



GANZ NEWSLETTER – August 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



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+++ COUNCIL NEWS +++

Message from Council - Vacating GANZ Council Positions

Welcome to the August 2021 GANZ Newsletter.

GANZ Council meetings continue to be lively gatherings to discuss ways in which we can serve the Gestalt and wider psychotherapeutic community. Professional development, proposed panels, peer groups and a conference draw us into connection in heart and head centred ways to keep alive the appreciation and profile of Gestalt Therapy in Australia and New Zealand. This newsletter offers an opportunity for you to listen in on where we are up to after this month's GANZ Council meeting agenda. I do hope you read , enjoy and feel welcomed to respond and contribute.

Many of our members are again in lockdown and working remotely. Thank you for all you are doing to support your clients and each other throughout Australia during this extraordinary pandemic. We hope you can find ways to stay connected to each other and our community, and facilitate hope throughout the uncertainty of these times.

We have several vacating positions at our upcoming AGM. Being involved in Council can offer an opportunity to feel a part of a group who have a common intention of supporting the sustainability and growth of Gestalt in Australia and in New Zealand. It allows you to work alongside peers committed and



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excited by Gestalt. The roles cater to various experience levels. GANZ Council welcomes students and experienced practitioners – people with a passion for gestalt and a wish to connect with others. This year our one Kiwi Council member Eric Houghton is stepping down after many years of service. We encourage New Zealander's also to think of joining the Council and would greatly welcome their presence.

We are putting the call out for nominations for the following roles – President, Vice-President, Secretary, Community and Membership and International Relations. Please see [here](#) for more detailed descriptions of the roles.

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,

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

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

Newsletter Editor

Aicha

Newsletter assisting Editor

Karolina



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+++ COMMUNITY NEWS +++

International Peer process groups

GANZ member Waltraud Reiner is continuing GANZ's initiative of running peer process groups. She is offering an afternoon group and a morning group in order to cater to international people. Please contact Waltraud for further details:

Time: Aug 15, 2021 17:00 AEST

Join Zoom Meeting

<https://us02web.zoom.us/j/83279792508?pwd=YUNvcHlaUDM1SVZObjkwWTZSNDhnQT09>

Group 2:

Time: Aug 15, 2021 10:00 AEST

Join Zoom Meeting

<https://us02web.zoom.us/j/84219004234?pwd=d2JpTHByOUU1RTZ5NTVDVEVKYzErUT09>



Waltraud Reiner (*she/her*)

Psychotherapist MGestTher / Educator / Milliner / Mobile 0425745299

PACFA Member

'We are Not the hats we wear'

reinerwaltraud@gmail.com



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Sydney Gestalt Interest Group

Being a therapist can be a lonely career at times, particularly in private practice where our only interaction during the workday may be with clients and our local barista, and that's without Covid, lockdowns, social distancing and working from home. We all crave human connection, particularly connection with others who have 'done the work' as there can be something very special about relating with other therapists that helps us feel understood, reassured and ultimately more resourced. So how do we go about this in our new world where so much has moved online and further insulated our working days? Maybe it's time to start a G.I.G.?

The Gestalt Interest Group or G.I.G was a response to a perceived desire for people interested in Gestalt to meet, network, experience and discuss the Gestalt approach in the Sydney area, with its first gathering 4 years ago. The group meets about four times a year to explore/experience all things Gestalt through connecting socially and professionally with the goal of being part of a broad and diverse community. Attendees do not need to be Gestalt trained or be a member of GANZ or other associations. The group is horizontally structured and leadership is shared, where a diverse group of people have organised an equally diverse range of meetings on different days, times, in different locations around Sydney and ranging from informal and more social meet-ups to beautiful experiential offerings around dialogue, movement, art materials and even creativity through found objects. In the last 18 months attendee numbers were often limited to match current Covid restriction gatherings, but it also made continuation of the meetings all that more important and rewarding.

The next Sydney G.I.G. is set to return to where it all began at the Blues Point Hotel, McMahons Point in North Sydney on Thursday August 8th 6.30-8.30pm however current lockdown restrictions may require this to be postponed until a later date. If you are in the Sydney area and would like to attend or be added to the email contact list, please contact susanna_goodrich@silverspirit.com.au

If you are located elsewhere and love the idea, why not reach out to the Gestalt therapists in your area and start collating a list of potential attendees, you can start off small and experience the events flourishing over time, as Fritz Perls once said "You are you, and I am I, and if by chance we find each other, it's beautiful".



