



FALL —OCTOBER 2018



### Hello from the New Editor. Laura Carite LPC,ACS,RYT

I am a Gestalt Therapist trained mostly at Gestalt Associates in Psychotherapy in New York City, known as GAP. I am in full time private practice in New Jersey and I provide training in Gestalt theory and therapy in continuing education for licensed practitioners. I have a

passion for bringing Gestalt into the mainstream. I also have a special interest in Gestalt Group Therapy which is why I co-chair the GGT interest group with Shanon Sitkin.

While I have been a member of AAGT for a few years, Toronto was my first conference and it inspired me to become more involved in this organization, hence —**Newsletter Editor**. I am really looking forward to getting to know the board and its' process and to be right on the "front page", so to speak, of Gestalt happenings. As I look at previous exceptional newsletters, I am daunted by the job and hope I can serve the organization well. Please send your newsletter submissions to: [restoremindbody@optonline.net](mailto:restoremindbody@optonline.net).

This quarter's newsletter features a look-back to our conference in Toronto, our new president's vision, president elect's journey to his seat, board member updates and messages and offerings from around the world. RADICAL RESPECT was placed on top of the CN Tower (Right) because of my newfound reverence for radical respect itself. We did our best to make radical respect figural but it seemed we didn't quite have the ground to support it. We've only just begun to **actualize** radical respect as an organization. Especially, as we become more global. I believe we learned that this is going to take effort, perseverance, and patience.

***A mission we humbly accept.***



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Toronto lookback...





For an actual look back read the Plenary,  
Keynotes, and more ,thanks to  
Gestalt Review.



As editor of *Gestalt Review*, I am pleased to announce that, in a forthcoming issue, the journal will be publishing the plenaries delivered by Deborah Plummer, Margherita Spagnuola Lobb, and Miriam Taylor at the 2018 AAGT meeting held in Toronto in August 2018. An introduction to the plenaries will be provided by two of the conference coordinators, Carolina Edwards and Jay Tropianskaia. Joseph Melnick will be offering some reflections on the conference. *Gestalt Review* is now published by The Pennsylvania State University Press, and with a subscription, one gets 3 hard copy issues per year plus a digitalized subscription that includes access to ALL articles published since the first issue in 1997. To subscribe, please see <http://www.gisc.org/gestaltreview/subscribe/>  
Susan L. Fisher, PhD  
Editor, Gestalt Review.

Enjoy this beautiful music and poem submitted by  
Jon Blend as a post conference reflection.

<https://www.youtube.com/watch?v=KyNXeCfPB2U>

### To Speak of Distance

To speak of distance and the sanctuary lamp,  
something you have to do or find  
and a darkness to escape. Never mind  
rumours of an immigration gate. Revamp  
the passport. Speak of hope, that anchor bird  
born on the site of loss, with a thousand  
resistance strategies frosting her wings  
like mica charms or ancient pilgrim songs  
embossed in the Book of Psalms. The task  
is to assimilate, to move between the languages --  
in your case Arabic, Hebrew, Aramaic, Greek --

and map your journey to the shrine.  
Every crossing is a pilgrimage. The hard thing  
is to pass; harder still to fold those wings  
and drop the mask. Just do it. Translate old words  
into new. Through cliffs of fall  
and fields of black basaltic lava, take  
fresh bearings for the crossing-place.  
This is the exodus. Here are the moon and sun  
appearing upside down or double. Here are stars  
in satellite positions never seen before  
struggling for their music to be heard.

# Board of Directors and Executive Council 2018-2020



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Mari McGilton

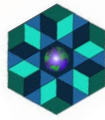
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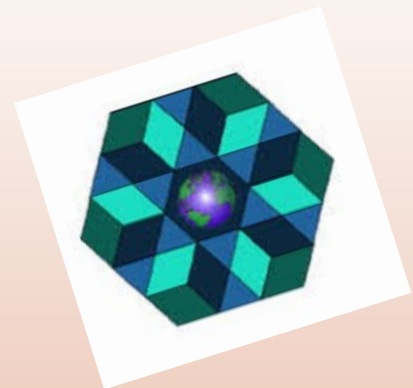
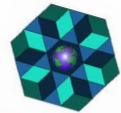
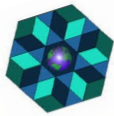
Shareefah Sabur

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**AAGT's president 2018-2020**

***Tali Bar-Yoseph Levine, has a Vision,  
 Intention and Invitation***

Your crucial voice -

It's been a while that global affairs seem like the tower of Babylon at its worst. It becomes vital to focus less on internal affairs, in this case the AAGT's, and to pay attention to the container we reside in. I admit to finding it difficult to write a jolly message, until I recall my conviction, that as a philosophy of being we have the very tool to make a difference. I envision several containers fitting into one another from the smaller to the whole: AAGT, gestalt community outside the AAGT, human relation-based professions, to the field at large, helps me to illustrate what I believe could be our contribution towards a more hopeful future.

However, pleasing as it is to dwell on the positive expressed after Toronto, it is painfully evident that voices expressed clearly at the community meetings receded into the background. We must crack this nut and find the middle ground where there is space for all voices, from the right-wing voters to the far-left wing believers (borrowing political jargon). Where interest, wish to co-exist, and exploration, supports those who find it more difficult to be heard.

Leadership is a buzz word, a most necessary trade/profession on its own right. As one who worked with and in organizations in different capacities, I whole heartedly believe that we can, are able to, and are obligated to get involved in the welfare of the containers described above and how they fit into one another. So many of our members are busy to various degrees with larger issues than their direct line of work or their back-garden aesthetics. There must be a way to pull as many together to create an impacting whole which is much greater than its parts. If you wish to, call it my vision. I heard; 'the AAGT kills its presidents', 'the AAGT needs a president who is an organizational literate professional', 'AAGT agrees only by consensus' I Cannot recall the president addressed as a leader nor the board as leadership team. The question 'what is your vision'? seems to be presented only by people external to the AAGT, curious phenomenon.

I have been busy with what's expected from our president ever since Taormina, actually way earlier. More so, I have been interested in who we are, how we are, what we choose to be as an organization and what we might have put aside for a good number of years. How we define the important, fundamental, urgent, or simply nice to have. While before as a member I could avoid mobilizing, once president, I lost that right.

