

Newsletter

July
2014

Editor's Welcome



Dear members,

Firstly I would like to apologise for the delay in getting this newsletter out. I've been beset with a whole host of technical problems including broken laptop and incompatible software issues not to mention hugely important deadlines related to the ending of my five-year Gestalt Studies.

Endings and new beginnings seems to be the theme of the newsletter. As Gail eloquently poses the question - at this time which is midway through the year and with the conference approaching, "what is growing/what wants to grow and become manifest?"

Patricia calls our attention to the recent addition to the AAGT constitution of the words, "declare[s] our commitment to social equality and justice". The theme of the conference is "Exploring the Diversity of Gestalt Therapy" at a time when we welcome new members from Nepal to the Philippines.

We acknowledge the good work of Meghann Case and welcome Mark Reck as the chair of the research committee. He extends the invitation to each of you to join him on the research committee. The Regional Development Fund is also eager for new members.

Indeed we have a host of new board positions to be filled. See page 10 for details.

Thanks for your patience with regard to this newsletter and I look forward to producing the next one which will be the Asilomar special.

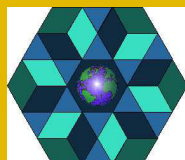
Go well,
Alex



ENDINGS & NEW BEGINNINGS

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www.aagt.org

2014

Welcome to the ongoing
experiment that is AAGT!
An international community!

GREETINGS, GAIL FEINSTEIN

- PRESIDENT

*I write you knowing
that my presidency
is ending soon....*

*we might inquire
"what is growing/
what wants to grow
and become
manifest?"*



This summer's day offers its gentle, warm breezes and scents of many sumptuous bloomings. As I lean in, sensing into these offerings, my breath slows and then, deepens. I notice an opening, an expansiveness, even a spaciousness supporting and allowing deep receptivity of this beautiful bounty. I am thrilled to be with you on this auspicious day of the summer solstice, the brightest and longest day of the year, here in the northern hemisphere. As nature is thriving in its full

expression and lushness, I feel invited to join in and to extend the invitation to you, too!

I write you knowing that my presidency is ending soon. In a couple of months at our biennial conference at Asilomar, I will pass the gavel to our incoming president, Patricia Tucker. With this notion, I fill with a mixture of emotions - joy, sadness, relief and perhaps, a sense of knowing that it is time.

When I accepted the nomination for president, I made a promise to myself to enjoy the position, and for the most part, I have. Amazingly enough, at most crucial times, I remembered to remind myself of this and it actually worked.

Reflecting on the last several years of being in office, I feel gratitude to you, the community for teaching me about patience, compassion, how to listen more deeply and to hold different views as well as the bigger perspective in alignment with the whole.

I'm excited about moving into the final phase of preparation for the conference and for knowing that we will be together shortly - exploring, dancing, laughing, learning, teaching, celebrating and breathing in community.

As there is great activity here in the natural world around us and perhaps, within us, and a time for deep connection, we might inquire "what is growing/what wants to grow and become manifest?" The members of the Board will meet in retreat a few days before the conference begins. There is business that needs more attention than we are able to give during our regular monthly calls. We will gather to investigate and evaluate current procedures; explore and discuss the future of the organization and collaborate on the changes that support the interests and needs of our membership. If you are interested in the agenda, please view it on our website aagt.org.

So, dear colleagues, I thank you for your support, clear vision and thoughtful attention to what matters to you and our beautiful organization. Your commitment and dedication always astounds me and fills me with wonder and gratitude, too.

I extend warmest of wishes for our continued thriving and flourishing in community and in the greater global field.

With appreciation and love, Gail

GREETINGS,
PATRICIA TUCKER

- VICE PRESIDENT



As our conference approaches and I move ever closer to beginning my AAGT Presidency.....



Greetings All,

As our conference approaches and I move ever closer to beginning my AAGT Presidency, I find myself thinking most about you all, our members!

I've been thinking back to the Annual General Membership Meeting last March in Cape Cod. As most of you know, the meeting was held directly following the Gestalt Research Conference and most of us brought forward much of the excitement of that conference into our AGM!

I was delighted that a few participants in the research conference decided to stay and join the board for the AGM. Of course the AGM's are always open to all members, but it can be difficult for many to get to the one in the year in-between conferences, so it was really thrilling to have so many of you there!

What has stayed with me most was the enthusiasm of all of those present in our desire to hold true to the values of AAGT. Our constitution says it so well in its' statement of purpose:

- ¥ That an organization can be created, rather than imposed, and that it will grow out of our contacting; and
- ¥ That a structure will emerge in response to our shared needs, interests and concerns; and
- ¥ That by believing in the unity of theory and practice, an organization which so creates itself, is itself an experiment, an on-going organic process of Gestalt formation and destruction, in which old forms are destroyed and new figures emerge through contact that is bright and lively, energetic, graceful and fluid; and that such an organization provides the ground for the enrichment, articulation and support of the constantly emerging figure that is Gestalt Therapy!

CONTINUED ON NEXT PAGE

Continuation

"We declare our commitment to social equality and justice among persons within our community and in the wider, external community"

During this last AGM, we also adopted a change to our Covenant of Community. For anyone who doesn't recall, here is what we added:

Moreover, we will undertake in whatever way emerges through our experience with the larger social field to support the purpose and ethical values of our community, which include the human worth and dignity of every person. In this way we declare our commitment to social equality and justice among persons within our community and in the wider, external community.

While the work on the exact wording of this amendment came from the group of 20 or so of us present at the AGM, I hope that the rest of you know how important your contributions to this change were! We took all of your comments made to the members' list-serve and read each in turn and I really felt you all there with us at that time. I wish you could have been there to see us considering all of the ideas you offered and to see a consensus of opinion taking shape to lead us to the decision to adopt this amendment! I am so grateful for the voices of so many!

For me, it is tremendously exciting to have added this amendment, to be part of an organization that specifically names and "declare[s] our commitment to social equality and justice".

And I think that this sets the stage beautifully for our upcoming conference which, as you know, is entitled, "Exploring the Diversity of Gestalt Therapy".

