

# AAGT

**Association for the  
Advancement of  
Gestalt Therapy**

**An International Community**



***Winter, 2018***

***Newsletter***



**🔊 2018 AAGT Conference Updates**

**🔊 Workshops & Educational Opportunities**

**🔊 AAGT Focus Groups to Join**

**🔊 Announcements of Interest**

## Winter Greetings!



As with many of you reading this, it is very cold outdoors! While some are enjoying a lovely summer, we in the Eastern US are experiencing a particularly bitter cold snap. On a New Year's visit to the beach in South Carolina, we were surprised by ice covered sand! It was a very different, yet very wonderful experience!

Please note that if you have not yet registered for this year's Toronto AAGT Conference, simply go to the website to register <https://aagt.org/>. Attending the conference you will have an opportunity to learn, grow, and expand your awareness of self and others in the gestalt community. Hope to see you there!

I hope each of you have an opportunity to enjoy the outdoors wherever you live! Stay warm! Or cool! As the case in your part of the world may be....

Emily Meyer Stewart, LPC

AAGT Newsletter Editor

Pittsburgh, PA USA

[aagt.emeyerstewart@outlook.com](mailto:aagt.emeyerstewart@outlook.com)



***Once again, special thanks to everyone who sent information for inclusion in this newsletter! Please consider submitting your information for the Winter Newsletter.***

### **Some examples of what you can submit:**

- ⇒ ***Your publishable photos from gestalt conferences, workshops, and training centers***
- ⇒ ***Articles, books, or other publication announcements from AAGT members***
- ⇒ ***Upcoming trainings, workshops, conferences that may be of interest to AAGT members***
- ⇒ ***Academic networking opportunities***
- ⇒ ***Artwork, poetry, or other media to encourage and connect with others!***
- ⇒ ***Limit your submission to 2 pages, as a Word Document—and please send to [aagt.emeyerstewart@outlook.com](mailto:aagt.emeyerstewart@outlook.com)***

**SPRING/SUMMER NEWSLETTER**

**SUBMIT BY APRIL 30, 2018**

**Publishing date: May, 2018**

## *From the AAGT President, Toni Gilligan*

[tonigilligan.gestalt@phonecoop.coop](mailto:tonigilligan.gestalt@phonecoop.coop)



I start to write this message having just signed another petition, this time for All Out: a young, gay Chechnyan man kidnapped and disappeared. 2017 was a painful year for many, with individual losses, the continuing tragedies of refugees, the apparent legitimisation in some countries of xenophobia, of sexism, of ‘gay-bashing’.

Our community too has had a challenging year, and we have lost some cherished members. I think of Bob Witchel...Karen Armstrong...and others in the gestalt community who have passed, and whom we remember for what they gave to us and how we were touched by them.

Yet there has also been much to celebrate. I imagine others of you, like me, are members of Avaaz (<https://secure.avaaz.org/en/>). Yesterday they posted a celebratory video of 2017, which made me smile and cry a little. Here’s the link: <https://www.facebook.com/Avaaz/videos/10155594738888884/>

And I have just heard Oprah Winfrey’s Golden Globe speech: powerful, passionate and inspiring. So I look forward to 2018 as a year in which more and more grass-roots activism continues to bring hope, the ‘blessed unrest’ as Paul Hawken called it.

Preparations for our Conference are continuing apace! The CPC and all the subcommittee members are putting in a tremendous amount of creative energy and work! We have an exciting and challenging theme which we hope responds to the demands of our time: ‘Radical Respect’. Registration is open, and the early-bird rate will end on Jan 31<sup>st</sup> – so sign up now!.

As I look forward to the conference I am aware of beginning the final lap of my tenure as president, and I reflect on the nature of AAGT, who we are as an association and what I hoped to achieve when I accepted nomination in Asilomar. I believe that ‘Advancing Gestalt Therapy’ is more than increasing individual and organisational membership of AAGT, important as those are. I want us to consider other ways in which we might, and perhaps already do, advance gestalt therapy. I think they include supporting increased access to gestalt therapy, and bringing the ethos and philosophy of gestalt therapy to bear on social issues. I know many of us are socially involved: how might AAGT support that? One idea for example is that in addition to a Scholarship fund we create a *Human Rights and Social Responsibility Fund*. What do you think?