My socialistic left-wing upbringing motivated me to take this role and supports me to stick my neck out. The number of times this popping head of mine was hit on or ignored alarms me, especially so when I manage to see it as symbolic rather than as personal. Here comes my concern, as bold as they come. Do we have space for all rainbow of opinions and not just an experience? I suspect not. Do we tend to hang on to one view as the truth, the relevant, the only one worth holding? I suspect yes. Can we do and be different and make the world a better place? **(Continued next page)**



I am certain that we can. As I said above, all we need is to pull together our incredibly able members, many of whom are already dedicated to impacting the environment and connect as many dots as possible to advance dialogic relationship and co-existence. Naturally, we first need to agree on a way ahead. Love consensus and how we held on to it for decades but wonder if it did not become a holding back mechanism. Love that we produce an impressive conference every two years clear that we must do much more internally and externally. Gathering every other year is not enough. We shall know more soon about AGM 2019, venue and date, and it has been agreed that the 2020 biannual conference will be at the West land of Ireland, conveners are in place, location and date are confirmed.

At the first board meeting after Toronto we drew several issues to be addressed by board members as follows: Human rights and social responsibly, name change to reflect who we are, internal and external communication plan to be drawn, adjustment/translation of bylaws and covenant of community to reflect international membership, framework defining role definition between board and CPC while allowing creativity and freedom to CPC, collaboration with Gestalt organizations, and the role of the executive... a full agenda to be achieved in the next two years or so. No doubt more will emerge.

Here is my seemingly paradoxical invitation, the one I put out to every organization I work with in my practice of 41 years – In service of faster movement towards satisfying goals and needs - let us slow down... attempt dialogue while making space for all. Once clear of a proactive direction we can mobilize, all in the service of the advancement of the Gestalt philosophy of being, which is simply too good to be kept close to the chest.

A warm welcome to the new board members Katie, Laura, Vaclav and to the refreshed board, as well as to those who stepped into new role – Shareefah, Marlene, Brad, Toni, ah, wait a minute me too.





### *Brad Larsen Sanchez - Our President Elect's gestalt journey*

The first AAGT conference I attended was in 2006 in Vancouver, British Columbia in Canada. In the first process group someone asked me how I was doing and I said, "I'm a little overwhelmed." They immediately corrected me, "you can't be a *little* overwhelmed." They were right, I was fully overwhelmed. Though I didn't quite know it at the time, in AAGT, I had found my tribe. I've been involved with AAGT ever since in various capacities. Each committee, planning group, board responsibility has been underscored by the connections with people with whom I have the pleasure and honor of being in relationship with over the years.

At our recent Toronto conference, I was nominated to stand for the position of president of AAGT. After a riveting voting process, (I was the only nominee for the position), I was elected to be the next president of AAGT beginning in 2020. I feel privileged for the opportunity and, yes, a *little* overwhelmed. I am enthusiastically anticipating learning from and collaborating with our current president Tali Bar-Yoseph Levine. The presidential commitment is a total of five years; 1 year as president elect, 1 year as vice president, two years as president, and one year again as vice president. So, here it goes my first contribution to the AAGT newsletter as president elect.

I began drafting this article while on a plane headed to Boise, Idaho, USA with my family. The three of us were going to attend the wedding of one's friend from college. The wedding was traditionally Mexican Catholic and accordingly the ceremony and reception were in Spanish. I do not speak Spanish, so it was an opportunity for me to be in contact with my surroundings without the support of my own language to orient me. It wasn't just the difference in language I was aware of; I was tracking how we would be received as a mixed race, gay male family attending a traditional Mexican Catholic wedding in a socially conservative area of Idaho.

As we approached the church, I felt myself constricting, the ways the three of us usually connect with one another in public, such as a hand on the back or grasping of hands, suddenly felt inappropriate or even dangerous. The three of us pulled back from one another in subtle yet excruciatingly palpable ways.

This wasn't an unfamiliar experience. Even after twenty-five years out of the closet as a gay cisgender man, it remains reflexive for me to fall right back in line with hiding when I perceive the environment demands it of me. Yet, there wasn't actually a single overt expression of disapproval from anyone. On the contrary, many of those we met there received our unconventional family warmly. I was navigating the intersection of engaging reflexive strategies, assessing safety, making biased assumptions based on religion and culture, and my desire to stay in contact with my family. Undoubtedly, many other elements of the field were at play.

**(Continued next page)**



## (Continued)

Allow me to offer a little more about my background and connections to gestalt therapy and AAGT. My first encounter with gestalt therapy was in New York City in 1999. At the time, I wasn't interested in becoming a therapist, in fact, I was a musical theatre major in college and I didn't really have any plans for what would come next in my life. I just knew I was in distress and trusted a friend's recommendation as well as having some gestalt therapy when I was 20.

After I graduated from college, I moved to Chicago. Living so close to Cleveland, I decided to take an introductory workshop at the Gestalt Institute of Cleveland. I still have such vivid memories of the participants and facilitators, the rich and meaningful interactions, and my excitement to learn more. After that weekend workshop, I began reading *Organizational Consulting: A Gestalt Approach* Book by Edwin Nevis and became excited about the application of gestalt therapy principles in organizations. I called Edwin Nevis to ask him for professional guidance. In a very brief conversation, he told me to get a doctorate degree and talk to him again once I had. It wasn't exactly the response I anticipated, but he did have an influence on my decision to pursue graduate school.

By 2004, I recognized that my self-study of gestalt and psychology in general were much more compelling than pursuing performing arts professionally. I applied to and enrolled in a graduate program in Portland, Oregon. What I did not know prior to starting the program was three faculty members identified as gestalt therapists! I began auxiliary training with Eva Gold, Steve Zahm and Jon Frew. I continue to train and work with them professionally today.

At present, I am a psychologist and owner of Portland Mental Health & Wellness in Portland, Oregon, USA. We specialize in contemporary gestalt and psychodynamic psychotherapies. A unique component of our practice is our training program. We collaborate with graduate programs at local universities to provide practical training for their students. For most of the students in these programs, cognitive behavioral frameworks and interventions are emphasized. Our program provides what we hope is a unique counterpoint to their overall training experience.

