

May 2025

# Gestalt Australia & New Zealand Newsletter - Autumn Edition



Dear GANZ members and Gestalt community,  
Autumn salutations to our second edition of the 2025 GANZ newsletter.

As is becoming thematic, we have a plethora of wonderful information to share with you in this newsletter. Whilst we move towards an inward phase of the seasonal cycle (in the Southern Hemisphere), the world of Gestalt doesn't appear to be slowing down anytime soon.

Once again, we hope you find this edition informative and full of captivating events. We remain grateful to all the inspirational Gestalt therapists and educators who facilitate online webinars for us. There are a wealth of upcoming events to choose from on the following pages.

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The GANZ Council: Michelle Sier, Annie Garrety,  
Zoë Webber, Amy Della-Torre, Tegan Mumford and Claire Bartels.



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.



In this Autumn edition of the GANZ Newsletter you will find:

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# Acknowledgement of Alan Meara

By, Mike Reed, Brenda Levien and Gabe Phillips

As long-term colleagues and friends of Alan - and fellow Gestalt travellers with him - we are writing to acknowledge and express gratitude for his extraordinary contribution to Gestalt Therapy, here, there and everywhere.



Alan's contribution is a gestalt! He is a student, client, therapist, trainer, writer, convenor, leader and community member.

Over the years Alan has brought his dedication, generosity, intelligence and gifts to being a Director of Training, Journal Editor, Conference Convenor and President of GANZ.

As Alan's health and well-being require him to step back from his current role on the GANZ Journal, it is timely to pay tribute to one of the foundation members of GANZ who guided this vehicle as an act of service for others.



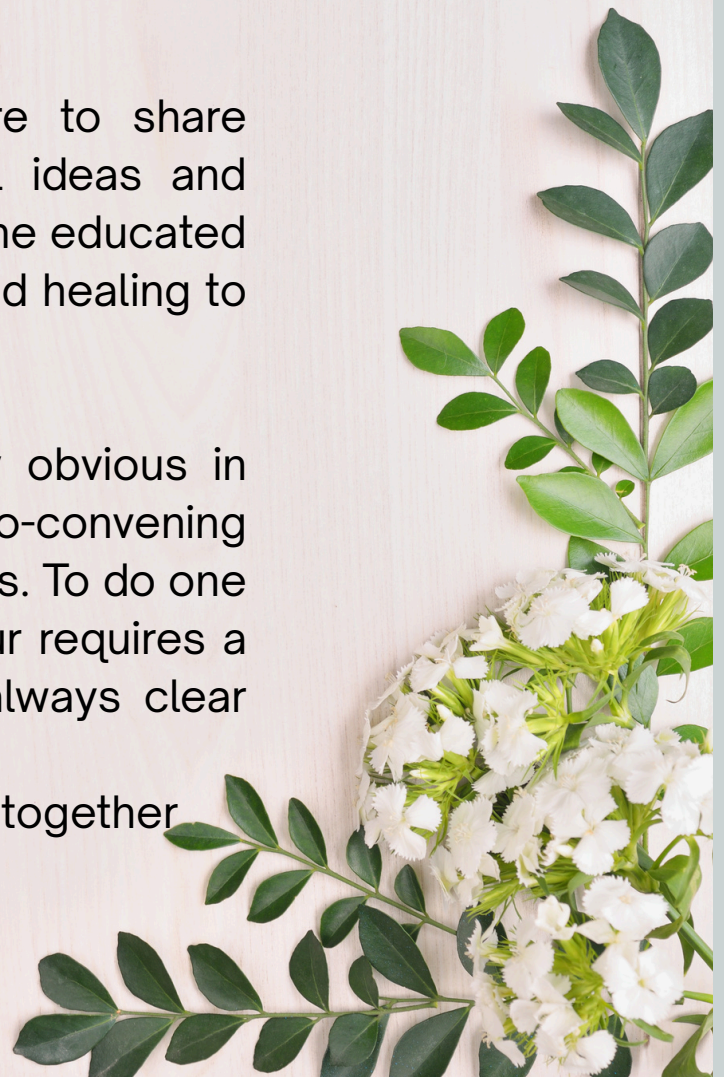
As a person of ideas with a vigorous circular mind, Alan committed to giving birth and nurturing writing in our midst. Sharing ideas and creating a space to support this sharing has been a passion for Alan - and a wellspring for the Gestalt community in Australia, New Zealand and beyond.



Inspired by this much-loved animating focus, Alan ‘stepped in’ and ‘stepped up.’ Alan stepped in through his learning – personal and professional – in which he encountered himself and others on both sides of the empty chair. His learning as a student and client formed a springboard to him becoming a trainer and eventually a Director of Training in Brisbane.

The ripple effect of Alan’s desire to share personal realisations, foundational ideas and effective practice is a gift to those he educated in how to bring awareness, hope and healing to others.

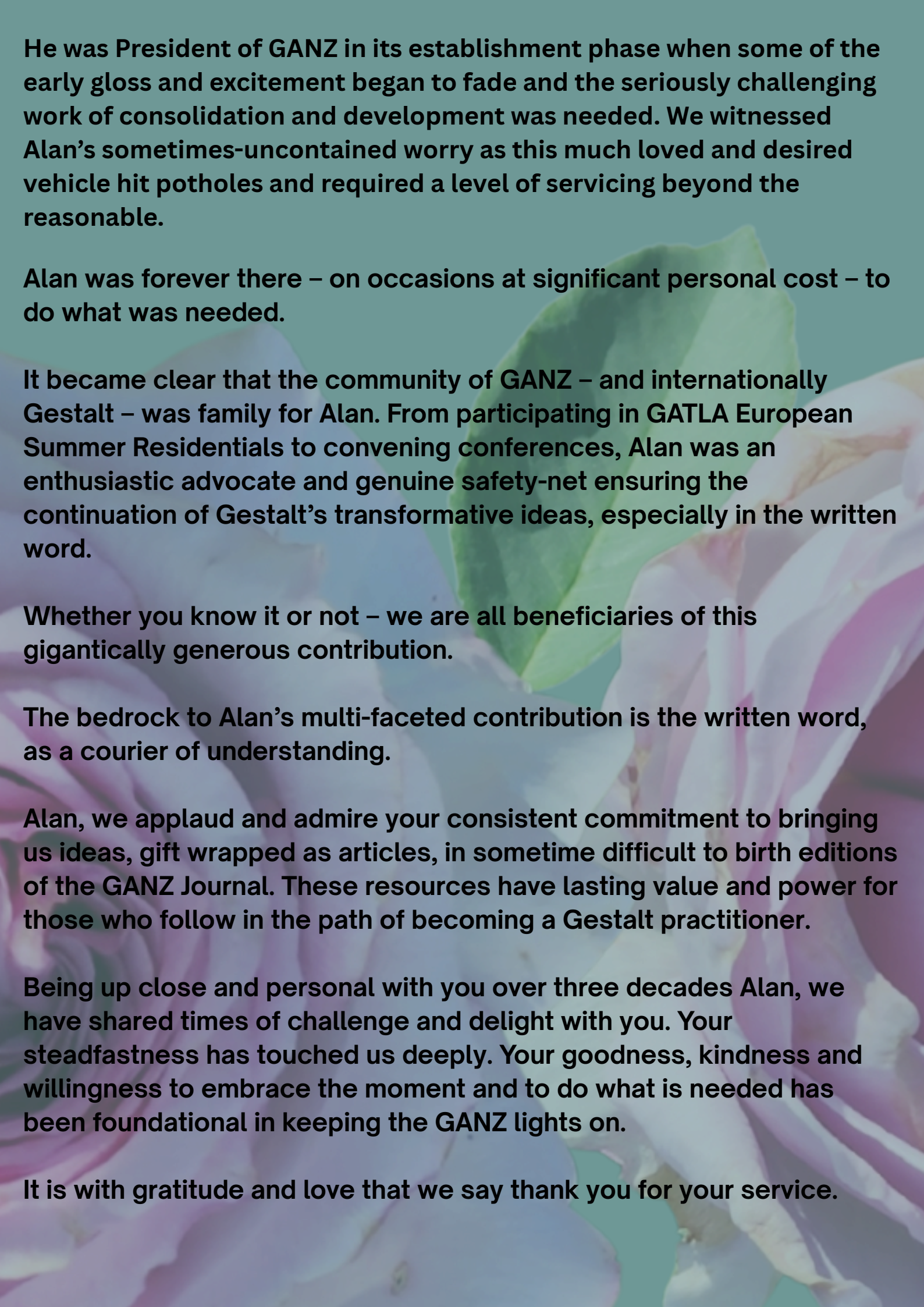
Alan’s stepping-in was particularly obvious in his contribution of convening and co-convening no less than four GANZ Conferences. To do one is generous, two is brave – and four requires a special kind of madness! It was always clear that Alan’s crazy brave contribution was fired by his passion for coming together as a community and sharing ideas.



