

# AAGT WINTER 2004

## ASSOCIATION FOR THE ADVANCEMENT OF GESTALT

WINTER 2004

### SPECIAL CONFERENCE 2004 EDITION

7TH INTERNATIONAL CONFERENCE—NOVEMBER 10-14, 2004



AAGT CONFERENCE 2004

**REGISTER  
TODAY !**

**GO TO PAGE 18-19**

#### Our Board:

- ◆ President: Bud Feder
- ◆ President Elect: Brian O'Neill
- ◆ Ansel Woldt: Archivist & Continuing Education Officer
- ◆ Nancy Woldt: RCP Coordinator
- ◆ Secretary: Linda DiTullio
- ◆ Treasurer: Bruce Aaron
- ◆ Membership: Isabel Fredericson: and Ann Bauer
- ◆ Editor: Marcy Stern

#### *Letter from the Editor*

Welcome to our new look! This is the first edition of our newsletter which has been produced entirely "in-house" - (i.e. by me). I have to apologize for the lack of the "professional touch," but it sure is cool to have learned how to make this happen. Baby steps. I thank you all for your support, understanding, help, encouragement, patience, etcetcetcetcetc!! Sharon Snir from Australia has been an absolute angel — I owe her a boat of gratitude for teaching me - encouraging & nursing me through this production.

I am getting so excited about the Conference and the energy behind it this year. As I trudge through winter (even in Florida) & yearn for more daylight and warmth, I find that working on this newsletter has supplied me with an adequate substitution - a different kind of light & warmth. The wonderful community of Gestalt.

I've also been attending Chihuly exhibits across Florida. Well, speaking of light & warmth!! Radiates right into me. Coming up on the 1st anniversary of my father's passing—oh yes, fill me with light....Marcy

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## AAGT WINTER 2004

### *President's Message ~ Bud Feder*

This is an easy message to write: short and simple.

Please:

\*\*send in your dues when you receive the 2004 request

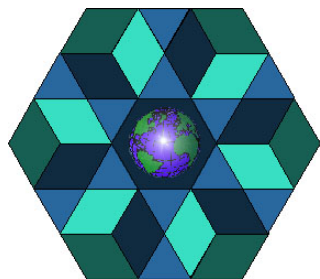
\*\*register for our Nov 2004 Conference

\*\*If you're not currently active in some way, volunteer to help the organization by becoming a worker bee. Contact Queen Bee Helen Lindsay (helenmsw@hotmail.com or 26 E. Rayburn Rd., Millington, NJ 07946). Helen will help find something for you to do for the community, whether you have a lot of just a little time and energy.

### *Used Book Sale*

At the Nov 2004 conference, we will, for the first time, have a Scholarship fund-raising Used Books Table. It will be in the literature room and actually will be much more than books: videos, journals, audio tapes, pictures, etc. — most of which will be sold at very reduced prices. On the Conference Registration form, there is a box to check if you want to donate any of the above items which you no longer want. You will then be contacted by Mona

Banzer who will be in charge of the project and she will work out all the details with you. This project, suggested by Nancy and Ansel Woldt, will not only provide funds for scholarships, but will also provide a service to the community by recycling unused Gestalt material. If you are not attending the Conference, you can still make donations by contacting Mona (mona@charlesdennis.net or 599 206h St., Brooklyn, NY 11218



### *2004 Directory*

After the very positive response to the bound Directory of Members which we issued in Nov. 2002, we are very pleased to inform you that we plan to update it in time for the 2004 Conference. All members attending the conference will get their copy then. Those not attending will

get a copy in the mail soon after. We ask your cooperation in filling out the necessary changes for the new directory when you receive that request — which will be soon. And don't forget to make your responses very legible. Please send any suggestions you have for improv-

ing on the last directory to our administrative assistant Silvie Falschlunger (scfalschlunger@optonline.net or 60 Waller Ave, White Plains, NY 10605

### GREAT DEAL !!

FLY DIRECTLY FROM NEWARK (AND OTHER U.S. LOCATIONS) RIGHT INTO ST. PETE FOR as low as \$59.00 !! THAT'S \$118/round trip.

THOSE OF YOU FLYING INTO THE NEW YORK AREA TO TRANSFER TO FLORIDA, WHY NOT FLY INTO (OR SHUTTLE OVER TO) NEWARK & HOP ON A SOUTHEAST FLIGHT?

HERE'S HOW TO FIND THEM:

FIRST OF ALL, LET ME TELL YOU THAT THEY ARE A PUBLIC CHARTER, NOT EASY TO FIND. THEY FLY OUT OF THE AIR CANADA 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 COORDINATOR 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, SO WRITE TO ME & LET ME KNOW! imawareru@COMCAST.NET

OR CALL ME AT  
941-379-8701

BON VOYAGE,  
MARCY STERN

*The Seventh International Gestalt Therapy Conference,  
Produced by the Association for the Advancement  
of Gestalt Therapy (AAGT) announces*



**TRANSFORMING THE FIELD THROUGH  
THE PROCESSES OF GESTALT THERAPY**

**AAGT CONFERENCE 2004**

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.

***November 10-14, 2004***

***Tradewinds Sirata Beach Resort***

***St. Petersburg Beach, Florida***

***Plan now to attend. Put it on your calendars!***

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 **[www.aagt.org](http://www.aagt.org)**



## *Work-Study Opportunities for AAGT Conference 2004*

by Nancy Woldt and  
Linda DiTullio Work-Study  
Coordinators

AAGT and the Conference Planning Committee will be offering a number of Work-Study positions for the AAGT Conference, November 10-14, 2004 at the Sirata Beach Resort in St. Pete Beach, Florida, USA. Work-Study provides an ideal opportunity to participate in the Conference activities as they unfold and at the same time reduce your Conference fees while providing a valuable service to the

community.