When we decided upon the theme of this conference, we decided to offer it in the most inclusive way possible, so that our offerings for this conference are truly diverse in spanning the full range from exploring diversity of styles, techniques and populations with which we employ Gestalt therapy to exploring diversity issues in the wider world and how Gestalt theory and techniques mesh with our work towards social justice on a larger scale.

The past two years have yielded much growth for us. We are assisting and bringing in new members from the Philippines to Nepal as our Regions have been very active in spanning the globe to present Gestalt work and to reach out to so many! Once again, I need to thank you – our members – for the real work in associating and in advancing Gestalt therapy!

I look forward to our continued growth in the years ahead – growth in our inclusion of, and respect for each other and our process of dialogue within the AAGT and growth in the advancement Gestalt therapy, techniques and principles in the wider world.

As an organization, we hold our ideals strongly – we works towards inclusion and we strive for true dialogue in all that we do, within our organization and without. And yet, we have quite a ways to go. We will, of course, always be a work in progress. We will always be becoming. I am delighted to share this journey with you all.

Patricia

Center for Somatic Studies

Ruella Frank, Ph.D.



Paris, The Situation in Flesh and Bones (now full)

Institut Français de Gestalt-thérapie, May 5 - 7, 2014

Bi-lingual workshop in English and French with

Ruella Frank, Ph.D. and Jean-Marie Robine, Ph.D.

Milan, The Conscious Body: The Development of Self and Kinesthetic Resonance

Istituto di Gestalt Italy, May 8 - 9 or 10 - 11, 2014

Madrid & New York City, Two-Year Training Program, 2014-2016

Developmental Somatic Psychotherapy* (Spanish language training)

developmental process embodied within the clinical moment

Module 1, Madrid, July 13 - 18, 2014

Module 2, New York, April 19 - 24, 2015

Module 3, Madrid, September 13 - 18, 2015

Module 4, New York April 10 - 15, 2016

Oslo, Postgraduate Workshop (closed)

Norsk Gestaltinstitutt, November 17 - 19, 2014

Oslo, Open Workshop: Developing Presence

Norsk Gestaltinstitutt, November 20 - 21, 2014

Now accepting applications.

New York City, Introduction to Developmental Somatic Psychotherapy

February 20 - 22, 2015, 9:30 am - 5:00 pm

Now accepting applications.

New York City, Two-Year Training Program, 2015-2017

Developmental Somatic Psychotherapy

developmental process embodied within the clinical moment

Module One, October 25 - 30, 2015

Module Two, February 14 - 19, 2016

Module Three, October 2 - 7, 2016

Module Four, March 12 - 17, 2017

Developmental Somatic Psychotherapy, created by Ruella Frank, Ph.D., is a relational and movement-oriented approach to psychotherapy within a gestalt therapy framework. Inspired by the work of developmental psychologists and somatic practitioners, Developmental Somatic Psychotherapy is a template for understanding and working with early psychophysical blocks as they emerge in the here-and-now of therapy. Attending to movement patterns is particularly powerful when guided by contemporary developmental theory.

For further information and to register email Ruella Frank at ruellafrank@gmail.com

Ruella Frank, Ph.D., has been exploring infant movement patterns and their relationship to the adult since the mid-1970s. She is founder and director of the Center for Somatic Studies, faculty at the New York Institute for Gestalt Therapy and the Gestalt Associates for Psychotherapy, and also teaches throughout the United States, Europe, Mexico and Canada.

Ruella has authored chapters in various publications as well as the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, available in four languages (GestaltPress, 2001), and co-authored the book *The First Year and The Rest of Your Life: Movement, Development and Psychotherapeutic Change*, Routledge Press, 2010, available in three languages. She also wrote and produced the video *Developmental Somatic Psychotherapy: An Introduction*, available as download or DVD at: www.somaticstudies.com.

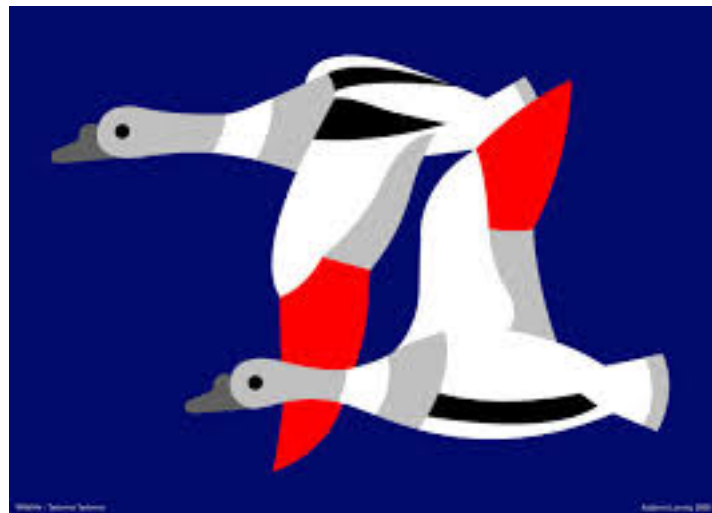
Membership

Dear Colleagues,

As membership chairs we are reaching out to each of you to remind you it is time to renew your annual dues. This year you can enjoy a member's discount when registering for the biennial conference at Asilomar. To renew online, select "membership renewal page" at

www.aagt.org. You may also renew by snail mail. Send your payment to:

AAGT
P.O. Box 42221
Portland, Oregon,
USA 97242





AAGT
The Association for
the Advancement of
Gestalt Therapy
An International Community

P.O. Box 42221
Portland, Oregon
USA, 97242

Join Us Now!

The Association for the Advancement of Gestalt Therapy is a dynamic experiment.

An inclusive, energetic, non-profit, volunteer organization committed to supporting the professional and personal associating of all persons interested in the advancement of the theory, philosophy, practice and research of gestalt therapy and its various applications.

www.aagt.org

✦ Email: admin@aagt.org ✦ Phone: 971-238-2248 ✦ Fax: 212-202-3974



AAGT
The Association for
the Advancement of
Gestalt Therapy
An International Community

AAGT MEMBERSHIP

Our Membership is
Multi-cultural,
Diverse and International,
Includes Counselors,
Organizational Consultants,
Psychiatrists, Nurses,
Psychologists,
Social Workers,
Students, Educators,
Artists, Writers,
Psychotherapists and
Organizations.

