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NEWSLETTER



AAGT

The Association for
the Advancement of
Gestalt Therapy

An International Community

FEB 2016

Greetings!

Welcome to the February issue of the AAGT newsletter. It is cold, bleak and grey here in London, UK however just as there is activity underground right now in preparation for the blooming of Spring, so there is lots of behind the scenes activity for the upcoming AAGT/EAGT conference which is the subject of much of this newsletter. As I write I feel enthusiasm in anticipating meeting lots of the AAGT community in September. Aside from the conference, as usual there are lots of tempting workshops and training being organised, I just wish I could attend them all. Wishing you an enjoyable read.

Warm wishes,
Alex



FROM THE BOARD

Greetings from the president

COUNTDOWN TO TAORMINA

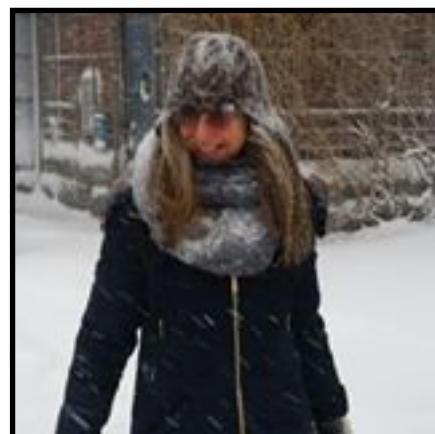
What a full and productive year it was here at AAGT! From our very-well attended Annual General Membership Meeting in New Jersey last Spring to the many regional events we sponsored and assisted to our developing Interest Groups to our Task Forces work on the Regions and on developing a conflict process, so many of our members have been active in ways that have helped us to continue to thrive!

And, as we work together to plan our upcoming conference, our committee members and board members have met many challenges in this past year with passion, enthusiasm and grace!

September's joint conference with the EAGT will be the largest conference we at AAGT have planned with around 900 attending! The planning and coordinating with our EAGT partners has been complex as the different cultures of our two organizations have come together and we gradually find our way towards consensus around areas of difference. What a fascinating process! As usual, we are attempting to allow for the as many of the wealth of wonderful presentation proposals we have received to be delivered while also making sure to have time for Process Groups, Community Meetings as well as time to take in our beautiful surroundings and just be together! Not an easy task for our Program Committee! Once again, we will have a very busy schedule, chock full of great offerings! (This conference will not disappoint!

So if you haven't registered already I strongly suggest doing so soon before we run out of space!) Our Scholarship chairs are continuing to work to allow access to this conference to the greatest number of people possible and please also consider contributing to the Scholarship Fund - maybe you could plan an event whose proceeds you can contribute! Those of you who were in Asilomar remember how meaningful those scholarships were to so many of our members, many of whom represent the future of AAGT! The other committees have been hard at work as well planning Process Groups, meetings, entertainment and all of those other little, detailed and crucial conference planning bits that allow us to move through and enjoy our conferences so smoothly! Pre-Conference Workshop selections will be out soon; watch for these so you don't miss out!

Our board members have all been working throughout this year on other areas as well. We continue to work towards increasing membership and the Membership board chairs will soon be presenting a membership drive aimed towards increasing our membership among institute training students! Our Interest Group chairs are continuing to create and develop new interest groups and we have been excited to use our new Ring Central meeting technology to enable interest group members to meet in a way in which they can see each other and communicate much more fully than ever before!



September's joint conference with the EAGT will be the largest conference we at AAGT have planned with around 900 attending!



GREETINGS FROM PRESIDENT Patricia Tucker continued...

In addition we are continuing to work on the large topic of AAGT and its' relationship to its' Regions. Our task force will present its' report and recommendations to the board soon and then to the membership. I look forward to much more discussion about this!

I am so proud to be a part of our organization that is so thoughtful about our ways of being together and committed to dialogue with one another and that is full of members who volunteer so much time from their busy schedules to pitch in and help us continue to re-create ourselves and advance Gestalt therapy!

On a personal note, 2015 was a very busy and emotionally challenging year for me and I am so grateful to you all at AAGT for your warmth and support throughout this time! While difficult at times, I have never felt alone in my AAGT role and this has been so important and nourishing for me.

Finally, a couple of shout-outs: Michael Sasiain, our Administrator is moving on and we are so sorry to see him go! Many, many, thanks to Michael for all of the tremendous support he has given us! And a big welcome to Mari McGilton who is coming on board as our new Administrator! Please welcome her and help her learn the ropes!

Countdown to Taormina – 246 days! Can't wait to see you all in Sicily!

With love, gratitude and best wishes for the New Year,
Patricia

GREETINGS FROM VICE PRESIDENT Toni Gilligan

In this newsletter I was planning to respond to Lynne's clear articulation of the issue of the internationality of AAGT. I also wanted to talk about issues of language and power. But, as my national poet says – 'the best laid plans ..': I have broken my shoulder, and until the last minute thought I would pass this time, not sure how I felt about telling so large a group of my shoulder, yet since it is dominating my world at the moment not sure I could not. Typing is slow and difficult, so this is necessarily brief. I wanted to send good wishes and say how much I am looking forward to meeting up in Taormina, and that I am increasingly excited by the experiment. And don't forget pre-conference workshops on the day before the conference starts, the opportunity for lengthier, more in-depth meetings.

