

Advancing Gestalt Internationally

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AAGT Newsletter

January 2020

Off to a new year for AAGT...

I proposed a theme of conflict and contact this quarter because it is something I love about the AAGT—The practice of sustaining contact with another through conflict. Which I hope will serve us well through the current turbulent climate within AAGT. If we remain true to the practice then our pathway forward will emerge.

We have some illuminating and provocative submissions this issue from our members. More details about IRELAND September 2020, or perhaps participate in a virtual workshop. Check out AAGT global listings of members workshops and Gestalt endeavors.



— HAPPY NEW YEAR —

From the president...

It has been a turbulent year. Personally, globally and AAGT wise. The new year calls us more than ever to be mindful of bettering and sustaining. Writing this time is challenging. Yet another reminder that duty and obligation pave our days.

It might seem as if the globally can take a back seat only because it is as if more abstract. At the end of the day, we may lose our container altogether. Almost every place one looks something goes wrong. If it is not a hate war, it is a religious one, if it is neither it is fire, earthquake, flood or a different nature disaster and lately a new spreadable killer virus. Making compost, flying less, driving more economically, being more thoughtful... feel seriously insufficient.

In the past few weeks, months really, the same questions resurface from almost all directions. The growing disrespect turning into bullying online, the pull/push between process and business and hopelessness about the bridging of difference. Growing lack of empathy seems to be one of the major challenges alongside sustainability and calls upon our core values the dialogic stance and the ongoing relationship with the field/environment. It is a fine moment to remember that Gestalt philosophy of being as about awareness as well as the lack of it.

The CPC leading towards Ireland in Sep. 2020 is busy with sustainability, the hotel we chose is a green hotel almost completely. I am encouraged by the attention ecology gets and hope that their ways will be sustained by participants thereafter.

The board straggles with the tension between business and process, looking at how we each contribute to who we are, what our brief is, how can it operate as a team move forward while holding on to history and foundation. A complex and demanding issues and more so in conjunction with some doubt, anger and criticism that comes towards the board from the membership. I continue to trust that we can cross this water and get to the other side stronger and more able. We have the basic tools – dialogic stance all we need is to maintain the wish to co-exist. May we find the strength to sustain discomfort, relate and meet thus utilize the first rule of thumb – the whole is more than the sum of its part as a result join the important and bridge the divide.

Last but by no means least. We lost Brad as a VP this year and as the next president, come Sep we shall need to have a president and a VP who are willing to assume office promptly. Two dedicated team players can have the chance to make a difference to the AAGT the board and potentially the field.

Have a kind and graceful year



JAGT held its 10th conference in Sendai, Japan, inviting Dr. Talia Bar-Yoseph Levine. Click below to read more.

[The Report on the 10th Conference of Japanese Association of Gestalt Therapy \(JAGT\) in Sendai, Japan \(July 13~15, 2019\), and](#)

[Announcement on the 11th Conference in Koyasan, Wakayama \(July 24~26, 2020\)](#)

AAGT 2020 Election Committee

The responsibility to the elections at the conference is the major part of the Vice Presidential role.

Considering that the Vice President position is vacant, in Ireland the membership will need to vote for a president, Vice President, and amongst other board positions will open up, the board decided to establish an election committee.

We are delighted to let you all know that Gayla Feinstein was invited to co-chair an elections committee, with Marlene Blumenthal, and accepted. Welcome Gayla.

Please start to consider nominating yourself, or someone else, to any of the roles which will be listed soon by the elections committee.

Dear Members,

Our 2020 Conference, in Ireland, is on the horizon and preparations are in full swing. We will be deciding our 2022 Conference venue at our Annual General Meeting on 13th of September, and need time to discuss proposals before then.

If you and colleagues would like to host our 2022 conference;
If you know of a suitable site;
If you know of someone or a group whom you would like to encourage to host the conference;
PLEASE LET US KNOW!

There are others with previous experience that are quite willing to offer help, advice, suggestions, and support.