- ✦ **Supporting Member :**
your contribution to advancing Gestalt Therapy:
- ✦ **Full-time Professional :**
One who has been an AAGT member more than one year
- ✦ **New (first year) Professional Members**
- ✦ **Full-Time Students and Retirees**
- ✦ **Organizational Membership :**
for Institutes and Training Programs

www.aagt.org

The Research Committee

So, if you have an interest in research – whether because you are engaged in research, yourself, or just are fascinated by the philosophy around psychotherapy research – the AAGT Research Committee would welcome you with open arms to join!.....



AAGT Research Committee - Update

I wanted to begin by expressing my great appreciation to Meghann Case, who had been both the co-chair of the research committee with me and the liaison between the research committee and the AAGT Board. As Meghann made the difficult decision to step down from those positions recently, I assume them from her knowing that I am following in some impressive footsteps.

Also, I wanted to let the membership know that we are still interested in having people join the AAGT Research Committee. I would like to have as many voices contributing to the establishment of the mission and vision of the committee, as well as to participate in the tasks and activities associated with the committee. Although nothing has been finalized yet around what the committee will be doing on a daily basis, it has been a generally accepted stance that the research committee will be an entity that will find ways to support gestalt therapists in their own research. So, if you have an interest in research – whether because you are engaged in research, yourself, or just are fascinated by the philosophy around psychotherapy research – the AAGT Research Committee would welcome you with open arms to join!

It is my hope to have a meet-up time during the AAGT 2014 Conference in Asilomar, which would be open to both research committee members and anyone else interested in research.

If anyone has any questions about the AAGT Research Committee, would like to join, or just wants to know who they would hypothetically contact about the goings-on with the research committee, please let me know. I can be contacted by email at mark.reck.psyd@gmail.com.

The Scholarship Fund



*What we need are
your interesting
donations for the
scholarship fund*

Bring your article, artifact and ardor to Asilomar and be a part of the AAGT Scholarship Fund Auction. Yes, back by popular demand, the Auction will be held immediately before Dinner on Saturday night. I will continue as the completely inept but occasionally humorous auctioneer for yet another conference.

What we need are your interesting donations for the scholarship fund to make for a lively, entertaining evening. Items related to the gestalt founding Mothers and Fathers are always good. We auction serious and whimsical items; the goal is to have fun in the process! Items we have auctioned include journal subscriptions and books, quilts and crafts, vacation rentals and workshops. We have even auctioned dance "lessons", Fritz's Nehru jacket, and the famous "Shorts of St. Ansel"! Highlights include the amazing artistic creations of our members - music, poetry, portraits and professional services. The possibilities are endless, the donor is recognized, and 100% of the proceeds goes directly into the scholarship fund.

This year we will include a silent auction so that everything that's donated is auctioned. Please donate something for the auction! Ildiko Ran is coordinating the auction and collecting items. She is available at ildikoran@gmail.com. She will be collecting items before and during the conference and will be glad to discuss the process with you.

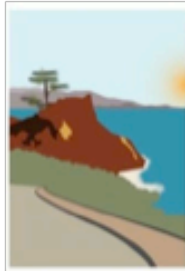
The auction is one part of the AAGT Scholarship Fund. The Fund has made nearly \$100,000 available to help gestalt therapists around the world become a part of the AAGT Community, participate in our conferences and learn about gestalt therapy world wide!

Thank-you for donating to the AAGT Scholarship Fund!

AAGT Biennial Conference

Asilomar

Sep 3 - 7th 2014



AAGT's 12th Biennial Conference

Exploring the Diversity of Gestalt Therapy

Monterey, California USA—Asilomar Conference Grounds

September 3rd - 7th 2014

Pre-Conference Workshops September 2-3

Please join us at Asilomar for this extraordinary event!



An International Gathering

Psychotherapists, counselors, educators, coaches, trainers, scholars, activists, artists and organizational development professionals from around the world will gather to learn, to grow, to sharpen our skills and to deepen our understanding of the gestalt perspective.



Venue

The conference will take place at the beautiful Asilomar Conference Grounds on the central California coast.



Presentations

The conference will feature engaging and exciting workshops and panels involving the world's leading gestalt practitioners.



Process Groups and Community Meetings

Each conferee will have the opportunity to participate in a small, ongoing facilitated process group. Process Group members explore, examine and support in an experiment of personal/community contact. There will also be meetings of the whole conference community where we participate in the shaping of AAGT's present and future.



Body Awareness

We will have time and space for movement and attending to our bodies.

Please go to WWW.AAGT.ORG for registration and up-to-date information on the conference

Questions? Email the conference co-conveners, Peter Cole and Daisy Reese conference@aagt.org