All the best - Toni



www.aagt.org



Interest Groups

Daniel Bak and Bob Witchel, Interest Group Co
- Chairs

Gender & Sexual Identity Interest Group

We are excited to announce two Interest Groups that are seeking members:

1) Gender & Sexual Diversity AAGT Interest Group (GSD IG)

Dear All,

Our personal and professional experience guided us to start and offer you a new interest group: The Gender & Sexual Diversity AAGT Interest Group (GSD IG). We hope to create with you a vivid, supportive and inclusive interpersonal space for an in-depth understanding and embracing of different gender and sexual identities:

- trans (transgender, transsexual, cross-dress) identities,
- intersexual identities,
- genderqueer, genderfuck, bigender or agender identities,
- homosexual identities
- bisexual identities,
- asexual identities,

... and many more. As gender and sexual diversity also expresses itself in the form of different relationship arrangements and a myriad of ways of having sex, this group would also be open to better understanding of such identities, as poly-amorous ones and people with kinky sexual narratives.

We hope that you will find the group helpful not only as a professional but also as a human being.

Professionally, it can be imagined that the field of the group will be able to contain such possible projects like e.g. (1) a Gestalt-based published monograph on GSD issues – an awaited synthesis of what we Gestaltists know about sexuality and gender, or (2) peer-supervision for people from all around the world! As we have free-of-charge access to Ring Central video conference tool, on-line group meetings will be very easy!

Personally, we hope the group will be a safe space for all its members, including members who are GSD. We can imagine common sharing of life experiences among members of the group as an important way of getting support.

We hope you feel persuaded to join us.

We are ready to welcome you aboard:) Ring Central, a video conference tool will support our regular on-line meetings. For times between meetings we have equipped you with an on-line platform for the group. It is Wiggio-based which uses a system of invitations, so signing up for the interest group will result in such an invitation.

On the bottom of the page you can read a couple of words about us.

If you have any questions and/or want to join the group, please, contact us at this email address: [GSD IG](mailto:GSD_IG) <gsd_ig@aagt.org>

We look forward to hearing from you soon,

Daniel Bak, PhD

Gender & Sexual Diversity Interest Group Co-chairs



Interest Groups continued.

My name is Daniel Bak. I live in Warsaw, Poland. I graduated from the Institute of Integrative Gestalt Psychotherapy in Krakow (a four-year long school of psychotherapists and group trainers). I have been supporting GSD clients for almost 10 years now – at first as a sexual health educator, later on as a psychologist and psychotherapist. I am a Board member of the AAGT. I hope to see you on the group call very soon!

2) Gestalt Group Therapy IG description

This group is formed to bring together Practitioners who are currently doing Gestalt Group therapy or have an interest in Gestalt Groups. The purpose is to create a forum for discussing Gestalt group therapy theory, structure, interventions and styles. This group will also serve as a means to strengthen this modality within the Gestalt community and, if there is interest, further study or writing about Gestalt group therapy. Currently, we are forming a virtual peer supervision group for members who are currently running one or more gestalt groups. In true Gestalt form we will follow what emerges from our interest. Contact me, Laura Carite, at restoremindbody@optonline.net or 973-601-7788.

For further information about Interest Groups please contact IG Co-Chairs - Daniel Bak dbak@gestalt.waw.pl and/or Bob Witchel bwitchel@iup.edu. We are available to respond to questions, for guidance and support, and help with stimulating the awareness of an IG's development. **Also, see “AAGT Interest Group” Facebook page.**

Video conference tool for AAGT Interest Groups.

AAGT makes available, free-of-charge, a video conference tool for AAGT Interest Groups. It is called **Ring Central** and allows up to 25 people meeting on-line at the same time. So, if you currently chair an Interest Group or are considering chairing one in the future, here you have an effective way to gather people around the idea of a given interest group.

Ring Central is very easy to use. You tell us what date and time you want to meet and we send you a link for members of a given group. Everyone clicks the link and logs in into a video conversation.

We hope the ability to use video conferences will encourage you to develop interest groups in our AAGT Community.

To be assisted with scheduling video calls, please contact Daniel Bak (dbak@gestalt.waw.pl <<mailto:dbak@gestalt.waw.pl>>).

General Information on Interest Groups in AAGT

Interest groups were and can again become vital to the functioning of AAGT, and provide an opportunity for members to engage each other in a more on-going way. Interest Groups (IGs) are created by and for persons with similar interests so they can communicate and network. In the past, IGs were focused on AAGT's internal functioning, while other IGs focused on Gestalt Therapy theory, types of clients or client issues, while other IGs focused on community concerns and networking.

Below you will find:

1. a preliminary list of potential **AAGT Interest Group topics, based on the recent survey of AAGT members**, and
2. **roles and responsibilities of IG Chairs/Co-Chairs**

Interest Groups continued.