Alan, we are grateful for your vision and interpretation on how to become a Gestalt Therapist – and for your wisdom, guidance and support to the many on this adventure.

Alan stepped up – often in unimaginably generous ways – to fill GANZ gaps over the years...





He was President of GANZ in its establishment phase when some of the early gloss and excitement began to fade and the seriously challenging work of consolidation and development was needed. We witnessed Alan's sometimes-uncontained worry as this much loved and desired vehicle hit potholes and required a level of servicing beyond the reasonable.

Alan was forever there – on occasions at significant personal cost – to do what was needed.

It became clear that the community of GANZ – and internationally Gestalt – was family for Alan. From participating in GATLA European Summer Residentials to convening conferences, Alan was an enthusiastic advocate and genuine safety-net ensuring the continuation of Gestalt's transformative ideas, especially in the written word.

Whether you know it or not – we are all beneficiaries of this gigantically generous contribution.

The bedrock to Alan's multi-faceted contribution is the written word, as a courier of understanding.

Alan, we applaud and admire your consistent commitment to bringing us ideas, gift wrapped as articles, in sometime difficult to birth editions of the GANZ Journal. These resources have lasting value and power for those who follow in the path of becoming a Gestalt practitioner.

Being up close and personal with you over three decades Alan, we have shared times of challenge and delight with you. Your steadfastness has touched us deeply. Your goodness, kindness and willingness to embrace the moment and to do what is needed has been foundational in keeping the GANZ lights on.

It is with gratitude and love that we say thank you for your service.

# GANZ News & Events



Our council would like to extend our heartfelt thanks and appreciation to Amy Della-Torre, who has recently stepped down from their role as Social Media and Communications Chair. Over the past year, Amy has played a pivotal role in revitalising GANZ's online presence. They led the redesign of our social media strategy, launched our new LinkedIn and Instagram accounts, and breathed new life into our Facebook page. Through their work, GANZ has seen a significant increase in visibility, community engagement, and event participation.

Amy's creativity and generosity has left a lasting impact on how we connect with our members and the wider Gestalt community. We are deeply grateful for their contribution and the strong foundation they have built for future communications. Thank you Amy for your time, energy, and commitment to GANZ.





**We have a new facebook page!  
FIND US HERE**

**There is a subtle difference to the name - we are now:**

**Gestalt Australia and New Zealand**

**Rather than:**

**Gestalt Australia & New Zealand**

**Please jump on over.**

**‘Like’ and ‘Follow’ us to stay up to date with the most  
current GANZ information.**



**You can also find us on Instagram  
[HERE](#)**

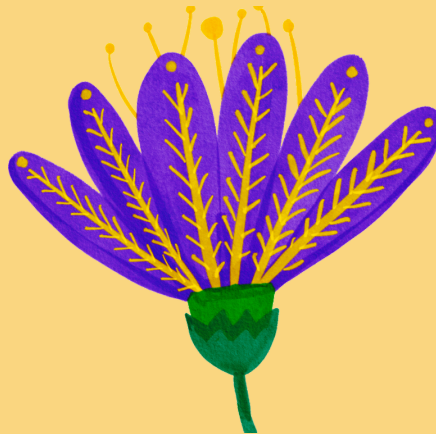
## Student PD Fee

### News for Students of Gestalt

We are so excited to announce that the student fee for professional development events is now \$15.

As we work towards building community and connection, we would like to warmly invite your presence and participation.

Whether you're new to GANZ or have been a student member for some time, we look forward to welcoming you to our events soon!



## Webinar Recordings

Did you know - that in the dashboard of your membership profile, you can access GANZ webinar recordings under the 'resources' tab?

- You can purchase or view our current PD library.
- If we hosted a webinar you missed but would have loved to catch, please check the library for availability.
- Option 1: You purchased/attended the webinar - Rewatch for free.
- Option 2: You did not attend the webinar - Buy the recording.

We currently have seven webinars from 2024 accessible, and will continue to update throughout 2025.

NOTE: It is at the presenter's discretion whether their material will be recorded. \* Sensitivity to the experiential nature of such offerings is frequently a deciding factor.



## Introducing Gestalt Sydney

Ash Power  
SHE/HER

0405 649 266  
gestaltsydney@gmail.com  
gestaltsydney.com.au



I acknowledge all First peoples, their ancestors and their longstanding sovereignty of unceded lands. This is, was, and always will be Aboriginal land.

My dear colleagues.

In the last newsletter, I wrote an update regarding the news of TRIA's acquisition, and subsequent teaching out of the ASQA accredited Graduate Diploma of Gestalt therapy.

In this newsletter I would like to offer a little more context behind this decision and particularly my views in relation to the conundrum of government regulation of gestalt therapy training.

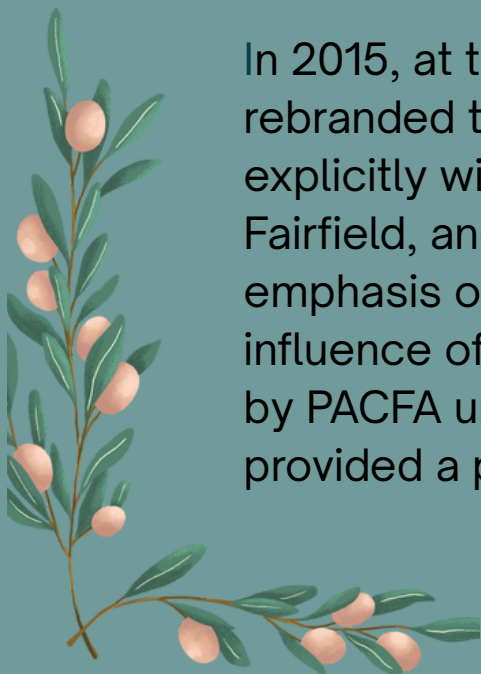
## The Story of TRIA

I founded Gestalt Therapy Sydney in 2010. At that time, there were 8 gestalt institutes in Australia:

GTS & SGI in Sydney,  
TGI in Terrigal,  
GTA in Melbourne,  
NRGI in Lismore  
GestaltWA in Perth, and also  
GINZ in Aotearoa New Zealand.

