



## NEWSLETTER

May 2018  
Spring edition

As our Radical Respect August 2018 conference in Toronto approaches , we give you a glimpse of some of the exciting events planned and how you can get involved. It's not too late to register yet either.

In other news, get to know about the latest events and trainings featuring your Gestalt colleagues from all over the world.





TABLE OF CONTENTS

HELLO FROM THE INTERIM NEWSLETTER EDITOR, ALEX SCHLOTTERBECK

Page	
3	Welcome from the president
4	AAGT news
9	Other news



I'm excited to bring you the May edition of the AAGT newsletter. Spring has sprung in London and with the sunshine and buds come renewed outward going energy and hope. Within our AAGT community we look forward to the Toronto '18 conference which is drawing ever closer. The conference organisers have some important news about process groups on page 4. Preparations are also underway for fun and playfulness to feature at the conference and if you are interested in taking part in an evening of cabaret then read the announcement on page 6 for more information.

This newsletter also includes information about the ever increasing popularity of Gestalt as we say hello to the new graduates from the Gestalt Institute of Nepal on page 13. They share some interesting insights into factor affecting emotional health in Nepal.

Both individual and organisational AAGT members have been busy preparing exciting and insightful new trainings on trauma, working with the body and therapist training. I only wish I could do them all!

Warm wishes,  
Alex



This is the last Newsletter piece I will write as AAGT president. As is usual with that slippery thing - time - the two years have sped past, and feel like a life-time! As I wrote in the last Newsletter, I have been reflecting on what I hoped to achieve and that has led me to thinking about the role of the President. Is the president simply a committee chair, or are they elected to pursue some vision of AAGT?

When I stood for election, our membership, at least that portion present at the AGM in Asilomar, were concerned with the internationality or otherwise of AAGT. I thought one of my aims would be to bring that tension to a conclusion, one way or the other. As it happens, by the time I took office at the AGM in Taormina, that issue seemed to have receded. Certainly the Board I have served with is multinational. **And** I wonder what happened to those voices that spoke so strongly for AAGT as a US association. That brings me to the challenge of the consensus making process and principle: how do we respond when consensus isn't achieved? How to stop from slipping into a majority-minority mode?

During my time as president we had the painfully difficult decision making process about the venue for the 2018 conference: an example of this. I believe we still have much work to do together about that process, and I hope that our conference theme of Radical Respect will challenge and support us to do that.

Someone recently suggested that the Board is out of touch with our members. I have thought a lot about this. I think the kernel of truth in the accusation lies with communication between the Board (and by implication the president) and the community. My experience has been that when there is something contentious to debate, then the listserv can host a lively, passionate, sometimes painful debate. And the spread of voices is limited. In online discussion as in live discussion, people have varying degrees of self-support in speaking out, in finding their voice. I am not sure what to do about this, and I think issues of power and privilege are at play in ways that we do not acknowledge.

I am puzzled and somewhat disappointed by the lack of response to my suggestions in the last newsletter about a Human Rights and Social Responsibility fund/remit. I am questioning how well or badly I expressed myself; left wondering how much this Newsletter is read: how useful is it to AAGT communication/community building?

As a woman of mixed heritage: I am very conscious of AAGT as a largely white association. I don't know how many gestalt therapists of colour there are in the world, but I would still bet that we are under-represented in AAGT membership. Is this something we should be concerned by? I am proud that our current board is more representative in that respect.

I am deeply grateful to our Board members for their commitment, work, support and challenge. I look forward to our conference as the time when we as a community can meet in person, come alive in the immediacy which online communication cannot offer.

Thank you to the Conference Planning Committee for our Toronto Conference: you are doing a tough, time consuming and demanding job on our behalf, with skill, efficiency and rigour.

If you haven't done so already, sign up for the conference: there are still places. If you are in the position to, please donate something to the Scholarship Fund so that we can increase our inclusivity.

With warm wishes and my appreciation of you, of the AAGT community over the last two years  
Toni



## AAGT CONFERENCE NEWS



### PROCESS GROUPS CALL FOR PROCESS GROUP FACILITATORS

**PROCESS GROUPS** are a unique and dynamic aspect of AAGT's conferencing and will be an integral part of our 2018 Conference in Toronto.

Process groups are not a therapy group and facilitating is different from leading a therapy group. Each Process group has two facilitators who guide, support and encouraged conference participants to share their experiences of workshops, plenary presentations, professional and social encounters and explore the unique meaning and value of the conference for them. In this way Process groups become a microcosm of the conference as well as being an intimate place where participants meet in a small groups where they can share thoughts and feelings that are emerging in their personal interactions.

#### To organize the Process Groups we need your help

This is an opportunity and a challenge for about 60 volunteers, both experienced and less experienced to be involved in the important and responsible task facilitating a Process groups. Many of you have done this before and we ask you to consider doing it again. Those who have not had the experience of facilitating a Process group we encourage you to participate in this enriching, unique experience.

We are planning an orientation for facilitators on Wednesday afternoon 2:00 – 4:00 PM and will offer guidance and support as needed throughout the conference.

If you are willing to offer your help to co-facilitate a Process group as a volunteer and you are not registered yet on the conference please register on the conference registration form, but if you are already registered please contact: Nives Vrečić Lorbek [nivesv@gmail.com](mailto:nivesv@gmail.com)

Warm regards,

#### The Process Group Committee Co-Chairs:

Nives Vrecic Lorbek, Claudia Fernandez , Luisa de Amaral;

### Research Posters at the Toronto 2018 Conference

The AAGT 2018 Conference in Toronto is planning to have a poster session, allowing people to share some of their research efforts at the larger conference. This could be a wonderful opportunity for people to spotlight the work they are in the process of doing or have done.

In order to plan adequately for that session, I would appreciate hearing from those who are interested in possibly presenting a poster at the conference. So, if you are considering sharing your work in poster form in Toronto, please let me know ([mark.reck.psyd@gmail.com](mailto:mark.reck.psyd@gmail.com)).