The deadline for submitting a proposal is July 30, 2020

You may apply using this link:

<https://aagt.org/conference-venue-proposal-form/>

Thank you for considering this: we look forward to receiving your proposals. If have questions or need support at all, please contact Mari at admin@aagt.org



EDGES OF EXILE AND BELONGING

We are pleased to announce that Early-Bird Registration for the AAGT Biennial Conference, Edges of Exile and Belonging, will open February 1st, 2020. The conference is taking place in the spectacular Burren area of County Clare in the West of Ireland. Pre-Conference workshops open on

Tuesday 8th of September, with the full conference commencing on the evening of September the 9th. It will be possible to register for the conference through our website aagtIreland2020.com. A full conference program, with details of presentations for Pre-Conference and Conference workshops, will be available for selection as you register.

Early Bird fees for the conference (not including optional Pre-Conference workshops) are as follows:

AAGT Member Registration Fee: €244

Non-Member: €281

Student/Retiree Fee: €183

Full day Pre-conference workshop €60

Half day Pre-conference workshop €30

(Proceeds for pre-conference workshops are donated to the Bud Feder Scholarship Fund)

The early-bird will be available until March 31st, after which time, regular and late registration fees will be offered. As with every AAGT event, the Bud Feder Scholarship will be open to applications via the registration form.

If you are travelling to Ireland for the conference, you might be interested in the range of activities for conference delegates organised by our Special Events committee. These include kayaking near the Falls Hotel on the river Inagh, boat trips to the Aran Islands and around the Cliffs of Moher, guided walks in the Burren region, and an eclectic offering of local cultural events and activities. Details of the program of special events are available to view on our website.

We are also welcoming your contribution to the co-creation of the conference in other ways - as a facilitator of a process group, as part of the Friday Night Entertainment offering, or perhaps you would like to avail of a work-study opportunity? All details will be available on the website once registration opens.

Need any further information? Please contact us at convenors@aagt.org

The Conference Planning Committee sincerely look forward to meeting you in Ireland.

Call for conference group facilitators!

We would like to interest you in the possibility of being a Process Group Facilitator at the forthcoming AAGT 2020 Biennial Conference. This is an opportunity for all registrants whether or not they have done this before.

What is the role of a Process Group Facilitator?

Process group facilitation is different from running a therapy group as it involves supporting the flow of contact and exploration which may go in many directions. The task is to encourage, stimulate, and support the conference participants to meet each other in small intimate groups. They attend to the group members' experience of the conference, and other areas of life that arise, reflecting the field of the individuals in the group, the conference and the wider world.

Each group will have two facilitators with 10-12 people in the group. Support is provided through an online and pre-conference orientation and further check in meetings during the conference.

Why do we want Process Groups?

Process groups are an integral part of AAGT Conferences. They are a unique Gestalt approach to conferencing. Through the intimacy of sharing in a small group, they help shape the experience of the participants and contribute to the on-going creation of the conference as an organically emerging here-and-now experience. After every AAGT conference the feedback most often received from participants is how wonderful the process group experience was for them.

What do I gain if I volunteer for this role?

The main gain is in the experience and satisfaction of facilitating a small group. For those with less experience you will be paired with a more experienced facilitator who will be in effect a mentor. In addition, you will receive the appreciation and respect of all conference attendees for volunteering your time, expertise and effort towards creating a unique and contactful conference environment. We also found that many colleagues are so gratified from the experience of facilitating that they want to repeat it in future conferences.

What Support Will I get for Doing This?

There will be a facilitator orientation prior to starting the conference, where you will meet your co-facilitator and find out more about what is required. There will also be an online orientation in the form of writings from the people who first developed Process Groups.

You will also get support, supervision and information through the Process Group Facilitators meetings during the conference. From our experience these meetings are enriching as often conference themes spontaneously emerge.

Are you curious now? Please, show your interest by filling out the application form when you register for the conference.