A Work-Study commitment requires serving two 4-hour shifts during the course of the 5-day Conference in exchange for a \$100.00 reduction in your Conference Registration Fee.

Work-Study duties may include a number of valuable opportunities to meet and mingle with folks attending the Conference. These include assisting with Registration and Continuing Education, supporting the Conference Coordinators, troubleshooting for the Logistics' Coordinator and hosting Guest Presenters.

Interested persons

should contact Nancy Woldt and Linda DiTullio AAGT Work-Study Coordinators and should do so prior to submitting registration materials (pre-registrants can still apply). Contact by Phone: 330-673-8729; FAX: 330-673-3101; Email: NANSELW@aol.com; or Snailmail: 511 Beryl Drive, Kent, Ohio 44240.

Remember, THE EARLY BIRDS GET THE WORMS! Contact Nancy and Linda early to enhance your chances of becoming one of the 16 Work-Study participants in our great Conference.

**To advertise in the  
CONFERENCE  
PROGRAM  
or to reserve a table  
please contact:**

**Bud Feder  
37 Brunswick Rd  
Montclair NJ 07042**

**973-783-0740  
fax: 810-314-2490  
bfeder@comcast.net**

## **AAGT DUES**

If we have not received your 2004 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 with VISA or MC on our Website: AAGT.ORG or Mail your dues

to:

**Bruce Aaron  
AAGT Treasurer  
1459 w. Elmdale #2  
Chicago, IL 60660**

• \$150 (or more) **Outreach Benefactor** –

Everything beyond \$100 goes to Out-

## **AD RATES**

To advertise in our  
Newsletter

**1/4 page: \$50.00**

**1/2 page: \$85.00**

**Full Page: \$150.0**



WINTER 2004

## *Gestalt Salon in Norway by Remi Marents*

Hi, my name is Remi Marents, and I am one of your new members, living and working in Norway. A few months ago I volunteered to write something for the AAGT Newsletter, so here it goes... My written Norwegian is far better than my English, so be warned of spelling mistakes and unfamiliar wording!

Presently I attend the Norwegian Gestalt Institute's (NGI) 4-year programme to be a Gestalt Therapist, and I am now in my third year. NGI is led by Daan van Baalen, whom some of you may know (of). I have a few clients in therapy, and I'm partner in a small business training business leaders to be better coaches.

I strongly believe that being part of a group of people with similar interests in the field(s) of Gestalt Therapy will give me an opportunity to develop my skills and awareness significantly. Therefore I have looked for such a forum, without success. In a previous RCP conference call I learned of Gestalt Salon, and how some of you have had positive experiences with this initiative. This seemed to be a good idea to "steal", so I did. In a meeting with the student union at NGI I suggested that some of us should try to make this work, and two others, Solveig Torgersen and Glenn Rolfsen agreed to help start this up. We met the next week, and decided on a structure / a framework as follows:

We translated the concept to Norwegian, naming it Gestalt Salong, - which added some humour, because the word

Salong both have the same meaning as Salon in English, but also means couch (sofa) in Norwegian.

Gestalt Salong needs to have a repetitive time and date, so we decided on the first Monday of every month, and we got NGI to provide us with rooms to use free of charge.

We wanted to have a topic (or a few) decided on in advance, so that one could decide for each time it occurred whether the topic was interesting or not. We thought that the topic for next Salong could be decided on the previous Salon

Gestalt Salong needs to be leaderless, and should be of no cost to the attendees. We expected that about 30-50 people would show up to this kind of event, and we got hold of an email list with some of the addresses of practising Gestalt Therapist in Norway, along with a list with most of the names of the current NGI students. We sent an invitation to participate to these people, 450 people in total.

Our first Gestalt Salong was held November 3., and at 6.30PM there were 10 people in the room. I was a bit disappointed with this number, and quickly got retroflective over all the other times that I "fail" and tend to get excited for a new project - and how I tend to get surprised and disappointed when others do not share my enthusiasm. As it turned out, 10 proved to be a good size for this group, a couple of us stated that the group was safe

enough for them to participate in because of the small size, and I also noticed that each and every one contributed more than I would expect from a larger group. In fact, we agreed that in the following Gestalt Salong's, we will split the attendees up into smaller groups if we are more than 10 or 12.

After having a round with names, professional background and expectations, the group organized itself on its own. We decided that we didn't want a set topic, so that idea was abandoned. On one occasion one of the group members intervened with another, and there was a beautiful meeting between them. After, there was some discussion of whether this was OK, as the "intervener" did not ask for permission before she started. As I remember it, everyone had something to say, and several felt that this was close to being abusive (I am not sure if this is the correct word - what I mean is that the work is only for the needs and benefit of one party, without asking the other). The group decided that this was OK, even though the group was not meant for "therapeutic work". We decided that the group should be a place where it is permitted to be a "Gestaltist", and sometimes this means seizing an opportunity like that. The "client", Glenn, assured that what happened felt safe to him, and he also wanted the group to be allow the members to "work" on each other in the future.

For now, the three of us with

the initiative have promised to make sure that the Gestalt Salong is being held for at least 6 times, and we hope that one or more attendants will think that this is a good thing, and want to help by taking responsibility for maybe 6 more months that before May. If no one shows this interest, we have to decide whether we want to carry this more, or maybe we will let it pass on to that big, far away place where all the other good ideas that were not meant to be rests...

