

Association for the Advancement of Gestalt Therapy



Our Annual Meeting in Montclair, NJ I-r top row: Gail Feinstein, Linda DiTullio, Ansel Woldt, Jon Blend, Nancy Woldt 2nd row: Bud Feder, Brian O'Neill, Marcy Stern, Cyntia Cook, Peter Philippson, Elizabeth Revell, Marilyn Myles, 3rd row: Helen Lindsay, Heidi Green, Sylvia Crocker, Zelda Norman, Tine van Wijk

## HELP! HELP!

HELP! HELP! Could you, would you be able and willing to help out with small, short term tasks related to the upcoming AAGT conference or just to help out AAGT in general?

> Helen Lindsay, Queen Bee, needs worker bees.

She will distribute tasks, as needed by committee chairs.

So, if you're available for some work, some times, call Helen @ 908-647-5196 or fax @ 908-647-4050 or e-mail @ helenmsw@hotmail.com.

Any questions, just give her a buzzz.LEARN HOW TO GET TO ST. PETE BEACH FOR OUR 7TH INTERNATIONAL CONFERENCE:

## LETTER FROM THE EDITOR

I should know about paradoxical thinking by now. I remember writing to our board a few weeks ago saying that we were going to have a very small newsletter for Fall because there were few contributions, apparently little interest or follow-through from those who said they'd like to contribute, and I just couldn't put time into it right now. Oh yeah, the paradox.

Somehow, in typical AAGT fashion I suppose, it all came to rich fruition at the 11th hour. Read on – there's a lot of good stuff here!

I need to comment about the previous newsletters & the fact that they are not available online. Somehow there was a glitch with the webmaster & the only Newsletter available is that from Winter 2003. If any of you would like to see either the Spring or Summer 2003 Newsletter, contact me (imawareru@comcast.net) & I'll forward it/them to you via e-mail or snailmail.

We are busily working on conference planning and all kinds of great stuff coming up! I hope that everyone in the entire Gestalt community gets the info about our 2004 Conference in Florida and that you all attend. Again, feel free to contact any of us with questions, ideas, input, or to Volunteer! (Can you tell that I'm also Publicity Chair?).

I'm sad to see summer fading. September is my favorite month. The Gulf is soooo clear and smooth, the stillness perfect (no tourists yet!!!). I can park, drive to work in 5 minutes, buy things like food, etc. (no lines), get into the movies and restaurants on both Friday AND Saturday nights, go to the beach on SUNDAY, and wear sundresses. Summer was so wonderful. We went to the Grand Canyon and to Las Vegas. I wrote a piece in the GANZ Newsletter about that trip and I will share the highlight here. Although the Grand Canyon is a world wonder, it was overshadowed by my 14 & 17 yr. old kids getting into a BIG fight and, later, sitting down in our hotel room and doing their work. They each chose a bed, dismissed me (I hung out in the bathroom for an hour & a half with their permission). I couldn't believe how they knew what to do!! They totally respected the process, used the words, and came to Resolution all by themselves! Neither of them has EVER done/seen/studied Gestalt therapy. Thinks me!!

Ansel is recovering from knee surgery as I write this (end of September), and I am thinking about recovery in general. Recovery as a gestalt and as a process, allowing recovery to happen. Recovery within and without. I realize that I have been very guilty of avoiding the process by being bizzzy. I'll say it again, "allow recovery to happen." And so, as the summer sun cools, the days shorten, the darkness grows longer, I have committed to work on the one thing that I've been working so hard to avoid. I have not been able to recover from my dad's death because I haven't allowed the process to happen. I'm aware that, as long as I avoid grieving or hold onto the grief & the pain, I don't go anywhere or allow him to go anywhere. I don't have a chance at healing. To a healthy recovery, Ansel!

Marcy Stern, Editor

Correction: Please accept my apologizes for misspelling Elaine Kepner's name in the last newsletter.

## FROM THE PRESIDENT

Our annual meeting held here in Montclair and co-hosted by Linda DiTullio and me, was a gas.

About forty people attended, though not all of them for the entire time, and there were representatives [to paraphrase Saul Steinberg] from the Republic of Montclair, the USA, England, Australia and The Netherlands. The weather was great, the facility worked well and we had a lot of laughs, worked hard and accomplished a lot. For all the details, see Linda's minutes of the meeting posted in this issue. Some of the highlights:

- we restructured the Board to make it more effective and meaningful, reducing it to about 13 people; the EC is now strictly administrative, not decision-making and consists of the four officers;
- we achieved elections and have our first pres-elect from outside th US [Brian O'Neill]
- we did some planning and obtained some committee assignments for the 2004 conference [and we need a lot more help]. We also discussed hiring a publicity specialist since that has been a major deficiency on our part since we had a paid coordinator.
- we decided to hold the 2005 Annual Meeting in Amsterdam, inspired by Tine van Wyjk's enthusiasm for coordinating it with her colleagues in Europe.
- we endorsed the possibility of holding our 2006 conference in Vancouver, Canada, again stimulated, this time by Bea Mackay's proposal and energy. This has not been finalized.
- and much more: again I urge you to peruse Linda's minutes.

One troubling note is the dilatory response of members to dues requests. Please send your 2003 dues payment to Bruce Aaron (Dovbear@earthlink.net) as soon as possible.

On a more positive note, the RCP's - under Nancy Woldt and Brian O'Neill's leadership - have been very active, witness, e.g., the efforts of Tine and Bea. They hold regular conference calls and have come up with excellent proposals.

The Southwest Region is once again having a conference at the end of Oct. I attended one a few years ago and have registered for this one too. It is open to all and I hope to see many of you there.

Warmly, Bud



playing his best tennis of the year; his secret is having a full-blown tantrum a month ago; playing great since!!

**Bud Feder is** 

**RCP** In the coming months planning the 2004 Conference, (Florida, USA), will be in full swing. This past nine months RCP Conference calls have created the ground for other wonderful possibilities. Out of our dynamic contact, beginning plans have emerged for the next Annual Meeting (2005) in Amsterdam, Netherlands and a 2006 Conference in Vancouver, B. C.

Will you join RCPs and continue the process? Regional Contact Persons meet on approximately four conference calls a year (at AAGT expense). The chief role and goal of an RCP is to hold the space for the possibility of contact and communication. While the duties are now formally spelled out in our By-Laws, our primary function of contact is valued. Regions function in a variety of ways with one central agreement: that holding the space is important no matter the size of of a region.

The Board invites you to create that space for your region! Currently we have membership in many places not represented by an RCP. For example: France, Germany, Israel, Mexico, Italy, New Zealand, Phillipines, Sweden, Central and South America. We welcome any of you to hold the space for contact. If you have any interest in assisting or know of anyone who may be interested, please write Nancy Woldt (nanselw@aol.com).

## **GREAT DEAL!!!**

FLY DIRECTLY FROM NEWARK (AND OTHER U.S. LOCATIONS) RIGHT INTO TO ST. PETE. THOSE OF YOU FLYING TO THE N.Y. AREA TO TRANSFER TO FLORIDA, WHY NOT FLY INTO (OR SHUTTLE OVER TO) NEWARK & HOP ON A SOUTHEAST FLIGHT.

FIRST OF ALL, LET ME TELL YOU THAT THEY ARE A PUBLIC CHARTER, NOT EASY TO FIND & FLY OUT OF, I THINK, THE DELTA TERMINAL. THE BEST WAY TO FIND THEM IS ONLINE: GO TO

FLYSEAL.COM IN THE U.S. YOU CAN CALL: 1-800-FLY-SEAL.

ALSO, YOUR FRIENDLY PUBLICITY DIRECTOR WILL BE WORKING WITH THEM TO TRY TO GET A PACKAGE DEAL ONCE WE GET A HANDLE ON THE NUMBER OF YOU WHO MIGHT BE INTERESTED.

SOUTHEAST AIRLINES HAS SPECIAL RATES FROM NEWARK, NJ RIGHT TO ST. PETERBURG, FL!! WE ARE WORKING ON A GROUP DISCOUNT THAT WOULD KEEP ROUNDTRIP AIRFARE BETWEEN \$150-\$200.

SO WRITE TO ME & LET ME KNOW! IMAWARERU@COMCAST.NET OR CALL ME AT 941-379-8701 BON VOYAGE, MARCY STERN

## SERVICE EXCHANGE PROGRAM

#### by Bud Feder

## HUMOR

## ATTITUDE

The 92-year-old, petite, wellpoised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room ...... just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of

CONTINUED ON NEXT PAGE

AAGT has initiated a new program, called Service Exchange (SEP) and invites your participation, both as donor and recipient. Through this SEP, AAGT aims to further professional exchange and development among its members. We encourage participation in this program through which AAGT members will have access to complimentary professional and training services from other members, as well as the opportunity to provide such services to members who can benefit from their expertise.

**HOW IT WORKS.** AAGT members may contact other AAGT members and request "Service Time." All AAGT members are invited to pledge four hours of professional time per calendar year providing one or more of the services listed below. Members may make a direct barter agreement with the requesting member, or may provide the service with nothing in return. No member is required to agree to a request. In the event that a member has completed the four-hours of service, or if the member opts not to agree to a particular request, said member may offer the requested services on a fee-for-service basis.

