

ADVANCING GESTALT  
INTERNATIONALLY

## SPECIAL POINTS OF INTEREST:

- 2019 AGM Sardinia
- EAGT Budapest
- Research in Santiago
- 2020 conference Ireland
- AAGT Presidents address
- VP Toni Gilligan
- Pres Elec Brad Larsen
- New Column

"Featured Figures"

- AAGT

GLOBAL NETWORK

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AAGT NEWSLETTER

APRIL 2019

## Seeding Change...



For me, seeding change has mostly been a long process of envisioning, preparing the ground, and consciously planting that first action. Becoming ground for all the actions that follow.

On the contrary, my experience on the AAGT board in this short time is like showing up mid-action in seeds of change that have been planted long before I arrived. I am doing my best to meet the rhythm and pace already in progress.

I feel invigorated and refreshed by the knowledge that my usual process of seeding change is disrupted and I am growing.

Warm Regards,  
Laura



We have a new column  
**Featured Figures**  
**Meet AAGT members.**

Each newsletter, several members at random will be invited to share something about themselves and comment on the theme.

I'd love to hear from our membership. Please send theme suggestions, content, and questions to:

[restoremindbody@optonline.net](mailto:restoremindbody@optonline.net) and be sure to make the subject line  
NEWSLETTER SUBMISSION

Our next issue will be mid July 2019.

**AAGT Gathering  
and AGM**  
**Hotel Baia Del Porto**  
**September 13<sup>th</sup> - 15<sup>th</sup> 2019**



*"Indeed, I am inviting us to come to Sardinia in September 2019 and have these conversations."*

Dr. Tali Bar -Yoseph Levine

President, AAGT

President: Tali Bar -Yoseph Levine



**I**t took me a while to find my way amongst the thoughts and feeling that I would have liked to write to you all about. Between my left wing Israeli side that is worried sick about the elections on the 9<sup>th</sup> of April and my British side who is worried sick about Brexit there is little space for anything else.

Three issues for this time; 2019 AAGT Gathering and AGM is all-set awaiting us to arrive. The conversation, or more accurate, the painful conflict, that emerged in Toronto is etched on my soul and mind, as are the voices who were heard and more so those that were not and last but not least our internationality. The first, 2019 Gathering and AGM is the soonest opportunity we have to take time face to face and delve into the other two (diversity and internationality) supported by one another along with nature and the smaller size of group.

The pain of not being seen reflect the challenges presented by our diversity, internationality being only one of those challenges. The pain/anger/complexity it takes, at the very least, to coexist regardless, while respecting oneself and the other as well as engaging in difficult conversations. The question of odd years AGMs is on its own a good one. Do we have them only to satisfy the US regulations or do we view them as an opportunity? I certainly am with the latter. In the current field it is surely not enough to maintain having only a biannual conference as our almost sole activity. Gestalt and we in it have so much more to contribute.

As I am writing these words, putting them on one plate, it becomes clearer how the question of where we put the 'I' (for internationality) in relation to 'AAGT' is fundamentally important. Before, which makes us IAAGT or as it has been to date - after. It has been shying away tagged after the strong AAGT letters for about two decades. Not used other than on official letters nor acknowledged by many within and certainly outside of AAGT. It represented/signified the internal debate regarding who we are. In the past 2.5 years I am often asked what made me become the president of an American association.... Still, really?

We **are** an international organization and community, which is different to an international community. The process has been bigger and stronger than any debate it is given by now. It is here to stay, hence, to be embraced and worked with. Indeed, I am inviting you to come to Sardinia in September 2019 and have these conversations. Help seed the changes in our associating and advancing together thus constructively impact the field around us.

Tali

Walking my dog in our local community wood, and taking deep pleasure in the quietly perfect yellow of the primroses, I was thinking about power and powerlessness - as you do!

More specifically my feeling of powerlessness: I am on the losing side in the UK's referendum on membership of the European Union (EU), left feeling I don't count. As a nation we are deeply ambivalent about it: almost half of those who voted, voted to stay. Yet I have heard over and over since the referendum that 'the people have spoken', 'the majority sometimes

referred to as an 'overwhelming' majority, have spoken'. I have felt that I don't count.

In the UK we can petition our government and parliament, and if that petition gets more than 100,000 signatures then parliament debates it. As the time has drawn closer to the date we were due to leave the EU a petition was posted against leaving. I signed it and since hearing that it was reaching and then exceeding 4 million I have been rather obsessively watching its progress. I look in on it frequently during the day. I watch the figures trickle up by ones and twos,

and then some hours later the total is several thousand more. I watched as 5, 987, 997 became 5 988,000. With each increase of one or two or three I picture someone unknown to me going through the same actions I did in signing, and I feel connected, less alone in my dissent and despair at the step my country is about to take.

Reflecting on this as I walked my dog I realised that I had seen how single, individual actions do count - I was counting them! In the time it has taken me to finish and correct this piece the number has risen from 6,058,574 to 6, 058,751. I am counting and I am counting. Isn't English a wonderful language that this one sentence can have both meanings?

Toni .....still counting!