1. We hope you have a curiosity about one or more of the following Interest Group topics:

Gestalt Theory (development, discussion, etc.)
 Physical Process
 Gestalt Dream work and other creative approaches/experiments
 Gestalt and working with children, adolescents and couples/families
 Gestalt and working with couples/families
 Working in Organizations, including building coaching skills
 Diversity/intercultural
 Addiction
 Becoming a Gestalt Therapist / early career therapist
 The Aging Therapist
 Trauma
 Grieving
 Gestalt: Outdoors and Adventure-based



2. Roles and Responsibilities of a Specific Interest Group Chair/Co-chair

Using the AAGT “Covenant of Community” and the AAGT “Constitution and Bylaws” as ground for Interest Groups (IGs), we offer the following guide for roles and responsibilities of an Interest Group Chair/Co-chair. As self-regulation, on-going organic process of Gestalt formation and completion, and inclusionary decision-making are significant tenets of Gestalt Therapy and AAGT, the explicit roles and responsibilities of an IG Chair/Co-Chair will be determined by members of a given IG, and the following serves as a guide:

1. Volunteer to serve as an Interest Group Chair/Co-Chair, and provide a topic for and initial description of an Interest Group (e.g., Addiction, Physical Process, Dream work, LGBTQ).
2. Through dialogue, support the awareness of the Interest Group among AAGT membership, with support and guidance from the Interest Group Co-chairs (Daniel Bak and Bob Witchel). If an Interest Group is an open group, continue to find ways of expanding the awareness of the IG amongst the membership.
3. By engaging Interest Group members, explore methods for the Interest Group to interact such as, online communication (create a Circle on AAGT Website, email listserv, Skype, Facebook), or face-to-face meetings at and between workshops.
4. Facilitate the creation of short and long-term goals for the Interest Group, with support (if needed) from Interest Group Co-chairs (Daniel Bak and Bob Witchel).
5. Dialogue with Interest Group Co-Chairs (Daniel Bak and Bob Witchel) about ways they can provide guidance and leadership for the Interest Group’s success and its’ contribution to



UPCOMING WORKSHOPS

Hooked and Stuck: Coaching for Leverage When Polarity Interests Conflict

When leaders approach issues, difficult situations or change using a gap analysis (problem-solution-strategy) approach alone, they run a strong risk of undermining the attainability and sustainability of the desired outcomes. In this course you will learn how to support clients by using the Polarity Map™ and process to create awareness by highlighting the critical "problem vs. polarity" distinction and then mapping the polarity dynamics, determine how and where to use powerful questions to support designing actions and setting goals to achieve leverage, and manage progress and accountability to avoid vicious cycles resulting from getting hooked and then stuck in polarity tensions. ****All sessions will be conducted online via Zoom**

W. Cliff Kayser, MSHR/MSOD 11 ICF Core Competency CCEs February 24, March 9, March 23, 2016
11 GPCC™ CEUs

Introduction to Developmental Somatic Psychotherapy

Developmental Somatic Psychotherapy (DSP) is a novel Gestalt approach addressing relational history as it is embodied in the present. Based upon modern neuroscience, Gestalt phenomenology, and movement-oriented developmental research, the DSP lens provides a unique view of the events in our relational fields. The faculty for this workshop have trained extensively with, and are supervised by the founder, Ruella Frank, Ph.D. The workshop will include brief explanations of the theory, many exercises designed to raise awareness, both of the kinesthetic inputs that are normally background to our movements, and of the way we resonate with others in dyadic interactions, along with video demonstrations of Dr. Frank working.

Kirste L. Carlson, DNP, ND, RN, CS 12 CEs February 26-27, 2016
Deb Schneider-Murphy, LISW

Introduction to Developmental Somatic Psychotherapy: One Day Practicum

This workshop features an all-day practicum to expand your skill in using Developmental Somatic Psychotherapy (DSP). It is designed for people who have experience with DSP, in the 2-day workshop or another DSP activity.

Participation in a previous DSP workshop is a prerequisite to this day-long practicum.

Kirste L. Carlson, DNP, ND, RN, CS 6 CEs February 28, 2016
Deb Schneider-Murphy, LISW

Introduction to Gestalt Coaching

Come taste Gestalt methodology and explore the Gestalt approach to coaching. This two-day workshop introduces key Gestalt concepts through experiential learning and dialogue. Awareness, contact styles, Cycle of Experience, Unit of Work, paradoxical theory of change: become familiar with these Gestalt concepts and discover how a Gestalt stance can improve your coaching technique.

Rick Hancock, MA, GPCC™, PCC, BCC 12 ICF Core Competency CCEs April 1-2, 2016
Jacqueline McLemore, PhD, PhD, PCC

TRAINING PROGRAM

Group Intervention Training Program

Gestalt Group Process Facilitation Skills

Module 1 of this program focuses on skills in assessing and facilitating groups and small systems. In keeping with Gestalt principles a key focus is the development of the practitioner's self-awareness parallel with group awareness. Building ground that enables sustainable progress in the group while developing individuals is woven into the facilitator's skills. The design of creative and developmentally appropriate interventions is an essential part of the training.

Mary Ann Kraus, PsyD, Jay Brinegar, MS
J. Rick Day, PhD Jacqueline McLemore, PhD

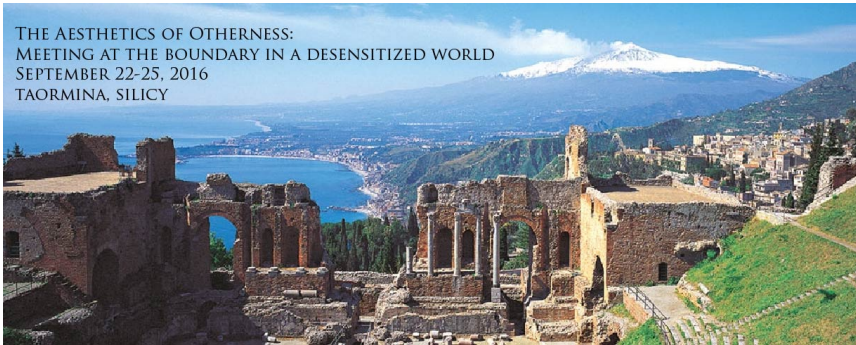
March 20-24, 2016

The Gestalt Institute of Cleveland is approved by the Ohio Psychological Association to offer continuing education to psychologists. It is the responsibility of the provider to abide by the OPA-MCE guidelines. The State of Ohio Counselor, Social Worker & Marriage and Family Therapist Board grants the Gestalt Institute of Cleveland approved provider status to provide continuing education for Counselors and