## SERVICES IN THE PROGRAM

- Phone consultation on a clinical issue or case
- Co-facilitation of another member's therapy group
- raining in a particular aspect of Gestalt Therapy
- Guest group supervision to an existing supervision group
- Mentoring a Gestalt institute student
- Seeing a client/couple/family along with the requesting therapist for consultative purposes
- Editing an article written by another member
- Other (as specified by the donor)

**FOLLOWUP AND ASSESSMENT.** In order to assess as well as promote the program, AAGT members who perform a service will be requested to make a very brief report on their activities and the outcomes to the Service Exchange Committee. Permission granted, such activities may be featured in our publication—and perhaps others—and ser ve to promote individual members, our organization and Gestalt Therapy in general.

**INSURANCE CONSIDERATIONS.** Please note that AAGT members who participate in this SEP must carry their own professional liability insurance for whatever service they offer. AAGT as a tax-exempt membership organization does not offer clinical consultation or treatment and cannot be liable for such activities which are conducted under a member's aegis, nor does AAGT carry professional liability insurance, only administrative practice insurance (covering possibilities of fraud, theft, etc). This insurance does not cover individual members for their professional activities.

Thank you for considering participation in the Service Exchange Program, and please feel free to contact any committee member if you need any additional information or clarification.

#### THE SEP COMMITTEE

Dori Middleman, Chair, drdori@aol.com Susan Gregory, gestaltsing@aol.com. Joel Latner, pointcounterpoint@hotmail.com

Bud Feder, bfeder@comcast.net

## NEWSFLASH, KENT, OHIO, USA

#### Simkin Library Being Donated To Gestalt Therapy Archives At Kent State University

AAGT Archivist, Ansel Woldt, is pleased to announce that, Sharon (Simkin) Meinhoff, daughter of Dr. James & Anne Simkin, is donating the Simkin Gestalt Therapy Library Collection of her famous parents to the Gestalt Therapy Archives at Kent State University. Thanks also to Violet Oaklander for her missionary work in facilitating this endeavor.

Most of the books being donated are first editions and many have special inscriptions to Jim and Anne signed by the authors. Ansel has already received six boxes of books and there are more to come, in addition to films, video and audiotapes, photographs, and special memorabilia. Perhaps this will serve as a reminder to everyone in our Gestalt community that there is a special place for you to send those "sacred Gestalt materials" that should be made available for research and enjoyment for posterity.

In the process of arranging for the transition of this wonderful gift, Sharon has shared some fond memories of her parents with Ansel. The following story may be of interest to fellow AAGT members.

Dear Ansel,

I remembered another funny story to tell you. When I was a pre-teen, I had a parakeet named Cupie whom I spent much time with, adored it like crazy and taught him to talk. While I wasn't home (at school), my dad taught Cupie to say 'Dr. Perls, quack, quack!'

Fritz often came to our home for dinner on Friday nights from Esalen, and I'll never forget the look on his face, which was otherwise intently concentrating on his bowl of goulash, when he heard Cupie crackle out, 'Dr. Perls, quack, quack!' As you probably recall, Fritz never missed anything. His eyes came up slowly from his bowl of goulash, when he first heard what he didn't acknowledge. Fritz took eating very seriously.

Our dinner table was one of near silence as Fritz paused from his meal and then continued eating. My dad, who was also very serious at the dinner table, sat grinning from ear to ear. However, the second time, it was undeniable. When Cupie repeated himself with, 'Dr. Perls, quack, quack!' Fritz's eyes met my dad's eyes and they just roared!

Laughter is such good medicine. Sharon Meinhoff



Annual Meeting - Tine van Wijk, Susan Gregory, Cynthia Cook, Helen Lindsay, Marcy Stern, Jon Blend

## HUMOR

#### CONTINUED FROM PREVIOUS PAGE

time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it .."It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away ... just for this time in my life.

Old age is like a bank account ... you withdraw from what you've put in .. So, my advice to you would be to deposit a lot of happiness in the bank account of memories . Thank you for your part in filling my Memory bank. I am still depositing.

## SIMPLE RULES

Remember the five simple rules to be happy:

1. Free your heart from hatred.

> 2. Free your mind from worries.

> > 3. Live simply.

4. Give more.

5. Expect less.



## ANNE TEACHWORTH

Hi, my name is Anne Teachworth and I am the Director of the Gestalt Institute of New Orleans and the Southeast AAGT Representative I'm the AAGT contact person for all the new and current members in this area of the United States.

Let me tell you a little bit about the us at the Gestalt Institute of New Orleans. I founded the Institute in 1976 with the help of my teachers,

Mary Ann Merksamer and Leland Johnson, Co-Directors of the Gestalt Institute of Houston where I got my Fellowship Diploma in 1977. Our 200 Basic training program features a once a month Saturday workshop preceded by a Friday evening theory class. Trainees attend these weekend events together with clients...both come to do their personal work and the trainees learn to facilitate them and each other under supervision of the workshop leader.

Some of the workshop leaders we have had here over the years are Laura Perls, Frank Rubenfeld, John Enright, Eric Marcus, Joseph Zinker, Edwin Harris, Joel Latner, NLP's Richard Bandler and Morgan Goodlander, one of our graduates.

In addition, we now have a 100 hr. Correspondence Course with Video and Audio Tapes and Book Reports, and a 100 hr Couple and Parenting Counseling Training

Program On Site and On Line. Each year in the first week of November, I hold a five day training program in Psychogenetics, my own transgenerational Gestalt approach to couple and parenting counseling based on my book WHY WE PICK THE MATES WE DO.

Trainees come from all over the world to study and get an opportunity to visit New Orleans and visit the French Quarter where I live. My apartment there has a great balcony that overlooks Jackson Square where the artists paint daily to strains of Dixiland Jazz and Blues, right near to some of the world's best restaurants.

The main business and counseling office of the Gestalt Institute of New Orleans is in a suburb called Metairie right outside the city proper. I have a private practice in Metairie and New Orleans both seeing individual clients but mostly specializing in pre-marital, couple and parenting counseling In the Metairie location, we have two suites and a business office. My assistant's name is Bobby, my bookeeper is Lynn, and my secretary is Shontel. Feel free to call and talk to me or any one of them any day of the week. They will be glad to help you. If there is anything I can do to promote Gestalt or AAGT in your town in my region, just let me know.

Anne Teachworth, Director Gestalt Institute of New Orleans 1539 Metairie Road Metairie, Louisiana 70005 USA

You can reach me by phone at 504 828 2267 or toll free at 1 800 GESTALT. My 24 hr fax number is 504 837 2796 and my email address is Ateachw@aol.com Our webstie is www.teachworth.com

## AFTER THE MEETING IN MONTCLAIR JUNE 2003

#### **Experiences with and Projections on Americans**

by Tine van Wijk

After a walk through Montclair that is the living image of what I expected to find in an American suburb or small town, I am back in the side walk café where I had lunch with Bud, Linda and Peter. I have to write because I am so happy I came here. To remember this visit I bought myself a necklace, made in Germany

but who cares where it is made. What is so exciting for me, is to see in real live what I watched onto now on television or in movies. The – wooden - houses with porches, big lawns and letterboxes close to the street. Hardly any sidewalks. The churches, the trees, the people with their cars radiate prosperity. From over the ocean I have followed the film of the American dream and now I am in it.

I also am happy because I went to the AAGT Annual Meeting and did what I wanted to do: bring the attention of the EC to the possibility of having a Regional AAGT conference in Amsterdam in 2005. They were enthusiastic and went even further than I had thought by proposing to have the Annual Meeting also in Amsterdam. Hurray, hurray, it really served me to come down and sit with those hardworking organizers, listening and looking to the amount of work they get through.

I am content I found this organization. I feel I belong. It fits in my puzzle with Americans. Sitting here I wonder if I should put on paper my story regarding my relations with Americans. It has been a red thread, I cannot get around. In the Second World War I was a child between three and eight years living in Amsterdam. I have seen the Nazi's, I have heard them, I have been afraid of them. They destroyed my safety. When my father came back from the front, his nerves were wracked. He never really recovered and died in an psychiatric institution when he was 53. This is one of the reasons I loathed the Nazi's and you can imagine how grateful I was when we were liberated by the Americans and Canadians. When the war was over Americans became my first heroes . The images I got from the musical showfilms made that feeling even stronger. The people I saw were constantly singing, lived in a perfect paradise, moving in the sunshine from one swimming pool to another, having refrigerators and other machines we did not know, wearing beautiful clothes full of colours and having spotless skins and perfect faces. No wonder I started dreaming about this country that seemed too far away ever to be reached.

#### Soldiers and tourists

Then the American soldiers who were stationed in Germany and the tourists were coming to our country. They were recognizable at any distance, wearing sensational clothes and spectacles and camera's. And of course their language could not be mistaken. I was young and curious, real life Americans, what were they like? Of course they were not only admired but also made fun off. People became jealous. We were still in the aftermath of the war. I remember the city and the country as grey and bleak. Not exciting although we were rebuilding.

In 1956 when I was nineteen I went to England with a girlfriend to become an au pair. Accidentally we found two American families, Air Force people stationed in Ruislip near London. The day in January we arrived with the boattrain on in the blackness of Liverpoolstreet Station two small ladies with bright make up and clothes emerged out of the heavy fog and excused themselves for being late. Flat tire. The moment I saw them I surrendered. They were so funny and fitted my expectations perfectly. Specially when we were sitting in a separate carriage with a big English lady in a dark blue coat, who pulled up her upper lip in contempt for what she heard while they were talking. I just listened and looked, my English was nowhere yet.