We need your help and would like to encourage you to take the step of offering to co-lead a process group. If this would be your first time, we suggest that it is a step worth taking and that you are likely to find it a valuable experience. There is a place on the conference registration form for you to register your willingness to volunteer. If you would like any further information, contact: Silvia Tosi silvati65@gmail.com



EDGES OF
EXILE AND
BELONGING

The link between Conflict and Contact ...Stella Resnick

The first thing I notice about the new couple sitting in my waiting room is how attractive they are—mid thirties, I figure, and I can tell they're creative people by their casual, yet well put together, dress. I invite them into my inner office and they sit on the couch facing me. I sit on my chair carefully placed a few feet away and centered between them. After some small talk I ask "So what brings you here?" Jack starts, "I'm really screwed up sexually and it's not good for our relationship." Shari looks at him sadly. "I want to be desired," she says. "I want making love to be enjoyable, stress free. And I love my husband. I'm here to stay."

As we continue in the session, I find out that Jack was raised in a religious family with an intrusive, obsessive, sexually-abused mother who shamed her son for displaying any curiosity about sex. His angry, frustrated father was distant unavailable. Shari on the other hand came from a loving family with a positive attitude about sex. This couple do not appear to be in any ongoing conflict. They love each and generally get along well. The conflict for each of them is intra-personal not interpersonal. The inner turmoil looks much worse for him than for her. Shari seems pretty clear she wants to stay with him. They've been together eight years and have a five-year old son they both dote on.

Her inner conflict is basically "what am I doing wrong and is my desire jeopardizing my marriage and family?" So, she tends to punish herself too.

A conflict is a serious disagreement or argument, a struggle or opposition. The most common conflicts encountered by psychotherapists, and especially couples' and sex therapists, are interpersonal conflicts, those between two or more people, like partners in a relationship—lovers, spouses, parent-child, or business partners. They may have different points of view, different ways of doing things, different desires, or goals—as any two people are likely to have. Their biggest problem though is not knowing how to negotiate their differences in a loving, effective way. There is also the possibility that in some relationships, when the individuals have had unhappy childhoods, conflict may be the only way they know of making intimate contact. If the conflict is between two people who love each other yet have difficulty getting along, the conflict can be looked at in the open, experientially observed and processed. Feelings and childhood memories are evoked, and early history can be delved into. Skills can be learned to override programmed family emotional patterns and destructive behaviors that clash between partners.

Conflict and contact appear to be opposites, but they are connected.

Moving out of conflict allows the possibility of making genuine, in-the present-moment, contact. Contact is about connection (as we say in Gestalt terms) at the boundary of each individual. Lovers, though, often welcome playful intimate intrusions.

In therapy, new patterns of body-to-body intimacy can be emphasized and practiced at home—down-regulating stress by holding each other, looking into each other's eyes when talking, kissing every day. Getting out of the house together. Getting sex out of the bedroom. But the most serious conflicts, and the most potentially destructive ones are the intrapersonal conflicts—the inner struggles people have between two opposing parts of themselves. Inner conflict is harder to heal than interpersonal conflict.

Not uncommonly, of course, both types of conflicts co-exist in each person. Interpersonal conflict often triggers inner conflict, the divided self or top-dog under-dog. Partners frustrated in their conflicted relationship and disappointed with their lives, may blame themselves with an aggressive shaming inner self versus a weak self-hating self, punishing themselves harshly for decisions that didn't work out.

The kind of inner conflict that Jack finds himself dealing with—sexual shame—is often the hardest to heal because it has its etiology at a very early stage in a child's emotional development. Babies are born sexual. Sex negative programming can start with diapers and toilet training and expand from there. Freud was right when he talked about "the erotic life of children." By the time a child reaches three years old, he or she will begin to display exuberant sexual playfulness with other children around adults. That is, until the traditional parent, grandparent, baby sitter, or pre-school teacher begins to freak out.

In this situation, the implicit message picked up and encoded in the developing brain and emotional body of the child, is body-based, not verbal. But on a verbal level it would go something like: "this is no good...but it feels good...but it's no good. I shouldn't...I want to...I'm no good." As my work with Jack came to reveal, Jack's early programming put him "at war with his own body." He froze when Shari looked particularly appealing. He wanted to reach out, to touch and kiss her, but his body iced over. His beating heart signaled danger rather than excitement.