I look forward to seeing you all in Toronto in August!

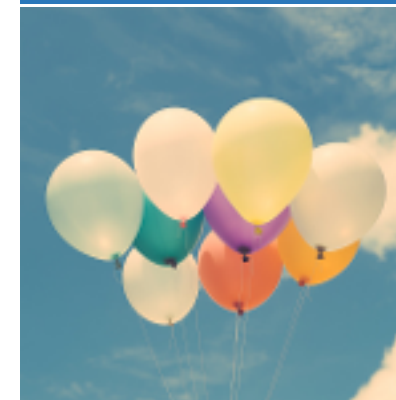
Mark Reck

AAGT Research Liaison



NEW TO OUR CONFERENCE EXPERIENCE OR FREQUENT FLYER?  
COME AND MAKE CONTACT BEFORE THE CONFERENCE BEGINS...!

SPONSORED BY THE AGGT EXECUTIVE BOARD AND MEMBERSHIP  
CO-CHAIRS



### ORIENTATION MEETING FOR FIRST TIME CONFERENCE GOERS AND OTHERS

Sponsored by the AAGT  
Executive Board

and Membership Co-Chairs

WHEN: Wednesday August  
15th, between 4:30 and 6:30  
PM

WHERE: TBA - look for the  
colorful balloons near the  
registration desk!

For all First Time Conference  
Goers attending the AAGT  
conference in Toronto , AAGT  
invites you to join us before  
the conference opening on  
Wednesday August 15th,  
between 4:30 and 6:30 pm.

· meet some of our leaders  
and fellow conference goers,

learn about what AAGT has

to offer,

· find out about these  
process groups you'll be  
participating in,

· gain familiarity with the  
Chelsea Hotel and some 'Big  
City' attractions

· learn a few useful things  
about getting around in  
Toronto

· have a chance to win a gift  
certificate to support your  
experience of Toronto.

The timing couldn't be better  
– giving you a chance to meet  
and connect, and to orient  
yourselves to this amazing  
experience in a supportive way  
before the conference begins.

If you're not a First Timer  
Conference Goer, please feel  
free to join us as well to help  
welcome the newcomers!

*To find us, look for the  
balloons near the registration  
desk –then follow the  
'balloonistas' who will show  
the way!*

*Maryanne & Jon*

## FRIDAY NIGHT LIVE!

### JOIN OUR GESTALT CABARET & CEILIDH....

Calling all budding poets, musicians, singers, rappers, dancers, and storytellers. Do you sing, play the blues, recite, tell a crafty tale, rap, and tap dance or juggle plates?

We are creating our own entertainment together in the form of a **Ceilidh** (pronounced *kay-lee*). Ceilidh is a Gaelic term for a social gathering often involving music and dancing; equally it can describe an evening of story, humour, song and verse.



**We are seeking contributions from members** for a varied programme of music, merriment and reflection that will take place after dinner on Friday night. We welcome songs, musical pieces,

stories, rants, poems (self penned or from your favourite writer), your latest dance moves, conundrums and whimsy.

Our emphasis is on fun and soulfulness – a cabaret for the

people by the people. If you prefer to sit in the audience with your favourite tippie, tapping your toes, perhaps joining in the occasional chorus (yes we have some audience participation in mind!)



Please send details of your contribution to:

**Jon Blend** (Master of Ceremonies) E:  
**jon.blend335@gmail.com**

Do include:

- a) Title of the piece (and where relevant, author/composer)
- b) How many people it involves (eg solo/ duet/ group)
- c) Time required (up to 15 mins max)
- d) Any other requirements (eg musical accompaniment / staging etc).

If you want to discuss a particular contribution please contact any of us organisers.

**Jon Blend (UK); Allan Singer (US); Natalie Gold (Canada)**

Thank you for supporting our Friday Gestalt Cabaret & Ceilidh: an evening of serious fun!



## AAGT SCHOLARSHIP FUND

Dear AAGT Members

We want to let you know that the AAGT Scholarship Fund received requests for much more money than we can offer this year. Our community is becoming truly international and open to people from various economic backgrounds, therefore, we will need your support very soon. Shortly after 15th of May, we will start a crowdfunding campaign for the exact amount of money that we will need to enable the maximum of applicants to attend our conference in Toronto. We will contact you then asking for your contributions.

The AAGT Scholarship Fund committee



## AAGT OFFICES UP FOR ELECTION OR APPOINTMENT AT OUR 2018 AGM



**President:** 2 year term, Elected at Annual Meetings during Biennial Conferences. [Next 2018]

**Secretary:** 2 year term, Elected at Annual Meeting during Biennial Conferences [Next 2018]

**Treasurer:** 2 year term, Elected at Annual Meeting during Biennial Conferences [Next 2018]

**Continuing Education Officer:** 3 year term, Appointed initially in 1997 [Next 2018]

**Association Archivist:** 3 year term, Appointed initially in 1994 [Next 2018]

**Organizational Members Representative(s):** 2 year term, Elected initially in 2004 [Next 2018]

**Regional Development Liaison Officer:** 2 year term, Appointed initially in 2014 [Next 2018]

**Research Liaison Officer:** 2 year term, Appointed initially in 2014 [Next 2018]

**RCP Representative(s):** 1 year term, Selected annually by and from fellow RCPs [Next 2018]

**Newsletter Editor:** 3 year term, Appointed initially in 1993 [next 2020] **NEEDED NOW**

**Communications Officer:** 3 year term, Appointed initially in 1993 [Next 2020] **NEEDED NOW**

**COME AND JOIN US!**



## OTHER NEWS

The Space  
Between:  
Trauma, growth  
and  
transformation

A five- day  
residential

1 – 5 October  
2018 Charney  
Manor,  
Oxfordshire

Led by Miriam  
Taylor, Sally  
Denham  
Vaughan and  
Martin Capps

with Guest  
Trainer  
Margaret  
Landale

and a keynote  
address from  
Ruella Frank  
streamed live  
from New York.