Y

ou may have seen the recent announcement regarding the White Identified Interest Group. We want to take a look at how whiteness functions in general in our lives, and more specifically, how is functions/is enacted within AAGT. This general theme has always energized me. I like the work of Robin DiAngelo, PhD which is focused on helping those of us who identify as white to better understand whiteness and the associated power and privilege.

Speaking to white folks reading this, and as a white person writing, acknowledging our own power and privilege does not

Pres Elect Brad Larsen-Sanchez.

mean that we don't have struggles of our own, don't experience marginalization, or we are bad for being white. However, recognizing white identity, power and privilege does mean that we benefit from, contribute to, and maintain systems of power and oppression that have an often detrimental impact on others. These impacts occur whether we mean them or not, no matter how open and loving our hearts. And when invited to face these matters, we often experience a kind of fragility that can look like anger and shame.

Given that AAGT is an organization of people, made up primarily of white identified people, these systems and cycles play out in our community as well. I believe strongly that we can only benefit from exploring and better understanding whiteness. The question of whether the White Identified Interest Group is open to those who do not identify as white has been raised and I don't have an answer; maybe this will be clarified as a discussion group forms.

So I hope you will join us. To participate in this discussion group, please contact me at [brad@portlandmh.com](mailto:brad@portlandmh.com).

Thank you!





# Featured Figures



**Featured figures** will be a regular column in the AAGT newsletter. Here we feature several of our members. They will tell something about themselves, their work ,their families, or their rock collection. Anything they wish to make figural. They might comment on the general theme of the newsletter that issue. Look here each quarter to meet your co-members , co-lleagues, co-mmunity and whatever is co-created here.

Mari McGilton ,AAGT Administrator  
Washington D.C.

My name is Mari, and I am in my fourth year as the AAGT Administrator. What does that title mean? It is difficult to define because it is an ever-evolving role. Think of me as the switchboard to the organization. I can assist in any capacity you need; and when I cannot, I will route you to the person or resource that can. When I say “anything”, I mean “**anything**”. Need to renew your membership or reset your password? Email me. Want an email sent to the other members? Email me. Want to participate in a listserv? Email me. Want to start a new interest group or schedule a video conference for an existing one? Email me. Need to communicate with a board member or other AAGT member? Email me. Need assistance completing an AAGT related project? Email me! Are you unsure what you need, but know you need something? EMAIL ME! Honestly, I am here to help ([admin@aagt.org](mailto:admin@aagt.org)).

The AAGT Administrator hat is just one hat I wear, though. I am also a researcher for the United States government, daughter to two parents, the middle of two sisters, and human to one cat. I am originally from Colorado, USA, but have, and currently live in Washington, D.C., USA. When I reflect on “seeding change” I think about the daily rising and setting of our sun. The same process over and over but opening and closing entirely new days. Every day I am fortunate enough to awaken attempting to have closure with my unique experiences of yesterday so that I can be mindful of what changes are yet to come. Speaking of experiences yet to come, *I cannot wait to see you all at the upcoming 2019 AGM in Sardinia, Italy!*



# Featured Figures



Hello my name is Eduardo Rubio;  
I live in the Eastern Coast of Mexico;

I am 49 years old. I am a full time Gestalt Psychotherapist. I also work as a teacher and an Organizational Consultant.

I live near the ocean, which I love; I am a father of two young kids. I live with my kids, my wife and our dog and they show me the fragility of relationships and at the same time the strength that they mean. The ocean reminds me of the presence of the inevitable.

I live with a neuromuscular disease since I was born. I use crutches to walk short distances and a wheelchair for long distances. I also need a mechanical respirator during night sleep. I am aware of the deep importance of finding support in the environment.

As a Gestalt therapist I do strongly believe in the force of the process that happens "in the between", in the *contact boundary* among the psychotherapist and the "client". Through all my professional experience, this approach has driven me to search together with my "clients" new and creative ways to cope with those difficult and painful situations in everyday life.

In the midst of a very convulsive, violent and uncertain society, getting to know different personal histories with adolescents and adults, touches me deeply and moves me to seek "the beauty in the middle of crisis". These quoted words were spoken by a client who constantly suffers of physical illness and emotional pain.

I see the therapeutical relationship as an aesthetic process which occurs in the contact between the "client" (or "clients") and the Psychotherapist. This is my conviction, a kind of certainty in the middle of a wounded and uncertain world.

I agree with the paradoxical theory of change. Grounding myself in this theory, I do believe that seeding change will only occur in the acceptance of what it is. In this regard, I am sure that the caring presence of an-other being can make more endurable this acceptance.

Eduardo Rubio

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

Facebook / Twitter: @laloterapeuta

# Featured Figures



**Václav Pfeifer-Mikolášek.**  
Vienna, Austria.

Hello!

What a task to write a few lines about oneself! I'd prefer to answer a couple of questions than to guess what may be of interest to you. I usually suffer through check-ins never knowing how to "share where I currently am". I usually don't know where I am. Please, you tell me! Did I have a good week? Bad one? I forgot!