There was also a diverse number of psychotherapy training centres across the continent, representing a colourful and diverse industry.

In its first year of operations, GTS became an agent of GTB to be able to offer its Master of Gestalt therapy, and did so for a 5 year agreement. During this time, Higher Education moved from state to federal, and became TEQSA. This change resulted in non-government accredited training providers being prohibited to offer formal qualifications such as Advanced Diplomas or Diplomas: these became under government entitlement only. This resulted in the closure of a great many small training providers across the country, with a stronger market presence of TEQSA accredited courses.



In 2015, at the end of the agreement with GTB, GTS rebranded to The Relational Institute Australia to align explicitly with the Relational Centre as founded by Mark Fairfield, and to offer a course that included some emphasis on social change, embracing the early influence of Paul Goodman. This course was accredited by PACFA under its training standards at the time, which provided a pathway for graduates to register with PACFA.



## The Story of PACFA

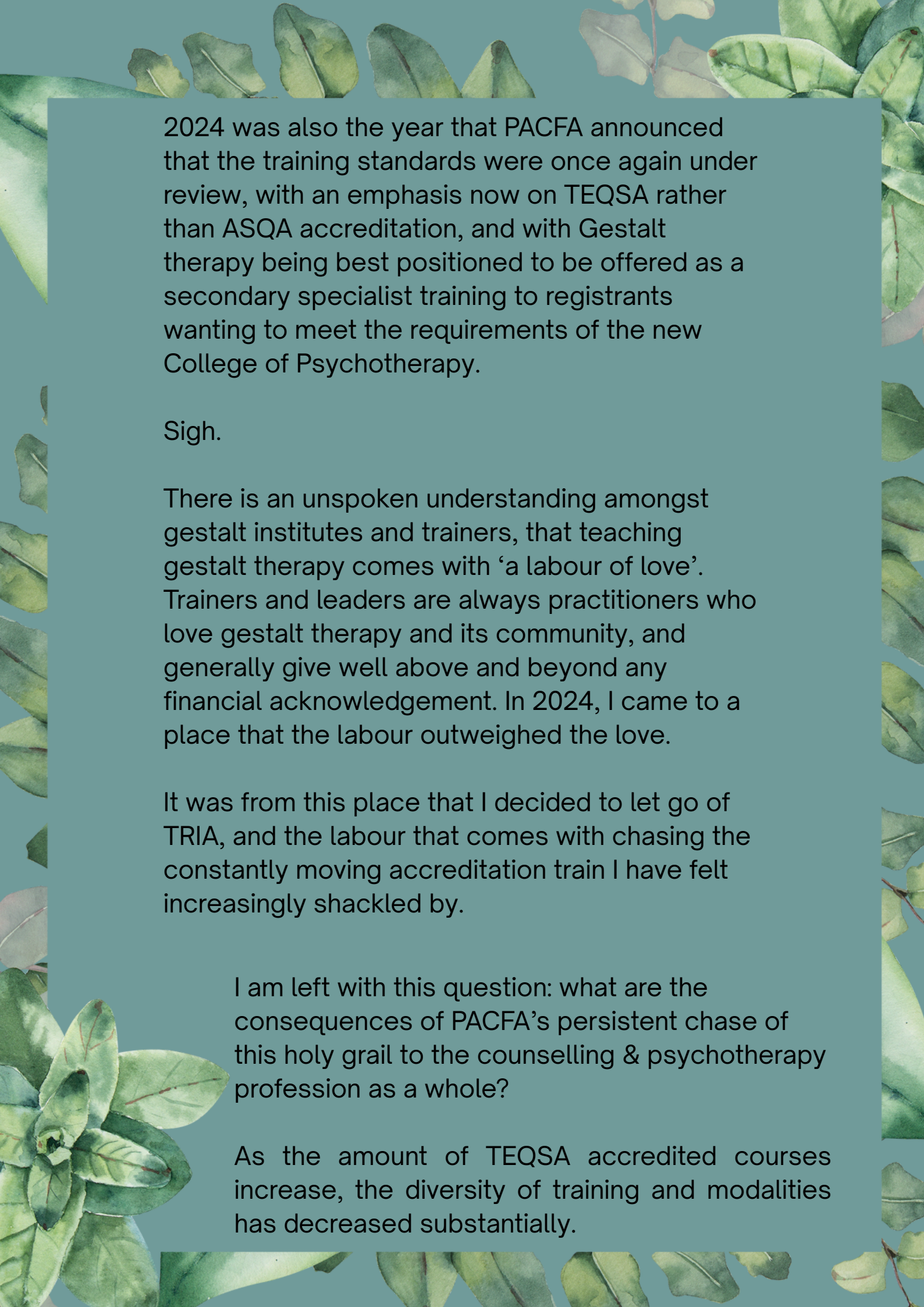
Historically, I was one of around 100 practitioners that sat together in 2006 to grapple with the recently announced Better Access Scheme (Medicare rebate) that was awarded to Psychologists nationally.

Subsequently the counselling industry suffered a significant impact. Potential clients preferred Medicare rebated sessions over unreputed professional counselling. In those days, there were no regulatory bodies or guidelines for our profession. Anyone could say they were a counsellor or therapist without appropriate training. PACFA then began its strategy towards regulating the counselling profession, in pursuit of equivalent recognition to psychologists. This persistent focus more recently resulted in PACFA joining AHPRA, with this progression further emphasising the requirement for PACFA registrants to hold a formal qualification under the AQF (7-9): something only awarded by TEQSA or ASQA.



In 2022, PACFA informed education providers of the anticipated change to the training standards, imbuing pressure for non-government accredited providers to become one; or risk graduates not being eligible for registration.

It was at this junction that I decided to commence the process of TRIA becoming a Registered Training Organisation with ASQA, something that took substantial time and resource. After successfully gaining this registration, authoring a new gestalt course and having it accredited, we implemented it in 2024.



2024 was also the year that PACFA announced that the training standards were once again under review, with an emphasis now on TEQSA rather than ASQA accreditation, and with Gestalt therapy being best positioned to be offered as a secondary specialist training to registrants wanting to meet the requirements of the new College of Psychotherapy.

Sigh.

There is an unspoken understanding amongst gestalt institutes and trainers, that teaching gestalt therapy comes with ‘a labour of love’. Trainers and leaders are always practitioners who love gestalt therapy and its community, and generally give well above and beyond any financial acknowledgement. In 2024, I came to a place that the labour outweighed the love.

It was from this place that I decided to let go of TRIA, and the labour that comes with chasing the constantly moving accreditation train I have felt increasingly shackled by.

I am left with this question: what are the consequences of PACFA’s persistent chase of this holy grail to the counselling & psychotherapy profession as a whole?

As the amount of TEQSA accredited courses increase, the diversity of training and modalities has decreased substantially.