In January two representatives from the board of Norwegian Gestalt Therapy Association (NGF) visited the salon, because they were curious of what it was. We have also had a visit from Oslo University, and a Swedish institute called Gestalt Academy of Scandinavia. For those of you who do not know it: Scandinavia is the name of our region in the northern corner of Europe, and consists of Norway, Sweden and Denmark. The number of people has increased with a couple each time, and in January we were 16 people present. NGF has agreed to come to the Gestalt Salong at February 2., in two days when I am writing this. At the same meeting I have prepared some material about AAGT in Norwegian, and I plan to invite others to join...

If you have any feedback or suggestions on how this can work better for us, please feel free to e-mail me at :

[remi.marents](mailto:remi.marents)

# The Seventh International Conference of the AAGT

**New extended deadline for Proposals April 1, 2004**

## **Re-Creation: Transforming the Field Through The Processes of Gestalt Therapy**

Sirata Resort & Conference Center in St. Pete Beach, Florida, USA.

November 10-14, 2004

### Call for Proposals

Presentations will be two hours in length, with time for participant discussion. We are encouraging innovative and creative presentations and experiential workshops. Student papers and presentations based on research projects are welcomed. Presentations may be theoretical, clinical, or experiential, and they may be demonstrations, panels, video presentations, or discussions. Presentations will be selected by the conference planning committee following blind peer review. Interest groups are encouraged to submit proposals. Continuing Education credit will be offered to attendees.

Those wishing to submit a proposal are encouraged to consider the overall theme and to allow it to guide their submission process, free of constraining sub-themes; we are interested in stimulating a wide variety of presentations. Potential presenters must submit a presentation proposal following the form and process described below. Interested persons can use the form below, request that a presentation form be sent to them, or download one from the AAGT web site ([www.aagt.org](http://www.aagt.org)).

The form asks for a 200-300 word description of the presentation, an outline, questions that can be answered from attending the presentation, and three relevant readings. Presentation proposal forms will be blind peer reviewed and selected according to the needs of the program. If accepted, the corresponding presenter(s) will be required to submit (within two weeks) a 100 word abstract of the presentation to be published in the conference program, a 60 word biography reflecting the relevance of presenter background(s) to the presentation, a signed release permitting the taping of the presentation (in case the becomes an option to the program committee), a description of any audiovisual aids required, and a curriculum vita for each presenter (please have these ready). All these items are necessary to support the process of review and the AAGT's granting of Continuing Education Units; we appreciate your cooperation.

Correspondence around presentations with multiple presenters will be conducted with the person submitting the proposal, who will be responsible for communicating with co-presenters and sending in the requested materials.

***Please do not delay in sending your proposal. The NEW EXTENDED deadline for receipt of the presentation proposal form is APRIL 1, 2004.***

Those needing help in the preparation of a presentation proposal can contact Philip Brownell ([phil@g-gej.org](mailto:phil@g-gej.org)), Charlie Bowman ([aagt1@aol.com](mailto:aagt1@aol.com)), or Sylvia Crocker ([crockersf@aol.com](mailto:crockersf@aol.com)); those with follow-up questions regarding a proposal sent in for peer review can contact Charlie Bowman, (317) 896-6349/ [aagt1@aol.com](mailto:aagt1@aol.com) or Sylvia Crocker, [crockersf@aol.com](mailto:crockersf@aol.com)/ 2115 Hancock St., Laramie, WY, USA 82072

Presentation Proposal Form

ID # \_\_\_\_\_ (please leave blank)

AAGT 7th International Gestalt Therapy Conference

Re-Creation: Transforming the Field Through The Processes of Gestalt Therapy

Sirata Resort & Conference Center in St. Pete Beach, Florida, USA.

November 10-14, 2004



# The Seventh International Conference of the AAGT

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### POSTAL SERVICE

Please send 4 copies of the following form, plus a cover letter (via mail, not FAX) to:

AAGT Peer Review  
Charlie Bowman  
AAGT Conference Proposal  
9292 North Meridian Street, Suite 311  
Indianapolis, IN, USA 46260

Include in your cover letter the title of your presentation, your name, highest degree, your complete address, telephone number, FAX, and e-mail address, and (if applicable) the same for all co-presenters.

DO NOT PUT ANY IDENTIFYING INFORMATION ON YOUR PRESENTATION PROPOSAL FORM. You will be notified when to send the other information.

Please type or print clearly (all sections must be completed in order to be considered; expand the sections as needed and/or use additional sheets as necessary)

#### 1. Gestalt Experience Level Suggested for Participants:

- ☐ Experienced  
☐ Novice  
☐ No Limitations

#### 2. Format (prioritize categories and elements that apply; 1=highest):

- ☐ Didactic Category  
☐ Based on a formal paper (have copies available)  
☐ Based on a research project  
☐ Based on work experiences  
☐ Based on theory

#### 3. Experiential Category (check all that apply):

- ☐ Demonstration  
☐ Panel  
☐ Discussion  
☐ Experimental participation  
☐ Video/multi-media Presentation

#### 4. Title (Limit to 65 characters, including spaces):

5. Description (a 200-300 word description of what you intend to do, how you intend to do it, and in what ways that relates to the conference themes and/or sub-themes; be specific):

6. A five to ten-point outline of the material to be covered, expanding on the description above; this need not be detailed:

7. An assessment test consisting of five objective questions (multiple choice, true-false, fill in, or matching). The correct answers to these questions must be included. If the presentation is entirely experiential, answer this question, "What three new awarenesses were the result of participation?" The questions must be able to be answered as a result of attendance, and the shorter and less complicated the better.

8. List one to three significant readings (articles or books) on the subject of your presentation. These need not cover the specific topic, but should serve to provide information for further study and be generally relevant. Use this format: Author Last Name, Initial. (date) Title of article or book. Name of Journal, volume, number of issue, and pages of article (if appropriate). Publisher City, State: Name of Publisher (if of a book).