I'm not a great opener. I prefer the midsection. Sometimes I'd like to tell to those who come for the first consultation: "Please bare with me the first couple of sessions, it will get much better later"

Yet I love it when others do it! When people generously invite me in and open the

space for me. It feels so good. I immediately admire that faculty, am grateful and feel slightly ashamed that I'm bad at it. I then make resolutions to do the same for others by imitation. This generous opening of space was also my experience with AAGT when I for the first time joined the conference last year in Toronto. And to reiterate the theme of this newsletter: joining AAGT was very much planting a seed of change: I've returned to Vienna invigorated, freshly re-engaged with Gestalt, and as a member of the board. Why did it have such an effect on me? The answer cannot be found in the "whats" (the talks, the workshops, not even the cabaret) but rather in the "hows": your generosity, immediacy, and openness

toward an experiment (in its many meanings). Well, AAGT is obviously a great opener.

When I think of change, I often think of two of its moments: change by ad-

dition and change by transformation. My experiences in Toronto, interacting with my board-peers and engaging with you on the listserv are to a bigger part of the transformation kind. But maybe transformation is too big a word - stirring could be a better expression. As a new member of the board I'm in a way representing the change by addition. I'm curious myself whether this addition stirs something, too.

Now I feel like I can write a few lines about myself: I was born in 1983 in Prague in Czechoslovakia (now Czechia). I studied computer engineering and moved later to Vienna. I'm currently finishing my degree in psychotherapy sciences and my training as a gestalt therapist. I work under supervision in private office and in an outpatient clinic. There are many things about Gestalt that I like and one of the consistently most important for me is the possibility of a direct and creative engagement with another person.

Warmly,  
Vaclav



***P**lease Join Us  
For Our Gathering and Annual Membership Meeting  
September 13th- 15th 2019, Sardinia, Italy*



Sardinia is the perfect location to come together to better our organization, communities and ourselves, and to have fun as well!

We will gather on the morning of Friday, September 13 and continue through mid-day Sunday, September 15.

Friday will be devoted to conversations among participants . For those who were in Toronto , it is an opportunity to discuss issues emergent from our Toronto conference and whatever else emerges from the group. As we tackle these issues, we will structure the day to facilitate contact: both at an intimate level and in the larger group. Saturday afternoon will allow for reflection and further dialogue together.

The AGM will be conducted in two sessions, both Saturday and Sunday mornings. We are inviting members to start reflecting on subjects they would liked addressed at the AGM; please email Mari at [admin@aagt.org](mailto:admin@aagt.org). Please note, a number of Board positions are open, so one item on our agenda will be elections.

To register for the event please [click here](#)

See More next page.

**Unique nature + Quality time + Activity  
+ discussion + AGM - open to everybody, mem-  
bers vote. + Italian food + Opportunity to influ-  
ence that which is bigger than you**

**=**

**AAGT Gathering and AGM**  
**Hotel Baia Del Porto**  
**September 13<sup>th</sup> - 15<sup>th</sup> 2019**







**So? What are you waiting for?**  
**It's a new era for the odd year AGMs**  
**Click here to register**

**<https://www.cognitoforms.com/AAGT1/AAGT2019AGMRegistrationLodgingForm>**

And here if you wish to add a few nights for the gathering rate

**[booking@studiovacanze.it](mailto:booking@studiovacanze.it)**

**Hotel Baia Del Porto**

*[Discover Sardinia](#)*

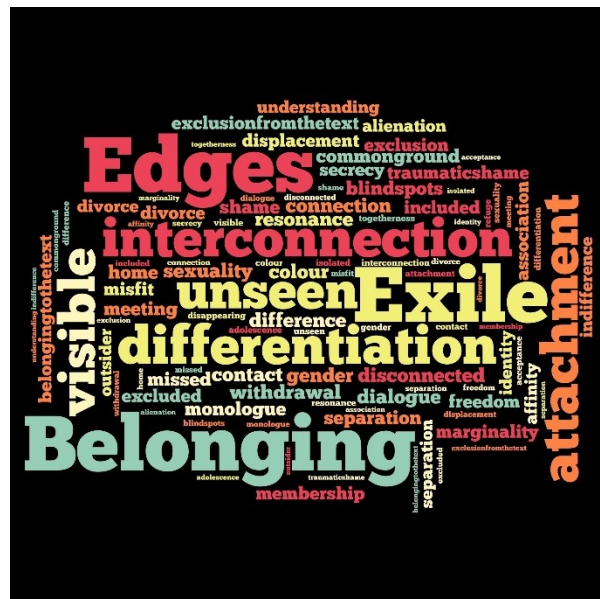
AAGT 2020 Conference  
County Clare, Ireland  
9<sup>th</sup> – 13<sup>th</sup> September 2020

## *Edges of Exile and Belonging*

We are pleased to confirm that our 2020 AAGT biennial conference will be held in County Clare, Ireland!

The conference will start on the evening of Wednesday **September 9<sup>th</sup>** and run through to **Sunday September 13<sup>th</sup>**. **Pre-conference workshops** will take place on Tuesday the **8<sup>th</sup>** and Wednesday the **9<sup>th</sup>**.

