

July 2024



Gestalt Australia & New Zealand Newsletter - Winter Edition

Dear GANZ members and Gestalt community,
Welcome back to our Winter edition of the GANZ newsletter. We hope you are keeping snug during these cooler months.

In this newsletter, you'll find details for our rich professional development events, GANZ 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,
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.



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

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Council Updates

As mentioned in our previous newsletter the council have been attending to some changes. We would like to acknowledge the recent resignation of Dr Karolina Kryszynska from her roles as Vice-President and Research Co-Chair of the GANZ Council. Karolina has been with us for 4 years and her expertise, experience, and love of gestalt research and theory has been valued deeply. Karolina's steady presence and her attunement and commitment to the mission and initiatives of GANZ will be greatly missed. Thank you Karolina for your time and generosity to support our Gestalt community.



From its inception, GANZ has traversed many iterations. It is only possible for us to be a viable organisation today through the hard work of those who have come before. We acknowledge that since 1996 Australian Gestaltists have had their own history with GANZ and we hope that stepping into the future we can continue to build on a shared vision for a rich co-created community.

If interested, you can read about some of our history [here](#)

GANZ Groups

During the first half of this year, the council have run several online groups.

Annie, Zoë & Nathan have facilitated 'Taking Your Next Steps' - with new practitioners, offering a space for the emerging needs of those new to the professional Gestalt community. The group have discussed practical solutions to setting up and running a practice, shared personal stories and dipped into process with arising figures. We have one date remaining for this group. Thank you very much to all six participants.

Amy began to create a space for members to drop-in and delve further into topics following GANZ webinar presentations.... At the moment this offering is on hold, although, we may return to it in the future. For those that did participate, or may like to, please get in touch and let us know your thoughts. We have three upcoming webinars in August, September and October.

Michelle and Ben started a 'Student Meet & Greet' and will likely host a second meeting in November. The pair also have exciting ideas in mind for nourishing the social needs of GANZ members. Keep an eye on our media channels for more!

Annie provided our membership the opportunity to apply for supervision scholarships with her. The three recipients were very pleased to receive and complete 5 hours of individual supervision. They were also very happy to add these hours to their PACFA requirements for clinical registration. As early years practitioners the recipients reported they were grateful for the insights and capabilities that will help them develop further.

GANZ would like to thank every participant for the ways in which they have chosen to engage with what we are offering.

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If you would like to remain up to date with what's happening at GANZ make sure to check out our website:

www.ganz.org.au

You can also connect with us through our socials on:
Instagram, Facebook and LinkedIn

Other News

We are thrilled to announce that one of our esteemed GANZ members, Alexandra Greene, has published a thought-provoking literature review in the British Gestalt Journal!

The title of Alex's work is -
Contemporary Spirituality: An Invitation to Heartbreak and Humility.

This literature review explores the spiritual landscape within Gestalt therapy and the wider field of psychotherapy, examining definitional barriers, ideas of contemporary spirituality (as distinct from religion), and the ways in which Gestalt therapy can offer a 'way out' of the restrictive binaries of traditional either/or thinking.



Congratulations to Alex for this remarkable achievement and for your meaningful contribution to the Gestalt community!



**Incase you didn't know, we have a special perk for GANZ members...
Access to the British Gestalt Journal is FREE!**

Simply head over to your member's area (dashboard), and you'll find it as the third item down in the member's resources. Click on it and it will open up the latest issue.

Interesting Media

The International Association for Relational Psychoanalysis and Psychotherapy (IARPP) have podcast episodes available called - 'Between Us: A Psychotherapy Podcast'

(Links to listen are included below each episode).

Episode 47: Alive and Present with Lynne Jacobs.

'Lynne Jacobs joins us for our first ever live episode.

In 2023, the International Forum for Psychoanalytic Education hosted John in Pasadena to interview Lynne for the conference theme, "...but is it psychoanalytic?"

As a therapist with loyalties both in psychoanalysis and gestalt therapy, Lynne has much to say about the use of presence and emotional process in the treatment room. This focus has been particularly useful to her in cross-racial relationships, where she makes the case that it is important for white therapists to lean into their own racialized shame. Lynne discusses with John the journey that brought her to this stance, including her own treatments and the experience of losing her analyst, Daphne Stolorow, in the midst of their work- a loss into which John now shares some insight.'

[Spotify Link](#)

[Apple Link](#)

[Soundcloud Link](#)



Additionally, the IARPP hosted a Lynne Jacobs webinar on the 1st of June, which GANZ members received a discount for. It was great to see so many people from our community there. Thank you for attending. GANZ was warmly welcomed and the IARPP members noted with appreciation the presence of their Gestalt colleagues. Look out via our social channels for more events from IARRP in the future.

