



# Gestalt Australia & New Zealand Newsletter - Winter Edition

August 2025



Dear GANZ members and Gestalt community,  
Welcome to our Winter edition of the 2025 GANZ newsletter.

It is mid year and seasonally a time for slowing down, of moving within, conserving and restoring energy. It hasn't all been inward focus and rest at GANZ though, and as usual we are delighted to share our quarterly news with you.

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The GANZ Council: Michelle Sier, Annie Garrety,  
Zoë Webber, Tegan Mumford and Brady Watt.



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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# GANZ Updates



The council would like to extend our heartfelt thanks and appreciation to Claire Bartels, who has recently stepped down from her role as Student Representative.

Claire brought an infectious energy and a deep passion for community and creativity, helping to enliven the GANZ community during her time with us. Her keen eye and design expertise were instrumental in the redesign of our website and communications materials. She also contributed valuable ideas for increasing engagement between our members and GANZ.

Claire also led the development of our recent in-person event in Brisbane, which was a great success and will serve as a model for similar gatherings in other states.

Thank you, Claire, for your time, dedication, and commitment to GANZ. Your contributions have made a lasting impact.





A warm winter welcome to Brady Watt, who has stepped in as the new GANZ Student Representative.

Brady is a second-year student at Gestalt Therapy Brisbane and is stepping into the Student Representative role on the GANZ Council with curiosity and care. He's interested in learning more about how students experience their training across different institutes, and in finding simple, creative ways to bring more connection, visibility, and support to the student journey.

When not studying or working, Brady enjoys gardening, growing food, and having slow conversations. He's also known to appreciate a good cheese platter and a thoughtful question.



# **Changes to GANZ Membership**

The Council has decided that it is time to revise our membership structure. Starting from 1st October 2025, our membership offerings will be updated to reflect these changes.

## **Student**

Cost – FREE

You can join GANZ as a Student Member if you are currently enrolled in a Gestalt psychotherapy training course through one of the following Australian institutes: Gestalt Therapy Brisbane, Gestalt Sydney, Gestalt Therapy Australia, or Gestalt Training Institute West Australia.

## **Member**

Cost - \$120 per year

This member grade is recognised by the postnominal MGANZ.

GANZ Membership is open to all local and international gestalt practitioners, allied health practitioners or students in other disciplines, and anyone who is interested to be a part of the Gestalt community in Australia and New Zealand.

Join or upgrade to Member if you have completed your training in Gestalt Psychotherapy in Australia and New Zealand.

## **Fellow**

This member grade is recognised by the postnominal FGANZ.

Fellows are esteemed Members who have made a significant contribution to GANZ and the Gestalt profession over a significant period of time.

Each year GANZ invites applications for nominations to the grade of Fellow at the time of the Annual General Meeting (AGM).



## **GANZ News & Events**

**PLEASE REMEMBER  
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

We are thrilled that so many students have been joining us for our professional development webinars. The student fee for these events enables us to work towards building connection across our GANZ community and we warmly welcome the presence of our upcoming and emerging therapists.



## Community Gatherings

We held a wonderful in-person community gathering with members and friends of GANZ in Brisbane on Sunday 27<sup>th</sup> July.  
(More details on the pages that follow).

The Council would like to thank everyone that attended, it was a lovely experience and an opportunity we hope to repeat in multiple locations.....

Stay tuned VIC (and hopefully WA) members.  
NSW members, please read on.



## Gestalt Gathering on the Grass

Thanks to Claire's initiative in her role as Student Rep, GANZ was able to bring to life a much-anticipated community gathering!

In July, 13 members joined us for a relaxed picnic by the Brisbane river, enjoying shared platters, pizzas and bubbles.

It was a joy to spend a few hours with the Queensland community, connecting face-to-face, seeing "belly buttons and toes" (A. Garrety) instead of our usual screen-framed portraits.