Our most recent biannual conference in Toronto was, for me, dynamic, exciting, confusing, and emotional, and possibly a moment of truth for our organization. What unfolded in our community meetings reflected the experiences of many members of our community who do not feel seen and known in our community. Similar but distinct are the experiences of people in those meetings who must constrict, monitor, assess for safety, and pull away from vital supports daily. All of which simply because of who they are, how they live, how they appear and who they love. Their voice and my voice call on all of us to explore how privilege, power, oppression and marginalization, as well as support, healing, and transformation play out in our leadership and community as whole field phenomena.

When I reflect on stepping into the role of President in 2020, I'm aware of my anxiety about being less experienced than my predecessors. However, the leadership opportunities I've had throughout my life thus far have taught me to prioritize identifying and raising my replacement. So, I've got my vision set on 2020 when the next president will be elected and 2023, when I step down. It's not time for me to write about any presidential goals or initiatives, but I will share that my own experiences with white identity development, male privilege, marginalization as a gay man, as well as my United States citizenship, have me focused and interested in internationality as these issues relate to our organization.

*Thank you taking the time to read this article.*

*Brad Larsen Sanchez*

*Portland, OR USA*



## From the AAGT Organizational Member Representatives

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

Vaclav Pfeifer Mikolašek  
[vaclav.mikolasek@gmail.com](mailto:vaclav.mikolasek@gmail.com)

### Dear Colleagues,

Due to the liveliness of the Conference in Toronto, I felt excited and very much a part of the AAGT. It was a pleasure being involved in different activities like Board meeting, organizing Process groups, being a part of Panel: AAGT at 25: Then, Now and, Next and Organizational Representatives meeting which Shareefah and I have organized. We wanted to meet Organizational member representatives in real life, to know each other and co-create the space for new ideas and possibilities to serve better to Organizational members.

The meeting attended a few Organizational members: Tom Petrone – Gestalt Institute of Pittsburgh, Eva Zahn and Steve Gold - Gestalt Therapy Training Center, Northwest; Peter Philippson – Manchester Gestalt Institute, and we, Shareefah Sabur – Gestalt Institute of Cleveland and Nives Vrečić Lorbek in a role of Organizational Member Representatives to the Board of AAGT.

After we were greeted, the Representatives shared their common issues and discussed about the differences between USA's and European regulations about accreditations. We also found common interest discussing research and need for even greater activity in this field.

Further discussion led to clarifying the original purpose of the Organizational Membership and what the representatives needed from us - how could we serve them best. We suggested to establish Facebook page to promote and present their Institutes, their programs, workshops, and residencies in written and video format.

We spent together a lovely hour and closed the discussion with a wish to stay in touch and exchange the ideas about how we could cooperate in the future. This was Shareefah's and mine last activity in a two years term served to the Board of AAGT as liaisons between the AAGT and affiliated Gestalt organizations. Shareefah decided to stay part of the Board and to take over a task of Secretary. I've decided to go in another round as an Organizational membership co-chair. I have gained a lot of experience in two years, which I want to use in further cooperation in Board and I also want to continue facilitating a relationship with Organizational members.

At the conference I met an interesting person, Vaclav Pfeifer Mikolašek which I asked to join me as co-chair. He was excited and willing to take on a role of Organizational member Representatives. He persuaded the membership with his openness, fresh ideas, and energy. So I have a pleasure of introducing Vaclav as a new Organizational Member Representatives.

Our first meeting is behind us. We took the time to know each other and to brainstorm new ideas. Our first and most important focus is to establish and to maintain communication among Gestalt institutes, trainers, consulting firms, and other affiliated organizations. We both are committed to represent their interests and to be a liaison to the Board. We look forward to having regular communication with the Organizational Members to co-create new ideas and projects to enrich all of us. We are open to suggestions and ideas from Organizational members. We invite you to join us and experience the spirit of community, not just at the conference, but also during the time between the conferences.

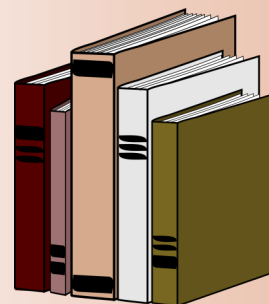
Warm regards, Nives and Vaclav, Co-Chairs



My name is Václav Pfeifer-Mikolášek and I was born and grew up in Prague, Czechoslovakia (now Czechia). My computer science studies brought me to Vienna where I later switched fields to study and train in psychotherapy at the Sigmund Freud University. I work as a psychotherapist under supervision since 2016 and still keep a part-time job as a programmer. I love Gestalt for its being well-grounded Philosophically yet encountering the world with lightness. I try to keep the balance even though I've adapted to lean somewhat more to the former than to the later. I have joined the Board as an AAGT conference newcomer with the motivation to continue and support the sense of community I've experienced at the conference in Toronto. Looking forward to getting to know you, working with you, supporting you and being supported by you.



*From the secretary, Shareefah Sabur*



To the membership:

I feel called to serve this organization because Gestalt training has given me new lenses through which to view myself and the world. I am thriving in this space where I can be curious and reach out and be met. Toronto was my second AAGT conference and I can say that each conference has had a very unique impact on me. I anticipate becoming more of who I am because of who you are. I feel as though I am still glowing with gratitude for being given the honor and opportunity to serve as secretary.

As secretary, I intend to work diligently in my role for the next two years on behalf of AAGT. I shall strive to record the proceedings of the meetings of the organization as accurately as I can, and then make those records available to the membership in a timely manner. I welcome comments, questions, and feedback once the minutes have been published on the website. I shall support the President and the Board by initiating, drafting, refining, and issuing official correspondence for the organization. In the position of maintaining records, I shall work more specifically with the Archivist, the Communications Director, and the Newsletter Editor to ensure accurate and consistent messaging.

Shareefah Sabur, Secretary





### Continuing Education Highlights



We are pleased to have seen so many of you at the Toronto conference. It is heartwarming to meet you in person, after our cyber contact. Again, we thank you for your patience prior to, during, and after the conference. We have received 73 responses to the Toronto General Conference evaluation so far. A summary of the results will be available on the AAGT website and posted to the AAGT listserve soon ! Thank you for your feedback.

After Dina's taking the lead for many years, and Marlene supporting for the past two, we are trading roles. Marlene is counting on Dina's wealth of knowledge to provide support so that we can seamlessly continue to attend to CE needs of our members.