## The Story of Gestalt Sydney

I maintain a love for gestalt & felt myself re-enlivened through talks with my TRIA colleagues to be able to offer some training and PD in a way that feels enlivening for us. We are excited to offer this through the lens of our new brand: Gestalt Sydney.

We have intentionally refrained from identifying as an 'institute' but rather as a collective of practitioners. We are not offering any formal qualifications, but rather sharing what we know and love: Gestalt, Social Change and Nature based therapy.

We have long had a leaning into the social change aspect of gestalt therapy, and given these times, we see Nature Based Gestalt therapy as the most potent social change approach we can offer.

### **We have a number of professional and personal development events available including:**

Foundational & advanced training in Nature Based Gestalt therapy

Professional training in Gestalt therapy

Gestalt group

Psychedelic integration through Gestalt therapy

**<https://gestaltsydney.com.au>**



## International Gestalt Therapy Research Project – Call for Expressions of Interest

Thank you to the research-practitioners in our community who have responded to the invitation to participate in the International Gestalt Therapy Research Project. We are calling for further expressions of interest in this opportunity for you to contribute to the development of the recognition of Gestalt Therapy as evidenced-informed practice in the EU, Australia and New Zealand.

**Research Project Title:** Outcome research on Gestalt therapy: long-term clinical interventions and relational aesthetic intuition of the therapist

**Project leader and principal investigator:** Margherita Spagnuolo-Lobb  
Protocols developed by: Bruno Barac, Giacomo Bisconti, Magdalena Ryszka, Iwo Tarkowski and Mattia Romano

**Human Research Ethics Committee:** The University of Split, Croatia  
**Australian co-ordinator:** Annie Garrety.



Please read the following page, introducing the details of this project.  
We would love to support your participation.

**For more information and to be involved, email  
Annie at:  
[garretya@gmail.com](mailto:garretya@gmail.com)**

**Project Aim:** to measure the outcome of Gestalt Therapeutic processes and the therapists' intuition.

**Participants:** clients and their respective psychotherapists. Client participants will be gathered from various EU and Non-EU countries by the research-psychotherapists who are willing to participate in the research.

**Methodology:** single-case time series design (SCTS) using CORE-OM as outcomes for client measurement over time and ARK-T as measurement intuition of therapist over time. A single-case time series design involves repeated observations of a single participant over time, with the introduction of an intervention to assess its impact. The focus is on individual change and each single case is a measurement of intervention over time.

## **Participants**

**Psychotherapists should meet the following requirements:**

1. Have completed the full training in Gestalt Therapy according with the GANZ training standards.
2. Give written consent to participate in the research project, which includes spending time and commitment in completing questionnaires.
3. Be familiar with the CORE system. Training will be provided by the coordinator.

**Clients should meet the following requirements:**

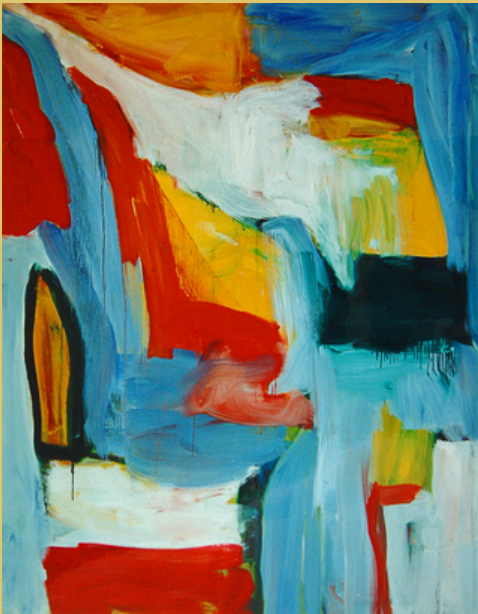
1. Age 18 years and older.
2. Give written consent to participate in the research project, which includes spending time and commitment in completing questionnaires.
3. Absence of Serious Mental Illness (SMI). SMI, for the purposes of this research includes: schizophrenia (also delusional disorder, schizoaffective disorder); subset of depression called "severe, major depression"; a subset of bipolar disorder classified as "severe."

# Making the invisible visible: Taking Account of Racial Trauma, Diversity and Power in practice and collegueship



Presented by Hári Sewell

Hosted by Gestalt Australia & New Zealand (GANZ)



**Wednesday 11<sup>th</sup> June**

5pm - 8pm  
(Melbourne/Sydney)

GANZ Student Members: \$15

GANZ Members: \$55

Non-Members: \$95

**BOOK HERE**

As gestalt therapists, how do we do truly anti-racist work within mental health systems rooted in white, Western frameworks? What language acknowledges racial trauma without pathologising? Are we unintentionally reinforcing harm by the way we respond to distress—or bypassing structural issues through an individualistic lens? And how often do we pause to examine how our own identity and privilege show up in the therapeutic room?

These are just some of the challenging and necessary questions we'll explore in a participatory and dialogic session facilitated by Hári Sewell. Grounded in psychological safety and gentle disruption, this webinar invites open, authentic conversation—because if not in a development space, when are we allowed to ask the curious, even clumsy, questions?

We'll examine the power dynamics embedded in the very concept of race, while exploring unintentional bias, racialised trauma, and the real-life impacts these have on racialised people.

**Hári Sewell** is founder and director of HS Consultancy and is a former executive director of health and social care in the National Health Service in the UK.

He has worked for the Department of Health in regulation and policy. Hári is a writer and speaker in his specialist area of social justice, equality, race and culture in mental health. Hári is a Specialist Guest Lecturer at University of Bradford and Visiting Senior Lecturer at Canterbury Christ Church University. Hári is also a Member of the Scientific Board of the ESRC Centre for Society and Mental Health.

Hári has had various books, articles and book chapters published, with new material emerging regularly.





# Intimate Dialogues: Navigating Conversations on Sexuality in Couples

Presented by Sean Tonnet

Hosted by Gestalt Australia & New Zealand (GANZ)



This sensitive, important seminar looks to develop your confidence and effectiveness in discussing sexuality with couples. The interactive session creates opportunities for you to discuss and explore the complexities of sexual intimacy in relationships, offering insights and wisdoms from each other and the presenter, wrapped around Gestalt frameworks and sprinkled with other easily assimilated therapeutic modalities. Participants will gain skills in fostering open, non-judgmental conversations, addressing common sexual concerns, and navigating sensitive topics with professionalism and care. We will be discussing:

- The Role of Sexuality in Couple Dynamics
- Cultural & Social Influences on Sexuality
- Therapeutic Skills for Discussing Sexuality
- Practical and Experiential Approaches on Sexuality
- Addressing Common Sexual Concerns
- Ethical Considerations & Therapist Self-Care

**Wednesday 9<sup>th</sup> July**

5:30pm-8:00pm  
(Melbourne/Sydney)

GANZ Student Members: \$15

GANZ Members: \$55

Non-Members: \$95

**BOOK HERE**

Whether you're new to couples therapy or looking to deepen your expertise, this seminar provides an opportunity to broaden your understanding, skills and confidence to help couples strengthen both their emotional and sexual connection. Don't miss this opportunity to refine your therapeutic approach and create deeper, more meaningful conversations in your work!