AAGT/EAGT JOINT CONFERENCE 2016



THE AESTHETICS OF OTHERNESS:
MEETING AT THE BOUNDARY IN A DESENSITIZED WORLD
SEPTEMBER 22-25, 2016
TAORMINA, SICILY



***The Aesthetics of
Otherness***

22-25 September 2015

Facebook page created

Dear AAGT members,

The AAGT has created a **2016 Taormina conference Facebook page**. Please visit and "like" our page; the link is: <https://www.facebook.com/taorminaconference2016/>. Currently, you will find information about the conference, and a link to the hotel. We plan to add program and workshop information when it is made available, and information about the surrounding area. As this is a public page, you will be able to share information and ask questions about the conference, including finding roommates, travel companions, and ideas about the conference and the Taormina area.

I created this Facebook presence for the conference and, along with Sue O'Rourke and Patricia Tucker, will manage the page. We know that the EAGT already has a Facebook page and yet thought it would be in keeping with the theme of the conference if we invited EAGT members also to contribute to the AAGT page, providing a connection "at the boundary."

We look forward to your contribution to this Facebook page and our process, as we move through 2016 and arrive at the conference in September.

Warm wishes and hope to see you in Taormina,

Bob Witchel bwitchel@iup.edu

Co-chair, Conference Publicity Committee



**Interested in learning how to work
with the body in psychotherapy from a
Reichian/Gestalt perspective?**

Contemporary Reichian Therapy
training program

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Washington psychology residents
and counselors seeking licensure

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or via the internet

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encourage you to assign them to students and
trainees.***

***Flying Without Wings: Life with Arnold
Beisser, MD (author of Paradoxical Theory of
Change and 7 books)***

and

***What's Behind the Empty Chair? Gestalt
Therapy Theory and Methodology (2014
version)***



STAYING IN TOUCH: WORKING WITH SEX AND EMOTION TO HELP COUPLES CONNECT – by Stella Resnick

I'm delighted to share with everyone that I was invited to be the keynote speaker for the one-day EFT conference which took place at UCLA on January 23rd. The conference was on **STAYING IN TOUCH: WORKING WITH SEX AND EMOTION TO HELP COUPLES CONNECT**. My keynote was on Embodied Intimacy and I discussed the differences between explicit, left-brain verbal communication and implicit, right-brain, emotional body language and how therapists can help partners thrive sexually by attending to their relational processes—their implicit, subtle messages communicated in facial micro-expressions, vocal tones and gestures when they address their sexual desires. I stressed Gestalt present centered processing and the importance of therapists' personal growth in their own sexual lives as a key factor in their clinical perceptiveness.

EMBODIED INTIMACY:
A Neurobiological-Gestalt Training in Relational Sex Therapy

Stella Resnick, PhD

Sunday, April 3 to Friday, April 8, 2016
Esalen Institute, Big Sur, California

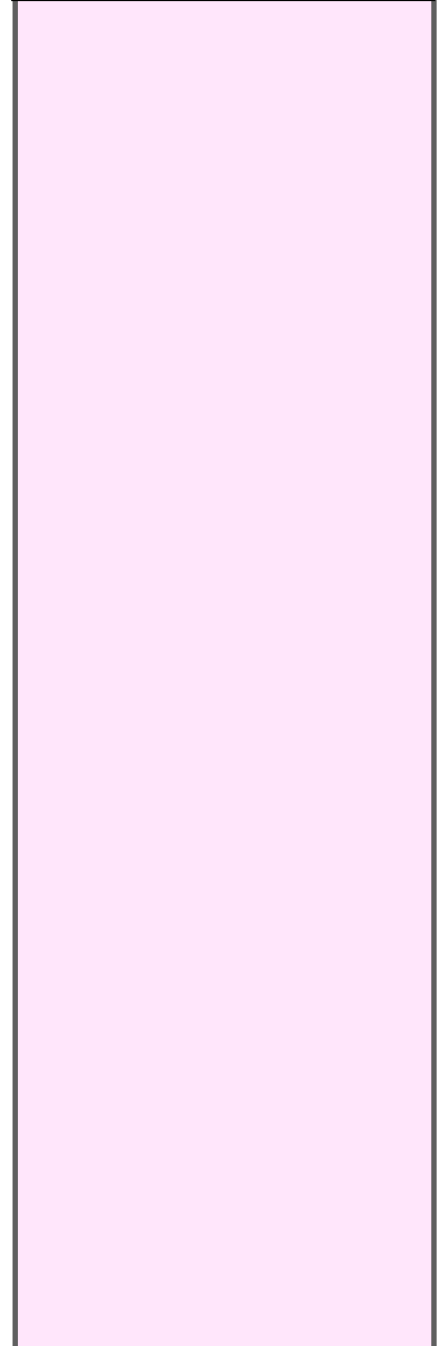
26 CE credits (AASECT, APA, MFT, LCSW)

Neurobiological research supports a right-brain, body-based, relational approach to treatment that corroborates Gestalt therapy, theory, and practice and is especially relevant for therapists working with couples' issues and sex concerns.