Relational Change is pleased to offer this unique residential opportunity to join a community of practitioners interested in deepening their work with trauma. The medieval house, barn and walled gardens of Charney Manor in Oxfordshire will provide the backdrop for our work. We will feel our way into a reflective space in which the experience of trauma can be held with curiosity, compassion and contact, opening the potential for choice. Bringing together elements of theory, skills development and personal process, we will build a ground of support for growth and transformation. With a keynote address by Ruella Frank (via video link) and a guest appearance from Margaret Landale, we anticipate a rich and healing experience. Core faculty from Relational Change are Miriam Taylor, Sally Denham Vaughan and Martin Capps, each bringing their wide experience to the subject.

*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom' Viktor Frankl*

**Monday 1st to Friday 5th October 2018**

**Cost:** £890 including all facilitation, accommodation, refreshments and meals. £150 non-returnable deposit payable on booking. Balance is payable four weeks prior to the event. Monthly installments available on request. For more information or to book call or email: Martin Capps on 07941 647740 [martin@relationalchange.org](mailto:martin@relationalchange.org)

**Ruella Frank** Ph.D brings many years of experience to her work as a gestalt psychotherapist — as a professional dancer, yoga practitioner/teacher, student of various movement theories, and student of Laura Perls, co-founder of gestalt therapy. Founder and director of the Center for Somatic Studies, Ruella is faculty at the New York Institute for Gestalt Therapy, Gestalt Associates for Psychotherapy, and teaches throughout the US, Europe, Eurasia, Mexico, and Canada. She is author of articles and chapters in various publications and the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, (2001, GestaltPress) and co-author of *The First Year and the Rest of Your Life: Movement, Development and Psychotherapeutic Change* (2010, Routledge Press). Her video *Introduction to Developmental Somatic Psychotherapy*, can be ordered through [www.somaticstudies.com](http://www.somaticstudies.com).



**Miriam Taylor** is a UKCP registered Gestalt psychotherapist, supervisor, trainer and author who specialises in working with trauma. She has been in clinical practice since 1995 and has worked as Clinical Lead in a young peoples' counselling service and as a Consultant Therapist in an independent trauma service. Miriam has over 30 years' experience of teaching adults, and presents workshops and talks both in the UK and abroad. Her main teaching focus is on trauma, complex trauma, dissociation, embodiment and the relational field. In conjunction with Metanoia Institute in London, she carried out a collaborative research study into trauma interventions (in press). Miriam is author of *Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body*, 2014. She is a member of the leadership team of Relational Change.



**Dr Sally Denham-Vaughan** is a UKCP Registered Gestalt Psychotherapist, International Trainer and Supervisor. She has over 30 years experience in Mental Health Services having worked as a District Psychologist, Director of Psychological Services and Consultant Clinical Lead in Primary Care/IAPT services. One of her core specialties is working with clients with complex PTSD and she led the design and development of an NHS County-wide specialist Trauma Service. She is a member of the Editorial Advisory Board of the British Gestalt Journal, Academic Advisor on the Doctoral programme at Metanoia, International Faculty Associate at the Pacific Gestalt Institute in California and Board Advisor at The Relational Center in Los Angeles. She teaches widely in Europe, Scandinavia, America and Australia and was the invited Keynote at the GANZ conference in 2014.

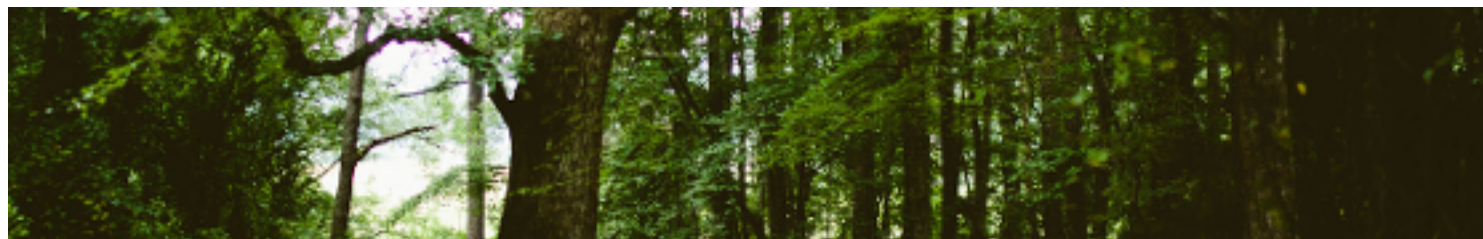
**Margaret Landale** is an experienced psychotherapist and supervisor. She has been a training director at the Chiron Centre for Body Psychotherapy in London and delivers workshops and talks nationwide on subjects such as somatization, complex trauma and embodied empathy. Having been a meditator for many years, she has become increasingly interested in the integration of mindfulness in psychotherapy and has taught on the 'mindfulness in individual psychotherapy' module at the Centre for Mindfulness Research and Practice, Bangor University. Publications include: 'Working with psychosomatic distress and developmental trauma' in: *Contemporary Body Psychotherapy – The Chiron Approach*, Linda Hartley ed. 'The use of imagery in body oriented psychotherapy' in *Body Psychotherapy*, Tree Staunton ed.



**Martin Capps** is a UKCP Registered Gestalt Psychotherapist, trainer, coach and supervisor with over 20 years of experience in the private, NHS and third sectors as a counsellor, psychotherapist, supervisor and trainer. He is interested and very experienced in working with all forms of addictive processes. He has an interest in shame as a relational process, and its impact on individuals and organisations, and in particular how it may present in the therapeutic and supervisory relationship. He has taught on the Gestalt and Integrative psychotherapy trainings of the Welsh Psychotherapy Partnership in Cardiff and at the Metanoia Institute and is currently a tutor at the Centre for Supervision and Team Development, Bath. He works from his home near Ross-on-Wye, as well as in Chepstow and is a member of the leadership team of Relational Change.







