system regulation.
- Module 3: Resource development and supporting early sobriety.
- Module 4: Treatment model Part 1.
- Module 5: Treatment model Part 2.
- Module 6: Groups, couples, and family work.

Schedule

Each module will be offered at 2 different times on Saturday to accommodate participants from different parts of the globe. The first Module is scheduled for Saturday the 29th of May at 3 am UTC and 3 pm UTC. To find which option is best for your part of the world you can use the following link:

<https://savvytime.com/converter/utc>

Cost

The cost for the entire program is \$600 USD. Early bird admission \$400 USD if you sign up before 10th of May. Space is limited to allow virtual space for contact.

*For US license clinicians up to 18 CEUs available for the entire course for \$30 additional charge.

Contact

If you have any questions or would like to sign up, please contact Rafael Cortina at rafael@gestalttherapysd.com

Rafael Cortina, MFT, MBA, CCTP

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.

Online [Workshops](#) for Winter/Spring 2021



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The Dreamer and the Dream

Uncover the undiscovered parts of yourself that lie hidden in your dreams, pulling the threads of classical Gestalt dreamwork into a contemporary Gestalt approach.

Tuesday evenings January 19, 26, February 2, 9, 2021: 7:30-9:30pm (EST)

With Tony Greco, Registered Psychotherapist and Senior Faculty at the Gestalt institute of Toronto

Shamanism for Gestaltists: Your Psychic Gifts

The intersection between shamanism and embodied relational Gestalt explores the humanism of psychic gifts. An experiential workshop intended to bring into awareness what Merleau-Ponty called “a living sense more ancient than thought.”

Three Tuesday evenings March 2, 9, 16, 2021: 6:30pm-9:00pm (EST)

With Jay Tropianskaia, Registered Psychotherapist, Senior Faculty and Director of Training, Gestalt Institute of Toronto

The Love Workshop

What we know as love and how to love remains a mystery. Explore the relationship between falling in love, being in love and loving.

Five Tuesday evenings March 23, 30, April 6, 13, 20, 2021: 7:00pm-9:00pm

With Jay Tropianskaia, Registered Psychotherapist, Senior Faculty and Director of Training, Gestalt Institute of Toronto.

Please contact Carly Hubbard: info@gestalt.on.ca or 416-964-9464 Ext 14 to register or to www.gestalt.on.ca for full description of workshops.



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Dialogues on Psychotherapy at the time of Coronavirus

International webinar recordings (English-Italian)

Twelve well-known Gestalt psychotherapists talk about their experiences of the pandemic. They suggest different aspects of Gestalt therapy to focus on that might help discover ways for this unprecedented event to be an opportunity for growth. They describe ways to discover new tools as psychotherapists during this time of global trauma.

WEBINAR SPEAKERS: Dan Bloom, Bernd Bocian, Pietro Andrea Cavaleri, Ruella Frank, Eva Gold, Lynne Jacobs, Miriam Taylor, Antonio Narzisi, Giuseppe Sampognaro, Margherita Spagnuolo Lobb, Carmen Vázquez Bandín, Steve Zahm

LANGUAGE: English and Italian (with translation).

You can watch the [webinar recordings](#) for 39 Euro.

Gestalt Institute of Cleveland online training events

The Gestalt Institute of Cleveland is offering a virtual format for their Community Engagement Dialogue Series. This will be a series of virtual seminars covering various topics, all designed to support dialogue about topics previously frequently avoided for fear of saying the wrong thing. This is the opportunity to explore, be a little bit vulnerable, and expand your worldview

The times are approx. 7am AEDT.

Gestalt 101

Date: February 24, 2021-November 17, 2021

Time: Wednesdays, 5:00pm-7:00pm ET

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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 email: contact@ganz.org.au

ABN: 38 322 108 159



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Tuition: \$750.00

Groups of four or more \$675.

Location: Virtual 2 hour monthly sessions.

Location: One-Time Virtual Event (You will receive a meeting link prior to the event date)

Faculty: ELIZABETH WELCH, MA, CDP, GPCC™, MICHAEL CLEMMENS, PHD, RICHARD B. HANCOCK, MA, GPCC™, PCC, BCC, MARY ANN KRAUS, PSYD, GPCC™, BCC, J. RICK DAY, MBA, PHD, PSYD, ABPP, PHILIP R. BELZUNCE, PHD, ND, LMFT, CPC, BCC, BCPP, among others.

Tuesday Evening Personal Growth Group

Currently being held virtually.

The Tuesday Evening Personal Growth Group meets every other Tuesday (7:00pm-9:00pm). The meetings are currently being held virtually via Zoom.

Contact Sharon Gentry at office@gestaltcleveland.org

The Gestalt International Study Centre

Has many [new](#) coaching and trainings offered in an online format.

Manchester Gestalt Centre

Offers a series of recorded [webinars](#).

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.



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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