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Barry Lewis, Counsellor & Psychotherapist

barrylewiscounselling.com.au

Reflections from TRIA

Ashleigh Power, Director, The Relational Institute Australia

TRIA has managed to bumble and bounce its way through the first year of the pandemic, and whilst we were able to deliver a large proportion of training face to face, the words “you’re on mute”... were a distinct and popular phrase.

We have found ourselves leaning into Eco therapy discourses, and the resourcing opportunity this provides. Whilst as a training group we are sometimes together in virtual realms, experimenting with connecting with a place in nature proves to be very helpful for the nervous system, and helps the group to access a more wholesome connection, alongside deep reflection regarding our own individual and collective relating to the natural world.

We human beings also appear to have an innate desire to care and connect in our desire to create meaning in our lives. This time in our history bestows us with a responsibility to discover sustainable ways of relating and participating to ensure that the health of our planet is secured for future generations. I believe that Gestalt therapy practice and theory can support such an endeavour. Gestalt therapy theory and practice is an aesthetic and discipline for living life. It is an invitation to participate in an ongoing phenomenological co-enquiry of the lived bodily experiences in our interactions with others and other- than-human subjects in nature . (Desmond, B. Gestalt Review, 20(1):33-47, 2016)

These times also lend themselves to grappling with our responsibility as custodians of this planet, and the gross impact we have had over the very short time we have inhabited her. Responding to phenomena such as ‘Eco-anxiety’ and quandaries around social control as we all lurch from lock down to lock down are certainly new contextual field conditions to grapple with. Gestalt therapy’s capacity to hold robust and rigorous conversations about such matters is deeply appreciated.

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Here is a photo of our current Post Graduate group as we were welcomed onto Darkinjung/Wonnarua country by a local elder earlier this year.





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+++ CONFERENCE NEWS +++

GANZ Conference

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.

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

IG-FEST Conference

Ig-Fest is an international study group of Gestaltists developing the kind of work that the founding group have been writing about and teaching, through online links of various sorts – webinars, peer supervision groups and practices, supervision days, discussion between trainers and therapists in different countries, online workshops, sharing writings and videos. Members are collaborators, not trainees, and are invited to show what they are doing with what the founders have been teaching. The group is actively multicultural, diverse and accessible to people with less time and income.

The founders are Peter Phillipson (UK), Gianni Francesetti(Italy), Michele Gecele(Italy), Dan Bloom USA), Julianne Appel-Opper (Germany), and Jan Roubal (Czech Republic).



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Last week. Subscription is 45 pounds per year and this gives access to free group supervisions and conferences.

Last week the first conference online was organised with a theme “Emerging self in a changing world”. 185 Gestaltist from mostly Europe and United States gathered on line for 5 short plenary speeches from the founders. There was plenty of time allocated for small group work at the end of each plenary speech for small group discussions in break out rooms. There were also 6 members presenting workshops in medium sized groups and these also had small group discussion in break out rooms. There was plenty of time for breaks from the screen also built in to the program and even a virtual lobby to hang around and chat with strangers or friends.

Jan Roubal spoke of the therapists’ experiences of helplessness and how this impacts the choice of interventions from three different perspectives; doing, relating and being bodily present to the situation. Interventions were chosen depending on which mode was in the foreground.

Michele spoke of how perception of personality disorders could be compared to how witches have been seen historically. She posited that the feminist movement had turned the witches concept around to a position of being proud to be a witch. The diagnosis of personality disorder is very connected to the structure of societal norms and is an expression of diverse suffering whose symptoms negate or support social norms.

Gianni’s presentation was on the disturbing feeling that arrives in the therapy room is regarded as a richness in the field perspective. It is the imprint of the absence of the other in a clients life and is like an invisible guest or an unwanted guest.

Each of the founders writes from the perspective of foregrounding the field in terms of diagnosis and interventions, and this opens up great discussion among the members. Personally I found it so heartwarming to meet members from Ukraine and Serbia and find amazingly common ground. You can join IG-Fest study group anytime by going to IG-Fest.org.

Annie Garrety



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PROFESSIONAL DEVELOPMENT

Upcoming Trauma and Addiction Supervision Group

We only have 2 places available for our upcoming supervision group with Rafael Cortina. This will be an exciting and rich PD, focusing on trauma and addiction, case review, gestalt concepts and principles applied to recovery and trauma work.

Held online for 4 sessions of 2 hours and starting Sat 7th August - please contact Michelle Sier at michelle.sier@outlook.com for more information about dates and cost and to book your spot.

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 3: Setting up a Gestalt Private Practice

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

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.



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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>

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.

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-extensio>



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Freedom from the Judge Within: Cultivating practices for self-compassion & being where you are!