## CERTIFICATE/DIPLOMA IN CONTEMPORARY TRAUMA PRACTICE:

### MIND, BODY AND RELATIONSHIP

#### *Developing Competence in Applying Neuroscience to Therapy*

*September 2018 – May 2019*

Led by Miriam Taylor

with guest trainers Sally Denham-Vaughan, Ed Fellows and Margaret Landale

Six modules (90 hours)

Central Oxford

This programme of six two-day workshops will build your confidence, skills and understanding in working with trauma, especially complex trauma.

Grounded in a relational perspective, the programme will offer a safe, non-pathologising and accessible approach to working with trauma. It will offer a combination of relational, embodied and experiential perspectives on trauma, including pragmatic ideas on psycho-education and experimental interventions.

The course will be creative and rigorous and have an emphasis on practice. It will be underpinned with input on, and discussion of, neuroscience, trauma theory, embodiment and developing resilience as a practitioner.

This programme is suitable for counsellors, psychotherapists and other mental health practitioners who wish to extend their work with trauma, including those with an interest in using relational principles based on humanistic practice.

We will place an emphasis on developing a supportive training environment where you can build confidence in working with people presenting with trauma, complex trauma and dissociation. The focus will be on gaining an understanding of the impact of trauma on individuals and in the wider field. We will support this process by developing your ability to work with unspoken and embodied processes, including your own. As we work together to extend your practice to include a trauma focus you will learn a range of effective interventions; both psycho-educational and experimental.

#### Venue:

Friends Meeting House,  
St Giles, Oxford, OX1 3LW.

#### Times:

9.30am – 5.30pm each day

#### Cost:

£1,650 or £1,350 early bird price for  
booking prior to 30 April 2018

(£1,800 and £1,500 for organisations).

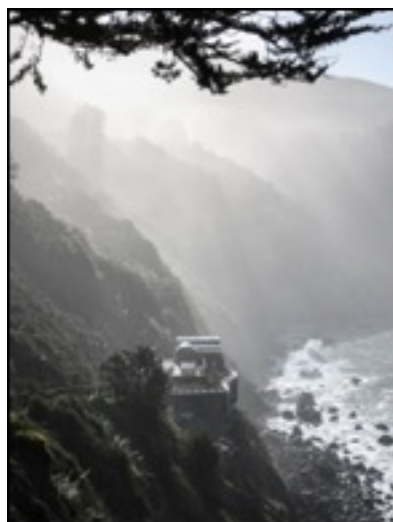
Deposit £150.

Monthly payment options are available.

Accommodation is extra.

For more information or to book call or  
email: Martin Capps on 07941 647740

[martin@relationalchange.org](mailto:martin@relationalchange.org)



## Structure of Programme

### Module 1: 14 - 15 September 2018 Miriam Taylor

An introduction to the fundamental concepts of neuroscience and their relevance to the experience of trauma, informing the approach and methodology for working with trauma.

### Module 2: 26 – 27 October 2018 Miriam Taylor

The neurobiology of fear and dissociation and how to work with them

### Module 3: 7 – 8 December 2018

Deepening Support: Top Down and Bottom Up

**Day 1:** Cognitive approaches **Sally Denham- Vaughan**

**Day 2:** Somatic approaches **Margaret Landale**

### Module 4: 11 – 12 January 2019 Miriam Taylor

Trauma and relationship. Developing an understanding of the impact of trauma on the victim's sense of self and their way of being in the world, including with the therapist, and appropriate interventions.

### Module 5: 29 – 30 March 2019

Working Through the Trauma

**Day 1:** Sequencing of body memory; skills development **Margaret Landale**

**Day 2:** Processing slivers of memory; trauma sensitive yoga **Ed Fellows**

### Module 6: 24 – 25 May 2019 Miriam Taylor

The Legacy of Trauma

Integration, positive growth and living without fear

A full course outline is available at [www.relationalchange.org](http://www.relationalchange.org) and will be sent to you on booking.

This course can be completed at three levels:

#### 1. Attendance Certificate

#### 2. Certificate Award - £200 extra

#### 3. Diploma Award - £400 extra

Further details are available on the website ([www.relationalchange.org](http://www.relationalchange.org)) or can be provided on request and/or on booking.

Early bird cost £1,350 for individuals, £1,500 for organisations, available for booking prior to 30 April 2018 with the required *non returnable* deposit of £150. After this date the full fee £1,650 for individuals, £1,800 for organisations will be payable. We expect demand to be high so early booking is advisable. If you would prefer to pay by instalments, this can be arranged by speaking to Martin Capps.

Book by calling (07941 647740) or emailing ([martin@relationalchange.org](mailto:martin@relationalchange.org)) Martin.

Cancellation: Please note that you are committing to taking the whole training. The balance will be payable four weeks prior to the first workshop if arrangement for instalments has not been made. If you cancel within four weeks of the workshop 25% of the fee will be payable, 50% if cancelled within two weeks. If a replacement can be found for your place a full refund will be given less the deposit.



## GESTALT INSTITUTE NEPAL, KATHMANDU - NEPAL SINCE 2011

Please meet 11 new Nepalese Gestalt therapists!

Minakshi Rana, Ruban Dahal, Archana Bibhor, Hashana Shrestha, Pratima Tamrakar, Umanga Jung, Sjah, Pragya Shrestha, Nima Sherpa, Mokondo Rojanel, Sita Lama.