In the meantime, quoting Ali Burns’ song – ‘Let’s take a cup of kindness and toast another year.’ I raise my cup to you all and wish you well and fulfilled in 2018.

***Toni***

## **14th Biennial AAGT Conference Toronto, Canada**

### **August 14-19, 2018**



**Register at the Conference website: [aagttoronto2018.com](http://aagttoronto2018.com)**

The theme of Radical Respect caught our attention as we reflected on the background anxiety that impacts both therapist and client, teacher and students, that is a feature of our present times.

The social demand from all quarters, including our own community, is for deeper respect. Gestalt which allows people to really sit deeply in contact with the other without judgment, can address the emotional well being of individuals (and groups), and its principles can be applied to social, political and humanitarian issues.

*Looking forward to seeing you  
in Toronto!*



**Conference Co-convenors,  
Carolina Edwards, Heather Keyes, Jay Tropianskaia**

## PROCESS GROUPS TORONTO 2018

### CALL FOR PROCESS GROUP FACILITATORS



**Dear Colleagues,**

We invite you again, experienced and less experienced to volunteer for Process Group Facilitators to biennial Conference 2018 in Toronto. With your help we want to organize the Process Groups which are an integral part of our AAGT Conferences. They are a unique Gestalt therapy approach to conferencing. Process Groups help shape the experience of the participants and contribute to the on-going creation of the conference as organically emerging here-and-now experiences. They put process and program in a co-creating relationship. After every AAGT conference the feedback most often received from participants is how wonderful the process group experience was for them.

Each group has two facilitators who encourage, stimulate, and support the conference participants to attend to their experience and explore the unique meaning value of the conference to them. Process group leading facilitating is different from running a therapy group; the task is to encourage, stimulate and support people in processing. As a place for people to process their experience of the conference, and in meeting each other intimately in small groups. We provide training to facilitators at the start of the conference and continuing support and information through small process group facilitator meetings. It is exciting to find conference themes emerging at these meetings.

We especially encourage persons with little or no group work experience to take the step of offering to co-facilitate a process group. This is a step worth taking, you are likely to find it an enriching experience. Many people, once having taken the step of leading process groups do so conference after conference. It is a great way to get involved. If you have facilitated in the past, please consider doing so again. Your being a group facilitator will be very much appreciated.

You can register to be a facilitator when you register for the conference. Volunteering to be a Process Group Facilitator is quick and easy to do by just filling out the facilitator volunteer option when you register for the conference.

For more information please contact:

Nives Vrecic Lorbek [nivesv@gmail.com](mailto:nivesv@gmail.com) or Claudia Fernandez [claufernandezs@yahoo.com.mx](mailto:claufernandezs@yahoo.com.mx).

***Warm regards and Happy New Year 2018!***

**The Process Group Committee**

Co-Chairs:

Nives Vrecic Lorbek - Slovenia

Claudia Fernandez - Mexico

Luisa de Amaral – Canada





***Calling all musicians, dancers, poets, rappers, singers, storytellers and sketch performers to the AAGT 2018 Toronto Conference Friday Night Soirée !!***

**Join Us For:**

## **The Gestalt Cabaret & Ceilidh!\***



**This two- hour soirée of fun and reflection takes place FRIDAY NIGHT at the 2018 AAGT Toronto Conference and will feature a variety of ‘homegrown’ talent! We need YOU!**

### **Performers**

If you have something to offer, a solo piece, duet, sketch or something else, please contact a member of the Friday Night Committee ( e/addresses below) *asap* with your suggestion. Let us know the following:  
(a) the nature of your contribution (ie song/ poem/ polemic /something else); (b) title ;( c) length in minutes ;  
(d) any other requirements (eg piano/ guitar accompaniment). If you can email words/lyrics/ music that will help us too.

***You don't need vast experience to take part: If you've never performed in public and are curious to try this out that's just fine: treat it as an experiment!***

### **Ancillary helpers**

If you have experience of operating a mixing desk and could do so on the night that would be a big help. We also need people who can help us set up the ballroom space in the afternoon .