The conference theme of ‘***Edges of Exile and Belonging***’ has emerged from ongoing conversations that developed during and after the 2018 conference and from our consultations with members of the wider AAGT community.





We will be convening on the edge of the Burren in the [18<sup>th</sup> Century Falls Hotel](#). The hotel, which runs entirely on hydro-electric power from Ennistymon Falls, is situated about 3km from the wild Atlantic Ocean in an area of natural beauty called the Burren. The Burren and Cliffs of Moher are designated areas of natural beauty by [UNESCO](#).

We chose this venue not only for the beauty of the setting, and the excellent facilities, but also for its economical advantages. It is our aim to keep the cost of this conference as affordable as possible

For your diary: June 2019    Call for Proposals

*We look forward to welcoming you to the conference!*

2020 Convenors,

*Billy Desmond, Toni Gilligan, Sinead Kavanagh & Maryanne Nicholls*





## AAGT GLOBAL NETWORK

**S**ee what members are offering:  
**Workshops, Amazing Conferences, Trainings,  
Newly Published Books, Experientials, Presen-  
tations, Interest Groups, Supervision, Seminars,  
and Master Classes.**



## 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

- Philip Brownell (USA)
- Alessandra Merizzi (United Kindom)
- Antonio Martínez Ribes (Chile-Spain)
- Claudia Fernández (Mexico)
- Dr. Otto Glanzer (Germany)
- Ecea Alexandru (Romania)
- Francisco Huneus (Chile)
- Gianni Francesetti (Italy)
- Jan Roubal (Czech Republic)
- Madeleine Fogarty (Australia)
- Margherita Spagnuolo Lobb (Italy)
- Marina Varas Schnake (Chile)
- Mark Reck (USA)
- Pablo Herrera Salinas (Chile)
- Vincent Beja (France)



**MAY**  
**29,30,31**  
**JUNE 1<sup>°</sup>**  
SANTIAGO  
CHILE

ICON Santiago Hotel  
& Convention Center

### Keynote Speakers

Clara Hill, PhD

Michael J. Lambert, PhD

Mariane Krause, PhD

### Steering Committee

- Philip Brownell (USA)
- Marina Varas (Chile)
- Antonio Martínez (Chile-Esp)
- Pablo Herrera (Chile)

WWW.GATLA.ORG

## GATLA EUROPEAN TRAINING PROGRAMS SPRING & SUMMER 2019

**Killarney  
Ireland**

**Amsterdam  
Netherlands**

**Oslo  
Norway**

**48<sup>th</sup> Annual  
Summer  
Residential  
Training  
Programs  
Assisi, Italy**

### 48<sup>TH</sup> ANNUAL SUMMER EUROPEAN RESIDENTIAL TRAINING PROGRAMS ASSISI, ITALY

**COUPLES - July 7 - 13, 2019**

Introductory and Advanced Groups - Live Model Couples

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

Five levels of training: Introductory to Master Class  
Participants from 30 different countries,  
Faculty from 15 different countries  
80% participant return rate.

ADDITIONAL INFORMATION AND REGISTRATION:  
[www.gatla.org](http://www.gatla.org)

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

### AMSTERDAM, HOLLAND

**April 11 - 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)

### OSLO, NORWAY

**April 26-28, 2019**

*Individual and Couples Therapy Training Workshop*

**"A Couple of Individuals"**

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

Contact: Bob Resnick at: [BobResnick360@gmail.com](mailto:BobResnick360@gmail.com)

### **NEW: COUPLES THERAPY INTERVIEW WITH THE RESNICKS by Malcolm Parlett**

**Current issue of the  
*British Gestalt Journal*  
<https://bit.ly/2BQEzu2>**

**Discover a unique model of Relationships,  
Coupling and Couples Therapy**

### **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.**

Assisted by: Kevin McCann, H Dip GT,  
Favo Barbarello, M.Sc.

March 28 - 31, 2019 Couples Therapy Film Screening  
followed by workshop

**REGISTRATION and ADDITIONAL INFORMATION**

<https://www.brownpapertickets.com/event/3882184>

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

Kevin/Favo in Ireland: [animgestalt@gmail.com](mailto:animgestalt@gmail.com)

CONTACT: +1 (310) 826-7770

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



# BUDDHIST PSYCHOLOGY & GESTALT THERAPY INTEGRATED

*Psychotherapy for the 21st Century*



Eva Gold  
Stephen Zahm

This book establishes the fundamental convergences of Buddhist psychology and Gestalt therapy, as well as recognizing their differences. It proposes an approach that integrates the two, pointing the way to an expansive perspective on psychotherapy for the 21st century.

## FROM THE FOREWORD...

"An expanded understanding and perspective of what is possible in a humanistic, experiential, and existential psychotherapy, free of limiting notions of what can be included in psychotherapeutic exploration."