We will continue to provide Attendance Certificates to all attendees of our conferences, Continuing Education Certificates for psychologists and others who can use APA credits, and CCE Resource documentation for International Coaching Federation certified coaches

This coming year we will be applying for renewal of our accreditation with the American Psychological Association. We are continuing to pursue accreditation for continuing education by the Association of Social Work Boards. We are aware that these organizations directly benefit slightly less than half of our membership (mostly USA and some Canadian licensed professionals). We also know that the high standards required by these accrediting agencies for our workshops is challenging for many of our members. Our Advisory Council believes that by continuing to meet the required standards of these Boards we maintain our recognition as a professional organization.

Our Advisory Council encourages you to publish articles on Gestalt therapy theory and applications in non-Gestalt peer reviewed journals, thus continuing to demonstrate our creativity and professionalism.

We are especially grateful to our Advisory Council for their wisdom. Thanks to Ann Bowman, Ansel Woldt, Brad Larsen-Sanchez, Dan Bloom, Mark Reck, Melissa Kelly McCabe, Patricia Tucker, Sylvia Crocker, and Victor Daniels. We are hoping to add other members to the Council. If you are interested, please contact Marlene ([marloblum@yahoo.com](mailto:marloblum@yahoo.com)) or Dina ([dinamiller3@aol.com](mailto:dinamiller3@aol.com)).

***Best wishes to all,***

***Marlene Blumenthal and Dina Miller***



## **A Message from the Research Liaison – Mark Reck**

I am happy to be continuing my work as the Research Liaison for the AAGT. I wanted to briefly share about my aspirations for my new term in this position.



### **Conference-Related Research Efforts... of course**

Certainly, I wish to continue the work in the incorporation of research in conferences, whether with AAGT's biennial offerings or with AAGT's ongoing involvement with gestalt research conferences. At the same time, I would be interested in providing more direct support for more localized offerings (workshops, conferences) regarding research, potentially in a similar way that the EAGT did a few years ago in Rome involving a smaller research conference.

### **Rebirth of the Research Committee?**

With the wonderful interactions and connections made through the research interest group, I would like to strongly consider the resurrection of the research committee. This group existed in a nascent form when the Research Liaison position was established, but quickly became dormant. The reestablishment of this committee could be a way for members to be given an opportunity to further participate in the research movement, at the very least through AAGT's efforts. Which brings up the next aspirational point...

### **Direct Research Actions**

The research interest group meetings have revealed significant needs around research support, whether in direct ing projects, accessing information, or disseminating research work. Depending on what emerges from the upcoming international gestalt research conference in 2019, there may be some practical next steps around:

- the creation or expansion of a gestalt research database, available publicly to reference collected and current research offerings.
- the further development and facilitation of practice-based research networks (PBRN) to promote gestalt research efforts
- The ongoing assistance with having gestalt research work be published in journals outside of the gestalt community, in order to expand our approach to benefit the various larger fields in which we work (e.g., psychology, social work, coaching, organizational development, social justice, community work) and to have our efforts recognized beyond our community

I cannot say how far along I can develop and implement these ideas over the next two years, and I am excited to have as many people with me in the journey in doing so. I am also interested around the ideas and activities not included in my vision that catch the energy of the AAGT community.

As always, people are welcome to contact me for any research-related questions or ideas, or even to join the monthly research interest group meetings.

The best to you all as we head into the autumn and winter!

Mark Reck

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



IV International Conference on Research in Gestalt Psychotherapy

## NEW DEADLINES FOR REGISTRATION AND DELIVERY OF ABSTRACTS

- Early bird Registration: Until October 31th
- Deadline to submit abstracts: Until October 31th

Santiago de Chile; May 2019



### Research in Gestalt

SANTIAGO 2019

IV International Conference on Research in Gestalt Psychotherapy

[www.congresogestalt.cl](http://www.congresogestalt.cl)

**Topics**

**'Research in Gestalt Therapy: Towards an Effective Practice'**

**Sub-themes**

- Basic Starting Considerations for Research in Gestalt Therapy
- Developing Research Projects—either completed or in progress
- Growing edge in the Field of Research in Gestalt Therapy, Coaching, and Organizational Development
- Coordinating and Organizing Gestalt Research Internationally

**Scientific Committee**

<ul style="list-style-type: none"> <li>• Philip Brownell (USA)</li> <li>• Alessandra Merizzi (United Kindom)</li> <li>• Antonio Martínez Ribes (Chile-Spain)</li> <li>• Claudia Fernández (Mexico)</li> <li>• Dr. Otto Glänzer (Germany)</li> <li>• Ecea Alexandru (Romania)</li> <li>• Francisco Huneus (Chile)</li> </ul>	<ul style="list-style-type: none"> <li>• Gianni Francesetti (Italy)</li> <li>• Jan Roubal (Czech Republic)</li> <li>• Madeleine Fogarty (Australia)</li> <li>• Margherita Spagnuolo Lobb (Italy)</li> <li>• Marina Varas Schnake (Chile)</li> <li>• Mark Reck (USA)</li> <li>• Pablo Herrera Salinas (Chile)</li> <li>• Vincent Beja (France)</li> </ul>
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MAY  
29,30,31  
JUNE 1<sup>o</sup>