### **Driver**

We need a driver with a small van /estate car who is willing to collect instruments and equipment from a nearby store on Friday afternoon and return them the following morning.

### **Everyone else!**

An evening like this requires a receptive audience: *we can't do it without you!* So please join us after dinner for what promises to be a fun and at times reflective event!

### **The Friday Night Committee,**

Jon Blend – UK (MC): [jon.blend335@gmail.com](mailto:jon.blend335@gmail.com)

Allan Singer- US: [asingerlicsw@aol.com](mailto:asingerlicsw@aol.com)

Natalie Gold- Canada: [natalie.gold@change happens.ca](mailto:natalie.gold@change happens.ca)

***\*Ceilidh, (pronounced 'kay' 'lee') is a Gaelic word used to describe a social gathering. A ceilidh often involves folk dancing though the term also finds use in informal music and storytelling events where conundrums, poems, songs and whimsy may be shared, with audience participation.***

## ***AAGT Organizational Member Representatives***

Dear Organizational Member of AAGT,

We hope that 2017 was a good year for you and that you had the opportunity to connect with family and friends during the holiday season.

Please join us in welcoming in the new year with the confidence that we live up to our resolutions. We would also like to express appreciation for your continued membership and support.

Discounted early registration for the conference in August in Toronto is in progress, and we suggest getting your registration in as soon as possible. We look forward to seeing you there, face to face, but by then, you can contact us by e-mail at any time with questions, suggestions ... .

Don't forget to mark your calendars for the Organizational Members meeting on Friday (11.45am) during the conference.

***Warm regards and Happy New Year 2018,***

**Nives & Shareefah**

**Organization member representatives to the Board of AAGT**



Nives Vrečić ([nivesv@gmail.com](mailto:nivesv@gmail.com))

Shareefah Sabur ([ssabur@gestaltcleveland.org](mailto:ssabur@gestaltcleveland.org))

*From Mark Reck ~*

***AAGT Research Liaison***

[mark.reck.psyd@gmail.com](mailto:mark.reck.psyd@gmail.com)



***Greetings all!***

**A Quick Request**

- ♦ *Are you currently conducting gestalt research?*
- ♦ *Have you completed gestalt research?*
- ♦ *Would you be interested in having your gestalt research published or disseminated?*

The AAGT Research Interest Group is interested in compiling a list or database of recent and current gestalt-related research, as well as possibly working towards a more concerted effort to support publication of that work in journals.

If you would like to contribute to the database, please let me know.

Also, if you would like to be added to the invitation list of future AAGT Research Interest Group meetings, please let me know. Tentatively, the group meets monthly on a Sunday at 12:00pm (ET) using the online videoconferencing format Zoom.

Hope you will consider joining us as part of the Research Interest Group!

Have a wonderful winter holiday season and a bright new year!

Mark Reck  
([mark.reck.psyd@gmail.com](mailto:mark.reck.psyd@gmail.com))  
AAGT Research Liaison





## Two AAGT Special Interest Groups Updates

from Catie Beaulieu



### Yoga and Gestalt Group

The Yoga and Gestalt Group currently serves as a listserv for practitioners to obtain feedback, brainstorm, connect, and share resources. Members of the listserv discuss integration of gestalt into their yoga and yoga into their gestalt as a metaphor, embodiment, in a yoga class, and/or in their psychotherapy practice. While we are currently a listserv, we have discussed opportunities to share via video conferencing the practice of yoga and gestalt through experience. A special shout out to a member of the group, Victor Daniels who recently co-authored a book that integrates many gestalt insights into the chakra yoga system, called [Awakening the Chakras: The 7 Energy Centers in Your Daily Life](http://www.awakeningthechakras.com) and can be ordered online at [www.awakeningthechakras.com](http://www.awakeningthechakras.com).

To join our group, please contact Catie Beaulieu at [gestaltwellnessstudio@gmail.com](mailto:gestaltwellnessstudio@gmail.com).

