

Gestalt Australia & New Zealand

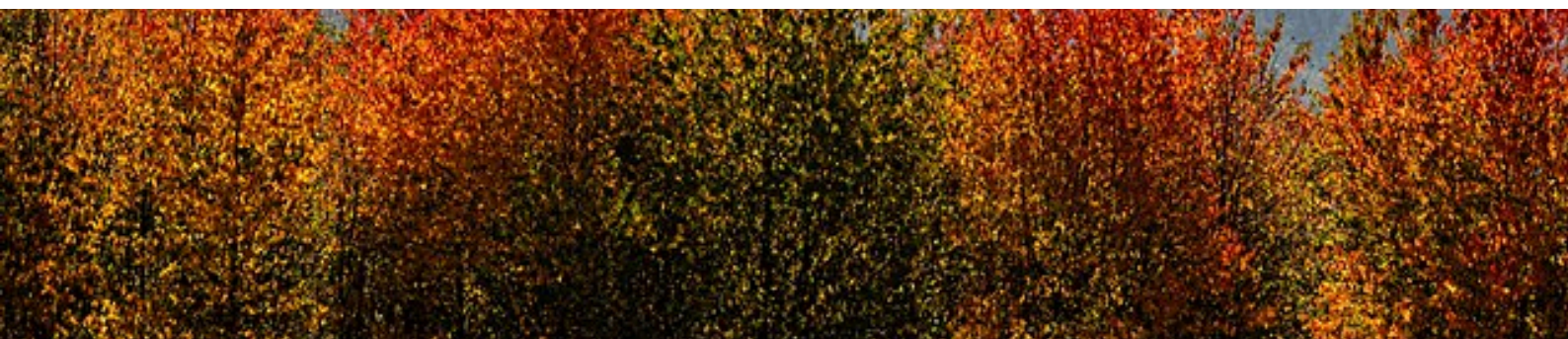
Newsletter - Autumn Edition



Dear GANZ members and Gestalt community,

We hope your year is going well. In this newsletter, you'll find details for our rich professional development events, the GANZ discussion groups, external training opportunities, and council happenings. We would like to invite all members to contribute to the GANZ Newsletter. If there has been a workshop or conference you have attended that you would like to tell people about, please contact the Newsletter team at membership@ganz.org.au

The GANZ Council: Michelle Sier, Annie Garrety, Nathan Dick, Karolina Kryszynska, Ben McEwing, Zoë Webber, and Amy Della-Torre



GANZ acknowledges and pays respects to the Traditional Owners of Australia and Aotearoa.

We acknowledge the ongoing impacts of colonisation and know that sovereignty has never been ceded.

People of all sexualities, genders, religions, abilities and cultural backgrounds are welcome at GANZ.



Council Updates

We're delighted to welcome three new members onto the GANZ Council - Ben McEwing to the role of Student Representative Chair, Zoë Webber to the role of Community and Membership Chair, and Amy Della-Torre to the role of Social Media and Communications Chair - welcome!

Late in April, the GANZ Council met up in Brisbane to attend to the overarching goals of GANZ. The weekend was packed with tasks and resulted in a collective appreciation for what was achieved and the ideas made possible.

We are attending to role changes within the council and would like to thank you for your patience while this happens. This newsletter has been affected by our new formation. Moving forward, we intend to publish it on a scheduled basis, providing as much current information that will benefit our members.

If you haven't noticed what's been happening and what GANZ has to offer, make sure to check out our website:

www.ganz.org.au

Administration Request: Could 'student members' please update their profiles in their GANZ accounts? We intend to catch important data that will assist us in supporting you. *Required* fields are 'Place of Study,' 'Year of Study,' and 'Year of Completion.'

AND... We're now on Instagram - Follow us!



The Gaggle on the GANZ Council

From L to R -

Amy, Nathan, Michelle, Ben, Zoë, Annie & Karolina

Connect with
GANZ

Follow us!

Facebook
LinkedIn
Instagram

@ganzcommunity



GANZ Professional Development Events



Introduction to Depth Enquiry™ - EMDR with a Gestalt twist
Presented by Amanda Gruhn
Wednesday 17th July

Let's talk about self-disclosure: what it is, what it isn't, and the clinical dilemma
Presented by Susanna (Zan) Goodrich
Wednesday 8th August

Slicing Down: Deepening Emotional States in Couples Therapy
Presented by Sean Tonnet
Thursday 12th September

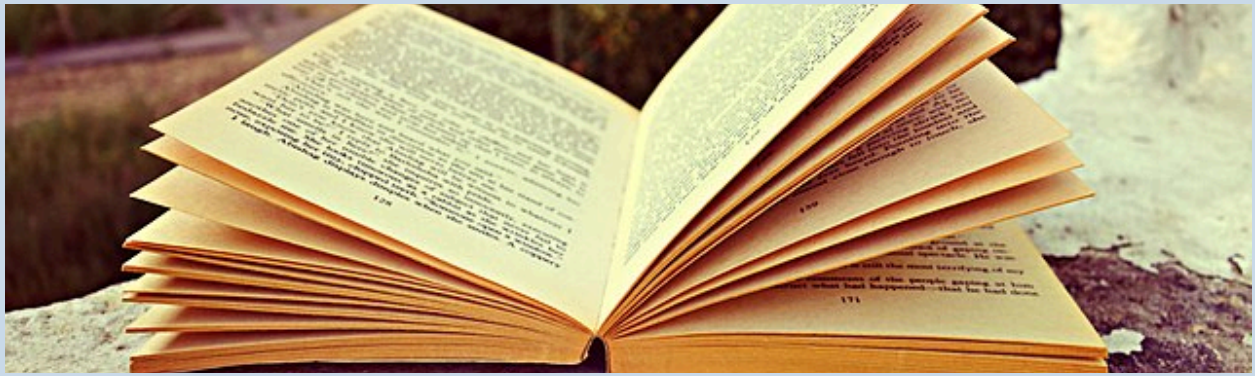
Clinical Hospitality in a Contemporary World
Presented by Claire Taubert
Wednesday 2nd October



More details and registration for all GANZ events at:

<https://www.ganz.org.au/events/>

GANZ Drop-in Discussion Groups



Following our recent webinar, 'The Grieving Self: In and of the Field' with Tracy Santos, GANZ hosted a group event to delve deeper into discussion and contemplation around the topic of grief and grieving. The first discussion group of 2024 was a success! It was a beautiful, small, intimate group. We spent time sitting with our own experiences with grief while exploring what it means to sit with others. Thank you to those who joined.