Partial List of Presenters

Bruce Aaron • Walter Arnold • Carole Ashton • Lena Axelsson • Jack Aylward • Vincent Beja • Michelle Billies • Dan Bloom • Marlene Moss Blumenthal
Ann Bowman • Charlie Bowman • Philip Brownell • Christine Campbell • Desiree Carlson • Dominique Chabre • Selma Cioma • Emilyn Claid
Michael Craig Clemmens • Barry B. Cross, Jr. • Kooch N. Daniels • Victor Daniels • Billy Desmond • Marianne Diaz • Liv Estrup • Nickel Falconer • Bud Feder
Gail Feinstein • Sylvia Fleming Crocker • Iris Fodor • Gianni Francesetti • Ruella Frank • Dwey Freeman • Jon Frew • Stefanie Funke • Laila Ghattas
Toni Gilligan • Cathy Gray • Gary M. Gray • Eva Gold • Susan Gregory • Elinor Greenberg • Lucanna Grey • Myriam Sas De Gutter • Laurence Hegan
Nancy S. Hardaway • Carl Hodges • Eric Hoffman • Rich Hycner • Lynne Jacobs • Paul Jenkins • Renee J. Jennings • Helena Kalner • Bruce Kenofar
Adam Kinzel • Stacey Klein • Perry Kieper • Michelle Lang • Brad Larsen • Peg Levine • Talia Bar-Yoseph Levine • Alexander Levine • Peri Mackintosh Fredheim
Mathies • Melissa S. Kelly-Mocabe • Bea Mackay • Joseph Mainick • Monique Mercado • Frans Meulmeester • Ken Meyers • Tali Mirkin • Marilyn Myles
Maryanne Nichols • Leanne O'Shea • Pilar Ocampo • Lynda Osborne • Isabelle Le Peuch • Natalia Patricia Escuvel Pardo • Peter Philippson
Mary Plank • Rita Resnick • Robert W. Resnick • Stella Resnick • Joan Riager • Virginia Escobar Rojo • Amanda Rowan • Frank Rubinfeld • Stephanie Sabar
Levine and Lolita Sapriel • Alan J. Schwartz • Cindy Sheldon • Norman Shubb • Allan Singer • Lynn Stadler • Christine Stevens • Carol Swanson
Miriam Taylor • Jay Tropianskaia • Patricia J. Tucker • Deb Ullman • Beatrice Valentin • Lee Mun Wah • Judyth O. Weaver • Yona Weiss
Gordon Wheeler • Nancy Lunney-Wheeler • Mark Winitzky • Ansel Woldt • Nancy Woldt • Ai Wong • Ray Wooten • Steve Zahm

WWW.AAGT.ORG

Join us on the Board at Asilomar

Didn't get your nomination statement in to this newsletter? Don't worry...it's not too late to consider running for a Board position! Nominate yourself or someone else!

The following AAGT Board positions are open – elections to be held at the Annual General Membership Meeting at our Conference:

President-Elect/President/Vice President: Elected at Annual Meeting during Biennial Conference – this is a 5 year commitment – 2 years as President-Elect, 2 years as President, then 1 year as Vice-President.

Secretary: 2 year term; Elected at Annual Meeting during Biennial Conference

Treasurer: 2 year term; Elected at Annual Meeting during Biennial Conference

Newsletter Editor: Term-length to be determined at next Annual Meeting

Organizational Membership Representatives Chair: 1 year term; Elected at Annual Meetings

Regional Contact Persons Chair: 1 year term; Selected annually by and from fellow RCPs.

Scholarship Committee Chair: Term-length to be determined at next Annual Meeting

"Mentorship" for Membership Committee Chair: This is an opportunity to work with the current co-chairs of Membership, which will evolve into a 3-year Board position in 2016 or sooner should either current co-chair retire.

"Mentorship" for Communications Officer: This is an opportunity to work with the current Communications Officer whose term will expire in 2015.

Not quite ready to take on a Board position yet? Note the 2 new "mentee" options – learn all about Membership with Nancy Woldt and Maryanne Nicholls or about Communications with Brad Larsen!

For more information, or to talk about the possibility of running, please contact Patricia Tucker at PTucker451@aol.com

Monique Mercado for Board Secretary

While acknowledging the remarkable work and dedication of our current AAGT Secretary, **Rodney Cole**, I wish to nominate one of our newest young members, **Monique Mercado**, to follow in his footsteps as the next AAGT Secretary for the ensuing two-year term of office, 2014-2016.

Commuting from Austin, Texas to Cleveland, Ohio the past 2 years, Monique graduated from the Gestalt Institute of Cleveland's Advanced Gestalt Training Program (GTP-15) in December, 2013 and will continue her advanced, post-doctoral training at GIC the next 2 years in the Working With Physical Process Program. Monique is a native Texan who grew up in and continues to live in Austin with her husband, Eric.

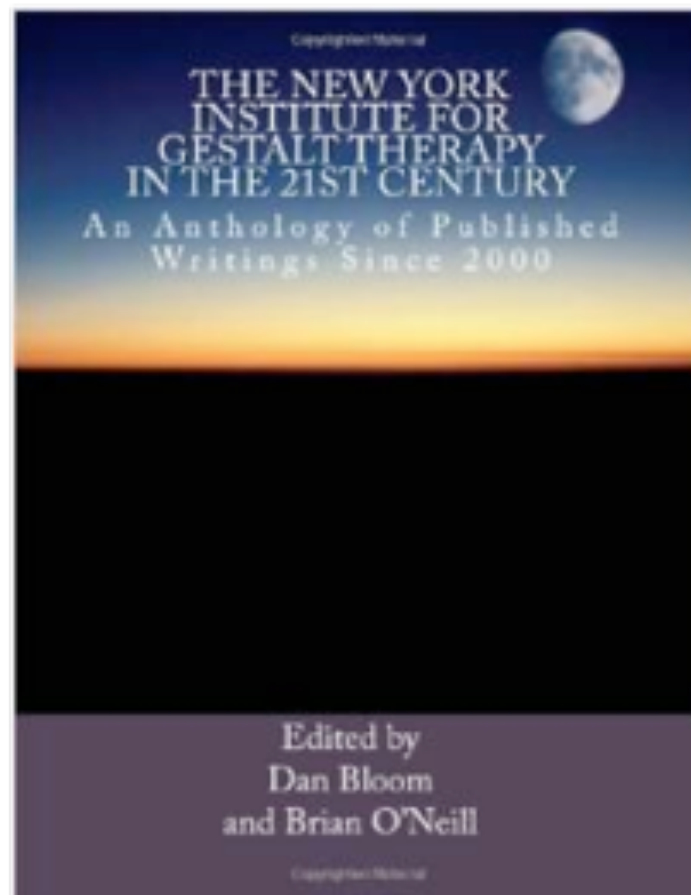
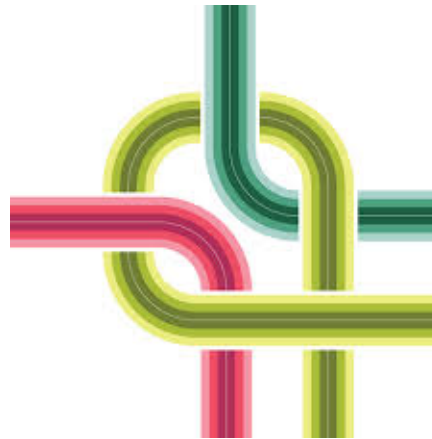
Monique's first experience of **AAGT** was participating in the First International Gestalt Therapy Research Conference at Cape Cod last year, followed by attendance at our 2013 Annual General Meeting (AGM). Her participation in this conference supported her decision to further the in-depth study of Gestalt therapy with her dissertation research. She will soon be defending her Ph.D. dissertation in the counselor education and supervision doctoral program at St. Mary's University in San Antonio, Texas. As a guest-member-consultant on her dissertation committee, I am aware of her knowledge of Gestalt therapy, her commitment to the theory and practice of Gestalt therapy, and her qualifications to serve responsibly on the Executive Committee and Board of Directors. I invite the support of other members in her nomination.