### Person of Color Group

We are currently four members of different colors (including “white”). We meet in support, advocacy, research, and outreach. We have interests (and I’ll speak for myself in that I have issues) relating to people of color and the advancement of gestalt. We would love for you to join us in our outreach, invite discussion, and hear your interests. Co-chairs are Anita Barnes and Catie Beaulieu.

Please contact Catie to join at [gestaltwellnessstudio@gmail.com](mailto:gestaltwellnessstudio@gmail.com).



## *A Notice from the 2017 Paris Research Conference*

The conveners and presenters at the 2017 Paris Research Conference have coordinated to make some resources freely available to everyone.

First, some of the presenters at the conference have made their materials (e.g., PowerPoint slides, handouts) from their workshops available for download.

Second, the conference planning committee video recorded all three of the plenary talks and they are uploaded to be freely viewed.

These resources are all available from the 2017 Paris Research Conference website:

[www.gestalt-research.com](http://www.gestalt-research.com)

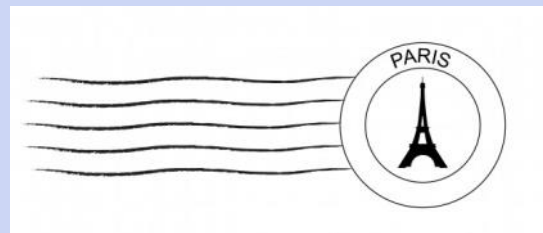
For those who registered for the conference, all you must do to access these materials is sign in to your website account.

For those who did not register for the conference, to access these materials, all you must do is create a free website account, the directions for which can be found on the website.

A special thanks to **Vincent Beja**, who was the primary coordinator for making these resources available on the website!

Send any questions to Mark Reck:

([mark.reck.psyd@gmail.com](mailto:mark.reck.psyd@gmail.com)).



## *AAGT's*

### *Child & Adolescent Interest Group*

**Chair, Jon Blend**

[jon.blend335@gmail.com](mailto:jon.blend335@gmail.com)



*Membership is open to any AAGT members who are interested in using a gestalt approach in therapy/ therapeutic work with young people.*

This is an open group that gets together online every two months. So far we have met with participants based in Canada, USA, Australia, Mexico, UK and Germany. We share news and views about child therapy practice and policy, offer support and informal consultation. In the future we are planning to have theme-based discussions.

**Future meeting dates are:**

**February 8**

**April 5**

**June 30**

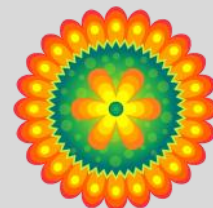
Meetings take place at 1800 hours GMT (UK time) or equivalent. In August we will meet in person at the Toronto conference.

To join the calls send your name, email and location details to me, Jon Blend ([jon.blend335@gmail.com](mailto:jon.blend335@gmail.com)) with a copy to Mari McGilton administrator ([admin@aagt.org](mailto:admin@aagt.org)). Next download the free software from Zoom -our online platform.

***We look forward to you joining us!***

***New Year Greetings!***

**Jon (Chair: London, UK)**



## Working with Children: Oaklander-based Arts Intensive.

**April 9-13 2018**

**with Jon Blend, Gestalt Centre London NW1 0PT**



### *Applications:*

<https://gestaltcentre.org.uk/course/a-gestalt-approach-to-working-with-children/>

This 'hands on' experiential Gestalt workshop caters for counsellors, psychotherapists, and health and education professionals working directly with children in a therapeutic capacity. It may also interest those wishing to explore their own relationship with creativity and play.

The course draws inspiration from the pioneering work of Dr. Violet Oaklander whose approach puts the relationship between therapist and child at the heart of the therapeutic process. Children use their contact skills as relational tools; troubled children struggle to make good contact; many also have a poor sense of self. Therapy facilitates exploration of emotional blockages, helps children reconnect with their feelings, body and intellect, rediscovering their natural ability to cope.

### **Course content**

Includes demonstrations, theory discussion and small group work. A recommended reading list is provided and a workbook Participants will explore many of the following arts modalities: drawing/painting, clay, sand- tray, haiku, puppetry and improvised music making.