### ELECTRONIC SUBMISSION

Please send 1 copy of the following form, plus a cover letter (via email, not FAX nor postal service) to: aagt1@aol.com. IMPORTANT NOTE: in the subject line of your email message put "AAGT Conference Proposal." Put all this in the body of the email and do not send any attachments; all messages sent with attachments will be rejected unread.

Include in your cover letter the title of your presentation, your name, highest degree, your complete address, telephone number, FAX, and e-mail address, and (if applicable) the same for all co-presenters.

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Seventh International Conference November 10-14, 2004  
Re-Creation:**

**Transforming the Field Through The Processes of Gestalt Therapy  
Sirata Resort & Conference Center in St. Pete Beach, Florida, USA**

**WORK- STUDY OPPORTUNITIES**

by Nancy Woldt and Linda DiTullio Work-Study Coordinators

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Seventh International Conference November 10-14, 2004  
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**Transforming the Field Through The Processes of Gestalt Therapy  
Sirata Resort & Conference Center in St. Pete Beach, Florida, USA**

**Scholarship Application**

Name\_\_\_\_\_

Address\_\_\_\_\_

Home Phone\_\_\_\_\_Work Phone\_\_\_\_\_

Mobile Phone\_\_\_\_\_Fax\_\_\_\_\_

Email address\_\_\_\_\_

Please tell us about your present work and/or studies in Gestalt therapy or related disciplines:

Please tell us about your need for scholarship assistance:

Thank you for your application and interest in AAGT. We hope to be able to help all applicants. Scholarship funds are limited; and it may be necessary to offer you partial assistance. We look forward to seeing you at the conference in Florida, November '04. Please return this form to **Susan Gregory, 304 West 75th Street 7C, New York, NY 10023** or [sgregory@GestaltSing.com](mailto:sgregory@GestaltSing.com)



## *Southwest Regional conference in San Francisco* by Carol Swanson

It was a record breaking heat wave October 24,- 26th when the SW Regional AAGT held their conference at the Miyako Hotel, in San Francisco, Ca. Six years ago, the Miyako Hotel was the venue for the second AAGT conference. The regional conference, smaller in scope and numbers, had an intimate feel.

The group of 30 plus people gather in the Garden Room on Friday afternoon. The Garden Room, although evocative by name, is a basement conference room, with overhead florescent lights, looking out onto a small concrete area with plantings along the window. We form a large circle in the Garden room and begin with saying our names and where we live. A warm welcome is extended to Tine Van Wijk coming from Amsterdam, Holland, and to Bud Feder, current AAGT president from New Jersey.

Isabel Fredericson, facilitated the opening meeting. The first order of business, was how to use this time. Saturday morning was already scheduled with Bob and Rita Resnick presenting on their approach to Couples Therapy. The remainder of the time was open for the group to decide how and what to do.

A brainstorm session began with ideas coming out like popcorn. Isabel wrote the ideas on a flip chart, and then the pages were taped onto the wall. After all the ideas were generated, the group voted on the topics of most interest. Gestalt and social and political change received the most votes, followed by Gestalt and education. Saturday afternoon would be devoted to the social/political discussion and Sunday morning to education and Gestalt therapy.

Friday evening Lu Grey, head of the counseling center for California School of Integral Studies, along with her students, hosted a pot luck for AAGT participants at their counseling office, a wonderful old house. An abundance of food, drink and young people greeted us. It was a generous offer by Lu and her students and a fine evening for us.

Saturday morning, Bob and Rita Resnick presented their approach to couples therapy. This was a clear and lively presentation. In addition to their talk we watched an engaging 30 minute video of them working with a couple.

The conference is scheduled to

maximize time for people to enjoy each other and the area. After the morning presentation we resumed at 4:30 PM for our late afternoon session. Several of us went to the Marc Chagall exhibit at San Francisco Museum of Modern Art. Also, an exhibit of Diane Arbus photographs opened that Saturday.

Our afternoon session focused on social and political change. Isabel suggested this as a topic of discussion. She said: "to not bring this up while we're together would be to ignore and isolate from each other what's going on in our social and political world." As we discuss our present political concerns we soon realize there is a preaching to the choir quality in the discussion. We all share similar concerns, and some of us are enraged. Joe Melnick asks: "What can we do? Can we all commit to do something, the way we make a commitment in our writers' workshop?" The energy shifts as our discussion goes from the abstract to the specific of what each of us as individuals can commit to doing. Our meeting room is heating up like the 90 degree day outside the hotel. The following is a list of individual's commitments to action:

Joe Melnick-get into dialogue with CEO's in next week.

Joseph Handlon-connect with Victor re: theory development.

Tine Van Wijk-report to Dutch Flemish network regarding what happened at the SW Regional Conference

Carol Swanson-write up the meeting for AAGT newsletter

Bud Feder-Commit next AAGT: Transforming the Field in next AAGT Conference

Rita Resnick-Commit to articulate her political view while teaching and training in Europe and other parts of the world

Iris Fodor-Open up discussion with her doctoral students at NYU re: the state of world and commit to working with Democratic party for viable candidate in next election.

Liv Estrup-E-mail out all ideas and commitments to participants

Expand Gestalt Theory video beyond clinical work.

Violet Oaklander-Commit to having more discussion with anyone; volunteer to support Democratic candidate and get to work. Include writing about how children are disenfranchised by cuts in funding to children.

Marsha Hudson-Commit to come of the closet while doing public speaking on political social issues.

Todd Burley-Be more pointed with students re: his social/political position. enlist responses when in discussion in Europe.