The picnic rounded off an eventful weekend for the GANZ Council, as we'd been busy holding our annual in-person meeting from the Friday to Sunday.

We extend our sincere thanks to GTB for generously providing the use of their institute for the weekend. We also caught a snapshot with GTB faculty member Michael Pitt, who we wrangled for a photo in the library.

Please enjoy a few pictures from the weekend!









NSW & Sydney.

# Gestalt Community Gathering



**What:** Social catch-up & connecting activities with NSW Gestalt practitioners, students and community members, hosted by GANZ and Gestalt Sydney

**When:** 2pm, Sunday 28<sup>th</sup> September

**Where:** Pat Brunton Room, Crows Nest Centre  
(2 Ernest Place, Crows Nest NSW)

**Wear your favourite hat!**

**Please RSVP:** [membership@ganz.org.au](mailto:membership@ganz.org.au)

**Drinks & nibbles provided**

Kindly co-hosted with Ash Power and Gestalt Sydney, GANZ will be in Sydney in September for another catered, community gathering event.

Please join us as a student, practitioner, or friend of Gestalt for this exciting afternoon of connection. Don't forget your hat!

RSVP: [membership@ganz.org.au](mailto:membership@ganz.org.au)





# Procedural and Relational Approaches in Working with Embodiment

Presented by Michael Craig Clemmens

Hosted by Gestalt Australia & New Zealand (GANZ)



This workshop is intended to highlight the inherent polarity of pattern and relationship in Gestalt Therapy. Through discussion and experiential exercises, we will explore the value of focusing on client's embodied patterns (nervous system, body structure, and developmental movements) while remaining curious and immersed in the dynamic of the relationship. In recent decades, a wave of nervous system-based approaches has influenced the practice of trauma treatment and therapy. This has led to some tension between the integration of somatic pattern in Gestalt and other therapies. We will focus on this inaccurate rift through embodied phenomenology using present embodiment understanding and the Gestalt practice of figure ground formation.

Themes:

- The Myth of the Objective and Challenges of the Relational Approach in working with Physical Process
- How to hold the curiosity of the client in embodied practice as more than a symptom
- How to see 'the forest from the trees'; staying attuned with the organising ground of the client's pattern
- How to approach pattern from a relational stance
- The importance of *Mutual Patterning* between the client and therapist

**Saturday 6th September**

**8:30am - 11:30am AEST  
(Melbourne/Sydney)**

IARPP Australia members	\$75 AUD
GANZ Student Members	\$15 AUD
GANZ Members	\$55 AUD
Non-members	\$95 AUD

**Michael Craig Clemmens** is a psychologist and trainer in Pittsburgh, Pennsylvania.

He is a faculty member of the Gestalt Institute of Cleveland and teaches at the Esalen Institute in Big Sur, California. Michael is the author of *Getting Beyond Sobriety* (1997), the editor of *Embodied Relational Gestalt: Theory and Applications* (2019) and numerous articles on Gestalt therapy, body process, and addiction.

His main interest is the complex interaction of our bodies and the multi-layered field.



# 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.





# 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)



**Saturday 18<sup>th</sup> October**

9am - 12pm

(Melbourne/Sydney)

GANZ Student Members: \$15

GANZ Members: \$55

Non-Members: \$95

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.





# Experiments in Love: Innovative Approaches to Couples Therapy

Presented by Sean Tonnet

Hosted by Gestalt Australia & New Zealand (GANZ)



Across 17 years, my work has been grounded in an experiential practice. And one of the most sought-after learnings by supervisees and students has been to build more confidence and skills in working with experiment.” – Sean Tonnet

This 2.5-hour seminar, hosted by GANZ, will deepen participants’ understanding of the principles of working experientially with couples. A focus will be on the use of imagery, metaphor, art, movement, and symbols in creating experiments that widens therapeutic process.