### **Objectives**

*By the end of the course participants will be able to:*

Incorporate arts methods into an experiential framework

Explore children's' concerns using images, metaphor, movement and play

Understand how the relational self emerges and develops uniquely in childhood

Engage children in a dialogic exploration of troublesome thoughts and feelings

Utilize a variety of practical skills and techniques suited to therapeutic work with children.

### **Tutor/facilitator**

**Jon Blend MA** Dip Psych, Dip Child, CQSW is an adult and child psychotherapist, international trainer and clinical supervisor. He has thirty years experience of working with children and families in various mental health settings in the UK. He currently works in private practice in London. Jon is a member of the Oaklander Foundation and co-founder of the UK branch of the European Interdisciplinary Association for Therapeutic Services for Children and Young People. His publications include a chapter in *Relational Child, Relational Brain*. Jon performs with Playback South Theatre Company and is a teaching member of the Guild of Lifemusicians . He hosts AAGT's Child and Adolescent Interest Group (CAIG).

Website: [www.gacp.co.uk/](http://www.gacp.co.uk/)

**Stockholm, Sweden:**

## Embodied Intersubjectivity

a developmental and movement oriented approach to psychotherapy

with Ruella Frank, Ph.D.

April 28 - 29, 2018, Saturday and Sunday 9:30 am - 4:30 pm

In this 2-day workshop, Dr. Ruella Frank will explore the intricate relational moves of embodied intersubjectivity that form a basis of communication, initially between parent and baby but then throughout life. The movement repertoire that develops in the first year of life is a language that conveys our most pressing desires, intentions and emotions. These expressive movements, acquired in the company of significant others, go on to become the tacit core of adult behaviour in everyday experience and, of course, in the psychotherapy relationship too.

**Further information and to register contact** Ruella Frank at [ruellafrank@gmail.com](mailto:ruellafrank@gmail.com), or visit [somaticstudies.com](http://somaticstudies.com)

**Bilbao, Spain:**

## Moving Towards the Edge

an advanced international event in gestalt therapy

with Ruella Frank, Jean-Marie Robine, & Michael Vincent Miller

July 23 - 29, 2018, Monday, Tuesday, Wednesday, Friday, Saturday and Sunday 9:30 am - 5:00 pm

This six-day program, a collaboration among Michael Vincent Miller, Ruella Frank and Jean-Marie Robine, three international trainers and theorists, is intended for experienced practitioners as well as trainers of Gestalt therapy. The emphasis is on expanding possibilities and exploring new horizons in our work. Foundational concepts of Gestalt therapy, such as contacting, contact-boundary, theory of self, etc., will be scrutinized and given new shape.

**Further information and to register visit** Institute Français de Gestalt-Thérapie at [gestalt-ifgt.com](http://gestalt-ifgt.com) or contact IFGT by phone: +335 57 58 29 70, or email: [ifgt@orange.fr](mailto:ifgt@orange.fr)

**Stockholm, Sweden:**

## Training Program 2019-2021

## Developmental Somatic Psychotherapy™

developmental process embodied within the clinical moment

with Ruella Frank, Ph.D.

Begins: May 2019

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.

**Further information and to apply contact** Ruella Frank at [ruellafrank@gmail.com](mailto:ruellafrank@gmail.com), or visit [somaticstudies.com](http://somaticstudies.com)

**Center for  
Somatic Studies  
Trainings**





### **Gestalt Experience Workshop: An Introduction to Gestalt**

Date: February 16-18, 2018

Time: Friday, 1:00pm-7:00pm; Saturday, 9:00am-6:00pm; Sunday, 9:00am to 1:00pm

Continuing Education (CE): 16.5 contact hours

Location: Gestalt Institute of Cleveland, Ohio, USA

Faculty: Allison E. Bruce MEd, PCC, Elizabeth Welch, MA, CDP

We invite you to participate in a Gestalt Experience Workshop (GEW) and learn how a Gestalt approach can help you to build more productive and satisfying personal and professional relationships. This workshop focuses on increasing your self-awareness and supporting your learning through direct, present experience and respectful exchange with others. Our skilled faculty facilitators create a space in which to explore, observe, practice and discuss interpersonal interactions. In addition, core elements of Gestalt methods are explained to help you to integrate your learning.