The somatic approach—avoidance played out in his being stuck in neutral, holding his breath and feeling himself go numb from the waist down. Jack's motivation to get beyond his programmed self, with Shari's help, has evoked a more courageous and integrated self. Rather than shy away from the pain of turning to ice, he is staying present with her, breathing with her, being with her rather than dissociated and with himself. He's trusting her and calming his lonely child within. He's reclaiming his senses: admiring Shari's warm eyes and her body. He's slowly releasing himself from a performance and granting himself an experience shared with a happy and enthusiastic lover. Shari says she's falling in love with him all over again and she has stopped questioning herself.

As I like to say, sexual healing heals more than sex. Genuine contact—one authentic soul to another—has a way of ameliorating all kinds of conflicts, both inner and outer. Nothing is more nurturing than true intimacy whether it is simply sharing a warm hello with the woman at the supermarket checkout, a casual chat with a friend over the phone, or enjoying a loving sexual intimacy with one's life partner.

It all registers on the body, fostering emotional health, physical vitality, and a sense of inner wholeness and pleasure.



Group Wellness for Family Medicine Residents - A Gestalt Approach*

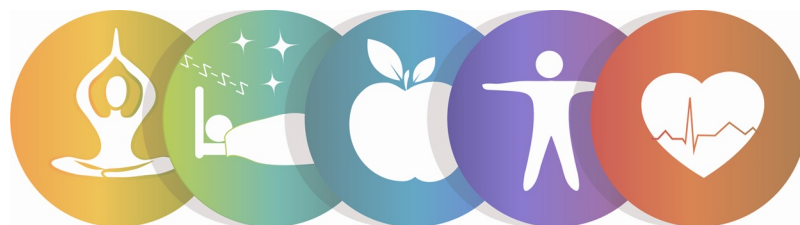
Barbara L. Weathersby, LCSW, Behavioral Health Faculty Instructor OHSU School of Medicine
Cascades East Family Medicine Residency Program Klamath Falls, Oregon

February in the West can be a tease. There can be nice, sunny days that suggest it's only a matter of time before the spring melt. But on this morning, it was overcast, cold, and the roads were quite slick. The family medicine residency clinic schedules were full of patients suffering with illness and with the winter blues.... "Let's do a winter Wellness Workshop."

And so, it happened that the day most residents and faculty could attend was Valentine's Day. The email announced, "A Valentine's Day of Wellness: Love Thyself". On the 14 th of February afternoon and evening clinics were canceled. Noon didactics became Pizza downtown. Yoga was next and, then on to the rented room off campus. Chocolates, flowers and scented red candles adorned this room. Music was playing in the background. We offered squeeze balls for touch. Magic was in the air. There were themes for the experience: Awareness; being in the present moment; focusing on empathy and resilience to be well. Resident and faculty wellness have become more and more important in Graduate Medical Education.

We talked about a physician healing themselves, a gratitude journal, and handmade, felt hearts were passed out to all. The awareness of time measured out on yardsticks with emphasis of empathy seemed to keep everyone's attention. My co-leader offered her scholarly and rich presentation on resilience. Meaningful discussions happened. What occurred next was startling. My co-leader and I were interrupted with urgent news of a recent tragedy of one of our clinic patients. The patient's physician was in the workshop and was to be told shortly. The magic in the room changed abruptly when this resident left the room. The others, not knowing, continued the healthy discussion about "What is resilience?".

When the resident returned, it was clear by her now distant look that she had taken the news hard. After only a few moments, she asked the group if she could share something "not about resilience". The "of course's" followed. Somberly, she told of the sad news and, she teared up. Every single participant and both leaders did the same. Literally, there was not a dry eye in the room. Several verbalized their empathy with authenticity and warmth. The body language suggested holding oneself maybe out of self-protection for it could happen to any of us healers. No one had moved a bit until one of the residents in the room jumped up and, while making his way to his fellow resident, he shouted, "Where's the group hug?" He hugged his friend. Others made physical gestures, too. Our room filled up with support. Empathy was happening in real time.