—ERVING POLSTER, PhD

**"Eva Gold and Steve Zahm's heart and scholarship shine throughout this extraordinary and beautifully written book."**

—PETER COLE, LCSW

Co-director of the Sierra Institute for Contemporary Gestalt Therapy

**"The amalgamation of these experiential approaches will inform practitioners in all disciplines of psychotherapy."**

—JEFFREY K. ZEIG, PhD

Director of the Milton H. Erickson Foundation

**"An invaluable exploration of the essential integration of Gestalt therapy and a Buddhist understanding of human existence as it applies to psychotherapy, an intersection that for too long Gestalt therapy has only mentioned in passing."**

—RICH HYCNER, PhD

Co-author of *The Healing Relationship in Gestalt Therapy: A Dialogical/Self Psychology Approach*



**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.

**AVAILABLE AT LOCAL BOOKSELLERS AND ONLINE:**

[www.Amazon.com](http://www.Amazon.com) • [Powells.com](http://Powells.com) • [Barnesandnoble.com](http://Barnesandnoble.com) • [Booktopia.com.au](http://Booktopia.com.au)

More info at [www.gttcnw.org](http://www.gttcnw.org)



**14th European Gestalt Conference**

**Budapest, Hungary**

**19-22. September 2019.**

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

Keynotes:

Nancy Amendt-Lyon,

Kathleen Höll,

Lynne Jacobs,

John Leary-Joyce,

Robert W. Resnick

Gordon Wheeler.

**You Tube Channel:** [https://www.youtube.com/channel/UCU8s-RQfRrQ8ExQqv\\_gI2jg/playlists?disable\\_polymer=1](https://www.youtube.com/channel/UCU8s-RQfRrQ8ExQqv_gI2jg/playlists?disable_polymer=1)

**Tickets still available:** <https://gestaltconference2019.com/registration/>

**Contact:** [office@gestaltconference2019.com](mailto:office@gestaltconference2019.com)

*Dear Colleagues,*

*I am writing to call your attention to the upcoming conference of the EAGT which will take place between September 19-22 in Budapest (<https://gestaltconference2019.com/>). The theme of the conference is "Fertile void and creative indifference"*

*Although the conference is organized in Europe we would like to keep our doors open to our colleagues worldwide. In that spirit, out of our six high profile keynote speakers three come from the US: Lynne Jacobs, Robert W. Resnick, and Gordon Wheeler. You may wish to check out the interviews with the keynote speakers at <https://gestaltconference2019.com/keynote/>.*

*We are doing our best to put together an exciting program with workshops, panels and plenary sessions, as well provide an inspiring space for the and welcoming space for the wide Gestalt community to meet one another and share thoughts, ideas for cooperation even. Last but not least, the conference will take place in Budapest, one of the most beautiful capitals in Europe, with its great cultural heritage sights, rich cultural palette, lively restaurants and pubs, and famous baths.*

*We hope that we have given you enough reasons to register for the conference at <https://gestaltconference2019.com/registration/>. Please check it out and make sure you register before May 31 to pay the discount fee.*

*Moreover, we are accepting workshop applications until March 31 - we are especially encouraging "new voices", that is a new generation of Gestalt experts to come forward with their ideas in this safe space. <https://gestaltconference2019.com/hold-a-workshop/>*

*Should you have any questions or concerns please do not hesitate to get in touch with us through one of the following addresses provided here: <https://gestaltconference2019.com/contact/>*

*We look forward to welcoming you in Budapest in September.*

*The organizing committee*







### **Gestalt Process Writing to C:**

**For those of you who love to write to get to know yourself better, or to understand society and people better, or to communicate better**

**GPW to C can be vital. What we have to offer is:**

**Gestalt Process Writing to C book - \$ 26,99**

**Introducing the C Writing Group : 8 juni 2019 - € 15**

**Writing Amsterdam, masterclass: 4-7 July 2019 - € 100**

**Location: [www.polanentheater.nl](http://www.polanentheater.nl) in Amsterdam**

**Amsterdam is a great city. It has more to offer than sex and drugs. The last 20 years we have been building and renovating the Rijksmuseum with 'all the Rembrandts exposed', the Stedelijk with its exciting Modern Art Collection, Filmuseum Eye on the River IJ is completely new,**

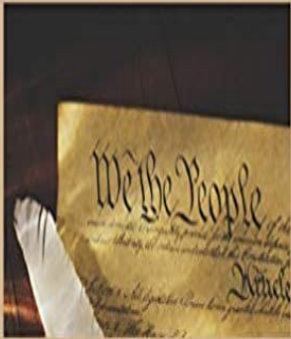
**the Van Gogh Museum got a new Entrance, we have a new metroline and there is a lot of New Architecture to enjoy.**

**Of course we still have the charm of our beautiful canals.**

**If you go to my website [www.dewalvistinevanwijk.nl](http://www.dewalvistinevanwijk.nl) you will find all the information you need.**

New Books from Illawarra Gestalt and Ravenwood Press  
on Amazon

JACK AYLWARD



The Anarchy of Gestalt Therapy

Introduction: Bud Feder PhD

The Anarchy of Gestalt Therapy: A Proposal for Radical Practice.

The present volume, essentially a sequel to Jack's first book "Gestalt Therapy and the American Experience", 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 in the main from theory to practice - "RADICAL practice!" This book contains the last published writing of Bud Feder PhD. as he writes the introduction to Jack's book.