This approach focuses on the quality of present-centered connection with another known as affective attunement, a core factor in relationship satisfaction and an essential for arousal, desire, and fulfilling sexual connection between intimates.

This next "full-spectrum" training focuses on the body and is primarily experiential with didactic interludes that deconstruct the process work. Methods for exploring and enhancing emotional and sexual intimacy include a review of the neurobiological foundations of this approach, embodied Gestalt processing, and breath work.

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



Meeting the Other / Sensing into the Between

Join **Cathy Gray** and **Carol Swanson** for a **Gestalt Summer Retreat**
In **Kennebunkport, Maine, USA**

June 27-July 2, 2016

Sponsored by The Gestalt Therapy Institute of Philadelphia



Relax into a slower pace of life in old world elegance and drop into the lived experience of contemporary Gestalt therapy and practice.

We will **study, live, explore, and play** together. Our setting is a newly renovated 18th-Century Captain's Mansion situated on the shore of the Kennebunk River in the beautiful state of Maine.

Our focus is meeting the other in an embodied and dialogic way. This is an **experiential Gestalt group** weeklong retreat **with didactic presentations** to deepen understanding and ground the experience in Gestalt therapy theory.

CECs are available for psychologists and social workers.

For more information and to register contact:

Cathy Gray: cathybgray@gmail.com

Carol Swanson: ndakotasue@yahoo.com





COUNTDOWN

TO.....

The Aesthetic *of* Otherness:

meeting at the boundary in a desensitized world

A joint AAGT and EAGT
Gestalt Conference
at the crossroads
of civilisations

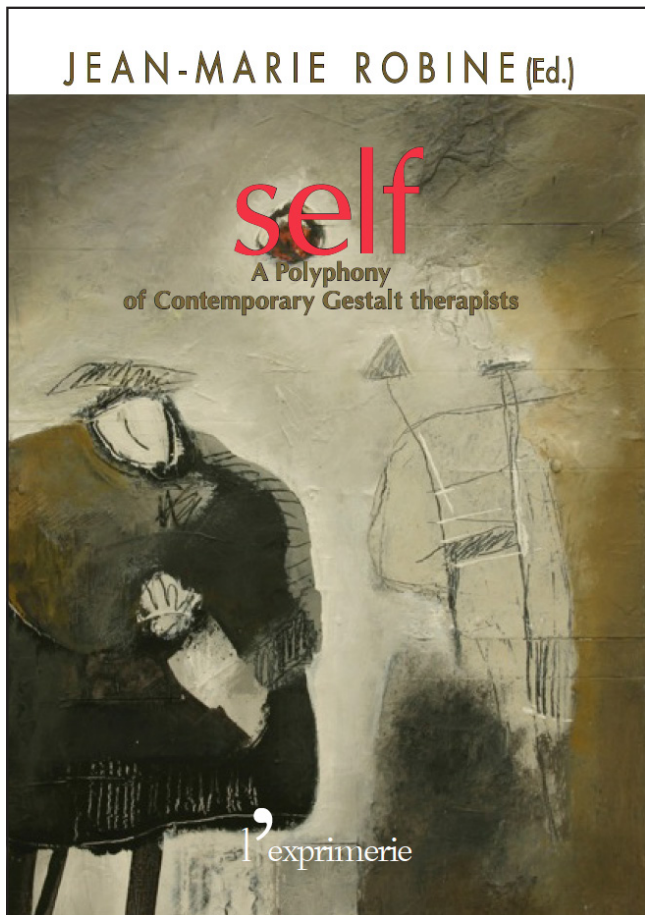
22nd-25th September 2016
Taormina (Sicily),
Hilton Hotel



Dont' miss out on the conference of a lifetime.

Book now

www.taorminaconference2016.com



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SELF

A POLYPHONY OF CONTEMPORARY GESTALT THERAPISTS

Sixty-five years after the creation of gestalt therapy, it seemed useful and interesting to question gestalt therapy theorists on their understanding and use of this concept of 'self', and to invite them to deploy it and clarify the directions in which they may have been able to influence and enrich it.

The authors of these chapters are the major theorists of gestalt therapy today. Every one has been able to take a refreshing look at this foundational concept. The variety of gateways they chose, the sources to which they return, such as psychoanalysis or pragmatism, to open up new perspectives, the broadening of their scope by bringing in approaches from neighboring disciplines (such as phenomenology, object relations theory, neurosciences, spirituality, aesthetics...) get us closer to the spirit of our founders, who hoped that each of us would appropriate their proposals, far from any idea of orthodoxy or a single-minded approach.

No doubt that this essential book will enrich our common ground and contribute to an international common dynamics.

388 pages

English edition: 40 € (+postage)

e-book : 30 €

also available in French

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Roczny Program Gestalt Therapy dla Profesjonalistów w Warszawie

Cykl czterech 2-dniowych spotkań seminaryjno-warsztatowych

Prowadzący: Ewa Canert-Łąka i Piotr Mierkowski

Data rozpoczęcia: Warszawa, 20 i 21 Lutego 2016

Program szkolenia oparty został na książce *Gestalt Therapy. Excitement and Growth in the Human Personality*, autorstwa F. Perlsa, R. Hefferline'a i P. Goodman'a - a przede wszystkim na jej drugim tomie *Novelty, Excitement and Growth*, jaki do dzisiejszego dnia stanowi teoretyczną podstawę podejścia Gestalt do psychoterapii. To ważne dzieło, które nie doczekało się jeszcze polskiego wydania stanowi podstawę materiałów szkoleniowych opracowanych na potrzeby warsztatu, które otrzymają jego uczestnicy.