GIC OFFICE: 216-421-0468 or visit <http://www.gestaltcleveland.org>

### **Group Intervention Training Program Module I**

Date: Module I: March 4-8, 2018

Time: Sunday, 1:00pm-7:00pm, Monday, 9:00am-6:00pm, Tuesday, 9:00am-6:00pm, Wednesday, 9:00am-6:00pm, Thursday, 9:00am-4:00pm

Continuing Education (CE): 35.75 contact hours

Portions of this training are eligible CCEs for International Coach Federation Core Competency and Resource Development hours. Please contact us for details.

Location: Gestalt Institute of Cleveland

Faculty: Allison E. Bruce MEd, PCC, J. Rick Day, MBA, PhD, PsyD, ABPP, Daniel Goldstein, MSW, LCSW, Richard B. Hancock, MA, GPCC™, PCC, BCC, Mary Ann Kraus, PsyD, BCC

This module 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 in the group is woven into the facilitator's skills. The design of creative and developmentally appropriate interventions is an essential part of the training.

GIC OFFICE: 216-421-0468 or visit <http://www.gestaltcleveland.org>

### **Authenticity and Empowerment - A Woman's Way**

Date: April 13-15, 2018

Time: Friday, 7:00pm-9:00pm; Saturday, 9:00am-5:00pm (break between 12:30pm-2:00pm); Sunday, 10:00am-1:00pm

Continuing Education (CE): 10.75 contact hours

Location: Gestalt Institute of Cleveland

Faculty: Gail Feinstein, LCSW

In this interactive and experiential workshop, we investigate how the cultural conditioning has influenced our beliefs and feelings about being female, feminine and beautiful. We explore ways we feel inhibited, entangled and trapped by life, leading us to 'dimming down', staying hidden and disconnecting from our bodies. Using a Gestalt phenomenological approach, breath and movement, we heighten our awareness of how these introjections are embodied, as well as how deconstructing them supports a more authentic, relational expression. With the unlearning, we re-define what is beautiful, admired and respected about being a woman; bring value to our aging process; reclaim the power and sacredness of menstruating and menopause, and so much more.

GIC OFFICE: 216-421-0468 or visit <http://www.gestaltcleveland.org>

**Location for all trainings: Cleveland, Ohio, USA**

# *Playing With Presence*

*An expressive arts workshop with Rebekah Windmiller*

This workshop offers spacious time to join with others in the creation of art, poetry and dancing in a seriously playful exploration of presence.

We focus on sensory and aesthetic experience, how we are in relation to our art work, ourselves and each other, how our creation has its own presence, and how presence changes as we move between these places.

We look at the multiplicity of art-individual-other, and where this can be a support for our lives. A discussion of methods in expressive arts practice as it relates to phenomenology and co-created process will also provide context and awareness of process.

This workshop is open to anyone interested in the connections between art & life including therapists, artists, educators and those interested in community-based arts facilitation.

All are welcome!

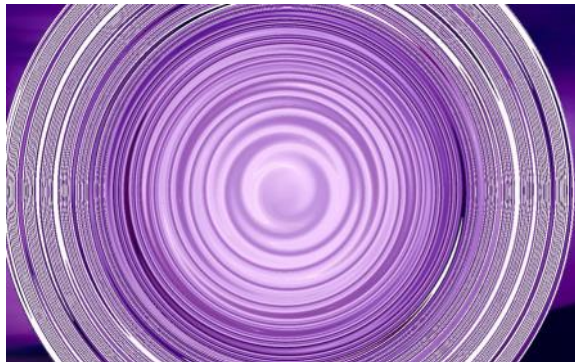
**Artistic experience not required. Your own sensitivity is what counts.**