Mario Riva-Go to Green party meeting; Infuse a Gestalt perspective into global concerns

Nicki Godfrey-Talk to Muslim family, which is her new neighbor. Contact Children's Defense Fund, [lobbying organization]

Ruth Lampert-Re-invigorate correspondence with friends from around the world

Ruth Boerger-Respond with action, [e.g.-Move-on.org] for at least once a week for 1 year. Engage in more social/political discussions.

Bob Resnick-Initiate social political conversation in travel around the world

Stella Resnick-Think more theoretically about connection between child care, parenting and chaos in the world.

Susan Roos-In seminar Susan attends in November, introduce the idea of working with their Institute in some way with social/political action.

Morgan Goodlaner-Introduce scholarship for one person of color at Institute.

Kerena Gordhamer-Educate self more on social/political issues. Educational piece with teenagers re: what is going on in social/political climate.

Isabel Fredericson-Make a commitment to make a commitment. As a Libra she has difficulty making a commitment. Once she decides she is loyal and commitment.

Edith Collins-Reach out to children in neighborhood and let them all know that another adult cares about them.

Victor Daniels-Reach out to theory people and create discussion forums like this with students.

Cara Garcia-Introduce the idea of this process in discussion with educational faculty at Pepperdine.

Victoria Skirpa-Reaffirm to have some relationship with people who I have a negative reaction to.

Lynn Stadler-Come out as a "progressive" by putting my Kucinich bumper sticker on my car and talking to my clients about my activism on the local Kucinich campaign. When meeting with friends and colleague will speak my concern about how current US foreign policy is adversely impacting the rest of the world.

The group session ends on a lively, energized note with hope to carry our commitments forward.

Sunday morning's discussion focused on Gestalt and education.

Next year's SW Regional AAGT Conference will be held October 22 - 24th in Santa Cruz, Ca. Please join us for an intimate, lively and relaxed time with colleagues.



WINTER 2004

## ***Single/Divorced/Transforming Shame and Isolation* by Donna Cotzen**

I have wondered if I had anything to say that was new about this topic or if "my issues" were the problem and not to relate this to larger societal issues. This topic is "Being Single". Of course there have been books written about it - mostly about the issues of not being single and getting away from it as fast as you can. But I do think I have something to say, and something to teach about being single. For example, according to the census the percent of single heads of households has increased by one percent every year for the last ten years, and the percent of married households has declined making single (and uncoupled) households equal in number to the married ones, and soon singles will be the new majority household. Single people essentially subsidize employers health insurance for couples and families. Social security and taxes benefit married couples more than single. Most people will spend more of their adult life being single than coupled and single people die younger than married people (making this a health issue).

How come this is news? or I am betting some of it is news? Be-

cause the issues of single people are largely invisible and that invisibility is because there is a great deal of shame about being single. We don't organize or mobilize to enable ourselves to be seen. "Losers, old maids", -to be pitied we pity ourselves" at least this was true. With practically no role models in our own background we internalize what society gives us which is a sense of nonexistence. The milestones in peoples lives, measured by anniversaries, births, bar/bat mitzvahs, weddings births, engagements, Mothers Day and Fathers day are missing for many single people (at least parts are missing) and there is no National Friendship Day. Gays and Lesbians have loud voices in their support networks that have been effective in changing society from censoring them to general acceptance. Single people do not have a voice, they remain remarkably silent, suffering through family occasions of others and feeling like the eternal child at their own family of origin.

I am writing this from the point of view of being a never married person. I could give you all the "reasons" for this to some-

how justify my status but that is exactly the point, why should I have to explain this? but people seem to constantly ask me as if I have done something wrong or must be screwed up. So maybe this is my projection but maybe not. I don't like the term "never married" or "unmarried" and I don't like wondering about my capacity for intimacy or other people wondering about it. What I do know is that being single is difficult even in its most simple view - as being alone is, handling all the jobs of living without the benefits of a division of labor, even going to a party without a partner. Being creative is required for living under the best of circumstances but when there are few role models it is mandatory. And one can't be creative when feeling alone and shamed. I found that to use my creativity in making my life whole I had to not only respect and love myself, but find support for my singleness, and see there was some activism in society around this topic - this helped me to be free of the shame and aloneness in being single and I could, with pride and joy, start creating my life more fully.....con't on page 15

## ***How to Make Friends and Also Raise Money for the Scholarship Fund* by Bud Feder**

As an experiment, I announced to the local AAGT community that I was offering a one-day workshop on what I call Interactive Gestalt Group Therapy on a Saturday in October in NYC for a modest fee [\$30 full-timers; \$20 part-timers and students] all proceeds [every penny] going to the AAGT Scholarship Fund. Seven people signed up [I added a client of mine to the mix] and we had a rich day, combining experien-

tial sessions with cognitive processing. Gail Feinstein donated her office and Silvie Flaschlunger donated administrative support. All checks were made out to AAGT and we raised \$200 for the fund. In addition to doing a good deed I also had an opportunity to display my wares and proselytize the approach. I also count the effort as my SEP offering for 2003.

You can do the same. All over the world AAGT-ers can offer workshop [not necessarily all-day ones] on themes dear to them and reap all the above benefits: money for the scholarship fund, a rewarding time and exposure. I hope to hear from you that this interests you. If you need any further help in thinking it through feel free to call on me.

**Association for the Advancement of Gestalt Therapy  
Seventh International Conference November 10-14, 2004  
Re-Creation:**

**Transforming the Field Through The Processes of Gestalt Therapy  
Sirata Resort & Conference Center in St. Pete Beach, Florida, USA**

## **CALL FOR PROCESS GROUP LEADERS**

**Process Group Committee:**

Rachel Brier, Linda DiTullio, Silvie Falschlunger, Perry Klepner, Elizabeth Revell.