SANTIAGO  
CHILE

**ICON Santiago Hotel & Convention Center**

**Keynote Speakers**

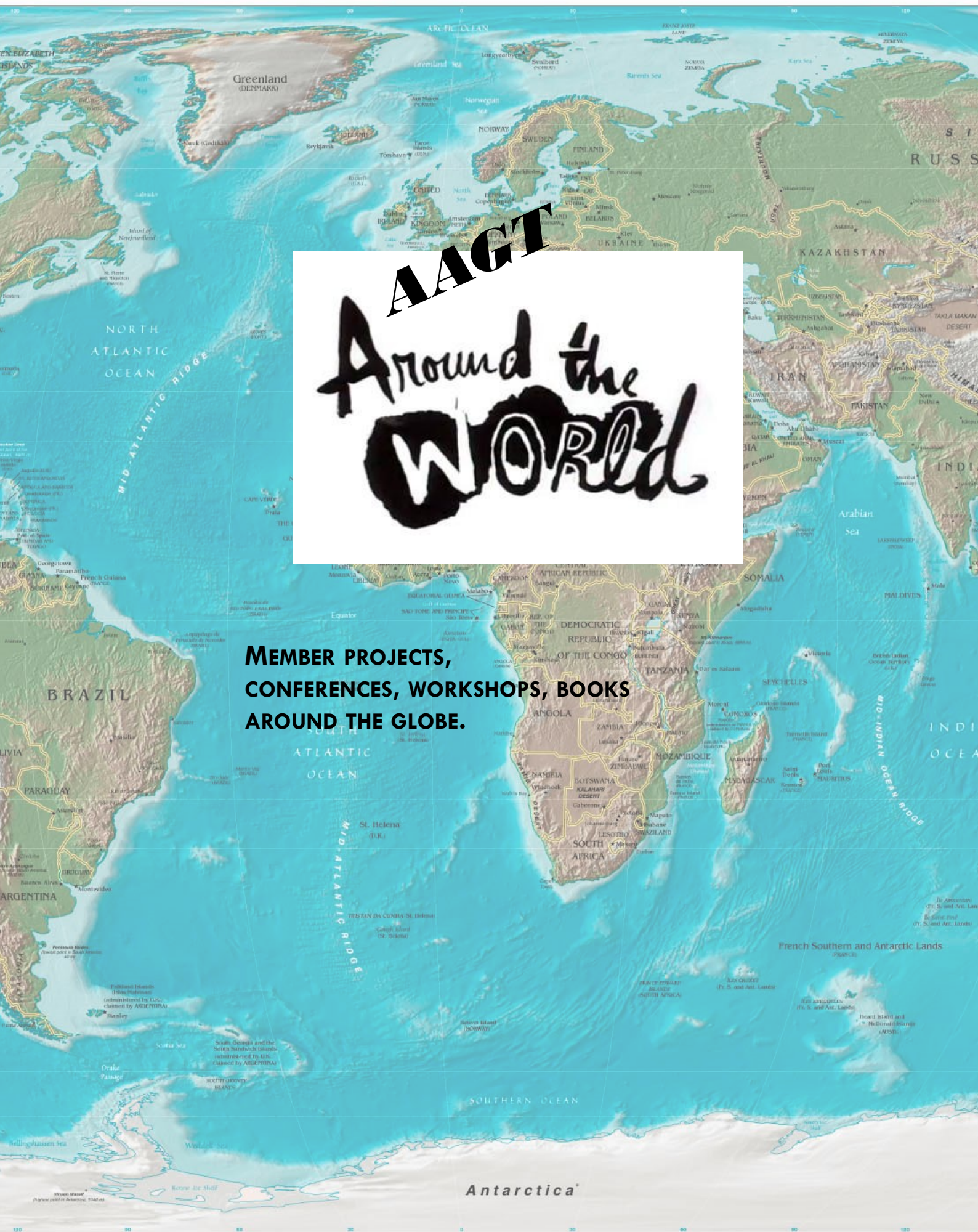
Clara Hill, PhD  
Michael J. Lambert, PhD  
Mariane Krause, PhD

**Steering Committee**

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- Marina Varas (Chile)
- Antonio Martínez (Chile-Esp)
- Pablo Herrera (Chile)

Email: [contact@congresogestalt.cl](mailto:contact@congresogestalt.cl) (562 25858180) - Zentidos Conference Organizer





# AACT Around the WORLD

**MEMBER PROJECTS,  
CONFERENCES, WORKSHOPS, BOOKS  
AROUND THE GLOBE.**



# Gestalt Associates Training Los Angeles

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

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[ritaresnick@gatla.org](mailto:ritaresnick@gatla.org) [bobresnick360@gmail.com](mailto:bobresnick360@gmail.com)

## Killarney, Ireland

20<sup>th</sup> Annual Killarney Couples Therapy  
Training Workshop

**"Two Become One And Then There Are None"**

Rita F. Resnick, Ph.D. & Robert W. Resnick, Ph.D.  
Kevin McCann, H Dip GT, Favo Barbarello, M.Sc.

**March 28 - 31, 2019 Couples Therapy Film  
Screening followed by 3-day Workshop**

Contact: [ritaresnick@gatla.org](mailto:ritaresnick@gatla.org) or  
[BobResnick360@gmail.com](mailto:BobResnick360@gmail.com)  
Kevin/Favo in Ireland: [animagestalt@gmail.com](mailto:animagestalt@gmail.com)



## 48<sup>TH</sup> ANNUAL SUMMER EUROPEAN RESIDENTIAL 2019 TRAINING PROGRAMS

**COUPLES** - July 7 – 13, 2019

Basic and Advanced Groups – Live Model Couples

**GESTALT** - July 14 -26, 2019

Five levels of training: Basic to Masterclass

Participants from 30 different countries, Faculty from 15  
different countries with an 80% participant return rate.

## UMBRIA, ITALY (tentative)

Contact: [ritaresnick@gatla.org](mailto:ritaresnick@gatla.org)



## AMSTERDAM, HOLLAND

April 11<sup>th</sup> – April 14, 2019

Residential

**Individual and Couples Therapy  
Training Workshop  
"A Couple of Individuals"**

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

Contact: Paul ter Weijde,  
[paulterweijde@planet.nl](mailto:paulterweijde@planet.nl)



## Individual Gestalt Films

**Robert W. Resnick, Ph.D.**

30-minute free theory film plus eight  
unedited Gestalt Therapy films with subtitles  
in many languages for purchase.

[Vimeo.com/ondemand/gestalt](https://vimeo.com/ondemand/gestalt) films



## Couples Films

**Robert W. Resnick, Ph.D.**

**Rita F. Resnick, Ph.D.**

New films (real couples)  
to be released very soon  
with subtitles.

Info and 30% discount vouchers:

[BobResnick360@gmail.com](mailto:BobResnick360@gmail.com)

See Bob & Rita's Couples Therapy interview  
This issue of BGJ with Malcolm Parlett.



Dear colleagues,

Please pass this on to anyone you think may be interested. This experiential day introduces composer/ music therapist Dr. Paton's Lifemusic – an improvisatory approach to therapeutic group work. Counsellors, Psychotherapists, Psychologists, Education, Social Work, Wellbeing staff & *trainees* are all welcome. No prior musical experience/ skill is needed to participate in this inclusive workshop.