Facilitator Noel Haarbarger

This 2 day experiential workshop will provide practitioners and participants with an in-depth exploration of the parts of self related to self-criticism, internalized shame and core beliefs, self-compassion and present centred awareness. Practices that support a return to wholeness and dis-identification from the inner critic will be explored

Venue: Gestalt Centre

Date: 13th & 14th September 2021

Time: 9.30am – 5.00pm

Cost: GTA Student \$600 Full Registration \$700

Flyer:

https://cb377d7f-3f94-4537-aef6-ef9c51813dba.filesusr.com/ugd/a2ad3d_b37b7015781747e58d89584c70fbab12.pdf

Please book and pay EventBrite: <https://freedom-from-the-judge.eventbrite.com.au>

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.

Skulls & Skeletons : Professional Development with Dan Bloom: 1-2 September 8.30am-12.30pm - zoom

Mixed Race Process Group : Professional Development with Nandi Lecointe and John Gillespie: September 2021

Rupture, Repair and Regret: A Relational Gestalt Perspective: 11, 12, 13 October, 2021

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Professional Development with Margarete Koenning: 16 October 2021

Professional Development with Dr. Jackie Amos: 4-5th December, 2021

The Relational Institute Australia

See [here](#) for TRIA trainings

Suicide Risk Assessment: An Online Training for TRIA Students and Graduates

20 July

6:00 pm - 9:00 pm (ZOOM)

Basic Counselling Skills & Mental Health Basics an Online Training for TRIA Students

03 August

6:00 pm - 9:00 pm (ZOOM)

International Gestalt Dots Institute

<https://www.gestaltdots.com/>

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.

August:

Humour, Resilience and Gestalt with Heather Anne Keyes from Mexico - 11th August from 9:00 am to 12:00 pm Sydney time

October:

Post-secularism and Gestalt therapy with Dr Philip Brownell from USA - 10 October from 9:00 am to 12:00 pm Sydney time



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Presence, Immanence & Transcendence with Dr Philip Brownell from USA - 17 October from 9:00 am to 12:00 pm Sydney time

Paradoxical theory of change with Dr Jan Roubal from Czech Republic - 22 October from 6:00 pm to 09:00 pm Sydney time

The Pneumenal Field and Gestalt with Dr Philip Brownell from USA - 24 October from 9:00 am to 12:00 pm Sydney time

Phenomenology and Post-Secular Practice with Dr Philip Brownell from USA - 31 October from 9:00 am to 12 :00 pm Sydney time

November:

Phototherapy, Gestalt Therapy and Field with Dr Michele Cannavo and Dr Jelena Zeleskov Doric - 20 November from 06:00 pm to 10:00 pm Sydney time

Istituto di Gestalt HCC Italy

Relational Interventions for New Psychopathologies in a Post-Pandemic World

Online Program with Ruella Frank, Nancy McWilliams, Fabiola Maggio, Lynne Jacobs, Natasha Kedrova, Erving Polster, Margherita Spagnuolo Lobb, Miriam Taylor, Carmen Vázquez Bandin

9 online seminars: Registrations are still open. You will access the recordings of the previous seminars. To those who will not attend a seminar, a video recording will be provided.

Full details: <https://www.gestaltitaly.com/new-psychopathologies-post-pandemic/>

Mind Body Training Institute

Busting Myths About Male Sexuality: Implications for Therapy with Men, Women and Couples

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26 July 2021 @ 8:00 am - 5 September 2021 @ 5:00 pm

Online Event: Registration is open from 26 July – 5 September 2021

Here's How You Can Benefit By Taking This Course:

- Be an informed therapist about the latest thinking and research in male sexuality and how to use it to help your clients focus on their sexual health.
- Become more comfortable talking about sexuality in all its forms with your clients whether they are men, women or couples.
- Learn ways to de-pathologise your clients and reduce shame by helping them focus on how they can become more sexually healthy.
- Understand the concept of sexual fluidity and how it impacts on clients who are struggling with their sexuality, and how it can cause problems in relationships when couples don't understand it or talk about it.
- Stretch your beliefs - and maybe even transform some of them - in a way that increases your knowledge and skills and helps you get better outcomes with your clients.
- Feel confident knowing you have the skills to work with any client regardless of their sexual or erotic orientation.
- Help women understand male sexuality, so they're more likely to get their needs met.
- Understand what can and cannot be altered when it comes to erotic orientation and sexual behaviours, and how to help clients be more accepting of their sexuality.

Click [here](#) to register for the advanced course before 5 September 2021.

If you would like to sign up for the free training series with Dr. Kort before purchasing the advanced course, click [here](#) (the free training expires on 25 August 2021).

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

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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