Available through Ravenwood Press at Amazon:

<https://www.amazon.com/Anarchy-Gestalt-Therapy-Proposal-Practice/dp/1725054264>



COUPLES THERAPY  
*A Gestalt Approach*

Brian O'Neill

Couples Therapy: A Gestalt Approach  
by Brian O'Neill

A new book on the gestalt approach to couples therapy which received a great review by Bud Feder in the Gestalt Review. For copies of the review see

[https://search.proquest.com/indexinglinkhandler/sng/au/Feder,+Bud,+PhD/\\$N;jsessionid=F1DC5788F2D51B30E56CAAB2992D43B7.i-0729722f2a3f11ca4](https://search.proquest.com/indexinglinkhandler/sng/au/Feder,+Bud,+PhD/$N;jsessionid=F1DC5788F2D51B30E56CAAB2992D43B7.i-0729722f2a3f11ca4)

Available through Ravenwood Press in Amazon and Amazon Europe.

<https://www.amazon.com/Couples-Therapy-Approach-Brian-ONeill/dp/1508982112>

New York City

# Developmental Somatic Psychotherapy™

developmental process embodied within the clinical moment with Ruella Frank, Ph.D.

## 2020 - 2021 Training Program



Developmental Somatic Psychotherapy, created by Ruella Frank, Ph.D., is a relational and movement-oriented psychotherapy within a contemporary gestalt therapy framework. Inspired by the work of developmental psychologists, motor theorists, and somatic educators, Developmental Somatic Psychotherapy is a template for understanding and working with early psycho-physical blocks as they emerge in the present moment of the therapy session. Attending to movement patterns within therapy

is particularly powerful when guided by current developmental thinking. Psychotherapists from all training modalities are welcome.

### Training Schedule

Module One	Module Two	Module Three	Module Four
March 9 - 14, 2020	November 2 – 7, 2020	March 8 – 13, 2021	October 11 - 16, 2021

Trainings meet Monday, Tuesday, Wednesday, Friday & Saturday at 9:30 am - 4:30 pm

Thursday at 9:30 am - 1:00 pm.

**Ruella Frank, Ph.D.**, is founder and director of the Center for Somatic Studies, and faculty at Gestalt Associates for Psychotherapy and the New York Institute for Gestalt Therapy. Ruella was a student of Laura Perls, one of the founders of Gestalt Therapy. She teaches workshops throughout the United States, Canada, Mexico, South America and various European countries.

Ruella is the author of several chapters in various publications, as well as the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, (2001, GestaltPress, available in 4 languages) and co-authored *The First Year and The Rest of Your Life: Movement, Development and Psychotherapeutic Change* (2010, Routledge Press, available in 3 languages). Her training video Introduction to *Developmental Somatic Psychotherapy*, now subtitled in French and Russian, is available at [www.somaticstudies.com](http://www.somaticstudies.com).

For further information and to apply, visit the Center's website at [www.somaticstudies.com](http://www.somaticstudies.com)

or send an email to with your contact information to [ruellafrank@gmail.com](mailto:ruellafrank@gmail.com)





## **ONGOING GESTALT PERSONAL DEVELOPMENT AND SUPERVISION GROUP FOR CONSULTANTS AND COACHES**

OD Consultants and Coaches often feel left alone and isolated after they have finished their training or when they have worked on their own for a long period. Often there is the wish and need for a stable and trusted community that provides a safe place to work on personal issues as well as offering support when working with difficult cases and clients.

To address this need, we have started an ongoing Gestalt Group that has met twice so far. We still have a few places available in this group. Our aim is to build a learning community that meets twice a year alternating between Germany (Berlin) and the UK. Max group size is 10 participants.

Venue: The Berlin Gestalt Centre, Wielandstr. 14a, 12159 Germany

Dates: 7 - 9 June 2019

Cost: 290 €

## **SHAME IN ORGANISATIONS**

Shame is not only the most intensely painful feeling and experience of being wrong, unworthy and not belonging, but hardly ever talked about, as people affected are usually unaware, confused with guilt or simply trying to hide. This is the case in the private sphere and even more so in public and organisational life.

In organisations, shame often underlies narcissistic leadership patterns and is a widely used "tool" to exert power, keep people small and at their place. It is related to perfectionism, (work-) addiction, procrastination and isolation – amongst others. It affects our wellbeing at the workplace and is a major inhibitor to honesty, creativity, learning, innovation and change.

The workshop is intended for Consultants, Coaches and Psychotherapists who work with people in organisations or deal with shame at the workplace and want to develop new insights, knowledge and skills in recognising, attending to and handling shame and guilt in an organisational context.

Venue: The Berlin Gestalt Centre, Wielandstr. 14a, 12159 Berlin

Dates: 13 - 15 September 2019

Fees: 260 €

Contact: [cschuieler@t-online.de](mailto:cschuieler@t-online.de)

phone +49 151 2533 4332 (Germany)

[jupi68@icloud.com](mailto:jupi68@icloud.com)

phone +44 75496 99473 (United Kingdom)

Facilitators:

JUTTA PIEPER.