This was the beginning of my first period in a foreign country. It changed my life. I got to know the inside of six American families, I discovered the culture of a metropole and I had



## POEM

No, no, there is no going back.

Less and less you are that possibility you were.

More and more you have become those lives and deaths that have belonged to you.

You have become a sort of grave containing much that was and is no more in time, beloved then, now, and always.

> And so you have become a sort of tree standing over the grave.

Now more than ever you can be generous toward each day that comes, young, to disappear forever, and yet remain unaging in the mind.

Every day you have less reason not to give yourself away.

~ Wendell Berry ~ The Sabbath Poems

1993

an idea of the differences between the American and the English people. The English looked poor to me. Their cars were so old, also compared to the cars in Holland. Not to mention the cars the Americans brought over. And their clothes so old fashioned. I could not believe my eyes the first time I was standing on the long, long, escalator rising to Piccadilly Circus. All those bowler hats, black umbrella's and newspapers. They seemed not of my world. When I developed an American accent I discovered that this horrified the English. How could I? Why did I not learn the proper English? One thing I knew for certain: they were also jealous of the Americans. I felt privileged I could live with those fairy tale people and enjoy their food bought at the base, their luxury, their refrigerators, televisions and deep freezers. Looking back from this distance I think the most important experience for me was getting to know how people foreign for me lived inside their houses. Emotionally not so different from what I knew and still they were not Dutch, they had a different language, different believes, different habits, different values and norms. This way they opened my horizon.

The father of my first family was a major and had been the (or a?) private pilot of president Truman. Along the stairway there were signed portraits of the important generals and presidents of the warperiod. When I went up the stairs I always bowed and secretely thanked them. I felt okay in this family. The only thing I did not like was the finger of the major when he came back from a mission and checked the plinths if there was any dust left. If caught his wife and I had to get our aprons on and clean whatever in his eyes was dirty. But apart from that I felt welcome looking after three boys and Pickles the big spaniel dog. Then one day the mother of the family wanted a holiday to stay with her sister in France. The same night she left the major appeared in his red pyama's with black border and Russian clothing, smelling of all the odors there were to find in the bathroom. While standing before the oil stove, letting the warmth get to his body by lifting up his coat, he told me that he wanted me to take the place of his wife the whole way. I did not take him serious, he made me laugh in his sexy outfit and I said that we differed from opinion and thought that would be it. It was not. He was a creative seducer, surprising me in the bathroom, lying awake with the red lamp beside his bed calling me when I came home from my day off. The more he did his best to get me into his bed, the more certain I knew I was not going to serve him. What helped was my girlfriend who lived with very good friends of my family and who talked with me on the phone x times a day and who supported me.

#### A stupid major

Although certain of my case I became very nervous. I had to care for the whole house, a villa in Middlesex, the boys, the dog and this crazy major. I could not do it. I was only nineteen, hardly knew how to cooke an egg when I arrived. And I became afraid. Not so much of his aggression, he stayed rather nice to me and playful, but of the threat he brought into my life. The ultimate test was when he offered to drive my girlfriend who had been baby sitting with me home to the next village. Did I want to come? I had two bad choices and choose to come. On the way back he stopped and I was able to convince him that he was stupid. What would his wife think when she came back? And how about my boyfriend who came quite often to London? Miracle. He listened. He brought us home, left me alone and the next morning after a two weeks battle I decided I had to go. Even if the mother was not back yet and I did not want to leave the children and the dog.

It was then that I went to the Base for the first time. Everybody knew by now what had happened. They hardly believed that I won, but they supported me. Specially the family my girlfriend lived with. I found a new family who waited for an au pair from Germany. I could stay with them for a month or so and then move on to the next family, who had four children. A girl of seven who did not like me at all, two boys of about ten who climbed in any tree to attract my attention and a small child, I do not remember very well. They lived in a huge house in Ealing. Old and not very comfortable. The mother thought she had landed in some kind of Victorian novel with maids to serve her. Alas, I was the only one there who fitted the role. I say alas, because then I suffered but now when I think back, I see that at least I experienced what it means to be in an underdog role like that. I hated that I had to be up first and had to light the coal stoves, then make breakfast with eggs and juice and things

like that for everybody, while I was not allowed to sit with them at the table to have my own breakfast. I had to stand and wait on them. I also hated the girl of seven who promised herself a kick when she was playing outside and rang the doorbell, knowing that I was the one who was going to answer. Even when I was up in the attack busy with the washing, while my mistress was standing beside the door, it was my task to descend three flights, open the door and see the little girl standing there with her friends impressing them saying with a gesture of her arm "And this is our maid". I could have killed her there and then. My sense of humour had left me. That I was allergic for my feather mattrass and itched all over did not help either. So after two weeks I decided this was enough for me, left the house in the morning and only came back to pick up my things. It was not difficult to find another family, a simple family from Texas with two children. They cherished me and I felt sorry when they had to leave because one of their parents was dying. Again I moved, first to an inbetween family and then I was promoted to live with the family of a colonel. They were very nice and sophisticated people with four children. The girl I remember best. We loved each other. The only problem I had was that I was bored. The house was kept by someone else and when the children were at school I baked chocolate chip cookies. At least that is what I remember. The deepfreeze was full with them.

Then the world was in crisis. There was Suez and the Russians entered Hungary. My family wanted me to come home. Stupid in my view but I went, somehow I had had enough adventure and also enough boredom. It was only later that I realized the impact this period in my life had on me. Now sitting here in Montclair it connects me with the people I see in the streets and siting beside me. It also makes the American colleagues I met at the Conference and the Annual meeting seem familiar. Later in my life I had more meetings with Americans. For example when I went to Germany to sell encyclopedia's to American soldiers stationed there. This also was an interesting period in my life. May be next time I will tell more about it. Now I rather reflect on what happened during the Annual Meeting.

#### The Annual Meeting

The next piece I wrote when I was back in New York, having a glass of dry white wine at Chevy's, just off Times Square. A lot of loud music around me. Most young people sitting with me at the bar. The service is very efficient. I have to eat something I understand. I order corn chips with spicy sala dressing. After the Conference of the New York Institue and the Annual Meeting I am free now and feel perfectly allright. There is nothing more I have to do. No more tasks to attend to. I can relax and just look back on the Annual Meeting and write.

Sunday night I was not there, but Monday we worked on restructuring the Board and the EC. Up to now I did not have a clue - or not really - about the concept behind the AAGT and I wanted to find out by just being there listening, looking and tuning in when I could. A lot of times I could not and still was fascinated by what was happening around me. Agreements had to be changed and were changed without violating the original concept of the AAGT. For me it was like watchinga game of European football. Who has the ball, to whom will it be kicked, who is stopping it and who is going to make a goal? The ground was set by the paper Ansel Woldt and Isabel Fredericson wrote and that was presented to the board a few weeks earlier. As a RCP I had looked at it and did not know what to make of it. And that is exactly why it was so fascinating seeing and hearing it coming to life. There were moments fatigue made me almost fall from my chair, because it is tirening following a game, if you don't know the rules. I admired Linda di Tullio behind her new lap top trying to catch up with decisions that were not made.Or were they? The ones who seemed to know were Peter Philipsson, Susan Gregory, Helen Lindsay, Judy Graham and Robert Lee who fascilitated this part of the meeting. Then there was Bud Feder, dancing in between, Brian O'Neill coming in even stronger when it turned out that he is going to be our next president elect. And the solid block of Nancy and Ansel Woldt, always good to go back to.

Thinking of who were there also those two days I see Zelda Friedman who cut her finger and suffered in the hospital waiting for five hours in the vast lane, Sylvia Crocker who put herself at a risk with her proposal following leading the committee that came up with a theme for the conference. She really did a great job leading us into the more explicit details of the fields we will creatively transform in November 2004. And let's not forget Cynthea Cooke, Cynthea who leads us to the practical not to be overlooked matter of fact items. Cynthea is going to stay on the board for the next 1? years. I did not mention Jenny O'Neill yet who is going to do the conference planning for 2004 together with her husband Brian. Surprising were the presenses colleagues of the New York Institute – Perry Klepner, Gail Feinstein, Susan Gregory – who did a mega job organizing their own conference and still had enough energy to be here in Montclair in the Unitarian Church. While writing I am thinking of the past president who is vice now, Carol Brockman. After her illness she was still to weak to be with us. I missed her. It is strange I am a member of this organization since 2001, went to the conference in Florida in 2002 and I already feel attached to all those people of which I did not mention yet Elizabeth Revell and Marcy Stern who were and are responsible for the AAGT Newsletter.