Respectfully submitted,

Ansel Woldt, AAGT Archivist

Books

Edited by Dan Bloom &
Brian O'Neill



This is a collection of writings by members of the New York Institute for Gestalt Therapy previously published from 2000 to 2014. Here you will find essays with much in common and with important differences. These papers reflect the authors' relationship to the institute and offer what the authors believe is representative of their work. This collection exemplifies the institute: our membership, our mission our sense of history – and marks our place in contemporary gestalt therapy. Many of the contributors to this anthology are members of AAGT.

Available from CreateSpace e-store: www.createspace.com/4371271

Also from Ravenwood Press: www.illawarragestalt.org/index_files/Page619.htm



Pacific Gestalt Institute

Training Programs Overview

Our particular approach to gestalt therapy continues to evolve, with more & more gestalt therapists from around the world contributing their own insights. Our training focuses on contemporary relational perspectives in gestalt therapy. We emphasize working with the nuances of emotional process, therapist-patient interaction, enduring relational themes, and the developmental process of psychotherapy. Relational gestalt therapy theory is taught systematically & is interwoven into the experiential part of the program.

Weekend Training Program

Each year, the program offers 6 weekend intensives of experimental and didactic training in West Los Angeles. Beginning and advanced groups are available. Trainees are assigned to training groups with people of varying backgrounds and experience, with each group limited in size to approximately 12 participants. Lecture, discussion and actual "hands-on" clinical practice with live supervision are included in each weekend to help integrate theory with practice. This is a multiyear program, but trainees enroll for one year at a time. Those who continue through to the advanced level may be eligible for the certification process as a gestalt therapist.

Dates		Times	
October 18 & 19	2014	Saturdays	9:00 am – 5:00 pm
November 15 & 16	2014	Sundays	9:00 am – 12:30 pm
January 10 & 11	2015		
February 28 & March 1	2015		
April 11 & 12	2015		
May 16 & 17	2015		

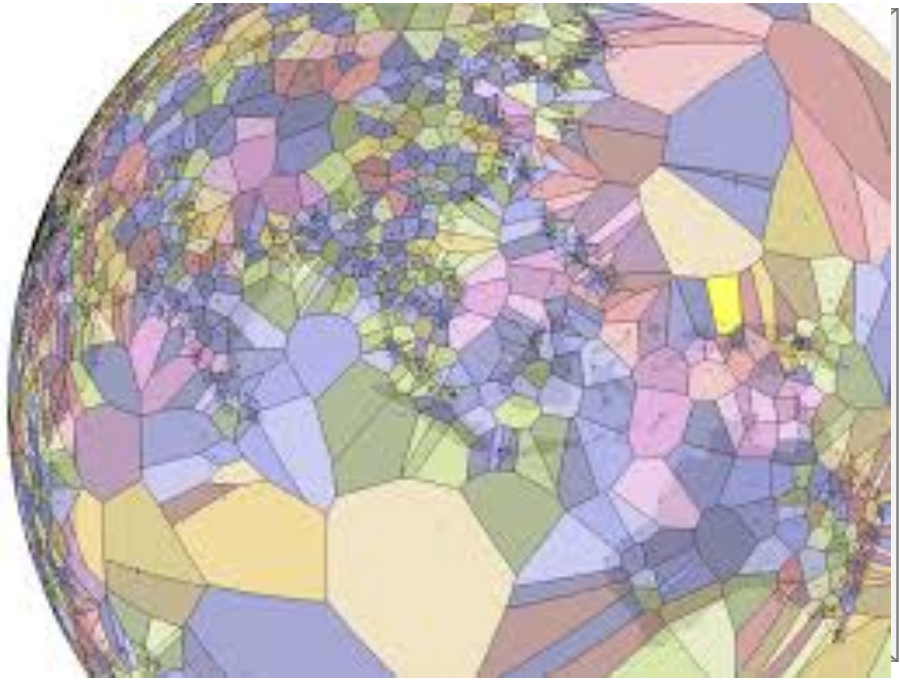
New Weekend Offering

Advanced Studies: Theory, Consultation, Group Process

This year we are offering a new weekend program geared primarily for those who have completed several years of training, focusing on the philosophical ground that underlies gestalt therapy theory. To this end, we will study American Pragmatism and Merleau-Ponty's phenomenology of embodiment as our starting point. In addition to tackling these rich theory topics, we will engage in case consultation, with participants expected to present their work with on-going patients. And of course, group process will emerge and be incorporated throughout the weekend. We will need a minimum of 6 people to start this group. For more info, please visit our website www.gestalttherapy.org.

Regional
Development Fund
Committee

Seek ing new mem ber



The **AAGT Regional Development Fund Committee** (<https://www.aagt.org/rdfund/>)

is **looking for a new member!**

If you are **interested in joining the committee** to help build up its activities and consider applications for funds for development in different regions of the world, please get in touch with

Deirdre Winter, info@gestalt-approaches.de

The Regional Development Fund was created a few years ago to support the growth of Gestalt therapy, particularly in areas where it is not or hardly known. The Committee administering the Fund is currently exploring the different ways in which the Fund's awards could be most effective.

Recent applications have been for grants and/or seed money for regional conferences, both in countries where Gestalt is already relatively more well-known and in places where it is just beginning to attract interest.