I am an experienced Gestalt therapist and freelance Mental Health and Psychosocial Support Consultant in private practice in Liverpool. I am German and originally trained with the Gestalt Institute in Cologne and at the Pacific Gestalt Institute. I have a particularly interest in creative methods, body processes and early relational experiences.

CHRISTINA SCHUIERER

I am an organisational psychologist, Gestalt practitioner and supervisor with 25 years experience in working with individuals and teams in private and non-profit organisations worldwide. I teach Gestalt in OD at the London Gestalt Centre and in MBA programmes at Dresden International University and lead the staff-care unit of Medecins sans Frontieres/Ärzte ohne Grenzen in Germany.



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

Radical Respect: Using Self as an Instrumental Agent of Social Change - May 24-25, 2019  
 Faculty: Deborah L. Plummer, PhD Jon Frew, PhD

Amid explosive race, gender, and immigration issues, tensions are high. As the public struggle between advocate groups for religious liberties, advocates for LGBT Equality, campaigns for hiring more people with disabilities, the black face scandal, and the #MeToo and Black Lives Matter Movements becomes more figural, using oneself as a tool for behavioral change requires the ability to work with others. We are called to work with others with respect...especially those with whom we most vehemently disagree. This workshop explores how in these challenging times we can be transformative change agents and compassionate healers capable of restoring relationships, fostering empathy, and building inclusive organizations and peaceful communities.

Dates: May 24-25, 2019 Continuing Education (CE): 9.5 contact hour

Exploring the Erotic Field: Awakening Our Sensuality - June 14-16, 2019  
 (Women's Work and Empowerment Series) \*\*  
 Faculty: Gail Feinstein, LCSW

Erotic energy is far more than sexual energy. It is a resource available to us at all times. It is about living - grounded in an authentic and fully embodied vibrant expression and intimate relating. As our culture has engendered splits between mind and body, heart and pelvis and sexuality and spirituality, we have forgotten what it means to be fully alive. As we have become disconnected from our bodies, we have lost touch with many pleasures and experiences possible in being human.

In this training, we will explore the essence of what it means to be a woman, beautiful and sensual, and the myths, stories and rules that influence how we presence ourselves in the world. We will honor our natural feminine rhythm, as we soften our hearts and bellies. We will wake up our bodies through sensory awareness, breath, touch, movement and dance, deepening into erotic sensuality. We will look at our curiosities, hang-ups and relationship with pleasure, self worth and desirability. We will transform our shame, guilt and fear into possibility.

As women we are trained to be givers, often struggling with receiving. We will cultivate practices for developing receptors, meeting the aliveness of the other and being fully present with our clients. We awaken our passion, pleasure and enough-ness, thus allowing the erotic field to breathe more life into everything we do.

Dates: June 14-16, 2019 Continuing Education (CE): 10.75 contact hours

## Deconstructing Shame-A Gestalt Approach - October 11-12, 2019

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

Shame is a powerful experience that lives inside the mind and body of every individual. Shame is often at the seat of anger, perfectionism, avoidance of intimacy and somatic suffering. As we live and work in a culture driven by scarcity, fear and lack of connection; shame becomes further embedded in the individual and collective experience of human beings.

As practitioners, when our own shame stories are left unexplored and outside of our awareness as psychotherapists, we become less available in our ability to be in relational contact with our clients. This phenomena results in greater risk for countertransference and burnout. Through the combination of didactic and experiential activities, we will explore our unexamined shame narratives and the potential for healing shame within a relational dynamic. Participants can expect to develop a deeper understanding of the embodiment of shame, skills for resourcing, grounding, and empowerment of healing by authoring narratives grounded in connection.

This workshop is designed for all levels of mental health professionals and will utilize Gestalt Theory and methodology to explore the topic of shame. Practitioners working with trauma, addiction and family systems will find this workshop particularly useful.

Dates: October 11-12, 2019      Continuing Education (CE): 10 contact hours

### **Coach Certification Program 2019-2020**

Contact for additional information:  
Shareefah Sabur, MA, CDP, GPCC™  
216-421-1701, ssa-bur@gestaltcleveland.org

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 4-9, 2019  
Week 2: January 14-18, 2020  
Week 3: March 10-14, 2020  
**Week 4: May 12-16, 2020**

### **Gestalt Training Program 22 - 2019-2021\*\***

Co-Chairs | Contact for additional information:

Heidi Abrams, MSSA, LISW - heidirubinabrams@gmail.com

Ellen Ressler Hoffman, MA, LPCC - erhoffman8@gmail.com

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.

GTP strives for diversity and the building of a community of people with different backgrounds, ideologies, cultures, races, religions, and professions. We engage in the important work of expanding our capacity for living a meaningful life and our potential to contribute meaningfully to the world. We support the integration of body, mind, emotion, and spirit in search of a richly satisfying way of life.

GTP attends to six core areas of inquiry and experience: intellectual, emotional, spiritual, physical, relational, and creative. Basic Gestalt theory and methods are presented. GTP is also an important first step in an advanced training process.