In 2012 we started the 1st year of a 4-year Gestalt program with 20 students. In 2017 the first group of 11 Nepalese Gestalt students graduated. In June 2011, the team of MultidiMens Gestalt Institute (which worked for 35 years in Belgium and the Netherlands until 2015) was approached by Mr. Shambar Thapa with the request to support him in building up a psychotherapy institute in Kathmandu, Nepal. The purpose of this institute would be to provide a Gestalt psychotherapy training program for psychologists and psycho-social counsellors who work in the care of traumatised children, refugees, victims of sexual abuse and torture and other psycho-social problems.

With a team of 3 experienced international trainers, Greet Cassiers (B), Ernst Knijff (B) and Frans Meulmeester (NL) we did a preliminary survey in 2011. How is the landscape of mental healthcare organised in Nepal? What are the needs, the possibilities and limitations?

Shambar Thapa organised a first workshop in July 2011 with 15 psychologists, social workers and students of psychology in Kathmandu. The participants were enthusiastic about the process-oriented way of working which was totally new for them.

In April 2012, we started Gestalt training with a first group of 20 students. Now, in March 2017, 11 students from this group graduated and we are running two other groups of 15 students each. From August 2017 onwards, our team has been expanded by Beatrix Wimmer (A) and Giovanni Turra (It).

Due to the fact that emotions are very often repressed or denied in the Nepali culture, many people end up in isolation and, because of that, develop more severe pathology or extreme violence. By defining emotions as a healthy and normal part of human life, we help students and clients to deal with their emotions and/or difficult situations in a more healthy way.

In Nepal, mental healthcare is still at a very low level. The main reasons for this are: there is only little awareness and knowledge on mental health and partly because of that the budget for mental healthcare is less than 1% of the government's budget. At the same time, it is clear that the amount of psycho-social problems and psychiatric disorders is increasing.

Our main goal is to establish a self-sustaining independent Nepalese Gestalt therapy institute which brings together psychologists, counsellors and trainers who will provide therapy, counselling, supervision and training for clients and students in the region.

Since we started in 2012, we have offered a four-year psychotherapy training for psychologists and psycho-social counsellors. In addition to that we provide supervision, lectures and shorter workshops or seminars for schools, colleges, universities etc.

We are also training the first Nepali graduates to become trainers themselves later on. Four of them have been running the process groups since March 2017.

Our trainers go to Nepal 4 times a year (every 3 months) for two weeks. As a team of trainers, we cooperate with and support local initiatives, such as, for instance, a counselling centre for burn survivors, a centre for young people with autism, a shelter for street children, and many other psycho-social projects in the remote areas. Our students are directly involved in such community work, for example in the region of Sindupalchok. The institute has become a professional home, where professionals can find knowledge, experience and support. After the earthquakes in 2015, we also provided help for small humanitarian projects.

In our training and supervision, we teach the students about dealing with trauma and the concept of 'creative adjustment' which means that many psycho-social problems, including psychopathology, is "a healthy and best possible answer to a sick society." Due to the fact that emotions are very often repressed or denied in the Nepali culture, many people end up in isolation and, because of that, develop more severe pathology or extreme violence. By defining emotions as a healthy and normal part of human life, we help students and clients to deal with their emotions and/or difficult situations in a more healthy way.



Our students report that, especially after the 2015 earthquakes, there has been an enormous depression, addictions and suicide and because of the lack of awareness on mental health, many young people show characteristics of hysterical conversion, especially in schools. People do not know how to handle strong feelings such as fear, anger or sadness and repress them.

If a treatment is given, in most cases it is restricted to medications or short-term treatment of symptoms. The main effect that we and our students notice is that many people with traumas and other psycho-social problems are often stigmatised and become 'outcasts', which leads them towards more severe psychopathology.

If these people were to get the proper counselling or psychotherapy, their lives and those of their families would improve dramatically.

In that way, our work is about prevention and reformulating problems in a way that they don't lead to extreme violence or illness and self-esteem and responsibility are supported.

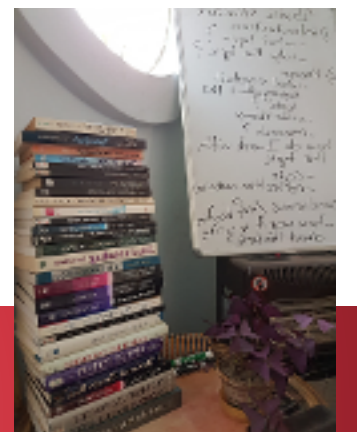
Our students experience the process-oriented approach as a relief, as in the past they have known only a problem-solving approach.

Since 2013, the Nepalese coordinator of **Gestalt Institute Nepal** is Mrs. Minakshi Rana and the person responsible for the financial side is Mr. Nima Sherpa. <http://www.gestaltinnepal.com>. The institute is financially supported by the foundation of Just Solidarity. <http://www.justsolidarity.com>. This foundation receives gifts and organises charity events to collect money. In 2017 we received a generous amount from the AAGT to support the Gestalt training.

Antwerp, January 2018

Greet Cassiers,  
Staff member, Gestalt Institute Nepal  
Chair, Just Solidarity foundation

Follow us on facebook / gestaltinnepal





Manchester Gestalt Centre is restarting the accredited course in October 2018. The accredited course has run for many years in Manchester, but recently has not recruited sufficiently. So we are very excited to get the course back up and running. In our particular gestalt community, GPTI – Gestalt Psychotherapy and Training Institute - we have seen a reduction in the numbers of trainings offered with a consequent reduction in newly accredited gestalt therapists, so it is important that we reverse the trend and encourage new blood into the community.

The training involves 150 hours per year over a 4 year period. The first year is a foundation year, followed by years 2- 4. The core trainer is Danny Porter. He will be joined by other MGC and external trainers. The course leads to the GPTI Diploma in Gestalt Psychotherapy and UKCP registration. A GPTI Certificate of Completion will be issued upon successful completion of the four-year core training. Students then need to meet the requirements of the diploma and UKCP registration (a further 1-2 years) See website for further details and costs.