Lifemusic draws on diverse musical styles and traditions across the globe. In a spirit of 'communitas' we will communicate using 'Instant access' instruments and our voices, followed by some processing. People often report afterwards feeling enlivened or 'in flow', more able to respond contactfully and choicefully in the present moment. *NB Instruments are provided though you may bring*

**" Lifemusic: Finding the Hum in Human."**

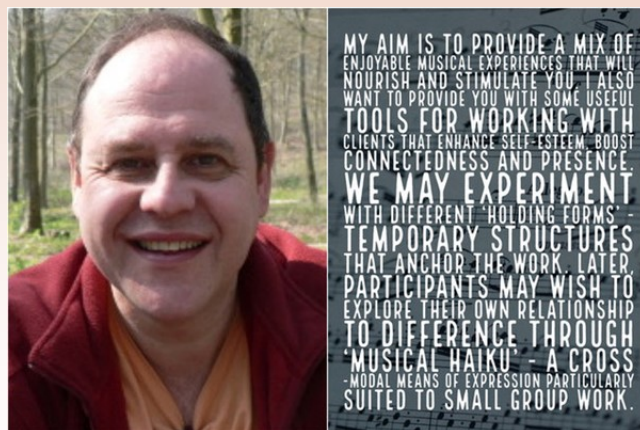
**CPD day with Jon Blend: Nov 3<sup>rd</sup> at**

**Aashna Counselling & Psychotherapy: London N.12 9EH**

**Youtube interview:** <https://www.aashna.uk/events-1/lifemusic-finding-the-hum-in-human-with-jon-blend>.

**For further details and video footage of a Lifemusic session**

**see 'What I Offer' on: [www.gacp.co.uk/](http://www.gacp.co.uk/)**



**December 5-8 2018**

**Gestalt Centre, London NW1 OPT**

**The Drama of Being An Adolescent: A developmental arts approach**

**Facilitator: Jon Blend MA**

*Includes: theory, experiential, discussion*

- \*Maturational changes, quests and desires
- \*Proto-separation and the relational field
- \*Experiment, risk, expanding the Lifespace
- \*Pop culture, social media and cyber safety
- \*Anger as a support for emergent selfhood.

*10 mins from Eurostar*

For further information/to apply:

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

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



**EAGT Conference September 19-22, 2019, Budapest-Hungary**

**[www.gestaltconference2019.com](http://www.gestaltconference2019.com)**

There will be close to 120 workshops during the 4 days.

Keynote speakers: Gordon Wheeler, John Leary-Joyce, Kathleen Höll, Lynne Jacobs, Nancy Amendt-Lyon, Robert Resnick.

### **AN EXPERIENTIAL EXPLORATION: THE FERTILE VOID AND CREATIVE INDIFFERENCE**

In Budapest we aim to co-create with you a fertile space in which we can all connect, share and explore ourselves and each other and find new possibilities in the flow of our creative energies and in the emergence of new understandings

GENERAL FRAMING : The ability to stay in a state of not knowing, and to trust in the flow of life is fundamental to gestalt theory and practice, as is the belief that the creative energy flows from experiencing the emptiness of being, and that new understanding manifests continuously. The fertile void is the undifferentiated field from which everything emerges. Emergent figures take shape and begin to evolve through a dance between the polarities. When balanced, feelings of separation become illusory, and it becomes possible to gain deeper insight into the process of the organism, and for new, previously invisible opportunities to become manifest. During the conference we would like to give space to explore the fertile void and creative indifference from these perspectives: I

SCIENTIFIC AND METHODOLOGICAL ASPECTS : In 1918, writer and philosopher, Salomo Friedlaender, wrote about the state of creative indifference in consciousness, thereby stimulating the Perls' thinking. According to Friedlaender, creative indifference is the manifestation of consciousness, which does not position itself emotionally or conceptually at either polarity, but holds a balanced zero point, which enables the release of clear forces and energies in the field. There is an opportunity in creative indifference to direct our attention to a more holistic perspective, which exists far beyond the polarity of figure and ground. The Gestalt therapist's attitude of creative indifference supports the emergence of a fertile void in the therapeutic situation, thereby releasing creative energies, so that new meanings and self-supporting consciousness can emerge

SOCIAL AND POLITICAL ASPECTS : In current times polar forces appear to be in the ascendance. Societies are becoming more polarized, with extreme positions intensifying, and the imponderable nature of events becoming more prolific. There are no obvious answers. Dualities define our world and opposing poles urge us to make stark choices. What has worked in the past is no longer effective. We do not know what is happening, or what to do. We need courage, faith, deep knowledge and consciousness in order to be able to hold a state of not knowing and sensitization. Not reacting and not moving does not equate with powerlessness and separation. Not knowing does not indicate a state of cluelessness. Rather, it is a unique opportunity to respond innovatively, by living in today's chaotic energies with creative indifference. Staying in the fertile void with creative indifference allows us to see the polarities, and at the same time liberates us from making habitual or forced choices.

EXISTENTIAL ASPECTS : Sooner or later we all arrive at a period in our private live when there are no clear answers and when the only thing we are aware of is the certainty of our not knowing. This place is the fertile void, which can lead to our greatest personal development. This is a unique opportunity, to reconnect to the deeper meaning of being ourselves without polarizing, opposing forces. Here, we may connect with our own core, which can take in all that is, and from which place the creative self without form can emerge.

Submission : Olivia Antal <[antalivi@gmail.com](mailto:antalivi@gmail.com)>



## The Mexican Association for Gestalt Psychotherapy (AMPG)



October 26-28th annual "Jornada" or mini-conference .

[www.associacionmexicanadegestalt.com](http://www.associacionmexicanadegestalt.com)

Dear all, As I mentioned to some of you, the Mexican Association for Gestalt Psychotherapy (AMPG) frequently runs national and international events which, especially for our American neighbors, can be quite accessible and enriching opportunities. Most of our invited presenters work in English with translation to Spanish, while national presenters

<https://www.facebook.com/events/995605057259809/> is the link for our oct 26-28th annual "Jornada" or mini-conference, which actually has nothing mini about it, boasting presenters like Ansel Woldt, Masa Momotake, Guadalupe Amescua, Guy Pierre Tur, MariTriny Cardenas, Gabriela Munguía, Yaqui Martinez and around 15 other major

As an association, we are looking to develop an offering of "Residential" training experiences for the international Gestalt community as well, so keep an eye on us if you are looking for personal and professional growth opportunities...on picturesque beaches or mayan ruins...or in any one of Mexico's complex modern meets historical cities.