Ze względu na odkrywcość i ponadczasowy humanistyczny przekaz książki, znanej w środowisku gestaltystów jako „PHG” - od pierwszych liter nazwisk jej autorów, duża część szkolenia zostanie poświęcona dokładnemu studiowaniu jej zawartości, linijka po linijce, włącznie z krytyczną dyskusją przekazów w niej zawartych.

Powszechnie wiadomo, iż język w jakim „PHG” została napisana, nie należy do najłatwiejszych i nie pozwala na automatyczną introjekcję jego zawartości. Wręcz przeciwnie, książka ta wymaga od czytelnika pełnej koncentracji i zaangażowania, a zawarte w niej sprzeczności i niespójności, prowokują do rozważań, eksperymentów i dyskusji, dzięki którym rozwija się indywidualne rozumienie i ucieleśnienie jej przekazu oraz wzrasta świadomość nas samych i otaczającej nas rzeczywistości.

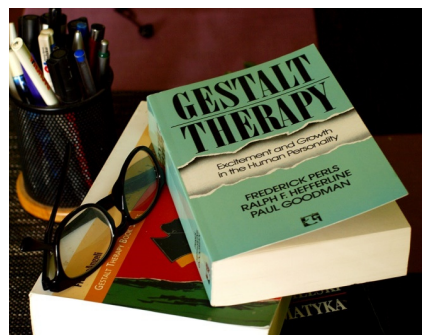
Oprócz wspólnego „przeżywania” źródłowego tekstu, roczny program obejmuje pracę terapeutyczną, demonstracje i superwizję przypadków oraz filmy, które pozwolą na lepsze poznanie początków terapii Gestalt i jej twórców. Podstawową metodą będzie praca w grupie oparta o wspólne poszukiwanie rozumienia, nadawanie indywidualnego znaczenia, odnajdywanie siebie i swoich zasobów bycia psychoterapeutą we współczesnej sytuacji w Polsce.

Prowadzenie warsztatów:

Ewa Canert-Łąka, PTPG, EAGT, psychoterapeutka i superwizor, certyfikowany trener (FORGE); współzałożyciel i pierwszy prezes PTPG (2005-2014). Od 22 lat szkoli i prowadzi psychoterapię indywidualną i grupową w ramach prywatnej praktyki.

Piotr Mierkowski, UKCP, BACP, mgr psychoterapii Gestalt, psycholog, certyfikowany terapeuta par i superwizor. Od 1991 r. prowadzi prywatną praktykę psychoterapii w Londynie. Były dyrektor-konsultant *Gestalt Centre London*; członek AAGT i UKAGP.

Zapraszamy wszystkich psychoterapeutów, którzy chcą poszerzać swoją wiedzę na temat terapii Gestalt: terapeutów Gestalt, psychoterapeutów humanistycznych i pracujących w innych nurtach, specjalistów counsellingu i coachingu, psychologów, oraz studentów dwóch ostatnich lat uniwersytetu. **Grupa liczy max 15 osób.**



“Poznanie PHG było dla mnie odkrywczym i ugruntowującym. Sięgnięcie do korzeni okazało się bardzo rozwijające.”

Roczny program dla Profesjonalistów obejmuje cztery 2-dniowe spotkania seminaryjno-warsztatowe, odbywające się w soboty i niedziele (9.00 – 18.00) z godziną przerwą obiadową.

Terminy poszczególnych spotkań:

20-21 lutego 2016 - Wprowadzenie do PHG

16-17 kwietnia 2016 - Rzeczywistość, natura ludzka i społeczeństwo

9-10 lipca 2016 - Antropologia postawy neurotycznej

23-24 października 2016 - Teoria Ja

Informacja: gestalt@gestalt-szkolenia.pl

Koszt rocznego programu: 3600.00 PLN

Koszt wpisowego: 600.00 PLN

Koszt jednego warsztatu: 750.00 PLN

W cenę programu wliczone są również materiały szkoleniowe w języku polskim oraz egzemplarz angielskiego wydania książki.

Po ukończeniu całego kursu uczestnicy otrzymają certyfikat (łącznie 72 godziny).

Szczegółowe informacje i zapisy na szkolenie: gestalt@gestalt-szkolenia.pl

Zapraszamy do zapoznania się z naszą ofertą: www.gestalt-szkolenia.pl

By Jon Blend

A Gestalt Approach to Working with Children: Oaklander Approach. April 4-8 2016

NB the following is a composite account, based on several years of delivering Easter Intensive arts –based workshop in London, UK. All names used are fictional.

“Can you cut the clay into lumps, Khalid- about a kilo per person- this much? And can someone distribute boards, tools and water? We’re sixteen plus me ...”

There’s a buzz in the group, an international crowd comprising counsellors, psychotherapists psychologists, education and health staff, seated on beanbags around a tarpaulin. Many have read Dr. Violet Oaklander’s seminal book *Windows to our Children*; all have enrolled for a taste of this work in practice: much of this workshop is underpinned by Violet’s approach.