How did it happen that I became a member and feel that I have to be an active member in the sense that I wanted to be present with this meeting already. I don't want to analyze and I know it has to do a lot with soul people who are willing to invest energy, time and money in the cause . Those kind of people I also met at the RCP lunch we had in an Mexican restaurant. There I could also make closer contact with Donna Cotzen from Philadelphia, Jon Blend and his perfect English accent, Marilyn Miles from Chicago who during the meeting emphasized naming the spiritual field in the next conference. When the meeting ended and we took photopgraphs on the lawn of the church I realized I missed Bruce Aaron and Sylvie Falschung. And now I almost forget to give credit to the girl from Germany who lives in England and the beautiful couple from Australie who wanted to taste Gestalt in the USA and stayed till the end. It is strange, while I am sitting here on Times Square, people appear for my eyes. The most mysterious is Nancy Bristol. I am certain I saw her while we were having dinner in the glorious cornerroom of the church and I don't recall seeing her at the conference table. A matter of interest to me is also the hospitality of Linda who let me and Donna and Susan stay in her house, where I found an American Lawn, a backdoor and dogs as I thought I should after seeing all those tv serials and movies. Linda was also the one who cared for us by doing the shopping, knowing where to get the best bagels and fruit.

Okay, I realize the AAGT people generate a lot of excitement in me and I know I am projecting something and will come back to earth. But I also know I am not projecting for nothing. Something must be there. I think of Isabel. I like to give her a wink from here. You did it and you did it so gracefully, waiting for the process to go on and bide your time. You knew what you wanted. And you got it. Dear Isabel you are a gentle power that nobody in this organization can overlook.

In the PS it is about my own mission. Back in Amsterdam I explored the possibilities to have a Regional European AAGT Conference here in Amsterdam in 2005. Up to now this is only an idea, but it is an idea that is getting form. Look for more details on another pages of this Newsletter, please.

Irv Gadol

## **FROM HEIDI GREEN**

As soon as I saw the flyer, advertising the 50th Anniversary celebration of Gestalt Therapy in New York, I knew I wanted to be there. That was last year. I asked Roman if he thought we could afford the trip, knowing we had an extra incentive to revisit the city where we were engaged, and our plans were soon confirmed after meeting Gail Feinstein at her workshop here in Australia.

It was a special journey to return to America, not only for personal reasons but also because of the world's political climate. An imminent war... became a reality, and despite our friends' and familys' concerns, we persisted in our plans.

This journey was made even more special however, because of the people we met along the way. Our fabulous hosts Jack & Elisa Aylward provided not only great company and accommodation, but a cheerful English chap too. Jon Blend, joined us as guests of the Aylward's and gracefully gave up his double bed for Roman & me.

Following our daily commute into New York from Watchung, New Jersey, it was a pleasant relief to attend the AAGT General Meeting in Montclair NJ- just down the road. What a beautiful town. We could not help but sneak out of the meeting to do a little sight seeing and just a little more shopping! One of Roman's and my favourite pastimes, is checking out quirky gift and novelty shops. He even bought me a cardboard cut-out of a life size baby. A consolation prize as we had unsuccessfully attempted to fall pregnant!

However, despite my truancy, I did not fail to witness my own teacher, Brian O'Neil become president elect for AAGT. A very proud moment for all Australians indeed. Another highlight of the meeting for me was to be asked to chair a session by Bud Feder. A gesture that truly warmed my heart and fed my desire to be more involved in the proceedings. The meeting itself, which I believe to have been extremely fruitful in the progress made regarding the organization's structure, was admittedly a little tedious for me as an outsider. Despite this, I hope my awareness of AAGT and its influence here in Australia, will grow.

I hope to see many of you again soon, here in Sydney for GANZ's exciting conference. Cheers Heidi.

Heidi Green is currently completing her training as a Gestalt therapist through the Illawarra Gestalt Centre (IGC). She and Roman met when working on a community crisis team run by public health. Heidi has since opened a centre in Leichhardt, Sydney called Sentiamo. These offices provide space for other students and practitioners of Gestalt Therapy to work in private practice, in a supportive and healing environment. Sentiamo is an Italian word meaning 'we listen', 'we hear', 'we feel', 'we sense'. Heidi would be pleased for you to contact her: sentiamo@bigpond.com



## A CALL FOR CONTACT - RCP UPDATE

by Nancy Woldt & Brian O'Neill

In November of 2002 at the 6th AAGT conference, Regional Contact Persons (RCPs) enjoyed a productive luncheon meeting in the sun and sand of St. Petersburg Beach, Florida., USA. RCPs present included Nancy Woldt (RCPs' Co-Coordinator), Emil Jech (Co-Coordinator & NW USA), Bea Mackay (Canada), Isabel Fredericson and Irv Gadol (SW USA), Susan Gregory (NE USA), Tine Van Wijk (Netherlands), Marilyn Myles (Midwest USA), and Judy Graham (United Kingdom). We also enjoyed the company of Linda Ditullio who was exploring the possibility of serving as an RCP, but ultimately accepted the position of Secretary of AAGT. Also attending the conference were RCPs Brian O'Neill (Australia) and Bruce Aaron (Midwest USA). Both Brain and Bruce were attending other luncheon meetings at the same time as we met. Since Bruce has accepted the office of AAGT Treasurer, he has resigned his post as Midwest RCP. Brian O'Neill will remain RCP Australia/New Zealand, and has come on board with Nancy as RCP Co-Coordinator.

AAGT extends a thank you to retiring Emil Jech (NW USA and Co-Coordinator) who leaves these two positions open because of his relocation to San Diego, CA. We are hoping for an enthusiastic replacement for Emil in the NW USA region. Other retirees are Jack Mulgrew (SW USA), Bruce Aaron (Midwest USA) and Susan Gregory (NE USA). Their years of service to the organization are greatly appreciated.

We are exceedingly pleased to welcome Brian O'Neill (Australia/New Zealand & Co-Coordinator), Anne Teachworth (SW USA), Donna Cotzen (NE USA), Marilyn Myles (Midwest USA), and most recently, Carol Swanson from Portland, Oregon (Northwest USA) and Remi Marents from Norway (Scandinavia).

#### Regional Contact Persons meet on approximately four conference calls a year (at

**AAGT expense).** In 2002 we had an ongoing important dialogue about RCP role and function. Many of us feel that the chief role and goal of an RCP is to hold the space for the possibility of contact and communication. While the duties are now formally spelled out in our By-Laws (seeRCP DUTIES AND RESPONSIBILITIES below, as approved at 2002 Annual Meeting), our primary function of contact is valued. Regions function in a variety of ways withone central agreement: that holding the space is important no matter the size or activity of a region.

As Co-Coordinators Brian and Nancy invite you to create that space for your region! Currently we have membership in many places not represented by an RCP. For example: France, Germany, Israel, Mexico, Italy, New Zealand, Phillipines, Sweden, Central and South America. We welcome any of you to hold the space for contact. If you feel that your region is not represented, or if you have any interest in assisting, or if you know anyone who may be interested, please write Nancy Woldt (nanselw@aol.com) or Brian O'Neill (boneill@UOW.EDU.AU).

#### RCP DUTIES AND RESPONSIBILITIES (from AAGT Constitution & By-Laws)

Regional Contact Persons:Members of the Association who share common professional interests involving Gestalt Therapy and/or the Gestalt Community may desire to organize into Regions, each of which may have an RCP (Regional Contact Person). The number of Regions in the Association shall be determined by geography and the interest generated amongst the membership. RCPs shall be members of the Board of Directors.

RCPs shall be selected by constituents in their respective regions and shall serve on the Board until such time as the regional membership or the Executive Council changes it. RCPs may be removed for cause, and may be so done by the Executive Council upon the recommendation of the RCP Coordinator(s).

# The duties and responsibilities of RCPs shall include, but not be limited to the following:

- Serve as the Regional Contact Person of said Region which includes, but is not limited to, chairing meetings in the Region and providing leadership and direction in the creation, development and implementation of goals appropriate to the Association's purpose as identified in the AAGT Constitution and By-Laws;
- 2. Work cooperatively with the RCP Coordinator(s) in the formulation of ideas of interest to the AAGT membership and hold the space for the possibility of contact and communication.
- Prepare and submit to the RCP Coordinator(s) an Annual Report about the activities in your region and any additional reports that may be requested by the President or Executive Council;
- 4. Be involved as a member of the Board of Directors, including attendance at the Annual Meeting in order to participate in the organizational process, the dynamics, deliberations and decision-making of the Association's governance; and
- 5. Perform such other duties as may be requested by the RCP Coordinator(s), President, Executive Council or Board of Directors.

## **DUES BLUES**

We are preparing to send out "reminder" postcards to many of our members who have not yet paid this year's membership fees. We are hoping that this will result in bringing in the badly needed revenue we need to get our November 2004, Florida conference off the ground. Thanks in advance if you receive a postcard or just would like to pay your 2003 dues now – You can send a check to the address below, pay by Visa or MasterCard on our website (AAGT.org) or contact me at

Dovbear@earthlink.netfor any questions (like whether or not you are up-to-date on your dues.) See dues categories below.

Bruce Aaron AAGT Treasurer 1459 W. Elmdale #2, Chicago, IL 60660 USA

#### CONFERENCE, ANNUAL MEEETING

If we have not received your 2003 dues, please catch up!Your dues will facilitate planning our exciting 2004 Conference in Florida, our 2006 Conference in Vancouver, BC and our 2005 Annual Meeting in Amsterdam with the Dutch Flemish Gestalt Network You can pay your dues withVISA or MC on our Website: AAGT.ORG or Mail your dues to:

- \$150 (or more) Outreach Benefactor –
  Everything beyond \$100 goes to Outreach & Development
- \$100 Full-Time Professionals (Regular Dues)
- \$50 New and Part-Time Professionals (3-Yr Limit)
- \$25 Full-Time Students and Retirees

## WWW.AAGT.ORG

AAGT

MFR





## AAGT CONFERENCE 2004

November 10-14, 2004

Sirata Beach Resort & Conference Center in St. Petersberg Beach, Florida.