**SATURDAY, January 27      1:00-5:00 pm**

**Balance Arts Center    34 West 28th Street, NYC   fee: \$75**

**For registration & information contact: [windmiller.rebekah@gmail.com](mailto:windmiller.rebekah@gmail.com)**

***Rebekah Windmiller, LCAT, REAT**, is choreographer, dancer, and expressive arts therapist. Rebekah founded and directed NYC Expressive Arts and was a guest faculty member at NY Expressive Arts Studio in Albany, NY. Rebekah has worked for 15 years as a therapist in a hospital environment and is currently a student in the Clinical Fellowship program at Gestalt Associates for Psychotherapy.*





## *The Sustainable Self Workshops*

[www.lifeworkscounselling.co.nz](http://www.lifeworkscounselling.co.nz)

Christchurch 8148

New Zealand

We see our planet is in a state of eco-crisis. Many people today are also experiencing an eco-crisis within the small planet of their body. So many clients in my therapy practice present with 'mental illness', when they're actually burnt-out or under-nourished.

People generally aren't taught skills or encouraged to look after themselves, and consequently, we're collectively experiencing an epidemic of ill health and mental illness. When we're feeling better, REALLY feeling better, that's from growing our sustainability and sturdy wellbeing.

There's a fundamental relationship within your personal bio-diversity that you can learn to support and nourish: the home-base of your body; your physical self, your thinking self *and* your feeling self. Please join us for the following workshops:

### **Workshop 1: Growing your Physical Sustainability**

Saturday 10 February *or* Saturday 24 February

### **Workshop 2: Growing Sustainability within your Feelings**

Saturday 17 March-- PLEASE CONTACT LIFEWORK COUNSELLING FOR COMPLETE DETAILS ON WORKSHOP 2

### **Workshop 3: Growing Sustainability within your Thinking**

Saturday 14 April--PLEASE CONTACT LIFEWORK COUNSELLING FOR COMPLETE DETAILS ON WORKSHOP 3

Attendance at the Physical Sustainability workshop is a prerequisite for enrolment in the subsequent workshops

### **The Sustainable Self: Growing your Physical Sustainability**

Saturday 10 February OR Saturday 24 February

9.00am to 4.00pm

*Feel like you're sometimes trying to bike through life on flat tyres?*

Your thinking and feeling are significantly affected by the energy (or exhaustion) of your body. Your sustainability is housed within your body. If you feel stressed, overwhelmed, self-critical, are lacking energy, are wired but not energised, aren't sleeping well, can't be bothered doing anything, aren't enjoying life or you feel anxious, jumpy, weepy or quick-fused... then your energy is not sustainable. We'll explore how physical exhaustion can be labelled as a mental illness, contributes to erosive thinking and to feeling emotionally blah. We'll begin growing your Sustainable Self with **Nickei Falconer** (counsellor and psychotherapist, LifeWorks Counselling)

- relax into movement, with a session of Pilates based movement led by **Mana Fleming** (Pilates and fitness instructor with CCC).
- learn how to recover and resource your body with information from **Carol Birch** (Naturopath)
- And more!

**Where:** Mary Potter Community Centre, 442 Durham Street North, Christchurch (parking onsite)

**Fee:** Earlybird \$98.00 (payment by 19 January) \$120.00 (on or after 20 January)

**To register:** or for more information, email Nickei [nickeifalconer@hotmail.com](mailto:nickeifalconer@hotmail.com)

### **About Nickei Falconer:**

*I'm registered with the Psychotherapy Board of Aotearoa New Zealand (PBANZ), and with the New Zealand Association of Counsellors (NZAC). From my background in management, I also work building workplace sustainability and wellness with business managers and teams. [www.lifeworkscounselling.co.nz](http://www.lifeworkscounselling.co.nz)*

## Relational Living Body Psychotherapy

[www.thelivingbody.de](http://www.thelivingbody.de)

**Julianne Appel-Opper will offer a series of four English language weekend workshops in Berlin**

**19-21 Oct 2018; 18-20 Jan 2019; 26-28 April 2019; 14-16 June 2019**

**Friday 4pm-7pm, Sat 10am-5.30pm, Sun 10am-2pm**

The way both client and therapist look, sit, move, and breathe sends messages in both directions. Within a cocreated embodied field two living bodies communicate with each other as rhythms and melodies of moving and being moved. Julianne has developed a new way of understanding of and working within this body-to-body-communication in a relational and field-oriented way. Own bodily attunement to the relational body messages of the client, along-side an awareness of one's personal physical resonances and impulses opens possibilities for new explicit interaction within this mode of body-to-body-communication without physically touching each other.