The plan for the next part of the agenda was titled "Open Mic". We had invited folks to bring in something inspiring, funny, or just fun. My co-leader shared a letter from her father, written to her when she was 12. He had died the next month. Needless to say, this touched everyone. Gradually the group agreed (being very coalesced by then) to continue the open mic part of the afternoon. What followed was roaring laughter about fun (and somewhat outrageous) Haikus. A poem about family life of a resident brought cheers. The loudest response was to loud rapping of an Eminem rap, led by an often-quiet resident in a hoodie. Everyone in the room knew the words so, everybody sang and gestured vigorously.

What was intended to be about empathy and resilience became an experience of empathy and resilience, in the moment, with awareness and with authenticity, and for that Valentine's Day, was wellness.

*Gestalt Approach is the lens through which I teach, practice, live and learn. It is based in Gestalt Psychology and Gestalt Therapy, a psychotherapy. The Behavioral Health and Wellness curricula at the Family Medicine Residency Program embrace this approach. The accounting of the "Love Thyself Wellness Workshop" offers a crystallization of some Gestalt principles which were evident at every turn. The focus of the workshop was on experiencing, in the present, while contacting others with authenticity and awareness of self and others. The crescendo of rapping with fully engaged bodies, minds and souls integrated the parts into a beautiful whole, finishing the business of feeling (and owning) empathy and resilience necessary at the time, in real time.

———Barbara L. Weathersby, LCSW

What can climate change do for us? Proposing AAGT take a stand on climate change by Rosie Burrows PhD



We need to work with nature, not against it'

(Christopher Day, author of Places of the Soul, and Building with Heart)

I step outside my back door to the sounds of birdsong, a pale blue sky, brush washed in soft peach, patterns that look like a shoulder blade sculpture or angel wings. Gestalt is

everywhere and I wonder can we fall in love and remain there, with love as awe and love as

action, with a felt sense of sacredness for our home, the earth? Care for the earth as we

would a most beloved, recognising and celebrating how we are cared for by this amazing bigblue planet?

We face an existential crisis of life on earth and I am not going to restate the science. It is easily found and I have already sent it on the AAGT members email list. I will cut to the

chase and simply propose that as members of the AAGT we step up and face the science on climate change alongside the science on relational trauma, as they are both profoundly related, and this foundation of science and neuroscience is essential for each of us to know

about and to include in some way in our research and practice. This is far bigger than a

political issue, and need not be culturally framed in that way as that can be off-putting for some of us.

It is a life and death existential matter, a narrative and spiritual matter of

belonging and exile, of connection and disconnection, the theme of the AAGT conference in

Ireland in September, of coming home to ourselves and one another.

The next five – ten years are critical to the future of humanity, to all of us, though some

people's particularly around the Equator, though everywhere, are impacted.

I am writing outside with an oversized herring bone tweed coat from Spain, made in Morocco. In the background, a municipal bin lorry beeps for safety, and bangs as the work team collect our prolific waste. I imagine us reusing and recycling more as higher levels and qualities of awareness grow, as we evolve our acknowledgement and felt sense of inter-dependence with nature. Already as my own awareness heightens I am savoring slower living And selecting more of our household waste to be reused for a 'no dig' permaculture garden, Or for playing with my grandson. I sense into the future and am part of well being and regenerative culture locally and internationally, experiencing the web of nourishment that emerges when we let go our narrower sense of self into what one Belfast band called 'Big Self'.

As my love grows, I can sense my carbon footprint without guilt, fear or shame, as anchored in a bigger sense of self that is loving, compassionate, resonate with nature's cycles and supported to treasure what was previously discarded. Cardboard and other items becoming grist for the mill of play and regeneration. Imagination, uncoupled with a dominant system and field that has been captured by an unsustainable ideology of extraction, exploitation, and, the threat of extinction.