As the week progresses all will become familiar with using the arts through a series of projective exercises and experiences. Earlier today, to orientate ourselves to the work, members talked in pairs, sharing a childhood photo before introducing their partners to the group. Some are in the process of career change; others are experienced therapists. Maria joined the course to explore her own relationship with creativity. “I didn’t get much chance to play as a child.” She says, sadly, “We came from a poor family and moved a lot.”

Most are seeking practical ideas to aid their work with troubled children, including youngsters presenting with anger difficulties. All have some degree of acquaintance with Gestalt, Attachment and developmental theories.

These groups usually bond quickly, becoming a supportive learning community where participants may chose to risk working at their ‘growing edge’ in confidence. There is a basic format: we consider development, assessment, and treatment issues and discuss forming a working alliance with children and families. Participants get to explore at first hand a number of arts modalities including sand -tray, puppetry, music making, creative writing and painting. These modalities offer ‘experience near’, materials and activities that children can relate to. They also lend themselves to phenomenological dialogue. As participants become familiar with using materials, they discover how powerfully the arts can communicate emotion. Arts -based Gestalt therapy owes much to the pioneering influence of Lore Perls. Within the field of child therapy Violet Oaklander’s playful, projective arts approach is held in similar esteem. Incorporating an arts based style helps children develop awareness, inner strength and clarity of purpose. It enhances their contact skills and boosts self-confidence, enhancing resilience.

Let us return now to the group. Members dip their fingers into soft clay and spread it around as we pool our knowledge about this naturally occurring substance. It is a sediment, found in the ground. It has great plasticity and feels soft to touch. I add that this sensual, versatile medium offers a unique means for safely exploring creative and destructive impulses, as we will later discover. Most are familiar with clay’s everyday uses- in making bricks and roof tiles, pots and porcelain, for medicinal purposes, as face packs. As I invite the group to begin shaping their clay pieces into spheres a hush descends. The atmosphere is engaged- there is curiosity in the room and in me too.

Members continue getting to know their clay, smoothing it, pounding it, and placing it on elbows, cheeks, and foreheads. ‘Its been a long time since I used this stuff’ muses Alice; ruefully- are we making coil pots?’ Laughter follows as some recall memories of school arts projects. Here, I point out, we are using clay simply as a means of self-expression, not for making great art.



I introduce a warm up sequence that Violet taught me in 2000 during one of her summer intensives. I encourage people to undertake the sequence where possible with eyes closed, so that we focus on our sense of touch. Whenever people have an urge to 'peek' I suggest they take a picture in their 'mind's eye', as though with a digital camera, and then compare their imagination of how the clay looks with the actuality.

Each person rolls his or her clay into a ball – the shape we will revisit between each mini exercise. The group explores in turn patting, slapping, pinching and punching the clay, later boring through it and ripping it apart. A mixture of awe and merriment- arises - how did my knuckles make that shape? Why does the clay feel hotter when I press into it? Memories of being pinched in class elicit groans and giggles. The final exercise involves the group standing in a circle. On a count of three, we hurl our clay down onto the boards with an almighty thump, letting our sound out as we do so. Amid the jubilation I invite the group to stop and focus on present awareness. Some report tingling sensations in their arms, others a stretching of their throat; most describe a sense of release.

We repeat the throwing exercise with others counting us in using different languages. 'I feel the whole group supported me with my NO!' says Avram during the debrief, eyes shining. Some share different responses, of feeling wobbly after throwing, unnerved by the volume of sound generated. We discuss how exuberant expression, enthralling for some, can equally be frightening for others who associate high-octane responses with danger or abuse. This provides grist to the mill for later exploration in therapy or supervision: if we are to facilitate children's emotional expression safely and effectively we must be able to process and manage our own experiencing.

The atmosphere feels meditative as members working alone in silence continue shaping their clay. Working in client-therapist dyads they investigate the meaning of each person's structure, examining it from different angles. The client is invited to dialogue with her piece, to 'become' it. A concluding sense-making component searches for meaning: 'does sailing off alone, as you portray here with your clay boat – hold any resonance for you in your life?'



During the discussion that follows Luciana wonders about differences between aggressive energy, anger and violence. In many Western societies anger receives 'a bad press'; as Violet has often observed; it is probably 'the most misunderstood' of the emotions (Oaklander, personal conversation 2014). In the UK today popular culture remains fascinated by violence; the notorious video game Grand Theft Auto appeals to an increasingly younger cohort as children join the internet savvy generations. The sensationalist parts of our media industry moreover suggest, erroneously, that aggression leads inevitably to violence: such assertions sell newspapers. Here in the group the search is for nuanced thinking e.g. about how aggressive energy contributes to developing what Kurt Lewin calls Lifespace.

Later, after members share personal experiences of releasing and withholding strong emotions the day concludes with a practical demonstration. We experiment with various ways in which children can express and contain their emotions safely and appropriately that meet the field conditions they find themselves in.

Thank you for reading this. Therapists and senior trainees are welcome to apply to the next working with Children (residential) workshop, which takes place April 4-8 2016 at The Abbey, Sutton Courtenay, Oxfordshire, England. The Abbey is a twelfth century retreat centre with three acres of grounds, situated about an hour from London by car or train. There is accommodation onsite in single/ double rooms; full vegetarian catering. 36 hours CPD.