A foundational structure within Gestalt theory, the therapeutic experiment provides couples with the potential for something new supporting awareness and growth. Co-created between therapist and couple, an experiment becomes a cooperative process that allows relationships to access, evoke, and re-organise emotions, or bring into awareness what has been hidden. These experiences offer relief, build self-support, and energise transformation.

**Wednesday 29<sup>th</sup> October**

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

GANZ Student Members: \$15

GANZ Members: \$55

Non-Members: \$95

**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.



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 first Saturday of 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 November 2025



Weekly online classes plus four in-person weekends in Melbourne.  
Mirrors Year 1 of the in-person program.

Places filling fast – [express interest here.](#)

Thank you to everyone who has referred students to these programs.

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## Working with the Enneagram: Clinical tools for growth and insight Friday 12 & Saturday 13 September 2025



Join Leanne O'Shea for a two-day exploration of the Enneagram as a powerful lens for understanding your clients' core patterns and supporting transformation in clinical work.

This training is ideal for psychotherapists, counsellors, supervisors, and anyone drawn to deeper understanding of self and others.

[Secure your place now.](#)



## **Introduction to gestalt practice: Skills-based workshop series**

**Starting Friday 17 & Saturday 18 October 2025**

Led by Tony Jackson, this 5-day series offers a practical, experiential introduction to core Gestalt concepts and counselling skills.

Each day focuses on a key area of practice—awareness, contact, dialogic process, and experimentation—combining theoretical input with live demonstrations and skills practice.

Open to practitioners from all therapeutic backgrounds.  
[Learn more and register here.](#)



## 30: VAGP Conference 2025



### About this event

The title of the conference reflects that 2025 is the 30th anniversary of the founding of Gestalt Therapy Australia (GTA), which is Melbourne's gestalt therapy training institute.

This conference will in part be a birthday celebration for GTA: a chance to reminisce, catch up with old friends and colleagues, and reflect on the ongoing place and relevance of the institute.

Like any good milestone celebration, this conference will offer the chance for reflection on the then, now, and next:

- Then: Where have we, as a community of practitioners, come from? Looking back, we can recognise that we've been doing this for a while now, that we're part of a rich and living tradition, and that there are elders among us. What can our past tell us about where we are now and where we might be headed?
- Now: What does it mean to be practicing gestalt therapy here and now, in Australia in 2025? All traditions must evolve to meet the demands of the moment. Are we adequately meeting our moment?

- Next: Together, can we imagine a future for gestalt therapy? What do we want this future to look like? As we step into the next moment, what should we hold onto, and what is asking to be left behind?

This conference will also be about more than GTA. We warmly welcome anyone interested in gestalt therapy. Some of the presenters and workshop facilitators will be from interstate and have no affiliation with GTA.

## Key details

**Date** | Saturday 15 & Sunday 16 November, 2025

**Time** | 9.30 am to 4:30 pm

**Location** | Treacy Centre, 126 The Avenue, Parkville

**Organiser** | Victorian Association of Gestalt Practitioners (VAGP)

**Cost (Early Bird Discount Ending Soon!)**

**One Day Pass (early bird): \$250**

**Full Access (early bird): \$395**

One Day Pass (standard price): \$300

Full Access (standard price): \$450



VAGP members receive a 25% discount. Use the promo code VAGP upon checkout to access the discount.

[Click here for membership options and to join VAGP.](#)

The ticket price includes morning tea, lunch, and afternoon tea on both Saturday and Sunday. Saturday night dinner and drinks will be available separately at another venue (details to follow).



# Sydney Gestalt Events



## ECO-PSYCHOTHERAPY

A 4- Day Immersive Training for Therapists

[Click Here for the e-brochure](#)



Gestalt Sydney is offering training in ECO-PSYCHOTHERAPY in 2026.

This will be offered as a 4 day immersion in both MULLUMBIMBY & the HUNTER VALLEY for CPD here:

<https://gestaltsydney.com.au/all-events/>

We are also offering Specialist training in Gestalt therapy which includes a year immersive training in Eco-Psychotherapy:

<https://gestaltsydney.com.au/specialist-gestalt-training/>



Gestalt Eco-Psychotherapy is more than a modality—it's a transformational movement.