I propose we take a stand and fear not. This is a theme to unite us, not divide. The assumption of narrow survival based identities is not true to who we really are and our role in the design of living, healthy and optimal ecological systems. I find it so exciting to be part of this transformation as we are rewilding and rehumanizing ourselves and one another, our relationship to the universe. There is an immense sense of wonder, belonging, liberation and adventure as we experience deeper relational connection with nature, and letting go ego identification that got us to here, though no longer serve. I am actively selecting which groups, organizations and networks that best resonate and align to serving the present and future that is fit for purpose for our children and grandchildren as well as ourselves. Young people are mobilized and mobilizing on this theme and we need to stand with them, lend our voices, skills and principles to support this renegotiation of our relationships. What an honor and an immense opportunity is present for each and every one of us.

I request the Executive group take leadership by making a draft climate statement on behalf of the AAGT, then it is for the rest of us to individually and in various formations to decide what actions, if any, we choose to take. I do not see this issue as one for debate as the science is clear and unambiguous and the issue is pressing/urgent. If the Executive group for whatever reason believe they can not take this leadership, then this becomes a question for the membership.

1996-97: First official designation of an AAT Scholarship Committee. Jan Ruckert and Deb Ulman were Scholarship co-chairs in the Conference Planning Committee for our 2nd AAGT Conference in San Francisco. The scholarship fund leadership remained as part of all CPC's for our biennial conferences.

2010: Judy Graham and Bud Feder were elected at the AGM in NYC as Scholarship co-chairs and, for the first time, the Scholarship Fund committee had AAGT officers on the Board.

2018: The Scholarship Fund was renamed the Bud Feder Scholarship Fund as a way of honoring Bud's contribution to the Fund. His passion, dedication and generosity has helped many of us come to our conferences.

Bud Feder Scholarship Fund

The AAGT Bud Feder Scholarship Fund Committee wishes you a healthy and happy 2020.

Our Committee is deeply grateful to all who have helped raise money since our conference in Toronto.

Your generous donations to the Bud Feder Scholarship fund allow AAGT to expand investment in our community, as well as support the preservation and advancement of the philosophy, theory, practice, and research of Gestalt therapy. Since its beginning in 1996, the scholarship fund has furthered the dynamic, inclusive, energetic qualities of AAGT by supporting grant recipients, who might otherwise have been unable to, to participate in our conferences. In addition to enriching the conferences, as a result of their experience, many have become members and many of them very active members, on committees, on the board, as regional contact persons, etc.

Our scholarship program is one of the reasons the AAGT is unique as an organization. It helps create a field of kindness, of connection, of trust in our community. It promotes sharing because we want to meet during our events and know that is the best way to learn from and enrich each other.

In the tradition of Bud Feder's passion and dedication to bringing as many as possible to our Conference, let us continue to take gentle care of the Scholarship Fund by donating what we can and asking for no more than we really need, doing both from a place of awareness. We as a committee will work hard to maximize available funds to expand our field of connection as an organization, in a spirit of trust.

The AAGT Bud Feder Scholarship Fund Committee:

Adam Kincel and Dominique Chabre, Co-Chairs.

Heather Keyes, Lori Farley. Members

Socio-historical context of enduring relational themes

4PM - 6PM // MARCH 7 2020

We will explain the idea of “enduring relational themes” and then trace how our socio-historical contexts give rise to them. We will explore the clinical implications that follow from understanding the relationship between enduring relational themes and our larger contexts.

There will be time for some small group experiments

The AAGT Bud Feder Scholarship Fund presents

THE 2019-2020 **ONLINE SEMINAR SERIES**

To honour Bud's memory and the spirit in which AAGT has traditionally supported those with financial need to be able to attend our events (regional, biannual and research conferences, AGM's etc) we are honoured to present the “BFSF Online Seminar Series, 2019-2020”



Lynne Jacobs, Ph.D., has long been interested in the relational dimension of psychotherapy, and in integrating humanistic theories with contemporary psychoanalytic theories. She is also interested in what it means to practice as a white therapist in culturally diverse environments. Both a gestalt therapist and a psychoanalyst, she is a co-founder of PGI and faculty analyst at the Institute of Contemporary Psychoanalysis (ICP) in Los Angeles. She teaches at ICP, and teaches gestalt therapists locally, nationally, and internationally. She has published two books (with Rich Hycner) and numerous articles in both gestalt and psychoanalytic journals.