**GPTI**  
GESTALT PSYCHOTHERAPY  
& TRAINING INSTITUTE



**Presents:**

## *An Exploration into the Many Processes of Gestalt Therapy as an Experiential Approach*

**This week-long intensive into the basics of Gestalt therapy will focus on the mutual exploration of the evolving personhood of a Gestalt Therapist.**

**Introducing Gestalt Therapy Theory and practices will enhance the participants' existing therapy practice and/or deepen professional development by emphasizing whole person awareness.**

**The goals of this training are:**

- to teach the fundamental theory, concepts, and core values of Gestalt Therapy
- to enhance and expand participant's existing therapy using the Gestalt approach
- to increase self awareness in the Here-and-Now, and promote the ability to engage with others
- to explore styles of Gestalt Therapy as they emerge from the person of the therapist

**June 18-22, 2018**

*Arrival on Sunday, 6/17 after 3:00 pm*

**Monday - Thursday, 10:00 am - 10:00 pm • Friday, 9:00 am - noon**

**Location:** Warren Wilson College - 701 Warren Wilson Road, Swannanoa, NC 28778

**Tuition:** Early Bird Registration (*by May 15th*) - \$550.00 • Regular Registration (*by June 2nd*) - \$650

**Registration Deadline is June 2, 2018** • Participants limited to 20 • *More details upon registration*

**Dorm Room, Board & Linens:** Single Occupant (*with meals*) - \$456.25 • Double Occupancy (*with meals*) - \$303.75  
(*Sunday through Thursday night*) *Commuting possible when attending all meals and sessions - Commuter Meal Package: \$115*

**Facilitators:** Nicholas Emmanuel, MA, LMFT, LPC • Ernest McCoy, Ed.S, MSW, LCSW

To Register, go to: [www.agti.org/june-2018-registration.html](http://www.agti.org/june-2018-registration.html)

This AGTI training program is eligible for 35 NBCC clock hours. The Appalachian Gestalt Therapy Institute has been approved by the National Board for Certified Counselors as an Approved Continuing Education Provider, ACEP No. 6575. The Appalachian Gestalt Therapy Institute is solely responsible for all aspects of the program.



**For more info:** Call or text Nicholas at (828) 508-4539  
or email: [nicholasemmanuelagti@gmail.com](mailto:nicholasemmanuelagti@gmail.com)



# GESTALT ASSOCIATES TRAINING LOS ANGELES

SEROCK, POLAND

## 47TH ANNUAL EUROPEAN SUMMER RESIDENTIAL GESTALT AND/OR COUPLES THERAPY WORKSHOPS

### Couples Therapy Training Workshop:

July 8 – 14, 2018

The Couples Program has two levels of training – Basic and Advanced – and offers participants an opportunity to see experienced Couples Therapists (Bob and Rita Resnick) present their model of couples therapy and work live with real couples. Participants will work "hands on" with role-play or model couples with live supervision from faculty. Theory, demonstrations and supervised practice will be part of each day. Additional information: [www.gatla.org](http://www.gatla.org)

### Gestalt Therapy Training Workshop:

July 15 – 27, 2018

The Gestalt Program has five levels of training from Basic to Master Class (8-16 participants in a group) and includes daily theory lectures as well as the option of daily individual therapy, practice in trios/quartets and the opportunity to see International Trainers work and relate clinical work to theory. Participants work with live faculty supervision. More than 100 participants attend the program from 30+ countries. Additional information: [www.gatla.org](http://www.gatla.org)

**2018 Distinguished Gestalt Visitors:** In the Gestalt Program: Dan Bloom, LCSW (NYC, New York, USA); Bent Falk, MPF, M.Div. (Copenhagen, Denmark); Iris Fodor, Ph.D. (NYC, New York, USA); Angela Forde, M.A. (Athlone, Ireland); Lucana Gray, M.A. (San Francisco, CA USA); Hanne Hostrup, Lic. Psych. (Copenhagen, Denmark).

### Hotel Narvil - 40 min from Warsaw

These two training programs take place at the Narvil Hotel: <http://www.hotelnarvil.pl/comfort-in-business>. Hotel Narvil Conference & Spa is an extraordinary place located in the forest and at the banks of the Narew River, only 40 minutes from the center of Warsaw. The hotel is a fusion of an elegant hotel, modern conference center and a luxury spa. It has a sophisticated cuisine that will satisfy the most demanding gourmards as well as numerous sport and entertainment activities such as a swimming pool, saunas, disco, bowling, harbor on the Narew river, outdoor gym, squash and tennis courts, bicycles and 90 km of bike trails.

**Contact:** Rita Resnick, Ph.D., Faculty Chair  
Bob Resnick, Ph.D.

[ritaresnick@gatla.org](mailto:ritaresnick@gatla.org) +1 (310) 826-7700  
[BobResnick360@gmail.com](mailto:BobResnick360@gmail.com) +1 (310) 826-7750

Some partial scholarships available



## Contemporary Gestalt Therapy Films

Robert W. Resnick, Ph.D.

A film project spanning decades, Bob Resnick is pleased to offer a field theoretical, applied phenomenological, process and dialogic model of Gestalt Therapy - evolving, integrating and distilled over 50 years of practicing, teaching and training Gestalt Therapy worldwide.

**Eight Individual Gestalt Therapy Films** (with subtitles in 9 languages) plus an **Introduction to Gestalt Therapy Theory Film** (a synopsis available free on [Vimeo.com/ondemand/gestaltfilms](http://Vimeo.com/ondemand/gestaltfilms) and included with all therapy film purchases) for educational and training purposes

**Subtitles:** English, German, Russian, Italian, French, Spanish, Bra. Portuguese, Czech and Polish (7 more in process Dutch, Arabic, Japanese, Chinese, Hebrew, Hungarian and Korean).