**Sean Tonnet** (MGest) has been working with people for over 30 years and as a full time clinical psychotherapist, clinical supervisor and international facilitator for the past 17 years. His reputed and respected practice reflects his comprehensive training and clinical excellence in therapy and facilitation. Specialising in relationships, Sean has over 10,000 case hours working with couples and exceptional experience in workshop development and delivery. He melds creative, relational Gestalt methods and contemporary psychotherapy, neurobiology and mindfulness practices within a safe and learning environment. His work with the entertainment industry, including international band Parkway Drive, was recently highlighted on the ABC Australia Story "Getting Heavy". His work has been reviewed in radio, television and in print. Sean is a highly sought after therapist and facilitator across Australia.



# Experiential Writing for Gestalt Therapists

Presented by Iris Fodor

Hosted by Gestalt Australia & New Zealand (GANZ)



Drawing on my experience in memoir workshops with people from diverse cultures, undergoing stress, loss and dislocation, I will present techniques to utilize experiential writing as an extension of Gestalt therapeutic work.

As humans, we need to come to terms with our life experience, losses, our stories and their meaning. As therapists, so much of our work with clients serves as a catalyst for our ongoing processing of experience.

Writing facilitates meaning making.

In the experiential segment, we will do personal writing, focused on our experience of being a therapist. We will read some of the writing in the group and discuss how the showing, writing, telling and letting others see, hear and respond grounds our work as Gestalt therapists.

**Saturday 11<sup>th</sup> October**

9am-11am  
(Melbourne/Sydney)

GANZ Student Members: \$15

GANZ Members: \$55

Non-Members: \$95

**Iris Fodor** (PhD, Professor Emerita, Department of Applied Psychology, New York University) is a Gestalt psychotherapist known for her teaching, workshops and writings about feminism, women's mental health and integrative psychotherapy. Iris is a life-long social activist and is also a photographer. She has traveled, taught, and run workshops world-wide. She has also participated in digital story telling projects with adolescents from diverse cultures. Recent work focuses on memoir and experiential writing for therapists. She lives in NYC and Woodstock, New York, USA.





# International Gestalt Research Conference

## 5-7 September 2025 – UK, Birmingham

Dear Friends,

European Association for Gestalt Therapy (EAGT), Gestalt Australia and New Zealand (GANZ), International Association for the Advancement of Gestalt Therapy (IAAGT) and UK Association for Gestalt Practitioners (UKAGP) would like to invite you, and up to 300 of our colleagues from around the globe, to join us for the 2025 International Gestalt Research Conference which will be held in Birmingham, UK from 5-7 September 2025. SAVE THE DATE!!

**Theme:** Our conference theme is focused on “**Building the Evidence Base for Gestalt Therapy**”. The conference will offer a range of speakers, workshops and presentations including key note speakers and latest research developments that will invite us to **celebrate what’s happening in our field, embrace new concepts and galvanise us into action.**

**Location:** [Millenium Point](#), Birmingham City Centre, UK

**Accommodation:** We have chosen a central city location without accommodation on site which allows delegates to choose from a broad range of accommodation types to suite all budgets.

**Website:** <https://www.ukagp.org.uk/events/2025-international-gestalt-research-conference>

**Enquiries:** [events@ukagp.org.uk](mailto:events@ukagp.org.uk)

### Sponsors:



**GANZ**  
gestalt australia and new zealand



European  
Association  
for Gestalt  
Therapy

**IAAGT**   
an international community

# International Gestalt Research Conference 5-7 September 2025 – UK, Birmingham

Conference TICKETS **NOW ON SALE!**

Early Bird - £295

Standard - £325

The conference promises an enriching experience with a diverse line-up of speakers, workshops, and presentations including Keynote Speakers Felicitas Rost, Biljana van Rijn and Ladislav Timulak.

We will be invited to celebrate research that's happening in our field, embrace new concepts and galvanise towards action.

Our 2025 International Gestalt Research Conference theme is focused on: **Building the Evidence Base for Gestalt Therapy**

The ticket price includes attendance fee to our 3-day event, welcome ceremony, access to all presentations, discussions, workshops, daily refreshments and lunches throughout the conference.

Book your tickets [here](#) and all enquiries to:  
[conference@ukagp.org.uk](mailto:conference@ukagp.org.uk)

Looking forward to seeing you in September!



The International Association for Relational Psychoanalysis and  
Psychotherapy



IARPP Australia Seminar Series 2025

The Maternal, the Unspoken, and unspeakable through the ages.

Dear Colleagues,  
We still have some great seminars and workshops in our Speakers  
Program for 2025.



**Andrea Celenza**

Erotic Transferences and the Maternal Erotic  
Transference

Saturday 13 September 2025

BOOKINGS:

<https://www.trybooking.com/CWBDK>

**Joyce Slochower**

Ending, not quite ending, and not ending at all:  
some thoughts on termination

Saturday 1 November 2025

BOOKINGS:

<https://www.trybooking.com/CWBDL>



# GTA News & Events



## **New Internship Program for Graduate Counsellors & Psychotherapists – starting September 2025.**

Gestalt Centre and ConnectGround are launching a 12-month supervised internship for early-career or returning therapists. Based in our socially responsive, low-cost clinic in Carlton North, this is an opportunity to grow your therapeutic presence in a relational, gestalt-informed setting.

### **What's included:**

- Saturday shifts (morning or afternoon)
- Weekly caseload of 3 clients
- 100+ client hours
- 40+ hours of supervision (group & individual)
- 2 training days + 4 in-house workshops
- Access to PD discounts and clinical support

**Open to all counselling and psychotherapy graduates.**

**[Download the brochure](#)**  
**[HERE for more information.](#)**



# Hybrid Gestalt Training Program – starting October 2025



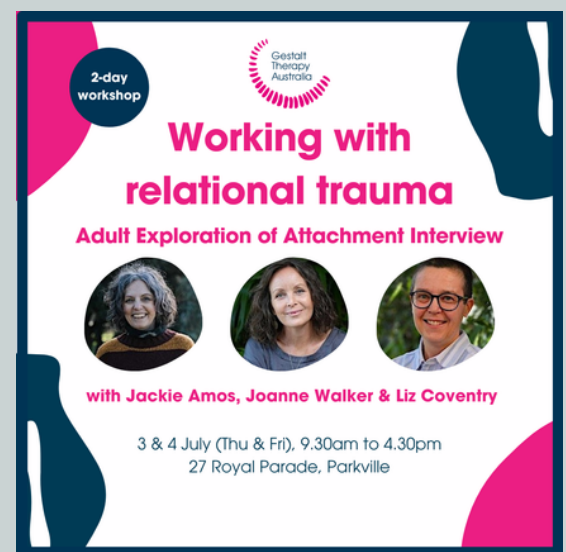
Gestalt Therapy Australia is now offering a hybrid training program with weekly online classes and four in-person weekends in Melbourne. This flexible option mirrors Year 1 of the in-person program.

**Expressions of Interest are now open**—please share with your networks!



## Upcoming Workshop: Working with Relational Trauma – 3 & 4 July

Join Jackie Amos, Joanne Walker & Liz Coventry for this immersive workshop exploring how the Adult Exploration of Attachment Interview (AEAI) helps clients uncover inherited relational patterns, strengthen attachment awareness, and foster meaningful change in both personal and parenting relationships.



### What you'll gain:

- A deeper understanding of intergenerational trauma.
- Training in AEAi theory and technique.
- Experiential practice using your own case material.
- Application across individual, couple, family and child-focused work.