In November of 2002 the AAGT conducted a very successful international conference for Gestalt therapy in Florida. The food was fabulous. The beach was wonderful. The night life was varied and rich. The workshops, plenary meetings, process groups, and community meetings were stimulating. It worked so well, we decided to return to that location for our next conference. At that time we will explore the phenomena of re-creation, of new beginnings, and more specifically, we will investigate how re-creation takes place, about its transforming affect in the field, and how the processes of Gestalt therapy might be purposefully employed in each.

The AAGT welcomes all those who were with us in 2002 in Florida, and we invite all those who were not. AAGT members and old friends, visitors, and inquisitive guests - all are invited and welcome to contribute to the making of community at our seventh international conference.

A formal call for proposals, including registration information for the conference itself and appropriate procedures for reserving rooms at the hotel, will follow our June annual meetings. Please keep watching the AAGT web page for these things (http://www.aagt.org), as well as the AAGT Newsletter and email traffic from Gestalt practitioners around the world. Announcements and further information will also be available on-line through the virtual Gestalt community of Gstalt-L (http://www.g-g.org/gstalt-I), the electronic journal Gestalt! (http://www.g-g.org/gej),and the traditional, hard copy press such as Gestalt Review, The British Gestalt Journal, and others.

Plan now to attend. Put it on your calendars! Web sites of interest to Gestalt Practitioners: The Gestalt Journal, and the International Gestalt Journal(http://www.gestalt.org/index.htm) Gestalt Review(http://www.gestaltreview.com) The British Gestalt Journal(http://www.britishgestaltjournal.com) Gestalt!(http://www.g-g.org/gej) Gestalt Critique (http://ourworld.compuserve.com/homepages/gik\_gestalt/gestalt\_critique.html) Gestalt Bookmarks (http://www.g-g.org/gestalt\_bookmarks) The AAGT (http://www.aagt.org)

## **GESTALT THERAPY'S FIRST RESEARCH CONFERENCE**

#### HELD AT CAPE COD

by Todd Burley, Ph.D., ABPP

When Fritz Perls said "loose your mind and come to your senses," he intended to right a structural imbalance in the world of psychotherapy, not to create a world in which persons would avoid being whole in a new way. On September 4 through 7 a small group of persons engaged in or interested in the research potential of Gestalt therapy attended a conference designed to help maintain that delicate balance that is Gestalt theory and therapy. The invitational conference was convened under the sponsorship of the Gestalt International Study Center in Wellfleet, Massachusetts (a breath taking setting) and chaired by Joe Melnick, editor of the Gestalt Reviewand Todd Burley, from Loma Linda University and GATLA.

The topics were divers, ranging from in depth studies of individual treatment cases (presented by Daryll Kim) to the factor analysis and meta-analysis of a large group of studies containing construct data and supervised over a number of years by Ansel Woldt during his tenure as Professor at Kent State University. Other topics included research related to schizophrenia and Gestalt methods of treatment, short term and crisis oriented Gestalt therapy and outcome evaluation (Todd Burley), and research methodology appropriate to Gestalt questions. Still another topic involved the analysis of data gathered in assessing administrators for large national and multinational corporations (Joe Melnick). One of the highlights of the conference was a discussion of data gathered by Willi Botullo (of Leopold Maximilian University in Munich) on the identification and treatment of women with Post Traumatic Stress Disorder following the recent wars in the former Yugoslavia. Here was a project directly affecting the quality of life in one of the worlds' most troubled spots.

A lot of discussion was devoted to new qualitative methods of research and its use in Gestalt research (Iris Fodor). It was exciting to see that there are alternatives to what some have considered dry and marginally useful statistical studies. There are now a number of dissertations in Gestalt therapy using qualitative methods and the number seems to be growing. To be sure the conference was not turning its back on more traditional research but rather expanding the range of methodology within Gestalt research.

The conference generated a great deal of excitement (to quote one participant, "We had a great meeting and left with a lot of energy.") and discussion about holding such conferences in the future. The purpose of these conferences is to provide a forum where Gestalt inspired research can be planned, findings discussed, multi-site studies launched, nascent ideas can be nurtured and supported, and new researchers can be mentored and given support. Your project can be in any stage of development ranging from a vague and not fully formulated idea to a finished piece of your research work. The Second Annual Gestalt Research Conference is already being planned to begin Thursday 14, 2004 starting at 3:00 and ending on October 17, 2004 at 12:00. So mark you calendars now!

Individuals interested in being involved in these activities in future conferences are encouraged to contact Todd Burley at the following address: Todd Burley, Ph.D.

c/o GESTALT INTERNATIONAL STUDY CENTER PO Box 515

South Wellfleet, MA 02663 USA Tel 1-508-349-7900, Fax 1-508-349-7908 www.gisc.org Your own practice can show you the truth. Your own experience is all that counts.

-Bhante Henepola Gunaratana, "Mindfulness in Plain English"



## SPONTANEOUS STUPIDITY

By Sharon Snir

Last Sunday I was sitting at my computer struggling to find the right words, the right phraseology, and the right way to express myself when the phone rang. It was a friend who had attended my writing workshop a few days earlier and she asked my whether I was busy. Yes I said, I am trying to write a speech for my twins Barmitzvah but I'm not progressing very well at all.

Are you using the seven rules of writing that you taught us in the workshop she asked? Ahh, well actually, no, I haven't been using them. We both laughed out loud. How often do we really practice what we preach? It is often much easier to support and guide another, than it is to simply walk our talk in real life.

As with any Gestaltist worth their grain I try not to give advice but allow the wisdom of the client to organically emerge through our contact and connectedness. Sometimes however, I discover that when I do give advice it is simply in aid of getting my own attention and not, as it appears, magnanimously offering great wisdom to another.

This short story is about a time no advice was available and only through experience did I learn something valuable about myself.

Long before I became a Gestalt therapist I became a mother. In 1990 I gave birth to our 4th and 5th children together. They were born twelve minutes apart.

The following journey can best be described by Charles Dickens in the first few lines of A Tale of Two Cities.

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to Heaven, we were all going direct the other way .....

Ah yes the age of wisdom and foolishness,... During those times I discovered my innate ability at Spontaneously Stupidity.

One day I was feeding the twins, whilst waiting for the potatoes to boil. Gil ( then 22 months) proceeded to throw everything out of all the cupboards in the kitchen, Sheli ( 7) wanted to dress up and was nagging me to get the dress-up clothes down and Orly (5) was doing what Orly did best of all, she was crying, winging and screaming.

Then Sheli started to cry, and Gil somehow had managed to get a stool and was opening the front door to make a run for it, and here I am with both breast firmly locked in two tiny mouths... and the phone starts to ring!!

By this time the potatoes were boiled dry and I could smell a faint burning smell coming from the kitchen. I unlatched the twins and started to run to dead-lock the front door, and turn off the potatoes. Instinctively I grabbed the box of corn flakes as I walked back into the lounge room where Sheli, Orly, Gil and the twins were all now hysterically crying.

I sat down in the middle of the lounge and proceeded to throw handfuls of corn flakes all over the room. With each handful the level of noise diminished. Eventually all that could be heard was the cornflakes raining down on the now orange colored carpet.

The children looked at me with total incredulity. I invited them to join me and with some fear and trepidation they did. The rest of the afternoon was spending seeing who could pick up the most corn flakes in a certain period of time AND then giving prizes to the winners.

No one could have told me that an act of Spontaneous Stupidity could turn a despairing situation into a golden memory. I have shared this story before and yet each time I do, I know I am simply trying to get my own attention. I am reminding myself to walk more lightly, to recognize the significance of the moment rather than struggling to see the meaning immediately and to allow that part of myself, the part I call Spontaneous Stupidity, the freedom to step forward and shine.

## THE SLEEPING SERPENT IN THE CELLAR

#### By Tine van Wijk

A true story about a women named Catherine. Just as the writer she has a Gestalt practise in Amsterdam.

One day this Catherine decided to discover more of the world and went to a Gestalt conference in Florida. She took some extra days to be on the beach and swim and rest and read and see something of her surroundings. The night before the conference started she had dinner in a Steakhouse across the road of her beach resort hotel. There she sat by herself at a small table, facing another small table with a man. They could not but look at each other. He made an opening for making contact by stating that 'they' had done this on purpose. Catherine felt a laugh rising in her belly. O, my God, it was a longtime ago that anyone had been flirting with her. This could be fun. A conversation started. What did she do there? Where did she come from? He was a trainer she understood wrong, because what he said was that he was a trader. Pity it would have been nice to meet a colleague. But nevertheless they kept talking, first at far over the two tables and couches, then he came to her table and ordered more wine. She was genuinely amused when he invited her to come and have a drink in the Holiday Inn at the other side of the road. She could not believe it, but they did go by car. In the elevator to the bar on the topfloor he kissed her and she liked it. May be she should not but she did. Butterflies began to awake in her belly. Sitting at the bar with him looking at the panorama that moved because the floor was turning she felt an attractive woman again. When the music began she wanted to dance, but no, pity, but he was no dancer.