*For flyer/ bookings please contact me, **Jon Blend, MA**
Integrative Child Psychotherapist & Gestalt Psychotherapist
Guest tutor with Violet Solomon Oaklander Foundation
[E: jon.blend335@gmail.com](mailto:jon.blend335@gmail.com); <http://www.gacp.co.uk/>*

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For a detailed flier and to book your place, please email:

Julianne.ao@web.de. Thank you!

Rooted in Dialogical Gestalt Psychotherapy, the focus will be on bodily gestalten as tiny movements, rhythms and melodies of two bodies relating, regulating and communicating with each other. The way both client and therapist look, sit, move, and breathe sends messages in both directions. In an embodied field, both move each other and are moved by the other. Based on her experiences as a psychotherapist and trainer, Julianne will show how this rich and often unnoticed body-to-body-communication can be brought into awareness. The therapist's own bodily attunement to the relational language of the client's body, alongside an awareness of one's personal physical resonances, allows the possibility for explicit interaction within this mode of body-to-body-communication. Julianne offers a safe and respectful space for exercises, experiential process, live supervision, live demonstration, theory input and small group work.

Julianne Appel-Opper, Psychol. Psychotherapist, UKCP reg.
Integrative and Gestalt Psychotherapist, MUKAHPP, Supervisor
(University of Birmingham, U.K.), Trainer. For more information, for
example to download her publications or to read what others said
about the workshops, please visit her website at
www.thelivingbody.de.

Awakening the Dream: Gestalt Practice of Working with Dreams, Symbols and Fantasies- with Jim Kepner & Lourdes Quiroz-Kepner

Please join us for a deep five day dive into Gestalt practice with dreams... in the dreamy beauty and energy of Esalen and Big Sur!

Therapists, coaches, and facilitators in human development need to access resources and insight that may not be readily available in the client's current awareness. The Gestalt approach has unique and specific ways to develop and illuminate these hidden resources by working with dreams, fantasies, stories, and symbols – things that are part of everyone's experience. These can be like tightly packed treasure boxes that reveal jewels hidden in plain sight. The Gestalt approach offers many ways to unpack these rich sources of meaning.

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Lourdes brings twenty-five years of teaching and developing training programs working with dreams from Gestalt, Jungian, and other perspectives. Jim brings his knowledge base from working with embodiment and with spiritual development. Together they foster a warm and creative atmosphere for exploring this exciting realm of insight. You don't need to remember your dreams to benefit from this workshop because all of us are dreamers, and the natural capacity we have to invest meaning in fantasies, symbols, and even ordinary objects gives anyone an access point to self-exploration.

[See Esalen website for more information and registration..](#)
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*Five day
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Robert W. Resnick, Ph.D. and Rita F. Resnick, Ph.D.

Location: Emily Program, Seattle Washington

Contact: Rita Resnick ritaresnick@gatla.org

Info & Registration: <http://gatla.org/masterclass-seattle/>



Oslo, Norway

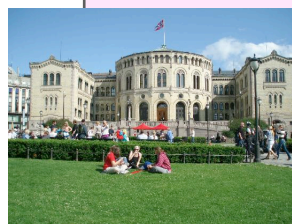
April 15 - 17, 2016

Rita F. Resnick, Ph.D. & Robert W. Resnick, Ph.D.

Couples Therapy Training Workshop

"A Couple of Individuals"

Contact: Erling Thorkildsen erlingmt@gmail.com



Killarney, Ireland

April 21 19:00 – 21:00 Theory Overview (Review)

April 22–24, 2016

Rita F. Resnick, Ph.D. & Robert W. Resnick, Ph.D.

Kevin McCann, H Dip GT, Favo Barbarello, M.Sc.

Couples Therapy Training Workshop

"Two Become One and Then There Are None"

<http://resnickcouplestherapytraining.brownpapertickets.com>

Contact: ritaresnick@gatla.org or BobResnick360@gmail.com

Kevin/Favo in Ireland: animagestalt@gmail.com



Amsterdam, Holland

Centrum de Roos, Amsterdam

April 28, 19:00 – 22:00 Gestalt Film Screening & Discussion with Robert W. Resnick, Ph.D.

April 29th 15.00 – May 1st 17.30, Mennorode

Couples Therapy Training Workshop

"A Couple of Individuals"

Rita F. Resnick, Ph.D. & Robert W. Resnick, Ph.D.

Contact: Paul ter Weijde, paulterweijde@planet.nl



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Contact: ritaresnick@gatla.org



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Module Two

March 5 - 10, 2018

Module Three

October 15 - 20, 2018

Module Four

March 25 - 30, 2019

**For further information and to apply, visit the Center's website at
www.somaticstudies.com**

Your next newsletter will be published

Mid- May 2016

Please send contributions to Alex. Email is: Alexschi@hotmail.co.uk by 30th April 2016.

Communications Director: Brad Larsen Newsletter Editor: Alex Schlotterbeck Publication Guide- lines: Articles accepted between 500 and 1500 words. Content relates to Gestalt therapy, AAGT and the creativity and interest of the membership. Letters to the Editor should be succinct and o the point. All material submitted remains the property of the Newsletter staff. Deadlines are final. Style can be informal, but should be good writing. All material is subject to editing to fit the parameters and needs of any given issue of the Newsletter. The content herein represents the opinions of contributing authors and not the opinion, policies or procedures of AAGT unless otherwise specified.

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