*Warmest regards on behalf of the Mexican Gestalt Community,*

*Heather*

Heather Ann Keyes, Psicoterapeuta Gestalt

cel: 618.181.2928

Presidenta, AMPG



ONE-DAY WORKSHOP

with JAMES YATES, Ph.D., L.P.C.

Sponsored by the

## **Appalachian Gestalt Therapy Institute**

Develop a wellspring of support for facing challenges, overcoming self-defeating patterns, and getting what you want out of life.

Learn how you and your clients can create and activate a circle of allies drawn from one's present, past, imagination, spiritual traditions and other sources.

Allies can provide a valuable source of self-support when encountering self-criticism, fear of risk and conflict, suppression of emotions, and difficulty reaching out for support.

You will be introduced to this approach through creating your own circle of allies and learning ways to invoke allies for yourself and your clients through demonstration and participation in experiential and written exercises.

**10 AM - 4:30 PM, Saturday, November 3rd**

**FEE: \$100**

**Orange Hill Wellness Center**

**401 Orange Street**

**Charlottesville, VA 22902**

**CE credits available through NBCC**

**\$25 Additional Fee for 5 Contact Hour**

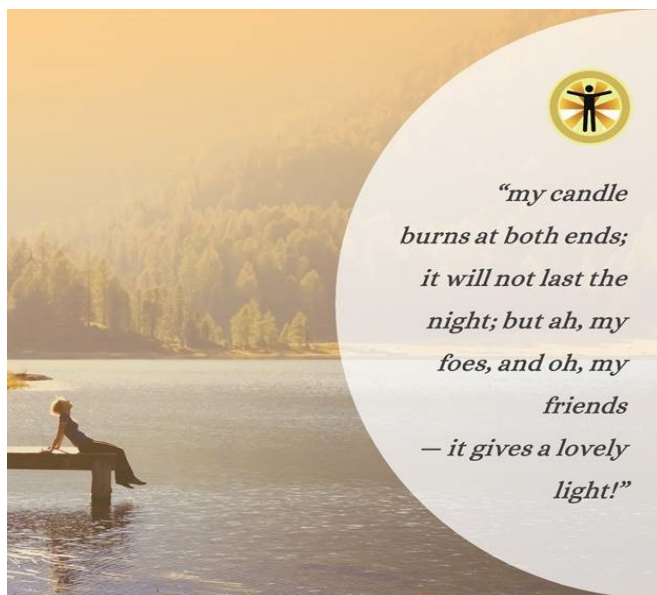


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***Burning the Candle at Both Ends*** is a self-guided and comprehensive starter program is designed to look at all aspects of stress and burn-out. It provides ongoing support during the program: access to the group and myself, and the most up-to-date science-backed information, walking you through every aspect of stress, how it impacts your life physically, mentally and emotionally, and what you can do about it now, to reclaim your joy in life. Registration closes October 15<sup>th</sup>

**To find out more, or to register, go to**

**<https://thejoyofliving.co/candle-2017/>**





Dear Presidents of AAGT, EAGT, SIPG,.....We have the pleasure to formally announce to you that the Book of Proceedings of the Taormina conference is now available!

You have probably seen the book already, or received a letter as presenter. We have managed to make it available in Toronto for the AAGT conference. Now, after many traveling and good and engaging experiences during this Summer, we are able to write to you as chairs of the three Associations involved in the organization of the conference. We thank the three Associations, the AAGT, EAGT, SIPG, with all the boards and individuals who have contributed to make the conference happen.

This book gathers proceedings from a conference of more than 1000 participants from across the world: the first joint AAGT and EAGT conference, with the organizational support of the Italian association, the SIPG (Società Italiana Psicoterapia Gestalt). It has been an enriching adventure for us to support the publication of this incredible work, and save it from death, after that it had lost its main editor and couldn't draw on any economic support.

Now, looking at the 23 countries represented by the seventy-two authors who have made this book, with 53 contributions and 565 pages, we feel proud and moved by all the richness of this book.

The conference theme, "The Aesthetic of Otherness in a Desensitized World," expressed how the interests of the international Gestalt therapy communities converged in the last few years. This theme brought together three principal concepts from the wide range of developments in Gestalt therapy literature, practice and teaching.

They were the "aesthetic values in psychotherapy," our "interest in the "other" and our concern for "changes in society".

This book includes so many clinical, theoretical and research applications of the concept of Otherness that it's just marvelous to read it. It shows how our community is spreading with creativity and openness to other contemporary scientific approaches.

Here is the reference of the book:

M. Spagnuolo Lobb, D. Bloom, J. Roubal, J. Zeleskov Djoric, M. Cannavò, R. La Rosa, S. Tosi, V. Pinna (Eds.) (2018). The Aesthetic of Otherness: meeting at the boundary in a desensitized world, Proceedings. Siracusa (Italy): Istituto di Gestalt HCC Italy Publ. Co. ([www.gestaltitaly.com](http://www.gestaltitaly.com)) ISBN: 978-88-989-1208-7

It's available in free access in this link, where you can also order the printed format

<https://www.gestaltitaly.com/taormina-conference-proceedings/>

**We ask you to spread this info among all members of your Association, and to include it in its official web site.** We are pleased that this book is included in the "Gestalt Therapy Book Series" and thank the Istituto di Gestalt HCC Italy for having supported this publication. We hope that while reading this book you will feel welcome to what has been called the "Taormina wave"!

We wish you an energetic Autumn and remain available to your feedback.

Margherita Spagnuolo Lobb, Main Editor (Siracusa, Italy)

Dan Bloom (New York, NY)

Jan Roubal (Brno, Czech Republic)

Elena Zeleskov Djoric (Sydney, Australia)

Michele Cannavò (Catania, Italy)

Roberta La Rosa (Milan, Italy)

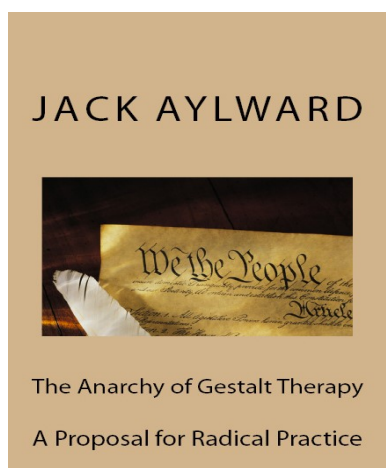
Silvia Tosi (Milan, Italy)

Valentina Pinna (Sassari, Italy)





## A NEW BOOK FROM RAVENWOOD PRESS BY

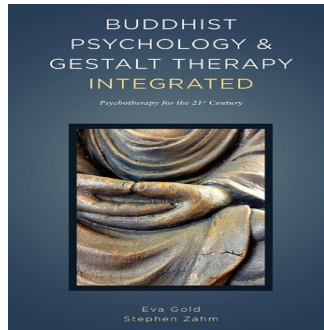


"Jack has given us much to ponder and much to experiment within his sequel to his remarkable book of a few years ago Gestalt Therapy and the American Experience. 2012.