### To Order:

USD \$ 59.99 per film for individuals (Euro & other currency pricing online) US \$159.99 per film for universities, training centers and organizations. **Special:** All 8 films, US\$350 (Ind.), US\$950 (Organizations) **30% discount (USD \$245 or any currency) for Gestalt Therapists and ALL students.**

**Review:** British Gestalt Journal, November, 2017 - <http://bit.ly/2CDOpxZ>

Available for download and purchase on Vimeo:

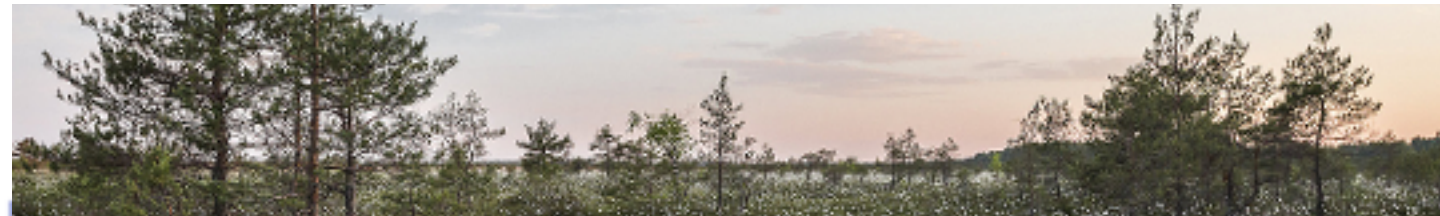
[www.Vimeo.com/ondemand/gestaltfilms](http://www.Vimeo.com/ondemand/gestaltfilms)

**For DVD's or mp4 Files:** Email: [resnickfilms@gmail.com](mailto:resnickfilms@gmail.com) or [BobResnick360@gmail.com](mailto:BobResnick360@gmail.com)

**For Technical Help, Contact:** [mail@aleesacohene.com](mailto:mail@aleesacohene.com)

**For Gestalt Therapy Training Centers** with limited financial resources, please contact Bob directly at [resnickfilms@gmail.com](mailto:resnickfilms@gmail.com)





## Center for Somatic Studies

*movement is the root of psychological functioning*

### Bilbao, Spain:

#### Moving Towards the Edge: An Advanced International Event in Gestalt Therapy (in English and Spanish)

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 [gestalt-ifgt.com](http://Institute Franais de Gestalt-Thrapie at <a href=)  
or contact IFGT by phone: +335 57 58 29 70, or email: [ifgt@orange.fr](mailto:ifgt@orange.fr)

### Edinburgh, Scotland:

#### The Evolution of Subjectivity: A Kinetic-Kinesthetic Progression

with Ruella Frank, Ph.D.

November 16 - 28, 2018 Friday, Saturday and Sunday 9:30 am - 4:30 pm

In this three-day workshop, we explore the progressions of a developing subjectivity from kinetic-kinesthetic processes during fetal life, where the organism is in a state of "oneness" with its environment, to the newborn child who begins the gradual process of differentiating "me" from "not me" in the first year. Special emphasis will be given to the functional similarity of this vital experiential skill in relation to the subtle yet profound existential experiences emerging within adult therapy. Attention also will be given to kinetic-kinesthetic processes arising in therapy, which clarify the experience of subjectivity for both the patient and therapist.

Further information and to register contact [info@eqi.uk.com](mailto:info@eqi.uk.com) or visit [eqi.uk.com](http://eqi.uk.com)

### New York City, USA:

#### The Genesis of Intergenerational Trauma: A Somatic and Developmental Perspective

with Ruella Frank, Ph.D.

January 26 - 27, 2019 Saturday and Sunday 9:30 am - 4:30 pm

According to the traditional perspective on the development of trauma in the first years of a baby's life, the parent initiates what is thought to become a habitual traumatic reaction in the child. Consequently, the baby reacts to the parent in ways that are rigid and repetitive. This understanding of developmental trauma, however, does not take into consideration the relational dynamics that are part and parcel of any organizing experience. Observing baby and parent interactions from a relational and contextual perspective and through micro-movements, it can be seen how the baby's behaviors can powerfully impact their parents and can generate the threat of re-traumatizing for them.

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

### Stockholm, Sweden:

#### European Training Program 2019-2021 Developmental Somatic Psychotherapy™

developmental process embodied within the clinical moment

with Ruella Frank, Ph.D.

Begins: May 2019 5 Modules, 4 days each

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)



### \*\*\* Gestalt Training Program (GTP XXI) \*\*

"The Gestalt Training Program should be a prerequisite for living! It enhanced every area of my life. Not only was the program personally enriching for me, but the lessons definitely carried through to my business, career, parenting, and social interactions." - A recent GTP graduate The Gestalt Training Program (GTP) is designed to foster the growth, development, and transformation of people in a manner unique to the Gestalt Institute of Cleveland in service to individuals' personal and professional development.

Dates:

Session 1: October 11-14, 2018  
Session 2: December 13-16, 2018  
Session 3: February 21-24, 2019  
Session 4: April 25-28, 2019  
Session 5: June 27-30, 2019  
Session 6: September 12-15, 2019  
Session 7: November 14-17, 2019  
Session 8: January 23-26, 2020  
Session 9: March 19-22, 2020  
Session 10: April 30-May 3, 2020

Times:

Thursday: 1:00pm-7:00pm  
Friday: 9:00am-7:00pm  
Saturday: 9:00am-7:00pm  
Sunday: 9:00am-1:00pm

Continuing Education (CE): 250 contact hours

Location: [Gestalt Institute of Cleveland](http://Gestalt Institute of Cleveland)

Faculty Co-Chairs  
Allison E. Bruce MEd, PCC  
Mary Ann Kraus, PsyD, BCC  
Elizabeth Welch, MA, CDP

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

### \*\*\* Coach Certification Program \*\*

The Gestalt approach to coaching is a dynamic, holistic, and creative approach to coaching. Based on the Gestalt Coaching Stance, unique to the Gestalt Institute of Cleveland, the Program is dedicated to building capacity for your coaching presence and its impact, while deepening your coaching knowledge and skills. Application of International Coach Federation (ICF) core competencies is an integral part of your learning.