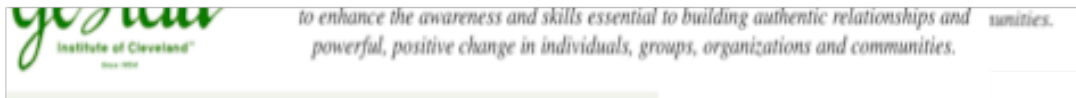
It has also been suggested that development funds could be used to help invite and finance visits by experienced trainers to places where there are not yet enough Gestalt therapists to attend a conference.

Let us know about **your ideas** as to how grants or loans could be used to promote Gestalt therapy where it is needed.

If you have an idea as to how to support development in **your region**, we would be **pleased to consider your application for funds**.

And last, but not least, we would **welcome any donations** to this fledgling, but important fund!

Gestalt Institute Cleveland



UPCOMING WORKSHOPS

Experiential Marathon Group for Personal and Professional Development

This group experience engages participants in holistic, present-centered and process-oriented interactions by attending to both 'What is being said' and 'What's not being said'. By our attending to the 'Here and Now', 'I—Thou', and 'What and How' awareness and contact, participants will have the opportunity to experience authenticity and integrity in their personal and professional living. Participants will enjoy a day away from the usual and learn to be spontaneous in exploring creative alternatives for their lives.

Ansel Woldt, PhD & Logan Lamprecht, PhD

15 CE

July 26

Easing Tension in Families: An Experiential Constellations Workshop

Are family relationships stressful and confusing? Experience a unique way to understand and find peace in your family system. A Family Constellations workshop is an experience unlike any other, where your eyes open to see family relationships and their disconnection from a new perspective.

Philip R. Belzunce, PhD, ND, LMFT, BCC & Dina L. Miller, PhD, PCC-S

6CE September 27

Cultivate Inner Peace: How to Tap into Higher Consciousness

This experiential workshop will explore how to awaken a 'higher' way of being, with an expanded awareness of "Self". We will touch upon the teachings of ancient and contemporary sages that chronicle this potent pathway. This workshop is open to those who want to transform themselves to be a more peaceful, positive presence in their inner and outer world. Come learn and practice techniques to become ever more embodied with greater awareness. Gestalt practitioners, coaches, counselors, healing professionals, entrepreneurs, ministers, leaders, professionals and artists are welcome to come explore how to tap into your wisdom consciousness and cultivate inner peace.

Philip R. Belzunce, PhD, ND, LMFT, BCC & Susanna Margaret Goulder, GPCC

September 21

UPCOMING TRAINING PROGRAMS

Working with Physical Process Training Program (WWPP)

October 13, 2014-June 14, 2015

Gestalt therapy, as a holistic approach, views physical experience and expression as intrinsic to a person's being and functioning. This advanced program is designed to refine and extend a practitioner skills in working with physical processes beyond those developed in basic Gestalt training. The program focuses on developing greater awareness of one's own body experience and its use in relationship, developing a client's body sensation and awareness, and working with breath, body structure, movement, developmental movement, and the energetic system of client/facilitator.

Curriculum includes practicum with *in vivo* supervision, body-oriented personal growth group work, didactic with experiential processes, and skill labs.

Chairpersons: Donna Marie Berwald, MA & James I. Kepner, PhD

Faculty: Michael Clemmens, PhD; Richard B Hancock, MA, PCC, GPCC; Ellen Hoffman, MA, PCC; Renee Jennings, LISW, CHT; & Arlene L. Luberoff, MA, CCC-SLP

Gestalt Training Program (GTP XVII)

Joseph de Paula,
M.A

The Way of Self-Knowing:

Do We Know Who We Really Are?

The goal of self-knowing may have been first formally articulated in Classical Greek Philosophy and Greek cultural life. The Sages of Ancient Greece, including Socrates, advocated that a Greek citizen should strive to "Know Thyself." In fact, over 2400 years ago on the front (forecourt) of the famous Apollo Temple at Delphi the words, "Know Thyself" were inscribed in Greek at the top of the building to caution against excessive pride. Plato in *Dialogues* in the "Apology of Socrates" reported that Socrates declared at his trial in 399 B.C. that the unexamined life was not worth living. (Burnet, 1980) These exhortations for personal introspection and self-improvement from the Greek Philosophers of 2410+ years ago still merit our taking heed of them in our contemporary world. However, from the perspective of Gestalt Therapy (GT), a psychology to which I ascribe and promote, self-knowing needs to expand beyond such self-examination into a more holistic, body-centered way of self-awareness and personal change. (Note: I use the term "self" here in a non-GT technical way.)

In the GT approach to self-discovery we learn to widen our personal focus to include becoming aware of our entire "being," by directing our consciousness to our current experience, focusing on whatever surfaces from our sensations, emotions, and/or our non-physical mind. We can learn to listen to our bodies as well as to our minds, while avoiding "over-mentalizing." This involves the "awareness continuum," an important GT technique that clients can learn as part of the awakening process of organismic awareness about what is happening to us now. In this effort we also can become more aware of our social nature, which is due in part to our neurobiology, e.g. mirror neurons. So to "know thyself" holistically as a self-aware agent, means we learn to be more conscious of how we necessarily relate to and impact on others in our environment as well become more aware of our physical organism.

In GT we ask ourselves to what end do we work at perceiving/knowing ourselves holistically as human beings? As GT clients we endeavor to be more aware of and in touch with our full human existence, encompassing body, mind, spirit as well as our social/relational connections, so that we can become more "real," & authentic, live better, have greater well-being and flourish in a world of others. We can become more aware of our positive, natural capacities for finding satisfactions and creative ways to actualize ourselves about what we need and want in the various sectors of our lives. In this personal change work, we not only focus on being more aware of our sensations, impulses, feelings, thoughts, suffering, unique personality style, individuality, habits, values, attitudes and what we do well, but also on how we impact on others and how they impact on us. We can concentrate on becoming "mindful" of our present-centered experience and appreciate how we "contact" our social environmental "field" as we become aware of and act upon what is "figural" to meet our survival needs.