It challenges the disconnection at the heart of personal, cultural, and planetary crisis. Rooted in presence, relationship, and direct experience, this work reclaims the wisdom of the body, the land, and the collective field.

This ethos underpins our work.

Gestalt Eco-Psychotherapy takes this ethos into practice and places the ecological field—including the more-than-human world—at the heart of the therapeutic process. It integrates Gestalt principles (like field theory, phenomenology, and relational contact) with ecological awareness, viewing nature not just as setting or metaphor but as active co-participant in healing. This approach often includes:

- Deep engagement with place, land, and ecosystems.
- Exploration of ecological grief, climate anxiety, and environmental identity.
- Recognising the interconnectedness of all beings within the field.
- Working with ecological ethics, decolonial perspectives, and the human impact on the earth.

It is inherently political and systemic in its stance, calling therapists and clients into responsibility and relationship with the living world.

Through this lens, healing is not just personal—it is political and planetary. We work not only for individual integration, but for interconnected liberation—centering Indigenous knowledges, honouring land-based wisdom, and fostering a felt sense of belonging in a more-than-human world.

# **GTB News & Events**

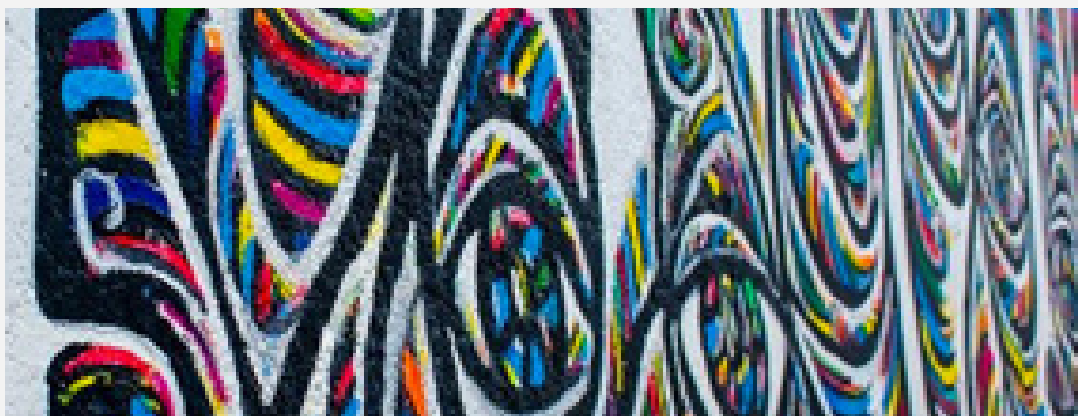


## **Working Experimentally In Therapy & Supervision**

### **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**

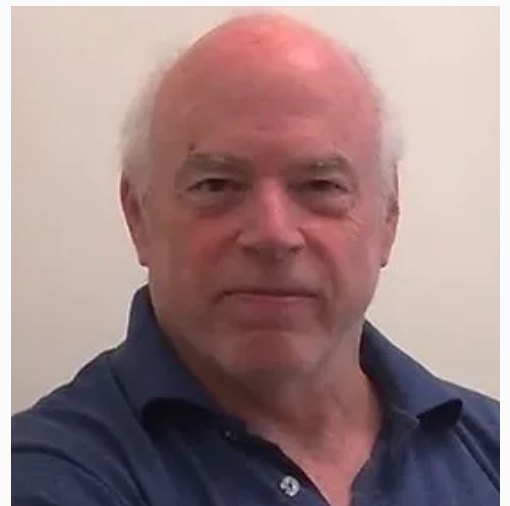
**Date: Sat 30 & Sun 31 August, 2025**

**Time: 9.30am – 4.30pm**

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

**Cost: \$580**

**BOOK HERE**





# GTB Summer School

*Let the deep Roots Hold You....*



This 5-day immersive conference invites us to return to what holds us. To the deep roots of our practice, our community, our body, land, and lineage. Together, we will explore how to live and work more fully and creatively in complexity. We will ask: What sustains us? What connects us? What practices restore our capacity for moments of clarity, compassion, courage and hope?