#### Romantic idea

Then he got this romantic idea to go for a walk on the beach. It was a sultry night and she liked walking hand in hand and kissing and feeling the sand and smelling and looking at the sea. If there was a moon she did not really notice. She realized that she would never go on the beach at night by herself and felt grateful just for the experience. Then it became clearer and clearer that sex was on his mind. Yes, they could stay the night together. His place or her suite? As her hotel was only one minute away they went there. Yes and then the story becomes less romantic. Once in the suite the kissing continued and then something happened in his head. All of a sudden he jumped up and said that they needed more time. They should get to know each other better before they could make love together. Mmmm, thought Catherine. Now what? and felt that she did not like him to leave and nevertheless felt a big laugh in her belly when he did leave. Strange, why did they not sit at the table and talk? She could not figure out and knew at the same time that she was hooked. The longing had started again. She thought she was safe. She thought that this American man who since six months lived in Florida and loved it and who was busy making money, taking sailing lessons and who dreamed to end up on the Virgin Islands could not shake her from her rock. Nice for an evening but not her cup of tea.

#### Dream

That night she woke up at half past three. She had a dream and wrote it down. In this dream she was with TR, as she called him, in a house with a very deep cellar. Then an exlover turned out to be there sitting in the kitchen of her uncle Arie with a girl. Because he could not pay the rent of his office her uncle Arie took pity on him and offered him his light blue round kitchen table to work on. After a moment the family of TR came in. Aunts? A mother? No men. They said to Catherine that TR already became sixty again, meaning that he once was there little boy and now he was such a big grown up man.

This is the end of the dream. Catherine did not feel like analyzing. She just wrote it down together with some observations she had made during the evening.

Annual meeting: June 15,2003

## ANNUAL MEETING MINUTES JUNE 15, 2003

Present: Linda Ditullio, Bud Feder, Bruce Aaron, Isabel Fredericson, Cynthea Cook, Silvie Faschlunger, Heidi Green, Roman Montanari, Jack Aylward, Jon Blend, Elizabeth Revell, Peter Phillipson, Ruth Boerger, Donna Cotzen, Susan Gregory, Nancy Woldt, Ansel Woldt, Helen Lindsey, Robert Lee, Sylvia Crocker, Zelda Friedman

AGENDA: (for 3 days)

1. Election of Officers:

President Elect Archivist RCP co-coordinator

Suggestion: Elect these individuals early on in the meeting so the new EC can begin to form a cohesive whole.

- 2. Reports from committees:
- New Business: Restructuring of the Board Committee proposal (Sylvia Crocker)
  - Worker Bees Conference Planning Fund Raising Scholarship Work Study Service Exchange Program Complaint/Grievance Proposal Conference Evaluations RCP's and Interest Groups



Annual Meeting - Judy Graham, Nancy Woldt

After setting the Agenda for the three days the group decided to begin with committee reports and to save the larger tasks for Monday when there would be more representation.

2a. CONTINUING EDUCATION: (Ansel Woldt) We have approval from APA and ACCC for credits. Approximately half of the attendees took advantage of the credits. Other individuals have received an attendance certificate to take back to their organizations.

PA Social Workers have a difficult time as the state requires a separate application fee for every workshop they attend. Also for every license you hold you must also pay a separate application fee. This encourages individuals to attend conferences in their own state rather than going out of state.

In Australia there is the MOPS program, maintenance of professional standards, after receiving a certificate of attendance it is evaluated and points are allocated.

A discussion of different countries and requirements for continuing ed and licensing followed. Concern was expressed that in the attempt to award CEU credits for workshops we may be taken philosophically away from the spirit of Gestalt. However not to try to provide these credits limit's the number of people who may attend the conference. Presenters have had to put appropriate labels on their presentations in order to fulfill these requirements.

A request will be made and put into the newsletter asking different practitioners from different countries what the requirements are for them to maintain licensing in their discipline.

Accreditation requires a conference evaluation. There needs to be a more efficient way to gather this information at the conference. Rather than including this in the conference booklet a suggestion was made to have this evaluation handed out separately so Ansel has this information readily available in order to more easily deal with the requirements of Continuing Ed.

2b. TREASURY REPORT: (Bruce Aaron)

We currently have \$2046.26

There will be another significant sum of money coming into the account from the old treasury account; (approx.\$2000). There is about \$7000 being held by the hotel in Florida from the last conference that will be credited towards the 2004 conference.

A short discussion on how to motivate people to pay dues followed.

Suggestions:

- 1. Pay by credit card through the website
- 2. Send out an invoice (tear off here, send in bottom etc)
- 3. E-mail form to members and save postage
- 4. Send out postcards as a reminder
- Including a return envelope with the notice

NEWSLETTER: (Marcy Stern)

Some members are asking for hardcopy of the newsletter. Is there a way we can arrange for this to occur.

Discussion: It may feel discriminatory to ask for extra money for the newsletter. Should this be a benefit of paying dues?

Would it be feasible to discount the dues for members who don't require a hard

copy?

Is it valuable to send out the newsletter to the institutes; could we experiment with this and see if it has value.

There will be a committee formed to further discuss the hard copy issue.

Linda DiTullio Secretary

ANNUAL MEETING June 16,2003, Monday Morning

Present: Cynthea Cook, Silvie Faschlunger, Isabel Fredericson, Bud Feder, Heidi Green, Roman Montanari, John Blend, Marilyn Myles, Marcy Stern, Linda DiTullio, Elizabeth Revell, Peter Phillipson, Ruth Boerger, Donna Cotzen, Susan Gregory, Bruce Aaron, Nancy Woldt, Ansel Woldt, Perry Klepner, Helen Lindsey, Robert Lee, Sylvia Crocker, Jack Aylward, Tine Van Wijk, Brian O'Neill, Jenny O'Neill, Gail Feinstein, Judy Graham, Emily Becher, Zelda Friedman.

AGENDA:

NEW BUSINESS:

- 1. Restructuring of the Board
- 2. Proposal Re: Committees (Sylvia)
- 3. Elections: President Elect/RCP Co-coordinator

\*\*\*Suggestion Re: getting dues paid up on time: Write a letter to people who haven't paid dues and tell them the benefits of AAGT i.e. Include invoice and stamped addressed envelope "We paid the postage, please pay your dues", SEP, Newsletter, Conference, Continuing Ed. A few lines about these programs will be included in the notice.

RESTRUCTURING THE BOARD: Isabel and Ansel.

This has come out of The EC being overburdened and burnt out. Isabel wrote a short proposal of changes in Florida 2002 and presented it but there was not enough time to process. Ansel and Isabel volunteered to work on this and will present their proposal.

A brief history of the development of the board during the early years was presented.

There was a lot of energy and pretty much anyone who felt compelled to participate in this excitement was on the Board. As a result the Board has become too large, unwieldy, inefficient, and some members have no idea as to their role.

## SUGGESTIONS:

The main focus of the changes have to do with the size of the Board and meeting times. A suggestion was made to create a vision and plan so that the board has more direction and purpose in order for them to make contributions to enhance the development of AAGT.

In order to become more functional and efficient the Board would ideally have about 20 members, including the EC

There may be a retreat or conferencing calling to facilitate cohesiveness and dialogue.

Proposed Involvement and Responsibilities of the Board of Directors:

 The Board shall be responsible for all activities and affairs of the Association by setting and developing Association policy and to oversee its execution, while attending to the progress of all the activities of the organization. The Executive Council is charged with implementing the policies of the Board.

2. The board shall maintain responsibility for enunciating and holding the vision as developed at AAGT membership meetings and for coordinating the implementation of that vision, based on awareness of happenings within and without the organization both in terms of its internal functioning and its relation with the external world.

This is consistent with Article I., section 2. Purpose of AAGT The purpose of the Association.....

3. The Board shall establish Committees to take on particular responsibilities and report their functioning to the Board as a whole. Committees will be developed to provide an opportunity to serve the Association in matters which may include future planning, finance, public relations, fund raising, continuing education, membership recruitment, etc.

4. Only paid members may serve on the Board

\*\*\* A discussion took place regarding the composition of the Board. Can there be a shift which would include reducing the number of people on the EC and increasing the numbers on the Board. In essence this would have the EC serving the interest of the Board which is a larger representation of the organization.

Question: "Is there a reason to have the RCP's on the Board"? All the RCP's present spoke and it seems that the RCP's would benefit from meeting as a group to dialogue and support one another as well as have a representative on the Board. More discussion later on this.

Question:" Is there a reason to have Members at Large on the Board"? Function and philosophy of Members At Large. Members at Large have been designated to represent and give input from other members who do not have the same investment in the organization. The level of involvement has been varied. Is this enough reason to keep them on the Board?

5. The Board shall include: the EC, consisting of President, president Elect/Past President, Secretary, and Treasurer, and A Board of Directors consisting of the CPC, Membership chair, RCP coordinator, Interest Group coordinator, Archivist, Continuing Education coordinator, Newsletter Editor, and Pro Tem Board members as needed.

6. Deleted

The Board shall set criteria for membership, classifications of membership, and terms of termination of membership.

8. The Board shall approve any special meetings or conferences.

The Board shall authorize the publication and distribution of any materials that may be of interest to the members.