Thus, we can learn how we interact with others to satisfy our needs and wants and we get feedback from our social environment to know better who we are and how we exist, particularly from those with whom we are involved in "intimate" relations, including our family members and other "intimates" as well as others in our close social relationship networks such as with our friends with whom we are in "I-Thou" relationships. This includes such matters as how we deal with issues of anger as well as love and compassion in close social interactions. Do we feel lonely and isolated at times from our friends? How does that happen? Do we have compassion for others as well as ourselves? How can we improve our communal life with our friends and associates to stay supported and connected? If conflict exists, can we resolve it? Can we forgive those with whom we are in conflict and seek to have them forgive us?

Knowing ourselves more fully also involves coming to a better understanding how we presently exist and relate to others in our wider social/community world, including how we relate to each other as citizens in our local communities as the Greek Sages advocated? Does excessive pride get in the way of our appropriate contacting in our inter-personal relations in our work place and community? In other words how socially intelligent and effective are we in our communications and interactions with others, who are in our wider social world in day to day living? Working in GT, we can learn to improve our contacting and inter-personal relations with these "non-family/intimates" others, with whom we have necessary relational connections at work and in various life situations of community life. This also includes how we relate to the non-human aspects of our environment such as in caring for our pets and the natural world. Gestalt Group Therapy particularly can be helpful to us to experience more fully our relational reality of contacting, while we are in the crucible of the social microcosm that the Gestalt group interaction process represents for members. In this way we can learn about ourselves by appreciating how the group members see us to enhance our way of self-knowing.

Tribute to JoAnne Greenham

By Maryanne Nicholls

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JoAnne
Greenham,
former
Executive

Director of the Gestalt Institute of Toronto, passed away in February of this year.

I first met JoAnne Greenham in 2001 when I applied to enter the 4-year therapist training program offered by the Gestalt Institute of Toronto. I had reached a turning point in my life and decided that I wanted to be a psychotherapist, believing I was ready to meet anything and had all the answers. I would give dearly to see what she saw that day - not likely what I thought I saw! I do remember being struck not only by what she said but also by the way she said it. She had a way of normalizing things, so that anything - even the unspeakable - could be spoken.

She was my teacher for the next 4 years and one of my supervisors afterwards, even long after I had completed my practicum. I valued her humor and seemingly light-hearted way of approaching life, and her ability to spot what was hidden in plain sight. I believe she cared deeply for her students and her Institute. She challenged, sometimes painfully. She was human and she did not give up on people.

Almost a year ago JoAnne discovered she had a rare and terminal cancer. With her usual good humor and balanced perspective, she addressed it, keeping in touch with her friends and family. We were all invited to send in some anecdote or remembrance. And so, we were given a very rare opportunity - to say what we wanted and needed to say to her while we still had the chance.

On February 12th, she died. Before she passed, she and the other senior faculty members ensured her legacy and work would continue, enriched by the contributions of the now heads of faculty and administration. The Gestalt Institute of Toronto is in excellent hands as a result.

JoAnne Greenham changed my life. I will miss her.

June 4, 2014: Announcement from the Gestalt Institute of Toronto, Canada. Today is a very special day in the history of the Gestalt Institute. We are so very proud to announce that the Gestalt Institute of Toronto Five Year Training Program is now recognized by the College of Registered Psychotherapists of Ontario. We are the first training institute to receive recognition in the newly formed College.



INTERNATIONAL NEWS

JOB WANTED

Is Gestalt verboten in Germany?

"Gestalt Community & News"
Alumni Meeting
Sunday - October 5
4pm - 6pm

Light refreshments will be provided.
Please RSVP to k_hardie@sympatico.ca

It began for me 8 years ago after attending the AAGT conference in Manchester, England, and hearing that Gestalt was not one of the modalities that passed regulatory approval in Germany. I took this shocking bit of news back to Toronto and a small group of us decided to present it to the Gestalt Institute of Toronto, (GIT). Our poster impressed JoAnne Greenham, then Executive Director of the GIT, and a committee was formed to see how we could avoid a similar fate. We called this committee the MPR (meeting the process of regulation) committee, under the guidance of Bud Tangney, a graduate with much experience with the government. (This committee continues to meet to addressing ongoing concerns as well as support for our graduates seeking grandparenting as the date of proclamation moves forward.) By the time we made our presentation, the Ontario government announced that a Transitional Council was forming to determine the requirements of a new College of Psychotherapy for the province.

There had been some indications that the Ontario government was going to regulate psychotherapy in this province and the GIT had already made a submission to the government to describe their experiential program in academic terms. We wanted to make sure we did everything possible to prepare ourselves for the eventuality of regulation, and to become involved in the process.

There were several stages. The first was a thorough examination of the competencies and a determination of the degree to which the GIT was in alignment with the competencies set forth by the Transitional Council. The GIT faculty did an honest inventory of their strengths and weaknesses according to the competencies and began to make additions to the curriculum resulting in the transformation of the program from a four to five year part time program. These same activities were taking place in all of the psychotherapy training institutes in Ontario, a group of institutes of varied and very different approaches which banded together in mutual support through several organizations, among them APTI, CAPT, OACPP and the welcoming of stakeholders to all Transitional Council meetings. This support took the form of many meetings and teleconferences. We were not alone. The second step was participation in a pilot project which prepared us for the work that would be required when the review and recognition process would begin. It wasn't until 2014 that the College presented its final online document for educational institutions to apply for recognition .

Each of these steps took many hours of examination, training, and discussion. In the early stages we were all working in the dark. Finally after participation in the pilot project in 2013 it became clear that what was required was a clear and cogent mapping tool indicating the flow of competency training throughout the five years of the training program and a coherent curriculum format. Jay Tropianskaia, Head of Faculty at the GIT, undertook this project, the result of which secured the respect and recognition of the GIT as a 40 plus year training institute in psychotherapy.