This is a “pay what you can” series of events. There is no set minimum donation amount to be able to participate. We suggest: pay at least what you charge or pay yourself for a therapy or supervision session to take each seminar.

All payments can be sent via Paypal to: treasurer@aagt.org
Thank you for your interest, and we look forward to meeting you in one of the 2019-2020 seminars.

“Luv, Bud” and the AAGT BFSF Committee



We are pleased to share with you the [FULL PROGRAM](#) for the **HABITAT 2020 Online Conference** this coming feb 19-23rd. The program contains the full schedule, the detailed description of each workshop, and the biographical information about our presenters. Workshop selection is NOW OPEN and runs until Feb 10th.

If you are considering participation, please try to join as many of the sessions live as you can- this conference is much more than a lecture series of podcasts or youtube videos. It will not be the same whether you join live or watch later- these are INTERACTIVE, lived, embodied experiences. It is Gestalt, but online. It is contact, and connection with presenters and among the attendees.

Satellite sites- if you are interested in getting a group together to take one or several of the workshops together from the same space (your home, office, institute etc), we know it can greatly enrich the experience. Contact us for more information about how to establish a satellite site.

Habitat 2020, our physical gathering in La Paz, Baja California, Mexico is also almost ready to go, with the [FULL PRE CONFERENCE & CONFERENCE PROGRAM](#), featuring the work of many wonderful Mexican Gestalt therapists and international presenters including many esteemed members of the AAGT community. There are still spaces available and rooms at Costa Baja Hotel and Spa. If you have any questions or need assistance with your travel or registration plans, please don't hesitate to reach out.

Whether you plan to attend the online conference, the gathering in La Paz or are not yet sure if you'll be able to attend, we really encourage you to ***join our Pre Conference Process Groups*** to meet each other get a sense of what can be achieved and co-created in this virtual space. The process groups are to get to know other participants, to share a bit about who we are and where we are coming from as we move into the conference space together. We are excited to have participants from many different countries, backgrounds, languages, and levels of Gestalt experience. The process groups are not therapy sessions, they are co-facilitated, self-regulated spaces bound by the code of ethics and confidentiality of the AMPG. The sessions are not recorded. The main languages are English and Spanish. We will subdivide or mix groups as needed.

[THIS IS THE LINK](#) to join any of the Pre-conference Process Group sessions. Just download the free "ZOOM CLOUD MEETINGS" for any kind of device and drop in- meeting times listed on the sign-up form and webpage.

Finally, please help us share the invitation to participate in this event with your colleagues, cohorts, and friends who may be interested. There really is something in this program for everyone- we have some incredible talents in Gestalt. Thank you for being part of this experiment, and thank you to the AAGT Regional Development Fund and the Bud Feder Scholarship Fund for your support!

Heather Anne Keyes

President, AMPG on behalf of the Habitat 2020 Organizing Committee.

Registration and information: www.habitat2020.com.mx contact: ampgestalt@gmail.com

habitat virtual

The Mexican Association for Gestalt Psychotherapy (AMPG)