June's discussion group is inspired by the recent IARPP webinar hosted by Lynne Jacobs on 1st June: Power and Vulnerability in Supervision: An exploration for both supervisors and supervisees.

This discussion group will provide a space to delve deeper into contemplation around the topic of Vulnerability in Supervision.

The June gestalt drop-in discussion group will be held online on:

Wednesday 19th June from 6.30pm to 8pm AEST.

A Zoom link to the discussion group and some resources will be sent to those who purchase a ticket - ([click here for tickets!](#))

The groups will be capped at 10 participants and you don't need to have attended the webinar to register. Resources for the groups will be emailed after registration and events will be facilitated by Amy Della-Torre from the GANZ council.

NB: Future study groups will be organised following our webinars in July, August, September and October, 2024. Make sure to keep your eyes posted on our socials following these events.

We look forward to seeing you at these events.

Other Events

Please see below details for other upcoming professional development opportunities in our wider community!

Eco Therapy and Training at The Relational Institute

There is a growing movement in counselling today which includes bringing the work outdoors!

Nature based therapy, or Green therapy, Eco therapy is an umbrella term for applied Eco-psychology, a term coined by Theodore Roszak (1992). It entails practices or techniques that foster a deeper connection with nature: the goal of these techniques is for clients to experience enhanced well-being and have optimal mental health.

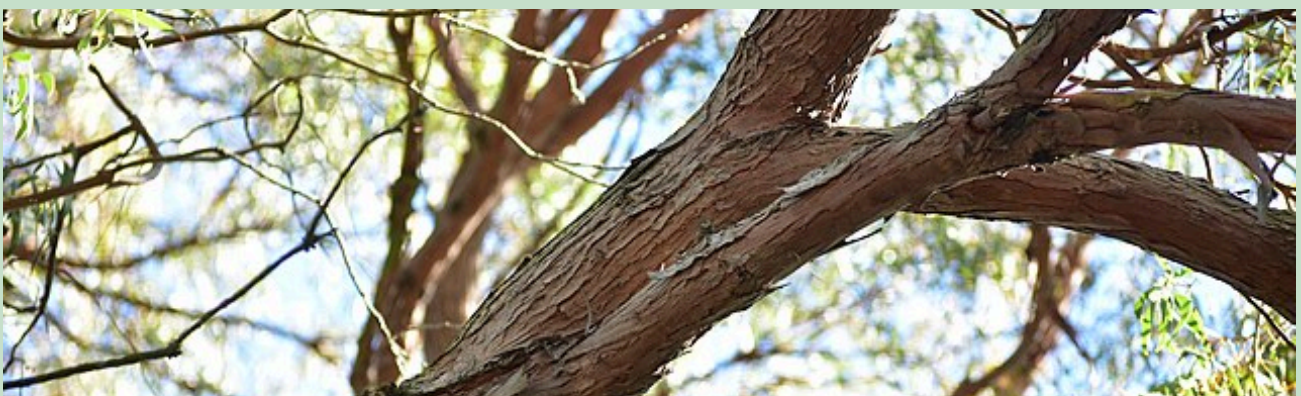
The method of Gestalt synthesizes very well with Nature based therapy. Paul Goodman, (1945/1977a), one of the founding authors of Gestalt therapy's seminal text: Gestalt Therapy: Excitement and Growth in the Human Personality, drew attention to the importance of the relationship between humans and nature: "(people) who separate themselves from nature have to live every minute of their lives without the power, joy, and freedom of nature" (p. 25).

TRIA joins this movement by now including both a comprehensive online training in partnership with Wilderness Reflections:

<https://www.therelationalinstitute.com.au/eco-therapy-training/>

And, including Nature Based Gestalt therapy as a unit of competency in our newly accredited Graduate Diploma of Gestalt Therapy:

<https://www.therelationalinstitute.com.au/gestalt/>



The Gestalt Centre are excited to share some of their workshops and seminars planned for 2024.



Tony Jackson will be facilitating a 1-day workshop on how to challenge clients. The workshop will explore the interplay of confirmation, differentiation, and navigating how to challenge clients in the therapeutic context. In the workshop you will learn to identify what gets in the way of challenging others, including your own core themes and fears. You will also learn what to do when there is rupture, and how to repair and build robust therapeutic relationships. This is an in-person workshop in Melbourne, on 19th June.

[Read more about this workshop here.](#)

Another workshop bound to be popular, is Working with Depression with Noel Haaburger. This 2-day workshop will be held in-person in Melbourne on 23rd & 24th September. This workshop will include 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. Noel's trainings always leave you feeling like you learnt something that you can incorporate into your practice immediately.

[Click here to read more.](#)



This year the Gestalt Project seminars will continue, so keep an eye out for these excellent 2-hour events, some of which will be online.

These seminars are offered through the Victorian Association of Gestalt Practitioners (VAGP). You can read more about the [VAGP](#) or [Join here](#).

THANK YOU for your interest and commitment to GANZ.
We will be back in this form for a Winter edition.