Join us for this unique workshop and enhance your ability to work compassionately and effectively with relational trauma: **[Register Here](#)**.



# Sydney Gestalt Events



## JULY 2025



**12**  
JUL

### **GESTALT GROUP: UNEARTHING OUR HUMAN POTENTIAL**



**25**  
JUL

### **PROFESSIONAL TRAINING IN GESTALT THERAPY**

LEVEL ONE



**26**  
JUL

### **ALTERED STATES, GROUNDED SELVES: PSYCHEDELIC INTEGRATION THROUGH GESTALT THERAPY**

A PROFESSIONAL WORKSHOP WITH FORREST JAMES

## Unearthing Our Human Potential

10-Week Closed Group for Committed Personal and Collective Growth.

**Facilitated by: Leena Savolainen.**

This Gestalt-based group invites participants into a dynamic, supportive space to explore how we hide from ourselves and others, and how we block our vitality, creativity, and capacity to live fully in community. Grounded in the belief that personal transformation fuels social change, the group offers a powerful opportunity for self-development within a relational, social context.

**Dates: Two Face to Face Weekends in Crows Nest -**

**July 12 & 13 and September 13 & 14**

**Weekly Wednesday evening zoom groups in between (8 weeks)**

**Fee: \$1495 + GST**

## Professional Training In Gestalt Therapy

The focus of this program is on the development of Gestalt therapy skills in the practitioner. This course links theory into practice through its skill-based practicum requirements and provides participants with the opportunity to accrue clinical practice and skills development through the lens of Gestalt Therapy. There is also a significant emphasis on the development of personal aptitudes of participants, through the group process aspect of the training.

This course DOES NOT provide an entry pathway for PACFA registration, but does provide training for those seeking to accrue training hours towards access into: PACFA College of Psychotherapy or for Professional Development purposes.



**Level 1 commences July 2025.**

**Application and Enrolment fee: \$250**

**Tuition fees CPD only: \$6500**

**Early bird rate \$5995 (Full payment within 7 days of enrolment offer).**

**Tuition fees for College of Psychotherapy applicants: \$7000**

**Early bird rate \$6500 (Full payment within 7 days of enrolment offer).**

**Instalments can also be arranged.**

**Fees include the cost of 1 residential (twin share).**

Contact us [HERE](#) for more information or an application pack.



Altered States, Grounded Selves:  
Psychedelic Integration Through Gestalt Therapy.  
**A Professional Workshop with Forrest James.**

Join us for an insightful workshop on integrating psychedelic experiences through the lens of gestalt psychotherapy. This session will explore key aspects of psychedelic-assisted psychotherapy (PAP), including its benefits, global legal developments, and the application of gestalt principles such as phenomenology, dialogue, and self-as-process. We will also discuss harm reduction approaches for those engaging with psychedelics in underground settings and examine how integration work aligns with—and differs from—traditional gestalt therapy.

**DATES: July 26 & 27, 9.30am - 4pm.**

**LOCATION: Crows Nest Centre**

**This 2 day event will attract 12 PD points**

**FEE: \$600 + GST**

There are a variety of opportunities available, learn more about them from [HERE](#).

**Registration for any Gestalt Sydney events can be made here!**



# GTB News & Events



## Death, Dying and the Wholeness of Living A Workshop for Therapists & Mental Health Professionals

Our mortality and the reality of death is an essential aspect of our humanness. Modern culture regularly marginalises death as a problem or enemy, to be avoided, denied or fought. This disallows the aliveness that may be possible through contact with the emergent wholeness of life, including our dying and inevitable death.



This workshop will offer participants an opportunity to move towards and closer to the topics of death, dying and existential anxiety, with a dialogical approach. A combination of experiential and relational processes, reflective practices and pieces of relevant theory will be included. Gestalt therapy methodologies will weave through the weekend both in theory and practice.

**Dates: Sat 5 & Sun 6 July 2025**

**Time: 9.30am – 4.30pm**

**Location: Gestalt Therapy Brisbane, 431 Montague Road, West End**

**Cost: \$580**



## Facilitated by: Tracy Santos

MGestTherapy, BSW, AMHSW, DipST,  
EMDRAA

## **Who is this workshop for?**

Therapists/counsellors

Supervisors

Social workers

Psychologists

Health care professional

Teachers

GTB students and graduates

Interested others



## Participant Outcomes

Greater understanding and awareness (self and other) of the personal and cultural contexts for being and working with these issues.

Enhanced understanding and insight into how, and in what ways, these themes might arise or present in practice.

Expanded understanding and skill in applying gestalt practice methodology in these contexts.  
Increased knowledge of resources and information in relation to death and dying which may support clients who are impacted.

Greater ability and capacity to allow, embrace, include and be present with, death, dying and existential anxiety, as they emerge in work with clients.

[FIND OUT MORE HERE](#)



## Wheel of Consent

### An Introduction for Psychotherapists, Counsellors & Support Givers

The Wheel of Consent by Dr Betty Martin is a framework and practice to understand the dynamic between giving and receiving in relationships. This model is based on clear communication and understanding of a person's desires, boundaries and limits. It looks to distinguish between who is doing and who the gift is for. Once that distinction is made the entire touch and relationship dynamic becomes clear, which brings ease, confidence, self-responsibility and freedom to interactions.

This workshop will delve into a range of practices bringing awareness to the sensations in the body. Noticing sensations will provide information to each person about what they want, what they don't and where their limits and boundaries might lie. This knowledge will provide the participant with opportunities to notice, allow, trust and to choose.

The exercises explored in the workshop will give language and practices to deepen and develop ways to express the participants' needs in a given moment to access what they want. While the Wheel can use touch-based exercises, this framework can be implemented in non-touch scenarios. It is a practice that hopes to cultivate values of generosity, integrity, gratitude and surrender in our relationship dynamics.



## Who should attend?

- Professionals who wish to build better ethical practices within their own lives and work.
- Folks who want to get better at knowing what they want and need and asking for it.
- People who wish to develop their skills in navigating embodied consent in all their relationships.
- Anyone who wants to get clearer in their yes's and no's and set clear limits.



Facilitator: Nirvana Pilkington (they/them)  
& Co-facilitator: Sharon Gray (she/they)

**Date: Fri 18 & Sat 19 July, 2025**

**Time: 9.30am – 4.30pm**

**Location: Gestalt Therapy Brisbane, 431 Montague Rd., West End.**

**Cost: \$580/\$430 Early Bird (ends 31 May)**

**[BOOK HERE](#)**



## Introduction to Relational Gestalt Therapy

**If you are curious to know more about gestalt therapy, this professional 1 day development workshop is for you!!**

Gestalt psychotherapy is known for its relational and experiential way of exploring human experience and is uniquely equipped in helping people to grow into their uniqueness, support their connection to others as well as find creative solutions to navigate the complexity of life.

**Date: Mon 18 August 2025**

**When: 9.30am to 4.30pm**

**Where: Gestalt Therapy Brisbane, 431 Montague Rd, West End**

**Cost: \$150/\$95 (Early Bird ends 31 May)**

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### **Who is this workshop for?**

- Therapists/counsellors
- Social workers
- Psychologists
- Youth workers
- Teachers
- Anyone interested in getting a taste of gestalt therapy

## You will learn more about:

- The fundamentals of gestalt psychotherapy.
- How gestalt principles have applications way beyond the therapeutic space.
- How gestalt works with awareness of self in relationship with others and the environment.
- Relational aspects of gestalt psychotherapy.
- How working without the need to fix our clients has the benefit of supporting their natural process of self regulation to occur.
- How to use creative processes to heighten awareness in your clinical practice.
- Participants will get an opportunity to practice with others.