Interesting Media

Episode 48: The Other Side of Symmetry

‘Donna Orange is a foundational figure in the world of intersubjective psychoanalysis. A philosopher-practitioner who carved out her niche as the radical ethicist of the field, she discovered the work of Emmanuel Levinas to provide an alternative to mutuality. His description of the hierarchy of intersubjective space, in which the Other is always primary, became integral to her progressive ethos.

As John and Mason explore the limits of symmetry and the Zionism of their favorite thinkers, Donna discusses how her own violent origins might have led her to the Holocaust survivor Levinas, the respect she shares for Martin Buber, and the importance of good, ethical fun.’

[Spotify Link](#)

[Apple Link](#)

[Soundcloud Link](#)



With the recent passing of Erving Polster you may find this interview between him and one of our own, Rafael Cortina, an insightful way to spend an hour. (Read more about Rafael on p.11).

At the time of the interview, Erv was 99 years old!

‘Erving Polster, Ph.D., was a veteran teacher of Gestalt therapy and the author of several books. He trained with Fritz Perls in the 1950s and his influence in the growth and development of Gestalt Theory and Methodology spanned six decades.

Erv was one of the founders of the Cleveland Gestalt Institute. Alongside his late wife, Miriam, he co-directed the Gestalt Training Center of San Diego.

Erv’s major interests were the transformation of psychotherapy as a curative process into psychotherapy as a communal source of orientation and guidance.’

[Shrinks Wrap Link](#)

GANZ Professional Development Events

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



Details and registration for all GANZ events:
www.ganz.org.au

GTA Events



Join a monthly online supervision group for therapists, starting Tuesday 6 August. The group will provide mentoring, problem-solving, and opportunities for challenging discussions.

Groups are limited to 6 participants. Kylie Shacklock (ConnectGround/Gestalt Centre/VAGP) will facilitate this group.

[Read more.](#)

How to work with depressed and anxious clients.

Noel Haaburger will facilitate a 2-day workshop on How to work with depressed and anxious clients: a trauma-informed approach. This 2-day workshop will be held in-person in Melbourne on 23 & 24 September. It 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.

[Read more here.](#)

New Gestalt Project Seminars

This year the Gestalt Project seminars will continue, so keep an eye out for these excellent 2-hour events. These seminars are offered through the Victorian Association of Gestalt Practitioners (VAGP). You can read more about the VAGP or join [here](#).

GTA Events

The next seminars are:

Wednesday 18 September 6.30pm-8.30pm
An essential guide to setting up private practice
with Belinda Gibson.



 Victorian Association of
Gestalt Practitioners

**Embracing paradox in the age of the quick fix**
with Dr Rhys Price-Robertson

Thursday 24 October, 6.30 – 8.30 PM
Elie, 27 Royal Parade, Parkville

Thu, 24 Oct 2024,
6:30pm-8.30pm
Embracing paradox in the age of the quick fix
with Dr Rhys Price-Robertson.

Gestalt Counselling Skills Training (5-days)

Join us for the Gestalt Counselling Skills Training program, a five-day intensive designed to equip you with essential counselling techniques applicable across diverse contexts. This workshop, led by experts Tony Jackson, Belinda Gibson, and Leanne O'Shea, focuses on developing embodied, present-focused, and awareness-based methods to improve communication and support healing.



GTA Events

(Continued from the page above)... The program offers a supportive environment where participants receive immediate feedback and suggestions to enhance their skill development. Ideal for therapists, counsellors, and allied health professionals, the program covers core concepts such as dialogue, field theory, and phenomenology. Secure your spot to deepen your skills and make meaningful connections.

Dates: October 24 & 25, November 22, December 13, 2024, and
February 14, 2025

Location: Elie, Gestalt Centre Training Campus, Parkville, VIC

Fee: \$1425 (including GST)



Applying Gestalt Thinking to the Drama Triangle

Tony Jackson will be facilitating a 1-day workshop on The drama triangle on Wednesday 30 October.

The Drama Triangle is a well-known model that demonstrates how people can fall (or be invited) into one of three roles: the Victim; the Persecutor; or the Rescuer creating relational 'traps' and perpetuating unfulfilling contact.

You will find out how to listen for, and work with these roles in the lives of your clients. You will also explore how you might get pulled into one of these unproductive modes of relating by accepting invitations to one of these roles. These invitations not only appear in our personal lives but can also come from our clients. We will practice how we might use the here and now experience to create new relational opportunities. Read [more here](#).