Our PROCESS GROUPS are an integral part of AAGT Conferences. They are a unique Gestalt Therapy approach to conferencing. Consisting of small groups of ten to twelve participants, Process Groups meet throughout the conference and in plenaries to discuss and examine the conference experience. Their dialogue involves supporting, risking, understanding and contacting. Process Groups help shape the experience of the participants and contribute to the ongoing creation of the conference as members bring their group experience to their participation in workshops and other conference activities. Process Groups thereby contribute to the conference occurring as an organically emerging here-and-now experience. They are fundamentally the self-process of the conference, they facilitate putting process and program in a co-creating relationship.

Each group has two "leaders/facilitators" who encourage, stimulate, and support the conference participants to attend to their experience exploring the unique meaning/value of the conference to them. Process Group Leaders participate/facilitate the excitement of sharing interests, doubts, confusions, curiosity, satisfactions as well as dissatisfactions toward a new Gestalt. The process group is not group therapy or a leader-led topical group. Rather it is an opportunity for contacting as an esthetic, existential Gestalt Therapy experience of people in the relationship learning together.

**WE NEED YOUR HELP**

If you have been a process group leader in the past we invite you to bring back your experience. We also need less experienced persons who wish to contribute to this conference, learn about process groups, and risk themselves on behalf of their learning. We need members of our international community and minorities who so importantly contribute to the diversity which is fundamental to our community.

There will be a Process Group leader training and orientation on the Wednesday afternoon of the Conference, 2:00-4:00 PM, and meetings for support and evaluation on Thursday or Friday and a final evaluation on Saturday during the Conference.

Please fill out the application form below and return it as soon as possible or for further information contact:

PERRY KLEPNER:

Telephone: 212 362 7827; E Mail: Perry302 @aol.com

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Seventh International Conference November 10-14, 2004  
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*APPLICATION FOR PROCESS GROUP LEADER*

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Mobile Phone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail address \_\_\_\_\_

**Previous Training In Gestalt Therapy:**

**Previous Process Group Experience: When** \_\_\_\_\_

**I have a preference to co-lead with** \_\_\_\_\_

**Please consider me as**

**(....) A New or Less Experienced Process Group Leader.**

**(....) An Experienced Process Group Leader.**

**Any additional information you believe relevant:**

Please Return ASAP / Please mail, or e-mail application to:

Perry Klepner: 302 West 79th Street, 1C, N.Y. N.Y. 10024; [perry302@aol](mailto:perry302@aol).

For Information: Perry can be reached by phone at: 212 362 7827

Process Group Committee: R. Brier, L. DiTullio, S. Falschlunger, P. Klepner, E. Revell



*The leaves are changing colors* by Sonia March Nevis

I've been aware lately, of the sheer amount of words that come at me. I wondered if I should say this since here I am writing more words, but I'll try to keep this short. They come from lots of places. The telephone, e-mails, the television, the radio, conversations, journals, and other assorted ways. Any interval of silence is almost startling for it's rarity.

I started to yearn for silence until I remembered two events that happened a long time ago and that I revisit as reminders of the vow I made after them, the vow always to speak up, not to let silence seduce me to a more comfortable place.

One memory was of a time when I was living in a two-family house. The walls between the two sides of the house were thin but I liked the family next to me and if they ever disturbed me, I can't recall it. Then they moved. A couple moved in, he beat her, and she pleaded for him to stop. This happened again and again. I think I was silent because the culture, at that time, was not to be intrusive, to always wait to be asked

and even then to be careful of helping too much. I can hear the woman pleading to this very day.

The other memory was of an evening when some of my friends were gathering in my home to play bridge, which we all enjoyed a lot. One of the women was late. I can't remember if she was chronically late but I don't think so. One of the men verbally attacked her. I saw her fear and I said nothing. I can't think of why I was silent, perhaps because I was the hostess and didn't want to take sides.

I'm telling these stories to ensure that I never allow these memories to fade.

Being silent is seductive, it keeps me out of situations that are unpleasant, perhaps dangerous and I know that I can always find a reason to rationalize my choice. I felt the temptation when I was feeling inundated by words and was starting to yearn for silence, mine and everybody else's. I think it is William James who said that wisdom is knowing what to overlook. But overlooking, I have learned, is of-

ten the act of a coward. Wisdom or cowardice, it is hard for me to know.

A few words about life here at the Center on Cape Cod. All goes well.

We have a Conference coming up on November 6-9 on the Future of Love. The Conference will focus on passion and commitment in all aspects of our lives. I hope you can come. The topic is important and interesting and in addition we can party and have a good time. Visit our website for more information --

[www.gisc.org](http://www.gisc.org).

A new program, for Senior Executives is about to start. It's exciting and a new venture for us.

Lastly, remember our New Years Eve weekend. It will be for all of us, families and those of us without families around to usher in 2004.

I did try to keep it to few words.

Warmly,

Sonia March Nevis  
Gestalt International Study  
Center

PO Box 515, South Wellfleet,  
MA 02663 USA

1-508-349-7900, Fax 1-508-349-7900 [www.gisc.org](http://www.gisc.org)

**Wage Peace**

Wage peace with your breath.  
Breathe in firemen and rubble,  
breathe out whole buildings  
and flocks of redwing blackbirds.

Breathe in terrorists and breathe out sleeping children  
and freshly mown fields.  
Breathe in confusion and breathe out maple trees.  
Breathe in the fallen  
and breathe out lifelong friendships intact.

Wage peace with your listening:  
hearing sirens, pray loud.  
Remember your tools:  
flower seeds, clothes pins, clean rivers.