1ST INTERNATIONAL ONLINE GESTALT CONFERENCE

FEB 19-23, 2020

CONFERENCE SCHEDULE | HORARIO

FEB 19	PROCESS GROUP	
	MAKE RIPPLES! ON BEING "OF THE FIELD": THE OVERWHELMING EXCITEMENT OF CO-CREATING AND SENSING OUR WORLD	GIUSEPPE SPANO, MARIA DIBIASE
	GESTALT APPROACHES TO PREDATORY VIOLENCE	MICHELA GECELE, DAN BLOOM, GIOVANNA SILVESTRI, JELENA ZELESKOVIĆ DJORIC
FEB 20	SOCIO-HISTORICAL CONTEXT AND ENDURING RELATIONAL THEMES	LYNNE JACOBS
	CASE STUDIES	
	ABORDAJE DEL TRAUMA UNA MIRADA NATURISTA	EBERT CARRILLO
	THE IMMIGRANT EXPERIENCE, A FIRST PERSON ACCOUNT: IMPLICATIONS FOR CLINICIANS	ELIZABETH S. REVELL, PH.D., KIANGANA DIALLINGANA
	TRAUMA SOCIAL- HACIA UNA COMPRENSIÓN DEL DETERIORO DEL INDIVIDUO DESDE SU CONTEXTO COLECTIVO	ISRAEL CASTILLO
FEB 21	BINGE CRAZY: THERAPEUTIC ENCOUNTERS WITH FOOD ADDICTION AND EATING DISORDERS	NATALIE GOLD
	INTERVENCIÓN SOCIAL: UNA MIRADA GESTÁLTICA	INÁKI GARCÍA
	PROCESS GROUP	
	CASE STUDIES	
	IMAGES, STORIES, PRESENCE: GESTALT THERAPY AND FIELD THEORY	MICHELE CANNAVO, JELENA ZELESKOVIĆ DJORIC
	THE PROCESS OF CHANGE IN GESTALT THERAPY	JAN ROUBAL
FEB 22	PLENARY: WHAT IS BUDDHIST PSYCHOLOGY INFORMED GESTALT THERAPY?	STEVE ZAHM, EVA GOLD
	PLENARIA: HABITANDO EL CUERPO	AMERICA RUIZ, EDUARDO RUBIO, ADRIAN GARCÍA
	THE PRACTICE OF FIELD THEORY – FIVE MODALITIES	MALCOM PARLETT
	POTENCIAL INFANTIL: METODOLOGÍA INTEGRATIVA LÚDICO-GESTALT PARA ESTAR EN LA INFANCIA	JORGE MANZANILLO
	FLYING WITHOUT WINGS: LIFE WITH ARNOLD BEISSER, MD: A FILM SCREENING AND INTERACTIVE REFLECTION	ELIZABETH ESTRUP
	PROCESS GROUP	
FEB 23	CASE STUDIES	
	EMBODIED PRACTICES THROUGH CONFLICT, SOCIAL AND CLIMATE JUSTICE: A COMPASSION BASED, REGENERATIVE, ECONOMIC AND SOCIAL FOUNDATION	ROSIE BURROWS
	TO WORK ON RECIPROCITY IN GESTALT THERAPY: A NEW PARADIGM	MARGHERITA SPAGNUOLO LOBB
	HERMENEUTICS FOR THE PLANET: GESTALT AS THE PRACTICE OF EGOLOGICAL AND ECOLOGICAL VALUES	SALLY DENHAM-VAUGHAN & MARIE-ANNE CHOUAC
	COMING DOWN FROM THE MOUNTAIN: LEARNING TO LOVE AND INHABIT OUR NARCISSISM AND NARCISSISTIC SHAME!	JOHN GILLESPIE, AND THOMAS AMEEL
	VERGÜENZA EN LA RELACIÓN DE PAREJA	MARINA AYO BALANDRANO
FEB 23	¿CÓMO SE VIVE EL AMOR EN LA TERAPIA? ¿CON NORMAS, TRANSGRESIONES O LITERATURAS?	MARCOS JOSÉ MÜLLER
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	LA EXPERIENCIA DE SERVIR VISTO HACIENDO: UN ENFOQUE RELACIONAL RADICAL DE LA ANSIEDAD ESCÉNICA	DAVID PICÓ VILA
	BUSINESS FAMILIES - A COMBINED THERAPEUTIC AND OD CHALLENGE	TALIA BAR-YOSEF LEVINE
FEB 23	TRAUMA AND ADDICTION THE BARRIERS TO GROWTH FOR YOUNG ADULTS	RAFAEL CORTINA
	PLENARIA CIERRE/CLOSING PLENARY	


Call for workshop proposals remains open until Nov 15th, 2019

Proposals accepted for workshops in Spanish, English or other languages with translation.

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2nd. Gestalt and social change webinar