The present volume, essentially a sequel, builds on his explication of the influence of Paul Goodman and his version of anarchy on the evolution of gestalt therapy. From the historical and theoretical emphasis of The earlier book, the focus here moves from theory to practice— "RADICAL practice!"

*Bud Feder from the Preface*

*To purchase contact Brian O'Neill at [boneill@uow.edu.au](mailto:boneill@uow.edu.au)*



**This groundbreaking book** points the way to an expansive perspective on psychotherapy for the 21st century. It explores the integration of Buddhist psychology and mindfulness with a humanistic, relational psychotherapeutic approach. Clinical examples translate theory into practice, clearly illustrating how these ideas and methods are applied.

Eva Gold, PsyD and Stephen Zahm, PhD train and present nationally and internationally. They bring heart, wisdom, 40+ years of clinical and teaching experience, and decades of Buddhist study and meditation practice to this exploration of human suffering and the possibility for greater freedom from it.

Now available at local booksellers and online:  
[Amazon.com](https://www.amazon.com) [Powells.com](https://www.powells.com) [Barnesandnoble.com](https://www.barnesandnoble.com)  
[www.gttcnw.org](http://www.gttcnw.org)





My great news was that my new book *Body-to-Body Intimacy: Transformation Through Love, Sex, and Neurobiology*, a neurobiological-Gestalt integration of individual, couples, and sex therapy was released by Routledge in July 2018 and was the #1 new release on amazon.com in Psychotherapy. The book de-

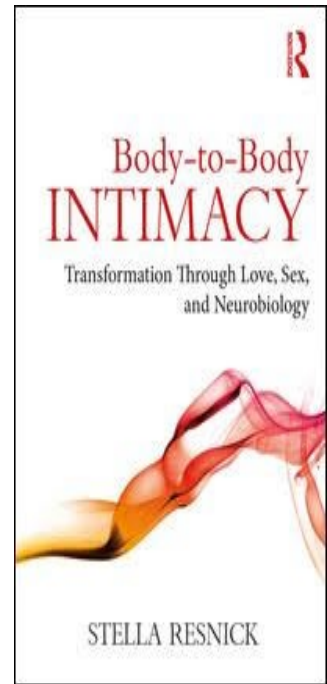
scribes how the latest relational neurobiological research completely corroborates the theory and practice of Gestalt therapy. I am now offering a 4-weekend, 4-module, 60-hour theoretical and experiential training based on this research and my 40 plus years as a Gestalt therapist, trainer and certified sex therapist and educator. The Embodied Relational Sex Therapy™ training is an opportunity for both personal growth and professional development. The program for the ERST training is described below.

### **Embodied Relational Sex Therapy Training™**

#### **A Theoretical and Experiential Exploration of a Body-Based Sex Therapy**

**With Stella Resnick, PhD**

This training aims to recognize sexuality as a core aspect of self-development from infancy and throughout childhood, adolescence, and adulthood and as an essential in the training of therapists for both personal growth and professional development.



**Four weekends, 15 hours per weekend, total of 60 Credits**

**Los Angeles, California**

**60 CEs for AASECT, APA, MFT, LCSW, and more through R. Cassidy Seminars**

This ERST program examines an embodied, relational, holistic approach to individual and couples' sexual enhancement through four 15-hour weekend modules for a total of 60 hours. Groups meet Fridays and Saturdays 10 am to 6 pm, and Sundays from 10 am to 1 pm. Each weekend module is a combination of somatic-experiential practice, breath work, mini-lectures on supporting theory and research and discussion as participants hone their ability to utilize present-centered Gestalt methods to examine and track their own impasses, emotions, memories, and opportunities for personal growth.

#### **February 22-24, 2019**

**Module One:** A New Look at Sexual Problems: Tracing Embodied Relational Sexual Roots in Child, Adolescent, and Adult Development.

#### **April 12-14, 2019**

**Module Two:** The Sexual Brain and Body in Therapy: Working with the Senses, Sense Memories, Emotions, Muscles, Movement and Breath.

#### **June 28-30, 2019**

**Module Three:** From Sexual Shame and Trauma to Sexual Love and Pleasure: Working with Trauma, Challenging Relational Dynamics, Integrating Love and Sex.

#### **September 13-15, 2019**

**Module Four:** Couples' Sexual Fulfillment and Personal Growth: The Integrated Self, Sexual Aliveness, and Relational Satisfaction. **Enrollment is limited. For more information and to apply for admission to the program, please email me at [stella@drstellaesnick.com](mailto:stella@drstellaesnick.com)**



are proud to publish

THE EVOLUTION OF THE CAPE COD MODEL; GESTALT CONVERSATIONS, THEORY AND PRACTICE

Joseph Melnick and Sonia March Nevis

From the preface

"This book is many things and results from years of immersion in the Gestalt world. It is not just about Gestalt therapy-but about a philosophy and way of life that has enriched both of us over our many years of working together and designing, along with others, the Cap Con Model. We have had the opportunity to debate, collaborate and hopefully contribute to the thinking and techniques that comprise Gestalt theory. We hope that by reading this manuscript you will be stimulated and find it useful in understanding our approach. But even more importantly, we hope that it will impact you in terms of how you live your lives."

*...opened my eyes to a wider, quite practical and not at all obvious perspectives on human relations.* Margherita Spanuolo Lobb

*...combines a rich content based on wisdom of experienced teachers, with an easily accessible and systematic style and writing.* Jan Roubal

*...represents Gestalt therapy at its very best.* Erving Polster

*...professional collaborations don't get better than this.* Malcolm Parlett

**Joseph Melnick, Ph.D.**

[www.josephmelnickphd.com](http://www.josephmelnickphd.com)

Co-Chair of the Cape Cod Training Program

Gestalt International Study Center