Make soup.  
Play music, learn the word for thank you in three languages.  
Learn to knit, and make a hat.  
Think of chaos as dancing raspberries,  
imagine grief as the outbreath of beauty  
or the gesture of fish.  
Swim for the other side.  
Wage peace.

Never has the world seemed so fresh and precious.  
Have a cup of tea and rejoice.  
Act as if armistice has already arrived.  
Don't wait another minute.

~ Mary Oliver ~



## *.....con't .....Single/Divorced/Transforming*

.....from page 11

I do not want to have a contest as to how hard marriage is or is it possible to be happy being single, this is not my point. My point is that single people are suffering. They suffer more than they need to and something can be done about it. What ? O.K. Lets first recognize the internalized shame. One cannot use ones abilities if one's energy is focused on hiding and retroflecting and one can't really "come out" unless there is enough support. Groups of singles can deal with the issues around shame together and form the necessary supports to deal with the loneliness in their lives while

forming friendship networks that resolve the loneliness. Obstacles to connection with each other can be addressed as they appear. Beginning to deal with this issue of shame around singleness would benefit singles, and would reduce the extra pressure to marry or couple since peoples coupling may be driven by this shame. Ultimately the idea is to empower ourselves as people to create our lives whether single or coupled to love ourselves well and others, and to find and create the support with which to do it. Let us also address our sadness. I feel at times a great loss over not having

that companion and not having the joys of children as much as I also at times feel great relief. Perhaps this pain can be more easily borne in a group.

And let us also address our freedom.

I invite your comments and would enjoy feedback.

Donna Cotzen is working on developing gestalt workshops focused around these issues and has given courses related to this.

### **The Guest House**

**This being human is a guest house.  
Every morning a new arrival.**

**A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.**

**Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.**

**The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.**

**Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.**

~ Rumi ~



### Gestalt goes online: Introducing the *B-Sort for Intimate Relationships* by Bea Mackay

#### INTRODUCING THE B-SORT:

The B-Sort for *Intimate Relationships* is a Gestalt based self-help tool for people who are conflicted about their intimate relationship. It involves sorting out 104 statements on a grid according to the degree each one is 'like me', 'not like me' or not relevant. Upon finishing users get a lengthy interpretive text based upon their unique profile.

The B-Sort does not tell a person what decision to make yet helps them to integrate their fragmented aspects of self.

The B-Sort impacts the individual in two powerful ways. First, going through the sorting process itself can create change. Second, B-Sort results provide insightful feedback regarding the individual's decision-making process.

#### How the B-Sort for *Intimate Relationships* was created.

The B-Sort evolved out of my research in which I was investigating a theory underlying a way of working with clients in Gestalt therapy called the Two Chair Technique. The technique helps clients resolve an inner conflict that is distressing to them.

To study the theory I

needed a decision that people were often conflicted about. The one I chose is one I personally struggled with for many years – conflicted about remaining in or leaving a marriage.

The methodology required that I build the theory into a sort, called a Q-Sort, that people would do before and after they had therapy using the Two Chair technique.

What happened during the study surprised me. I did not expect the participants to get involved in doing the sort because it was designed to assess the theory, not to be helpful to them. What I noticed was that they became very absorbed in the sorting process. They really liked doing the sort.

When I finished my research I developed the sort further. Clients did the sort in my office and found it helpful. After exploring and experimenting with many names, I called it the B-Sort. And yes, it's after my name.

There is very little help available for people who are conflicted about their relationships yet many people are constantly questioning whether they should stay in or leave their relationship. The high divorce rate at-

tests to that. Even if people do not separate or divorce there are times when they struggle with the decision. As well, it is normal and healthy to reorganize at the various stages of relationships and during these times people need to sort out their thoughts and feelings.

Since clients found doing the B-Sort helpful I wanted a way to make this available to more people. Many people do not want anyone to know they are conflicted about their relationship. Many people do not want to see a counselor or psychologist but they still would like help with their dilemma of whether to stay or leave. The B-Sort for *Intimate Relationships* online provides a self-help exercise that people can do while maintaining their privacy.

With psychologist, Dr. Warren Weir and my son, Angus Mackay, computer engineer, we created the software program that you can access at [www.B-Sort.com](http://www.B-Sort.com).

Currently, we're offering the B-Sort for free use with the password "bsort99".

We hope you find it helpful.

We hope you find it helpful.



## *Service Exchange Program* by *Bud Feder*

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 complementary 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
- Training 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)

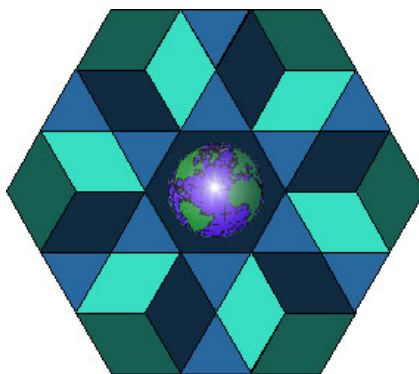
### **FOLLOWUP AND ASSESSMENT.**

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 activi-

ties and the outcomes to the Service Exchange Committee. Permission granted, such activities may be featured in our publication—and perhaps others—and serve 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.