## Facilitated by:



Tine Mueller & Rosemary Bower

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BOOK HERE

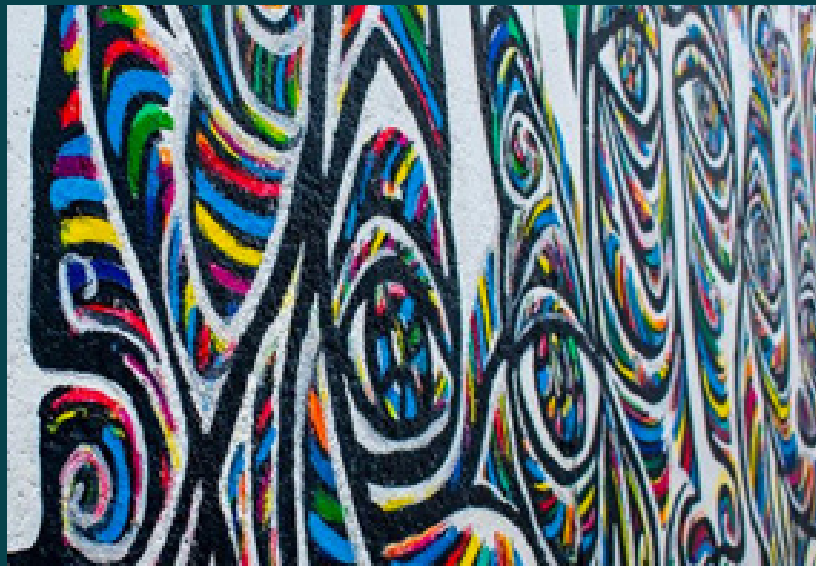


## Working Experimentally In Therapy & Supervision

### **Professional Development Workshop for Therapists and Supervisors**

Gestalt psychotherapy is known for its process oriented and experiential approach to therapy and supervision.

A capacity to realise the creative potential emerging from our work with individuals and groups is an important area of development for many therapists and supervisors.



This 2-day experiential workshop will reconnect therapists with gestalt therapy's spirit of curiosity, edginess and play and reintroduce psychodrama as one of its important early influences. Participants will be invited into experimentation and explore creative ways of exploring human experience.

Participants will learn about different types of experimental techniques and how they may be used in the therapy and supervision space.

## Who is this workshop for?

- Therapists/counsellors
- Supervisors
- Social workers
- Psychologists
- Youth workers
- Teachers
- GTB students and graduates

## Participant outcomes:

- A greater capacity to realise the creative potential in therapy and supervision practice (with individuals and groups)
- An introduction to creative techniques to enhance awareness and concretise experience
- A better understanding of how and when these techniques may be used
- Learn about the sequence of an experiment
- Demonstrations of experimentation may include psychodrama techniques e.g. enactments, monodramas and psychodramas, amplification, and empty cushion (chairwork), role-reversal, doubling, auxiliary.
- Opportunities to practice skills explored with other participants
- Opportunities to bring questions related to participants' own therapy or supervision work
- Discussion and questions

**Presenter: Dr Ari Badaines**

**Date: Sat 30 & Sun 31 August, 2025**

**Time: 9.30am – 4.30pm**

**Location: Gestalt Therapy Brisbane, 431  
Montague Rd., West End.**

**Cost: \$580/\$520 Early Bird (ends 31 May)**

**BOOK HERE**





Welcome to the Gestalt Art Therapy Centre's Newsletter!

Dear colleagues and friends,

We're excited to share some wonderful news and upcoming events from the Gestalt Art Therapy Centre.

We are thrilled to announce the launch of new Group Supervision Sessions with Yaro Starak, offering a unique opportunity to deepen your professional practice in a supportive, creative space. These weekly in-person sessions are designed for practitioners seeking growth, reflection, and connection. Ideal for meeting the supervision hours required by your professional association.

We also have a variety of creative workshops coming up—both face-to-face and online—continuing our commitment to accessible and experiential learning grounded in Gestalt and Art Therapy principles.

This July marks a very special milestone: 15 years of the Gestalt Art Therapy Centre. As we prepare for this celebration, we reflect with gratitude on our journey—teaching, learning, and growing alongside so many passionate professionals. We feel proud to continue sharing our knowledge and love for Gestalt and Art Therapy and to see how our mission to support mental health safely and gently continues to make a difference in people's lives.

With warm regards,

Gemma García Roman & Yaro Starak

Co-Directors, Gestalt Art Therapy Centre Australia

gestaltarttherapycentre@gmail.com

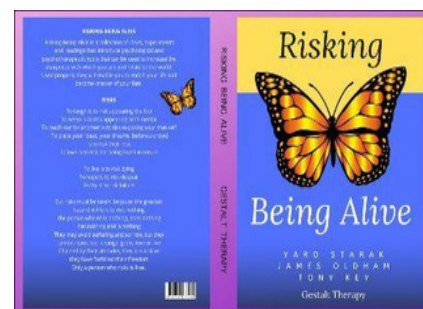
AASW CPD hours/ ACA OPD hours/ PACFA CPD hours /AHPRA CPD hours

Our events and training are ideal for professionals in fields such as Psychology, Counselling, Therapy, Social Work, Occupational Therapy, Teachers, Educators, Art Therapy, and related disciplines. These sessions will equip you with essential tools, theories, and practical techniques to apply with your clients, groups, couples, or families.

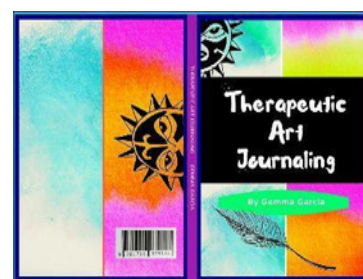
Participants can also accrue CPD/OPD hours to meet professional development requirements (Non-endorsed activities). Please check with your association to confirm number of hours):

Even if you're not a Mental Health professional, our events offer you a valuable opportunity to explore an enriching world where you can deepen your understanding of emotions, feelings, and personal experiences. You'll learn about Gestalt Therapy, Art, and personal growth, with insights that can be applied both professionally and personally. Our events are perfect for Teachers, Artists, Parents, and anyone interested in self-discovery and personal development through this unique discipline.