 The Board shall provide an Annual Report to the AAGT Community, containing it's observations, recommendations, and it's own functioning.

11. Members of the Board will ask for volunteers from the membership to serve as their "Sounding Board' for involvement in executive and organizational deliberations, input into Board decision making processes, matters pertaining specifically to their office, and so forth.

 Minutes of Board meetings shall be distributed by the Secretary to members of the Board; a summary will be made available to AAGT Members.

Afternoon: 6/16/03

 Elections: President: Brian O'Neill nominated and accepted Archivist: Ansel Woldt nominated and accepted.

RCP coordinator: a proposal was made by Nancy Woldt as spokesperson for the RCP committee that she would continue as RCP coordinator for another year and during that time she would mentor an existing RCP to take over the role. The coordinating position would then rotate among the RCP's and be chosen by the RCP's. Accepted

## 2. Proposal by Sylvia Crocker:

I propose that we affirm again the principle that ad hoc committees can be charged with certain tasks either by the membership in Plenary Session or by the EC, and that the recommendations of these committees be accepted by the EC with only minor "polishing" and "tightening". If, however, in the opinion of the members of the EC there are major problems with a committees recommendations then a serious dialogue between members of the EC and members of the committee should be undertaken. No recommendations are to be rejected without such serious dialogue; and the legitimacy of a committee formed by the actions of the membership in plenary session should not be called into question.

After a lengthy discussion of Sylvia's proposal, Peter Phillipson suggested that we table it until we put some other structures in place and see if we still need the proposal in its present form.

Proposal to table Sylvia's proposal; voted on and accepted.

\*\*\*The structures that would be put in place:

Proposal: 1. That the Covenant of Community be placed in the by-laws. A Motion was made, seconded, discussed and voted on. Accepted

Proposal : 2. It shall be the responsibility of Ad Hoc Committees to clarify with the Board of Directors, the Committees purpose, time-line(s), and reporting procedures. The initiating party shall undertake the task of communicating the implementation procedure between the AAGT President or a Board Designee. Accepted

Proposal : 3. The work of a committee is to be respected with recommendations to be taken seriously and not rejected without serious dialogue. Accepted

## 3. CONFERENCE PLANNING:

Publicity: Sharon Snir, Phil Brownell, Marcy Stern (chair)

Program Planning: Jenny and Brian O'Neill, (Chairs) Judy Graham, Zelda Friedman, Charlie Bowman, Marilyn Myles Peer Review: Elizabeth Revell, Sylvia Crocker, Janet Givens

Process Groups: Elizabeth Revell

Scholarship: Susan Gregory (chair), Norm Shub

Fundraising

Work Study: Nancy Woldt, (chair), Linda DiTullio

ECB: Brian O'Neill

Logistics: Transportation, Special Events:



Annual Meeting - Roman Montanari, Jack Aylward, Brian O'Neill

\*\*\* Need to recruit members to participate in Conference Planning

Recruitment Committee: Jack Aylward and Bud Feder.

Cynthea suggested spending time on discussing the Theme in order to generate excitement re: conference planning. Theme: RE-CREATION: TRANSFORMING THE FIELD THROUGH THE PROCESSES OF GESTALT THERAPY.

Sub Themes:

- 1. The Social & Political Field: Hopefulness or Hopelessness
- 2. Work and Play
- 3. Field vs. System in Gestalt Therapy
- 4. Individual and the Field
- 5. Spirituality Potential of the Field
- 6. Gestalt and The Arts
- 7. Field and Context
- 8. Approaches to Groups

Major Sub Themes:

1. Defining the Field: Individual, couple, family, field vs. system

2. Co-Creating the Field: Group, Organizations, children, social structures

3. Exploring the Wider Field: Spirituality, social/political action, work and play

The program planning committee will be given the task of taking the suggested subthemes and putting them under the 3 Major Sub-themes.

## 4. FUNDRAISING:

Bud suggested offering a workshop and donating the proceeds to the AAGT Organization.

A lively discussion was had around finding ways to ask AAGT members to present their work and donate a portion of the proceeds to AAGT.

Donna Cotzen suggested individuals giving presentations and receiving CEU's may be a way to generate more funds.

Pre and Post Conference Workshops can give CEU's and may generate funds that can be donated

Ideas and Works in Progress: Students would bring their ideas and research projects and have the opportunity to engage in a dialogic process with more experienced Gestalt Practitioners.

This would encourage students to attend the conference.

During the recreational break have time set aside to have individuals provide services for a nominal fee; massage, yoga, tennis, meditation etc. Proceeds will go to AAGT

Tuesday AM 6/17/03

Present: Linda DiTullio, Cynthea Cooke, Bud Feder, Helen Lindsey, Marcy Stern, Marilyn Myles, Elizabeth Revell, Nancy Woldt, Ansel Woldt, Sylvia Crocker, Peter Phillipson, Robert Lee, Tine Van Wijk, Brian O'Neill, Gail Feinstein, Zelda Friedman, Isabel Fredericson, Roman Montanari, Heidi Green, John Blend, Jack Aylward.

AGENDA:

2005 in Amsterdam Worker Bees Grievance SEP Work Study CPC Interest Group Coordinator on Board Engagement with :World Wide Gestalt Folks HUGS & LOVE

## 1. WORKER BEES: Helen Lindsey (Queen Bee)

Suggestion: If we generate tasks we will more likely be able to generate worker bees

EX. Mailings, Name Tags at Conference, Contacting Gestalt Centers, Contacting the Gestalt Institutes and the contact persons at these centers.

Gail Feinstein suggested a letter from the President and President Elect highlighting the excitement generated by the Annual Meeting. This letter would include the changing the structure of the Board, Conference Theme &Sub Themes, having a forum for students to present their ideas, a Novice Track, Pre-Post Conference Institutes, etc. Besides the general membership, this letter would also go to members who have fallen away and not been involved in a long time, and the International Community.

In early October Peter Phillipson will be teaching in Mexico; Gail Feinstein mentioned there is a very large conference in Mexico at the end of October... Can we get AAGT information out to them?

\*\* These discussions have generated tasks for the Worker Bees

A Task: Gathering Names of Institutes and a Liaison to AAGT

2. CPC: Re-visited. Brainstorming!

Proposal made to hire a professional planning consultant.....After extensive discussion this idea received considerable support. It will be explored further.

3. GRIEVANCE PROCEDURE:

Brian O'Neill is proposing a grievance process to help mediate early on in the process, the process will also offer support for people disenchanted with the organization

Grievance vs. Complaint

It is important to develop the philosophy behind these concepts; what exactly do they mean and when would they be applicable?

Peter Phillipson felt strongly that we do not have a Complaint procedure because it can become litigious.

If there is something going on in the community that is effecting the life of the organization there needs to be a mechanism to mediate and protect the integrity of the organization.

John Blend suggested "Grievance and Mediation" as a Title for the Process

Jack Aylward suggested that there not be a fixed grievance/mediation board but different individuals may be brought in to mediate

Cynthea will look at the Design of the Design Committee as a base to work off of in forming the specifics of a proposal.

Ansel reported that he and Liv Estrup had developed a process early on in the life of the organization concerning grievances; this will also be reviewed.

All of these suggestions will be submitted to the Committee.

4. GRIEVANCE/MEDIATION COMMITTEE:

Cynthea Cooke, Brian O'Neill, Bob Lee, Sylvia Crocker, Zelda Friedman, Tine Van Wijk, and Charlie Bowman.

SEP: Dori Middleman is the Chair and Brian O'Neill is a liaison to the Board. There is a lot of energy supporting this process and it will continue.

INTEREST GROUPS: Chair Cynthea Cooke suggested that we explore the idea of "interest" and how can we facilitate the connections between people who have similar interests.

We will keep this through the next conference and explore this within the community John Blend has volunteered to help Cynthea in exploring interest groups and their relevance within the AAGT Community.

 WORK STUDY: This has been coordinated by Nancy Woldt; individuals who need financial assistance can sign up to work 4 hour blocks of time for a reduced rate at the Conference. Linda DiTullio has volunteered to be mentored by Nancy.

8. 2005 Annual Meeting in Amsterdam: Tine Van Wijk suggested that we have a Regional AAGT Conference in conjunction with the Annual Meeting. There was a lot of excitement around this idea and a discussion regarding logistics and cost ensued. Proposal: That the Annual Meeting will be held in Amsterdam and this will be in conjunction with an AAGT Regional event. This was voted on and accepted. 2006 Conference: Vancouver, British Columbia. Bea Mackay has offered to work on developing a proposal.

The group feels that it is important to bring the Conference outside the United States.