Words cannot express the legacy left behind by the volunteers whose passion for Gestalt resulted in many hours of their time over the past eight years of active lobbying and considered response on behalf of the GIT, most notably JoAnne Greenham, Jay Tropianskaia, Fran Khanna, Bud Tangney, Pam Atkinson, Laura Hetherington, and Maryanne Nicholls, and to those who added their talents and time when most needed – Vern Belos, Carolina Edwards, Sarah Sheard, Gabrielle Pop-Lazik, Jennifer Yap, Katherine Hardie, Rakel Stephanian, Michelle DesRoches, Yvonne Brunelle, Sabrina Deutsch Solomon, and Jacqueline Lancaster.

Maryanne Nicholls
Co-Chair of Membership



Roots VI Conference: Gestalt Groups: Roots and Branches

Presented by GISC in cooperation with Gestalt Centre Belfast

Dates	October 23-26, 2014 Begins Thursday, 1pm; Ends Sunday, 1pm
Fee	\$535 USD/Approx. 400 EUR (accommodations and meals not included) GISC Members: \$485
CE hours	20
Co-Chairs	Seán Gaffney, PhD, and Joseph Melnick, PhD
Location	Radisson Blu Hotel, Belfast, Ireland

Join us this fall for the sixth Roots Conference, to be held in Belfast, Ireland. Beginning in Paris in 2003 with "The European Roots of Gestalt Therapy" conference, and continuing with Roots II in Antwerp, 2005, in Rome in 2007, Budapest in 2009, and Bommersvik, Sweden, in 2012, these conferences have provided an opportunity to focus on Gestalt therapy theory, its roots, development and the rich diversity of its application.

Conference • 15 Presenters, 10 Countries • Gestalt Groups

Groups have been a fundamental part of the Gestalt approach since its inception. Fritz Perls was one of the first therapists to do therapy "live in front of a group" – later called the "Greek amphitheater." As it developed as a specific approach to therapy it was then nicknamed the "broken wagon wheel." The therapist would work one-on-one with each individual, using the group as communal support.

Yet our approach to groups and their application has always been much more diverse. At the New York Institute for Gestalt Therapy, such founding members as Elliot Shapiro and Paul Goodman were moving effortlessly into education and social change, followed by the next generation of members such as George Dennison and Patrick Kelley. These Gestalt practitioners had a profound, though often unacknowledged, impact on the theory and methodology of Gestalt with groups.

Some of the future founders of the Gestalt Institute of Ohio (the second institute, later to become the Gestalt Institute of Cleveland, (GIC)) were an essential part of Kurt Lewin's brainchild, the National Training Laboratories (NTL) as they developed T-groups, and also Esalen Institute, the birthplace of the encounter group. There was a small but important group of Gestaltists led by Edwin Nevis of GISC who used experiments and exercises to teach leaders about self-awareness, group process and cultural change. And, of course, there are our institutes which each use group process in unique and creative ways, and our various Gestalt conferences such as Roots which all use groups and group process as an essential ingredient of the structure. Increasingly, applications like Gestalt in organizations (GIO) have moved naturally into such areas as team building, project management and the dynamics of the boardroom as well as top management teams.

Format: All presentations are in plenary and followed by small group work to process the content, and then a plenary report-back session. Our aim is that all participants and presenters are fully involved in all aspects of the conference and our hope is to generate collective knowledge.

For a list of presenters, topics, and complete conference details, visit:
www.gisc.org/practitioners/programs/RootsVIConference.php

508-349-7900 • www.gisc.org

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Stella Resnick

ATTACHMENT, SEXUALITY, THE BRAIN AND BODY; A FULL-SPECTRUM THERAPIST TRAINING

Presented by: Stella Resnick, PhD
In Beverly Hills, California
Friday and Saturday, Sept. 19-20, 2014
12 CE Credits

This approach integrates attachment research, sexual science, body-based Gestalt processes and breath work and emphasizes therapists' self-care and continuing personal growth as the vital key to clinical expertise.

The training is primarily experiential with didactic interludes. The focus is on participants' relationship and sexual enhancement through attunement with inner subjective experience, emotional repair of past wounds, and ability to self-regulate stress.

Other aspects of the training include skills development in reading subtle nonverbal cues, expanding intuition, empathy, intersubjectivity, creativity, and humor at work.

For more information and to register,
visit: <http://www.drstellaresnick.com/programs-for-professionals>





A new Gestalt book has been published in the UK and is available in the US and elsewhere through Amazon. It is 'Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body' by Miriam Taylor. About the book:

'Therapy with traumatised clients can be fraught with problems and therapists working with these clients seek greater understanding of the specific problems they encounter. Trauma Therapy and Clinical Practice weaves together neuroscience research and the experience of trauma, taking a fresh look at how original Gestalt theory informs our current understanding of trauma therapy. The book:

- Places trauma and trauma therapy in a relational field model
- Includes material on change processes, triggers, dissociation, shame, enactment and resources
- Describes clearly the neurobiology of trauma and the role of the body in maintaining trauma reactions and in the recovery process
- Offers experiments for deepening the therapist's embodied presence
- Provides numerous clinical examples and an extended case study

Miriam Taylor offers readers a theoretical basis for interventions and shows how simple Gestalt concepts can be applied in trauma therapy. By creating the conditions in which awareness, choice and vitality can grow, contemporary relational Gestalt is shown to be exceptionally well suited for trauma clients.

The book is presented in three parts covering theory, the phenomenology of trauma and the therapeutic relationship. Including a glossary for readers unfamiliar with Gestalt therapy, case studies and reflection points, this book is a thoughtful and coherent guide for trainees and practitioners in counselling and therapy.'

13th Annual British Gestalt Journal Seminar Day with Malcolm Parlett

Adam Kincel (British Gestalt Journal)

Saturday, 22 November 2014 from 11:00 to 16:30 (GMT)

London, United Kingdom

See this link for more info:

<http://www.eventbrite.co.uk/e/13th-annual-british-gestalt-journal-seminar-day>

The next newsletter will be

The AAGT 'Conference Special'

Published September 2014

Deadline to be announced

Please send submissions entitled

'newsletter Sep 2014' to Alex

Email: alexschi@hotmail.co.uk

Thank you!



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the Advancement of
Gestalt Therapy

An International Community

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therapy, AAGT and the

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membership. Letters to the

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to the point.

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