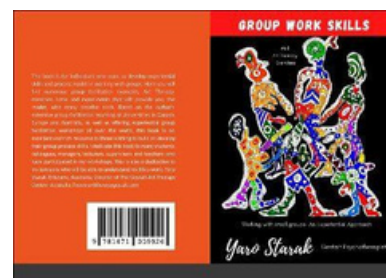
## BOOKS



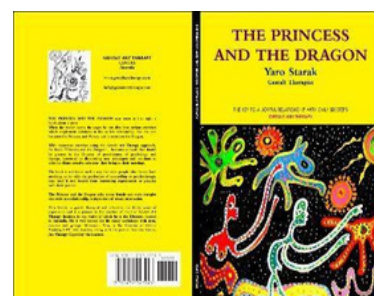
### [Risking Being Alive](#)



### [Therapeutic Art Journaling](#)



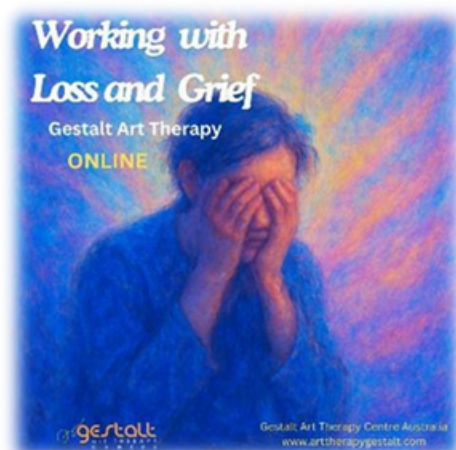
### [Working with Groups](#)



### [Working with Couples](#)



## ONLINE Workshops- CPD HOURS



This engaging and experiential workshop - [Loss and Grief](#) - will focus on key theories and approaches to loss and grief, with a specific emphasis on the integration of Gestalt Therapy and Art Therapy. Participants will be introduced to the SICAIDIR method, which involves working with art projections in Gestalt sessions, alongside the practical application of the Empty Chair technique.



[The Empty Chair](#) is a classic Gestalt therapy tool used to access internal dialogues, work through unfinished business, explore relational dynamics, and strengthen self-awareness.



[Art Journaling](#) is a creative practice that combines visual art and personal reflection in a journal or sketchbook. It often includes drawings, paintings, collages, writing, and mixed media to express thoughts, emotions, memories, or experiences. This creative process helps in bringing unconscious material to consciousness, allowing for a holistic understanding of oneself.

By engaging in art journaling, individuals can reconnect with fragmented parts of their identity, find meaning, and achieve a sense of wholeness, ultimately promoting personal growth and healing.



DPL© Discover your passion in Life Online Gestalt Art Therapy Centre [More information here](#) / [Registration Here](#) From \$50 / Session

## Face-to-Face Workshops- CPD HOURS

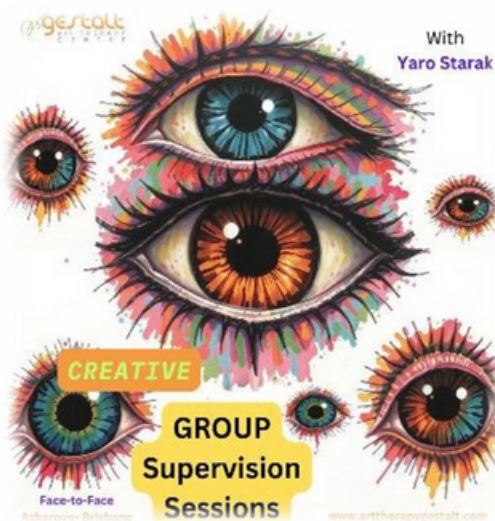


### [Working with Dreams](#)

(Face-to-Face)



### [Needle Felting for Stress and Anxiety Relief](#) - Gestalt Art Therapy Perspective **(Face-to-Face) NEW!**



### **NEW OFFER – GROUP SUPERVISION SESSIONS**

[with Yaro Starak](#)

Face-to-face, in Ashgrove, Brisbane.

Starting May 2025

Weekly Sessions – 1 hour

Minimum and maximum of 6 participants.

### [Unlock the Power of Gestalt Art Therapy](#)

Access Workshop Recordings Anytime, Anywhere

Mandalas Gestalt Art Therapy Collage

Gestalt Art Therapy

Inner Child Work Gestalt Art Therapy

Collage Gestalt Art Therapy

NEW! The Trauma Tree Gestalt Art Therapy

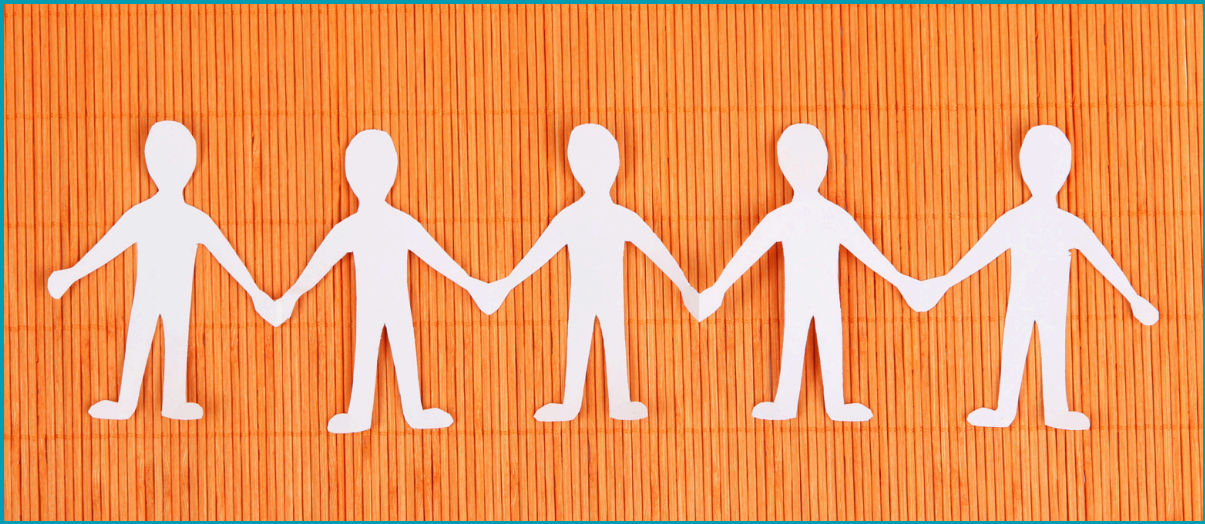
NEW! Creative Self-Portrait Gestalt Art Therapy

A wonderful opportunity for your Continued Professional Development- CPD

[BUY HERE](#)



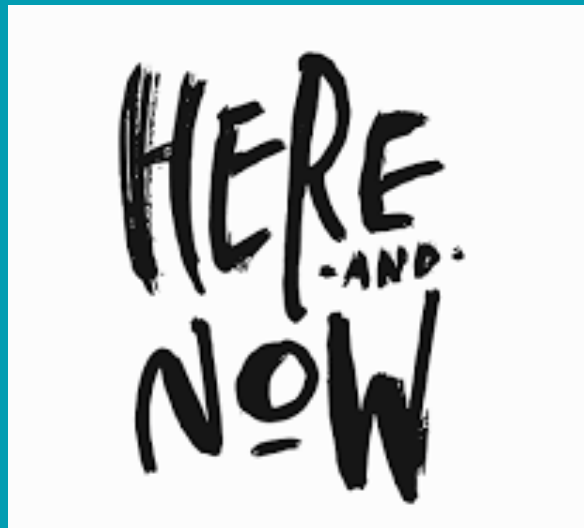




GANZ welcomes and is appreciative of any feedback received. We are formalising a method for this provision, following our future professional development offerings.

As always, GANZ is in service to our membership and we are grateful to have you with us on this journey.

We continue to strive to support students and practitioners in finding a place within this remarkable community that we call Gestalt.



THANK YOU for your commitment.



Please remember to stay connected via our social media - Facebook & Instagram, so you can stay abreast of what is happening.