## 2004 AAGT CONFERENCE REGISTRATION: "TRANSFORMING THE FIELD"

SPECIAL SAVINGS:	Super Saver	<i>Bright &amp; Early</i>	<i>Advance</i>	General/On-Site
POST-MARKED:	By 12/31/03	By 03/31/04	By 09/30/04	After 10/01/04
<b>AAGT MEMBER</b>	<b>\$ 325.00</b>	<b>\$ 400.00</b>	<b>\$ 425.00</b>	<b>\$ 475.00</b>
<b>STUDENT/RETIREE MEMBER</b>	<b>\$ 200.00</b>	<b>\$ 200.00</b>	<b>\$ 200.00</b>	<b>\$ 200.00</b>
<b>NON-MEMBER</b>	<b>\$ 400.00</b>	<b>\$ 475.00</b>	<b>\$ 500.00</b>	<b>\$ 550.00</b>

### SPECIAL CONFERENCE FEES AND SAVINGS OPPORTUNITIES

Two members of same household are registering = 10% Fee Reduction

Please register me for Continuing Education Credit \$ 30.00

I want an "ATTENDANCE CERTIFICATE" (Frameable)\$ 10.00

I need Scholarship assistance to attend; please send me an Application

Please send me a Work Study Application for one of the slots allocated to Work Study that provide for \$100 fee reduction in exchange for two 4-hour work shifts as a staff assistant

**TOTAL FOR CONFERENCE REGISTRATION \$ \_\_\_\_\_**

### VOLUNTARY CONTRIBUTIONS

*Scholarship Fund (BE GENEROUS! AMOUNT CONTRIBUTED) \$ \_\_\_\_\_*

**AAGT Benefactor (BE MORE GENEROUS!) \$ \_\_\_\_\_**

**TOTAL AMOUNT FOR CONTRIBUTIONS \$ \_\_\_\_\_**

### **MEMBERSHIP DUES (PAY YOUR 2004 DUES NOW!)**

**Professional / Regular Membership \$100.00**

**New and Part-time Professionals (3-year limit) \$ 50.00**

**Full-time Students and Retirees \$ 25.00**

**Outreach Benefactor Membership \$150.00 - \$1,000.00 OR MORE**

**(Every dollar over \$100.00 goes to Gestalt community outreach endeavors)**

**TOTAL AMOUNT FOR AAGT DUES - \$ \_\_\_\_\_**

**AAGT Conference Fees \$ \_\_\_\_\_**

**AAGT Contributions \$ \_\_\_\_\_**

**AAGT Membership Dues \$ \_\_\_\_\_**

**\$ TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_**

### ***IDEAS TO MAKE THIS CONFERENCE A SUCCESS FOR EVERYONE***

I'm already registered at the Sirata Resort & Conference Center. I am planning to register and stay at the Sirata Beach Resort. Reservations 1-800-344-5999. Website: [www.thesirata.com](http://www.thesirata.com)

I am interested in sharing a room. Roommate preference: FEMALE MALE NONE

I am interested in meeting with other Students, New and/or First Timers.

I may contribute BOOKS for the BOOK SALE -- new, used, extra, valuable Gestalt books to be sold at Conference -- proceeds will go to Gestalt development (Gestalt Archives and Scholarships).

I have special needs that will make attending the conference possible or easier; they are: I am interested in presenting a ½ hr. "Poster Session" during a break. I'd like to present:

Ideas I'd like the Conference Planning Committee to consider:

Full Payment for Conference Registration must be enclosed or your registration will not be processed. Checks must be drawn on U.S. banks. **SORRY, NO AMEX CHARGES!**

☐ CHECK IN U.S. FUNDS

☐ MONEY ORDER IN U.S. FUNDS

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Date \_\_\_\_\_

**Make Check or Money Order payable to:**

**AAGT (or) Association for the Advancement of Gestalt Therapy**

\_\_\_\_\_

**Mail Registration Form and Payment to:**

**Bruce Aaron, Treasurer**

**1459 West Elmdale #2**

**Chicago, IL 60660**

\_\_\_\_\_

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Amount Received \_\_\_\_\_

Processed By \_\_\_\_\_

Work Study Notified \_\_\_\_\_

Scholarship Notified \_\_\_\_\_

Book Sale Notified \_\_\_\_\_

Special Needs Notified \_\_\_\_\_

CPC Chair Notified \_\_\_\_\_

Poster's Coord. Notified \_\_\_\_\_

## *GANZ International Conference—Weaving The Fabric of Community*

2004 - the Year of the 4th GANZ International Conference, 'Weaving the Fabric of Community' in Sydney, Australia.

The month of May is fast approaching and with it increasing excitement surrounding the 4th GANZ International Conference. As this newsletter reaches you, the Conference Convening Committee in Sydney is beginning to countdown weeks rather than months > to our 4th International Conference and the colourful opening ceremony.

So if you haven't already done so, now is the time to complete your > registration papers and book your flights!

The response to Conference announcements both nationally and internationally has been

very encouraging with more than a full programme of presentations having been received. The Programme Committee have been reviewing the many abstracts submitted and forging the Conference Programme into an exciting blend of plenary sessions, papers, workshops and creative community activities.

A varied and thoughtful balance of creative social, networking and entertainment events has been included in the Conference Programme, some of which have been designed to incorporate the beautiful Conference location. There will be opportunities throughout the Conference to catch up with old and new friends in ways that surprise, challenge, inspire and delight. The Social Programme Commit-

tee is focusing on weaving an energetic and vibrant strand throughout the Conference. Early morning activities, a superb evening of dinner, dance and fun, an exciting outing and so much more... are planned to form part of the Conference experience.

So, on behalf of the Conference Convening Committee I look forward to welcoming you to the Conference in May and sharing in the spirit of 'Weaving the Fabric of Community' in beautiful Sydney town.

Michael Reed PhD  
Conference Convenor



**4th GANZ INTERNATIONAL CONFERENCE**

## *Weaving the Fabric of Community*

**MANLY PACIFIC SYDNEY**

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**SYDNEY, AUSTRALIA**

**13-15 MAY 2004**



**Registration: Evening of 12 May 2004**



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