We will ask Bea for a proposal and by the end of August the Board will make a decision. Nancy Woldt will convey this to Bea Makay

10. Present Configuration of the Board:

Bud Feder.....President

Brian O'Neill.....President Elect

Bruce Aaron.....Treasurer

Linda DiTullio.....Secretary

Isabel Fredericson Ann Bauer......Membership

Nancy Woldt.....RCP



Annual Meeting - Gail Feinstein, Sylvia Crocker

Ansel Woldt ...... Archivist/Continuing Education

Marcy Stern.....Newsletter

Cynthea Cooke.....Interest Groups

CPC and Pro Tem Members

Linda DiTullio Secretary



Annual Meeting - Tine van Wijk, Susan Gregory, Cynthia Cook, Helen Lindsay, Marcy Stern, Jon Blend

## **CONFERENCE CALL MINUTES: AUGUST 14, 2003**

Present: Bud Feder, Linda DiTullio, Bruce Aaron, Isabel Fredericson, Nancy Woldt, Ansel Woldt, Cynthea Cook, Brian O'Neill

#### AGENDA:

- 1. Amsterdam (Annual Meeting)
- 2. Request for Dues
- 3. Charges for conference calls
- 4. 2004 Conference
- 5. RCP Report

**Amsterdam:** Nancy spoke with Tine re: holding the annual meeting in Amsterdam. Tine suggested that there could be other meetings/conferences going on about the same time and that this would encourage attendance and also hopefully include other groups with Gestalt Affiliation.

Two conferences that may be happening are: "Children of Survivors of Concentration Camps" and :The Regional AAGT Conference for Europe"

There are several things we need to know before being able to make a decision about this:

- 1. Description of the conferences and how would the Annual Meeting fit into this
- 2. Location
- 3. Dates
- 4. How would these 3 events overlap
- 5. Is there a theme?

Nancy will ask Tine to formulate this better and then invite her onto a conference call

**Dues:** Nancy and Ansel had a creative idea. Use the postcards announcing the 2004 conference to request payment of dues. Ansel designed a little sticker reminding individuals about their dues, expressing that we miss their support and also announcing the next two conferences etc. Great job! Ansel.

There was also a suggestion to try an experiment with a small group of people: Sending them an invoice and an envelope addressed to AAGT. Will there be a better and quicker response?

We will enlist RCP's or Worker Bees for there projects.

**Conference Call Charges:** It seems that individuals from out of the country are being charged for entering the conference call room. Bud said he would contact someone to straighten this out.

**2004 Conference:** Bud met with Jack Aylward and a recruiting letter /e-mail will go out describing the tasks available and who to contact.

Bud spoke to Charlie Bowman and he is considering being Conference Coordinator Brian announced that while he will continue on as President Elect/President he will give being the chair of the Program Committee. He will, however remain on the committee.

Cynthea let the group know that GISC is very interested in holding an independent workshop before the 2004 conference. This information was received favorably and we are looking for and exploring other ideas for Pre/Post Conference workshops.

**RCP's:** Nancy announced that she had a very exciting and rewarding RCP Conference call. The group was excited and ready to work. Bea Mackay was very enthusiastic about the 2006 conference being held in Vancouver. There has been a resurgence of interest in Gestalt and Bea has been invited to teach at the new institute. This will certainly support the conference.

#### continued from page 17

The next day the conference started and she knew she would be tied up and probably not in the mood to have meetings with this big American man. As he took her card and knew the number of her room, she did expect him to call her as he promised though. Every night she came in the first she did was look whether her phone was flickering. No there was not and not and yes there was but that was the taxi service. She felt stupid. He had her card but she did not have his. She was completely dependent. Yes she did walk along the beach where he had his condominium and hoped to meet him by chance but did not. Then she forced herself to concentrate on the conference and became quite happy. In this conference with those people she found the togetherness she had been looking for since years. So what no telephone calls? She would go on living anyway.

#### Home again

Home again half a year later she looked at her email and saw his name appear. Oh, now what? She probably did not remember him, but they had met in November on St. Pete Beach. He had searched the internet, thought she was quite modest not mentioning how known she was in the Gestalt field and wanted to get in touch with her. Catherine felt the laugh returning to her belly. Sun broke through the clouds. Life became more exciting again. She wrote back telling that of course she remembered him. In fact that he fitted in the Hollywood scenario, she thought she was in. The exotic hotels, beaches, palmtrees made the decoration for a movie in which she could give herself a leading role. Meeting him, having a talk, walking on the beach, it all fitted in the story. Only the ending was not so happy. But it usually takes some doing for endings to turn out as expected.

Since that first email contact Catherine learned that TR had left her then because he was just starting a relation with a woman and he did not think infidelity was a good way to either start or end a relation. Though this relation had ended now, he still had this item of enjoying the company of women in his life. At the same time women were his biggest problem. Catherine did not know what to make of this. What was his message? Was he looking for one special woman and was she a candidate or did he want her as one of his many women friends. What she wanted was to be the one and only, of course, but she experienced him as someone who jumped from time to time fully into her life, then tuned out again.

#### The laugh in the belly

When she reread her notes she refound the dream the night she met him and was specially intrigued by the deep cellar. One morning she woke up and wrote "There is a serpent sleeping in the cellar". Then she knew things were becoming serious. Her time of waiting was over. She had to face the truth. The power of the serpent was no other than this enormous laugh in her belly that wanted to break loose. That day she sat in her garden, enjoying the hot summer afternoon. She wished the man who awakened her longing was with her. But he was far, over the ocean. He liked her deep thinking he told her and wanted to bond with them and become physical. His feelings of love and God generally came from somewhere deep within him and were not always explainable. But God had blessed him in the way that he sometimes got in touch with the spiritual side and apprehend the infinite. Why didn't they talk and explore when she was there with him? Good questions. No answers. Just two people on the road of life. Longing for each other and longing for the infinite. Love and God seemed to be connected.

All those deep thoughts excited Catherine. She could not sleep, lay in her bed thinking, dreaming, longing. Tried to imagine what her future would be. Then the next day broke and the next and the next and they did not seem different from before. Life went on as it had for years. She had to wake up, take a bath, get breakfast, clean her house, water her plants, feed her cats and do her work. Only her energy had changed. She could still feel the laugh in her belly waiting to get out fully and surprise the world. One morning when she had not heard from him for a week she used her energy to be creative and wrote a text called

#### Longing Lovers

Longing for each other, Longing for Love, Longing for God, Longing for the Infinite Projecting it on each other Finding out that unconditional Love is not exclusive

Longing to Unite Physically Longing to become one Then fear comes in How about the sleeping serpent in the cellar What if he wakes up Will his power be poisenous Will he speak with a double tongue Will he speak with a double tongue Will he split up the lovers in paradise Will he open up his sexual and psychic energy and connect the lovers for ever giving them a taste of paradise and a glance of being in prison

Annual Meeting: Tine van Wijk, Marilyn Myles, Isabel Fredericson

The answer is in the question: who is reponsible? God, Love, the Serpent, the Man, the Woman the World, Life Only by doing, by tasting, by feeling, by talking, by seeing and hearing, by communicating, will they find out that the answer is not absolute, the answer is what changes all the time. The secret is the Willingness, the Commitment, the Trust, the Faith in Life. Does he say Yes to it or Yes but Does she say Yes or No but

Only by being in the Here and Now, Saying Yes and saying No can there be contact and can the longing be dismantled At least that is my Answer on this very moment Tomorrow it might be different.

Tine van Wijk Amsterdam 28 July 2003

When he read what she had written he sent her an email, asking if she wrote that? It was great. She must have an immense talent for writing. He was very impressed. He had not been ignoring her but responding to her required thought and he needed time to shift gear. Actually, he thought her too bright for him. She needed someone who could respond in kind to her thoughts. He would miss her communication, but thought it best to end this attempt to romance.

Catherine lay awake that night. Thinking, dreaming writing. Was he right and was she too bright? Did she need someone her kind? It was true that she rather kept control and win than admit that she was vulnerable and needy and was afraid to be rejected.

She realized that in the course of time this distant relation had made her pretty manic. What did she expect to happen? To meet the prince on a white horse after all? She had to take some rest in her head and directed her attention to her work, so she could forget she was a woman. But how about this pain in her belly, this signal that tells her she is cutting herself off from her power again.

#### Open

She better takes time to listen and to believe that to be open and express herself is more healthy than getting back into her nice self and pretend she does not need a man or love or intimacy. Even if, to express herself, means that she has to face her anger and her pain. Yes, she cannot deny it, she feels hurt again. Better take time to feel and share it instead of running away by being bright and succesful. Apparently she is a woman after all who has to bow her neck and admit that even she is emotionally dependent and needs compassion. At least it makes her belong and able to connect. With women, with men? May be even with the ones who hurted her. They probably know best what she feels.

And so the story of Catherine continues, day after day after day. Happy or no happy end



#### A message from a friend ~

I grew up in the fifties with practical parents -- a mother, God love her, who washed aluminum foil after she cooked in it, then reused it. She was the original recycle queen, before they had a name for it...

A father who was happier getting old shoes fixed than buying new ones. Their marriage was good, their dreams focused. Their best friends

lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, dishtowel in the other.

It was the time for fixing things -- a curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy.

All that re-fixing, reheating, renewing, I wanted just once to be wasteful.

Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any 'more.'

Sometimes, what we care about most gets all used up and goes away...never to return.

So...while we have it...it's best we love it....and care for it....and fix it when it's broken....and heal it when it's sick.

This is true.....for marriage.....and old cars....and children with bad report cards.....and dogs with bad hips.....and aging parents.....and grandparents.

We keep them because they are worth it, because we are worth it.

Some things we keep.

Like a best friend that moved away -- or -- a classmate we grew up with.

There are just some things that make life important, like people we know who are special.....and so, we keep them close!





Association for the Advancement of Gestalt Therapy

NEWSLETTER OF THE ASSOCIATION FOR THE ADVANCEMENT OF GESTALT THERAPY

AAGT

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