Let the deep roots hold you is both a call and a comfort—a reminder that in Gestalt therapy, we do not stand outside the field, but within it.

Through dialogue, creative practice, embodied process, and collective inquiry, we gather to reconnect with what is life-giving and grounding, so we may continue to offer our presence in a world that deeply needs it.

Who is this conference for?

- Gestalt therapists and practitioners from across Australia and beyond.
- Psychotherapists and counsellors interested in process-oriented, experiential learning in a group environment.
- Allied Health professionals (e.g. social workers, psychologists).

**Dates: Sun 30 Nov – Fr 5 Dec 2025**

**Location: UQ Gatton campus**

[Click Here for how to get there.](#)

**Cost:**

**\$3200 (Early Bird, ends 30 September).**

**\$3400 (Full Fee).**

**Payment plans available.**

**Included:**

**Food & Accommodation (single accommodation/shared bathrooms).**

Please review **payment & cancellation** terms [here](#).

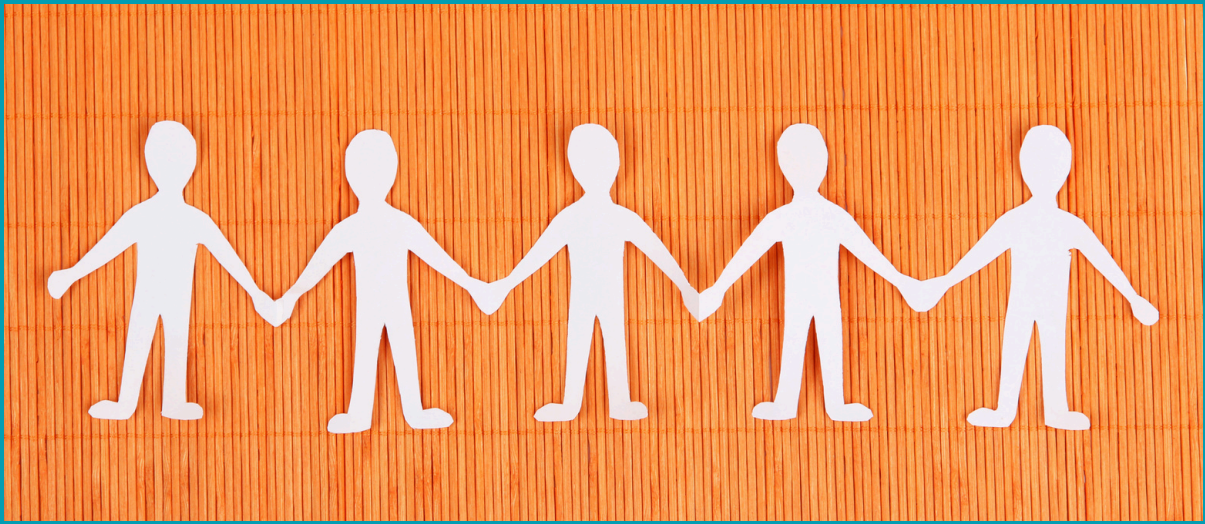
Please check out our **community values** before signing up [here](#).

**Over 20 CPD hours**



**International Presenters: Daisy Reese & Dr Peter Cole.**

*Peter Cole, LCSW, and Daisy Reese, LCSW* are long-standing Gestalt therapy educators based in the San Francisco Bay Area, USA. They co-direct the *Sierra Institute for Contemporary Gestalt Therapy* and teach both nationally and internationally.



**THANK YOU** for your commitment.

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