IARPP Australia Upcoming Events



The International Association for Relational Psychoanalysis and Psychotherapy Australia (IARPP Australia) have a number of upcoming online seminars exploring relational theories and practices, that will be relevant to both experienced clinicians and those beginning to learn about psychoanalytic ideas.

The Significance of The Sibling Experience: Its Impact on Development, Attachment, and Identity

Presented by Susan A. Klett

Part 1: Saturday 24th September

Part 2: Saturday 28th September

Mental Pain of Minorities

Presented by Salman Akhtar, MD

Saturday 19th October

Working with survivor siblings in psychoanalysis: Ability and Disability in Clinical Process

Presented by Johanna Dobrich

Saturday 9th November

Find out more and register for IARPP events at:
<https://www.iarppaustralia.com.au/>

**Healing Trauma in the Path to Recovery:
Introduction AUS/NZ/Asia 2024**

This is an introductory lecture to the upcoming 6-module training with Rafael Cortina. The focus is on a deeper understanding of the relationship between addiction and trauma, the role of the nervous system, adverse childhood experiences, polyvagal theory, and treatment based on the compassionate/relational Gestalt model.

Aug 10, 2024, 9:00 AM – 10:30 AM AEST



Rafael J. Cortina is a bilingual (English-Spanish) Licensed Marriage and Family Therapist in the State of California, a Master Addiction Counsellor, a Certified Clinical Trauma Professional, and a Certified Gestalt Therapist.

He has experience working with Mood Disorders (Depression and Bipolar), Anxiety Disorders, Addiction, Grief and Loss issues, Dual Diagnosis (Substance abuse and a mental health disorder), Trauma work, Lesbian, Gay, Bisexual, and Transgender clients, HIV/AIDS Counselling, Dreamwork, Couples therapy, and Gestalt oriented psychotherapy.

Read Rafael's article published in October of 2023 in the British Gestalt Journal; available via your GANZ account.

Click [Here](#) to RSVP

'Healing Trauma in the Path to Recovery'

Trauma and Addiction a Compassionate/Relational Gestalt Approach AU/NZ/Asia 2024 cohort

The primary goal of this program is to reach all interested clinicians. We have two half scholarships available. Please email Rafael directly to get more details:

rafael@gestalttherapysd.com

Traumatic childhood and life events shape how individuals see themselves and the world, which directly impacts relationships, self-perception, coping skills, self-esteem, etc. Unfortunately, a common and initially effective way of managing the impact of trauma and adjusting to the world is through addictive behaviours. They provide temporary relief and anesthetise emotional and relational pain.

The focus of this 6-module 18-hour training is to provide a deeper understanding of 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. This training will focus on teaching a clinical model of treatment for trauma and addiction through the Compassionate/Relational Gestalt Approach to help clients develop their ability to explore the contact boundary and build new experiences that may lead to growth opportunities and recovery.

All modules will be recorded and available for all participants during and after the training.

Time: Saturday

Perth (AWST) 7 am
Darwin (ACST) 8:30 am
Melbourne (AEST) 9 am
Auckland (NZST) 11 am

GANZ members can enter the code GANZ2024 at checkout -
for a discount of \$50 (\$300 US down to \$250 US)

Please get in touch with Rafael at rafael@gestalttherapysd.com for payment options or if you have any questions.

To sign up [click here](#)

Gestalt & GANZ International



2024 IAAGT Biennial Conference

The International Association for the Advancement of Gestalt Therapy (IAAGT) Biennial Conference will be in Veracruz, Mexico in September 2024.

The conference is intended for Gestalt practitioners and psychotherapists, as well as any other individuals who wish to integrate Gestalt into their practice.

For more details about this and who IAAGT are, click the link below.

<https://iaagt2024veracruz.com/>

2025 International Gestalt Research Conference

GANZ are co-hosting the next 'Gestalt Research Conference' in Birmingham UK, and we will be raising funds to support this event. This conference will be hosted by the UK Association of Gestalt Practitioners (UKAGP). We will be co-hosting alongside UKAGP, the European Association of Gestalt Therapy (EAGT), and the IAAGT.

The title of the research conference is:
"Building the evidence-base for Gestalt Therapy."

GANZ are offering financial support in the form of attendance scholarships. Each attendance ticket will cost approx. \$600 AUD.

Our intention is to raise monies for at least -
5 x International Scholarships and 5 x Australian Scholarships.

2024 Fundraising to Support GANZ International & Research Opportunities

We are aiming to raise monies for ten scholarships (in total) for researcher- practitioners to attend the,
International Gestalt Therapy Research Conference.

Where: Birmingham, United Kingdom.

When: September 5th -7th, 2025.

GANZ will Host and Facilitate:

Process Groups, Peer Supervision Groups, and
a Study Group.