Dates:

Week 1: November 12-17, 2018  
Week 2: January 15-19, 2019  
Week 3: March 12-16, 2019  
Week 4: May 14-16, 2019

Two hours for exams on one of the following two days:  
Friday, May 17th - 8:30am-6:00pm  
Saturday, May 18th - 8:30am-6:00pm

Times:

Monday - 1:00pm-6:00pm  
Tuesday - 9:00am-6:00pm  
Wednesday - 9:00am-6:00pm  
Thursday - 9:00am-6:00pm  
Friday - 9:00am-6:00pm  
Saturday - 9:00am-6:00pm

Location: [Gestalt Institute of Cleveland](http://Gestalt Institute of Cleveland)

Faculty:  
Chairperson, Gestalt Coach Certification Program / Director of Gestalt Coach Training and Competency Development

Juliann Spoth, PhD, MCC, GPCC™, BCC

Faculty will be drawn from:

Ann Attayek Carr, MS, MCC, GPCC™  
Rick Hancock, MA, PCC, GPCC™, BCC  
Melissa Kelly-McCabe, MS, MCC, GPCC™, BCC  
Jacqueline McLemore, PhD, GPCC™, BCC  
Andy Powell, MA, GPCC™, PCC  
Juliann Spoth, PhD, MCC, GPCC™, BCC  
Patricia A. Bright, MA, GPCC™, PCC, BCC  
Roderick Allen, MSOD, GPHR, PCC

### \*\*\* Working with Physical Process (WWPP) \*\*

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's 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, 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.

Date:

Week I: October 23-28, 2018  
Week II: January 22-27, 2019  
Week III: April 2-7, 2019  
Week IV: June 18-23, 2019

Time:

Day 1: 1:00pm-8:00pm  
Day 2: 9:00am-6:30pm  
Day 3: 9:00am-6:30pm  
Day 4: 9:00am-6:00pm  
Day 5: 9:00am-6:00pm  
Day 6: 9:00am-2:00pm

[Continuing Education \(CE\): 180 contact hours](http://Continuing Education (CE): 180 contact hours)

Location: [Gestalt Institute of Cleveland](http://Gestalt Institute of Cleveland)

Chairperson:  
James I. Kepner, PhD

Teaching Faculty will be drawn from:

Michael Clemmens, PhD  
Richard B. Hancock, MA, BCC, PCC, GPCC  
Ellen Hoffman, MA, PCC  
Renee Jennings MSW, LISW-S  
Arlene L. Luberoff, MA, CCC-SLP  
Maria de Lourdes Quiroz Kepner, MHD





**With: Jon Blend, MA Dip Child.** [www.gacp.co.uk](http://www.gacp.co.uk)

**Venue: Gestalt Centre, London NW10P** (*nr Kings Cross Stn*)

"This practical, experiential, interdisciplinary course draws inspiration from the arts based work of Violet Oaklander and the developmental approach of Mark Mc Conville."

**Details:** <https://gestaltcentre.org.uk>

(click 'Gestalt at Work' link

. Revised 2018 details coming soon)

## **BOARD OF DIRECTORS AND EXECUTIVE COUNCIL**

### **President**

Toni Gilligan

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

### **Vice President**

Tali Bar-Levine Yoseph

[t\\_choice@013net.net](mailto:t_choice@013net.net)

### **Treasurer**

Brad Larsen Sanchez

[brad@bradlarsenpsyd.com](mailto:brad@bradlarsenpsyd.com)

### **Continuing Education Officer**

Dina Miller

[dinamiller3@aol.com](mailto:dinamiller3@aol.com)

### **Officers of the Board**

#### **Archivist**

Ansel Woldt

[nanselw@aol.com](mailto:nanselw@aol.com)

### **Interim Newsletter Editor**

Alexandra Schlotterbeck

[alexschi@hotmail.co.uk](mailto:alexschi@hotmail.co.uk)

### **Interest Group Co-Chairs**

Catie Beaulieu

[fbea1545@gmail.com](mailto:fbea1545@gmail.com)

Billy Desmond

[billy.desmond@blueyonder.co.uk](mailto:billy.desmond@blueyonder.co.uk)

### **Membership Co-Chairs**

Maryanne Nicholls

[maryanne.nicholls@gmail.com](mailto:maryanne.nicholls@gmail.com)

Jon Blend

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

### **Organizational Rep Co-Chairs**

Nives Vrecic

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

Shareefah Sabur

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

### **Regional Development Liason**

Deirdre Winter

[info@gestalt-approaches.de](mailto:info@gestalt-approaches.de)

### **Research Liaison**

Mark Reck

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

### **Scholarship Co-Chairs**

Dominique Chabre

[dominikali@yahoo.com](mailto:dominikali@yahoo.com)

### **Associate Continuing Education Officer**

Marlene Blumenthal

[marloblum@yahoo.com](mailto:marloblum@yahoo.com)

### **Ex-Officio Board Members**

#### **Board Member At Large**

Burt Lazarin

[BRLaz@aol.com](mailto:BRLaz@aol.com)

Gail Feinstein

[gail13feinstein@aol.com](mailto:gail13feinstein@aol.com)

### **Administrator**

Mari McGilton

Mailing Address

3050 SE Division St., Ste. 315, Portland, OR,  
USA 97202

[admin@aagt.org](mailto:admin@aagt.org)

Phone: 971-238-AAGT (2248)

Fax: 212-202-3974





Goodbye for now.and we look forward to bringing you the next issue full of Toronto conference news!

The deadline for submissions is 31st August 2018

Wishing you all the best,

AAGT