Julianne's approach is theoretically underpinned in Dialogical Gestalt Psychotherapy, Relational Psychoanalytical thinking and is well situated within research fields of neuroscience, attachment, and developmental psychology.

Using her experience of many years of clinical practice and teaching, Julianne offers a safe and respectful space for exercises, experiential process, live supervision, small group work together with theory input and a critical discussion and reflection of different approaches to body process in psychotherapy and relevant interdisciplinary research findings in this field.

For more information and to book your place, please email: [julianne.ao@web.de](mailto:julianne.ao@web.de)

**Julianne Appel-Opper**, Dip. Psychology, Clin. Psychologist, Psychological Psychotherapist, UKCP registered Integrative and Gestalt Psychotherapist, MUKAHPP, Supervisor, Trainer.

*For publications etc. please see her website: [www.thelivingbody.de](http://www.thelivingbody.de)*





Asheville, North Carolina, United States of America  
<http://www.gestaltwellnessstudio.com>

### Purposeful Presence to Yourself

Gestalt Wellness Studio partners with Blue Ridge gestalt to provide an experience of purposeful presence. The intention of the morning experience is to increase awareness of being present to yourself and others. The intention of the afternoon is to experience your genuine presence through awareness and mindfulness practices. A certificate of experience will be awarded to participants (CEs are *not* provided). Workshops are on Saturdays (see dates below) from 8:30am-5pm with a 1.5-hour break for lunch. Participants may register for a half-day at \$75 or for the full experience at \$125.

For more information or to register, call Catie at 828-263-7273 or see me at <http://www.gestaltwellnessstudio.com>

#### Workshop Dates:

**2-03-18**  
**3-03-18**  
**4-21-18**



### Open Door

Gestalt Wellness Studio and Blue Ridge gestalt partner to provide a free service for the advancement of gestalt therapy to helping professionals. This is an experiential, orientation to gestalt therapy. Third Thursdays from 6-8pm.

For more information or to register, call Catie at 828-263-7273 or see me at <http://www.gestaltwellnessstudio.com>

#### Workshop Dates:

**2-15-18**  
**3-15-18**  
**4-19-18**



### Friday F--- Off & Launch into the Weekend: An Experiential Exploration of Expletives for Mental Health Professionals

Join Gestalt Wellness Studio and Slye Counseling on **Friday, 4-13-18** from 6-8pm. The cost of this experience is \$30. *Register quickly. This \$h!t fills up.*

For more information or to register, call Catie at 828-263-7273 or see me at <http://www.gestaltwellnessstudio.com>



### Helping Professionals Group (helping professional is defined by you)

Gestalt Wellness Studio is hosting their second, annual process group as a service for helping professionals and for the advancement of gestalt on **Saturday, 4-07-18** from 10am-12pm. The cost of this experience is \$30 and 100% of proceeds will be donated: 50% to El Centro (<http://www.elcentrohvl.com/home>) and 50% to Western North Carolina Aids Project (<https://wncap.org/>).

For more information or to register, call Catie at 828-263-7273 or see me at <http://www.gestaltwellnessstudio.com>

#### Your Facilitators:

**Christina Rosen**, Ed.D., LPCS, NCC, LCAS, CCS, IAODC, Workshop Facilitator

**Anne Jacobe**, LCSW, Workshop Facilitator

**Teresa Slye**, MA, Ed., LPC, NCC, Workshop Facilitator

**Catie Beaulieu**, MA, MBA, LPC, CPT, GWS Director, & Workshop Facilitator

Contact: Catie Beaulieu · 828-263-7273 · [gestaltwellnessstudio@gmail.com](mailto:gestaltwellnessstudio@gmail.com)



*Hoping you enjoy a wonderful  
new year with family, friends,  
and fellow gestasters!*