We ask for donations for each attendance. All funds raised will go to the research fund and this will be clearly stated in the ticketing.

Groups will run between July 2024 and June 2025.

Process Group (\$20) will be on the fourth Monday of the month
@ 5:30pm AEST for 75 mins.

Group numbers - maximum of 10 x participants, and a minimum of
5 x participants.

Peer Supervision Group (\$25) will be on the fourth Saturday of each
month @ 3:30 pm AEST for 75 mins.

Group numbers - maximum of 10 x participants.

Study Group (\$15) will be the fourth Tuesday of the month
@ 6:00pm AEST for 75 mins.

Group numbers - maximum of 10 x participants.

Please Note: While the tickets are free we are asking for a donation of \$15 - \$25 to the 'GANZ Research Fund' to secure your place in each group. (See relevant info. on pages above and below).

Dates for the Calendar 2024

- Members are invited to a GANZ ‘**Process Group**’ opportunity in August - November this year.

This event will be hosted by Annie Garrety. The title of the group is, “Don’t Push the River.” We will use an aesthetic process to connect nourishingly using the principles in Gestalt therapy of dialogical, experiential, and phenomenological field emergence to form figures and themes. This will provide a platform of contact for a minimum of 5 and a maximum of 10 members.

Dates for Monday 5:30 pm AEST Process Groups are:

August 26, September 23, October 28, and November 25.

We ask for a donation of \$20 to the ‘research fund’ to secure your place.

- Members are invited to a GANZ ‘**Peer Supervision Group**’ opportunity in August - November this year.

This event will be hosted by Annie Garrety and will provide a platform to a small group of up to 10 practitioners to bring client work to a group of practitioners. Annie has been trained as a supervisor both in the Turin Gestalt school phenomenological field model and in the GTA relational model.

Dates for Saturday 3:30 pm AEST Peer Supervision Groups are:

August 24, September 28, October 26, and November 23.

We ask for a donation of \$25 to the ‘research fund’ to secure your place.

- Members are invited to a GANZ ‘**Field Study Group**’ opportunity in August - November this year.

This event will be hosted by Annie Garrety, and the two papers we will work through are:

Field Theory in Contemporary Gestalt Therapy, Part One: Modulating the Therapist’s Presence in Clinical Practice. Gianni Francesetti, Jan Roubal.
Gestalt Review, Vol. 24, No. 2, 2020.

&

Field Theory in Contemporary Gestalt Therapy Part Two: Paradoxical Theory of Change Reconsidered. Jan Roubal, Gianni Francesetti.
Gestalt Review, Vol. 26, No. 1, 2022.

Dates for Tuesday 6:00 pm AEST Study Groups are:

August 27, September 24, October 22, and November 26.

We ask for a donation of \$15 to the ‘research fund’ to secure your place.

Future Initiatives



GANZ has also accepted an invitation to join a global research project titled, ‘Outcome research on Gestalt therapy long-term clinical interventions, relational aesthetic intuition of the therapist and qualitative aspects of the therapeutic alliance and reciprocity,’ headed up by Margherita Spagnuolo Lobb from the Gestalt Institute of Italy.

This is a great opportunity to contribute Australian data to validate the efficacy of Gestalt Therapy in the scientific community. Dr Karolina Krysinska, Dr Shelly Barlow and Annie Garrety will be leading this project on behalf of GANZ and we’ll be reaching out to you with the aim of collecting qualitative and quantitative data for a total of 30 Australian therapist and client cases.

We would love your time and input into this project, which will boost the empirical evidence for what makes Gestalt Therapy effective.

Further, Dr Karolina Krysinska will also be representing our gestalt community as a peer reviewer of a new Gestalt Research Journal, which is the collaboration with 9 Gestalt Institutes from around the globe driven by Margherita Spagnuolo Lobb.

Karolina, we are so pleased to have your ongoing involvement in our GANZ research initiatives.





FINALLY...

Where are our Gestalt Institutes?

Gestalt Training Institute West Australia (GTIWA)
Perth, WA.

Gestalt Therapy Brisbane (GTB)
Brisbane, QLD.

The Relational Institute Australia (TRIA)
Sydney, NSW.

Gestalt Therapy Australia (GTA)
Melbourne, VIC.

We appreciate your attention if you have made it this far through our newsletter. This has been an abundant edition! Our gratitude to all who have collaborated and provided the information included.

As you can probably surmise, Gestalt in Australia has much to offer.

GANZ are incredibly pleased to be able to support students and practitioners in finding a place within this remarkable community that brings so many individuals together.



THANK YOU for your interest and commitment to GANZ.
We will return with an October - Spring edition.