#### **Dates:**

Session 1: October 17-20, 2019  
Session 2: December 5-8, 2019  
Session 3: February 6-9, 2020  
Session 4: April 2-5, 2020  
Session 5: May 28-31, 2020  
Session 6: September 24-27, 2020  
Session 7: November 5-8, 2020  
Session 8: January 28-31, 2021  
Session 9: March 11-14, 2021  
Session 10: May 13-16, 2021



5-Day CPD Course

**Working with Children:**

**Oaklander Inspired Approach**

With **Jon Blend** MA Dip Child (UKCP, ECP)

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

**18 May; 22 Jun; 20 July; 7 Sept & 5 Oct 2019**

10am -5pm (all dates).

West London, UK

This 'hands on' part experiential, part didactic workshop caters for counsellors and other professionals working with children. Incorporating the arts in therapy offers an 'experience near' vehicle for developing self-expression; it aids exploration of issues and enhances wellbeing. The course draws on the projective arts approach of Dr. Violet Oaklander (*Ref. Windows to our Children*). It may also interest those wishing to investigate their own relationship with creativity.

The group will experiment with the following modalities: *drawing, clay, sand tray, music making, haiku, and improvisational games*. Course content includes theory and practice, 'live' demonstrations, pair and group work, discussion and practicum.

**Cost** £460 -Includes all materials, worksheets, reading list and attendance certificate. (30 hours cpd). **Payment** by bank transfer- for details contact Jon: [jon.blend335@gmail.com](mailto:jon.blend335@gmail.com)/

“

*An amazing course- a wealth of expertise, skill and knowledge professionally delivered.” J.S. “Accessible, relevant and well presented- I learned lots! “  
R.T.*



## Gathering in Circle: A Call to Women

Dear Colleagues and Friends,

I'm excited to share with you the start of a new zoom circle for women, a coming together for our mutual mentoring. Let us explore the obstacles that limit manifesting our dreams, and as we clear the field, step into leadership and our full flourishing and thriving.

The world needs us now more than ever.

When women gather a container is provided to go deep into conversation and exploration.

We slow the tempo, breathe and create space to choose how we want to respond and presence our selves.

We bring a spacious attitude of open-minded interest, curiosity and wonder - an inclusiveness that offers an openness to otherness.

We connect to the wisdom of our hearts, listen more closely, see each other more deeply.

In this relational field of generous collaboration and awakened mutuality, we align with our sensual nature and authenticity; while honoring, strengthening and supporting one another.

When we are our selves, we are powerful. We can heal our community, our world and our future.

Let us gather. It is time.

Join me . . . Claim your place in the circle.



Date: May 8, 2019 (first group)  
Time: 10am - 12pm EST  
2nd Wednesday of the month  
Fee: \$30 payable through PayPal

For questions and/or to attend contact me @  
[gail13feinstein@aol.com](mailto:gail13feinstein@aol.com) or 917-495-8941

In Peace and Possibility, Gail



**Weekend Seminar in Gestalt and Social Awareness**  
**October 4 - 6, 2019**  
**To be held in Valle de Bravo, Mexico**

**Objectives:**

**To deepen** the contributions made by the Gestalt approach to the social intervention experiences.

**To supervise and feedback** cases and complex situations related to the professional practice.

**Intended for:**

Professionals who work in the field of mental health, educators, social workers, graduates of Psychology and psychotherapy training institutes.

**Coordinated by:**

Iñaki García (Bilbao): Psychologist and Gestalt Psychotherapist

Claudia Fernández (Mexico): Psychologist and Gestalt Psychotherapist

Eduardo Rubio (Mexico): Philosopher and Gestalt Psychotherapist

**For further information:**

Claudia Fernández (Mexico): [claudinefedez10@gmail.com](mailto:claudinefedez10@gmail.com); +52 (55) 3456 2505

Eduardo Rubio (Mexico): [laloterapeutagestalt@gmail.com](mailto:laloterapeutagestalt@gmail.com); +52 (229) 901 5713

PRIMERAS JORNADAS  
GESTÁLTICO-SOCIALES  
4 AL 6 DE OCTUBRE DE 2019 - VALLE DE BRAVO



## Primeras Jornadas Gestáltico-Sociales

4 al 6 de octubre, 2019

Valle de Bravo, México

### Objetivos:

**Profundizar** en torno a los aportes que la mirada gestáltica proporciona a la intervención social.

**Supervisar** casos y situaciones complejas relacionadas con la práctica profesional.

### Dirigido a:

Profesionales que trabajan en el ámbito de la salud mental, educadores, trabajadores sociales, estudiantes de psicología, psicoterapia y disciplinas afines.

**Modalidad:** Fin de semana residencial

### Facilitado por:

Iñaki García (Bilbao): Psicólogo y Terapeuta Gestalt



Claudia Fernández (México): Psicóloga y Terapeuta Gestalt



Eduardo Rubio (México): Filósofo y Terapeuta Gestalt



### Para mayor información:

Claudia Fernández (México): [claudinefedez10@gmail.com](mailto:claudinefedez10@gmail.com); +52 (55) 3456 2505

Eduardo Rubio (México): [laloterapeutagestalt@gmail.com](mailto:laloterapeutagestalt@gmail.com); +52 (229) 901 5713