

JANUARY – MARCH 2021

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A MESSAGE FROM THE PRESIDENT

Dear IAAGT Community:

Since I started to be in office as President, I have been wondering about the meaning of “community”. What does “community” mean for us? It is certainly an open-ended question, with many possible responses and ways of understanding it. This is part of its richness; we have no “correct” answer and at the same time it opens creative paths to build ourselves as a group.

As an international community, we have been experiencing our own biases, blind spots, different ways of exclusion, racist practices and also, we have the richness of finding ways for achieving meaningful dialogue among us. All of this is part of being a community.

In our *Covenant of Community* we express that as Gestalt Therapists we “*encourage, respect and support alternative voices, value non-confluent relationships by owning and expressing differences, engage with resistances as “the energy, not the enemy,” identify and work with polarities in the field, and honor dialogical processes as the heart and soul of Gestalt methodology.*”

Now my question about what community means shifts a little bit to what kind of Gestalt community are we? And what kind of Gestalt community do we want to be?

I am sure that by questioning ourselves we can strengthen our sense of being a community within a suffering world.

I hope that we can find, through our different gatherings, meetings and conferences, the ways to share our thoughts and comments re: these questions, and continuously re-shape our international community.

The exact dates for the 2021 AGM will be announced soon.

Warmly,

Eduardo Rubio
IAAGT President

LETTER FROM THE VICE PRESIDENT / PRESIDENT ELECT

I’ve been on the Board of AAGT, now IAAGT, for some time, and this time it’s different: not only because I’m in a much different position as VP Elect, but because of the effects of COVID.

In my own practice, I’ve witnessed a huge increase in people, especially people under 30, who are experiencing something that looks like burnout, even if not caused from overwork. It feels strange to the sufferers and they are at a loss over how to deal with it. So, they come to me.

In Canada where I live, most of us continue to isolate, keeping close to our homes, going out only for essentials and the occasional walk. My government has begun vaccinations and even so, I don’t anticipate anything nearing what we were so used to living in pre-COVID times to begin before the Fall. Even then, I don’t expect things will be what they were pre-COVID. Things will be different.

In the meantime we all wait, more and more of us feeling at a loss.

I know it’s different in different locations, that some countries are in better shape, and some not. But I can’t help but think that what is happening in my community is probably reflected in our IAAGT community as well. Things are different. We are different. And even though we know this, we don’t

really know *how* things will be different.

I personally want to hear from you – what you see, and what you want. You'll have a chance to add your voice during our AGM weekend that is coming up in a few months – I hope you come.

Maryanne Nicholls

LETTER FROM THE VICE PRESIDENT / PAST PRESIDENT

2020, a first ever virtual AGM; 2020, a first ever president elected effective immediately off the floor; 2020, a global crisis; 2020, racism is hopefully differently placed on the map. We have a new rich board with 9 new members who could doubt, challenge and rattle the boat thus stabilize it. A welcomed freshness which is wonderful to watch and be part of, in the assumption that we give it space and support it.

One of the nine is Eduardo, who stepped up straight into the presidency. No preparation, no experience on the board, a relatively new member of IAAGT. I take my hat off. I want to trust the membership and the board to support you in any way possible.

Read the entire article [here](#)

GESTALT THERAPY ONLINE DURING THE PANDEMIC: EXPLORING THE NEW FIELD



During the COVID-19 pandemic, many psychotherapists have been experiencing changes in our therapeutic practice from face-to-face to virtual or online modalities. These changes created a new virtual field.

Throughout these months, we therapists have also experienced moments of mourning, uncertainty, anxiety, fear, sadness, loneliness, isolation. In the same way, we have had to make creative adjustments in our homes.

The need has arisen for many therapists to participate in supervisory processes with colleagues who experience similar situations in search of support, the sharing of experiences, dialogue, and deepening of the theory and practice of what we call the new ground.

Therefore, we opened a group that we called Community of Dialogue between Gestalt therapists, with the following purposes: exploring different experiences, supervising cases, supporting personal situations in groups, as well as discussing theoretical aspects.

Read the entire article [here](#)

DOING GROUP THERAPY ONLINE



In this article, I want to share some of what I have found useful in working with groups over Zoom.

My understanding of doing Gestalt work with groups (at <https://www.mgc.org.uk/publications/topics-gestalt-therapy/>) is that I pay attention to three areas of individual, interpersonal, and whole-group. Furthermore, given my field orientation, these are not independent, and, for example, the individual I may work with is actualizing in the group, and the group echoes conflicts between individuals. So I will move my attention continuously between those three areas, so each is a 'window' on the other two. If a process gets stuck on one level, I can move to another.

On Zoom, the individual and whole-group levels translate easily, correlating with the Speaker View and Gallery View. I encourage people to shift between these views throughout a group, to follow their interest between those levels, and to avoid going into tunnel vision or trance. The difficult one is the interpersonal level. In a face-to-face group, I can see who is looking at who, and their nonverbal reactions to each other. On Zoom, all the faces are looking out of the screen at you, and it is difficult to keep awareness that they are not necessarily looking at you and get a sense that they are looking at someone in particular.

Read the entire article [here](#)

DOING GROUP THERAPY AND EMBODIED THERAPY ONLINE



In this article, I want to share some of what I have found useful in working with body process over Zoom. Zoom lends itself most naturally to 'talking heads' therapy, which I have always been most keen to move away from. When I do individual or group therapy or training workshops, I always invite people to move around and tell them that sitting still in a chair or on the floor is probably the worst way ever invented to know yourself, encouraging an intellectual, schizoid way of separating mind and body. I also want there to be

possibilities for experimenting with touch. So how to translate this emphasis to online work?

The first thing to notice is that there is a lot more flexibility to move than people imagine. I can stand up and move around and still mostly be seen and heard. It is worth saying that, for me, the gains greatly outweigh the losses if people do allow themselves to move around. It is also important, even while sitting, to keep moving since without movement of the body there is no awareness of the body (which is why those who want to limit their awareness of their embodiment usually sit very still!).

Read the entire article [here](#)

PUBLICATION OF THE LATEST ISSUE OF QUADERNI DI GESTALT

We are pleased to inform you that, at the end of December, issue 2020/2 of the journal "Quaderni di Gestalt" entitled "Gestalt psychotherapy during COVID-19" was published.

Most of the articles in this issue originated during the Pandemic and represent our effort as Gestalt psychotherapists to be aware of this very difficult situation and to find a creative adjustment to the virus and the changes it has brought with it.

Please find attached the [abstracts of the articles](#), in English for your convenience. We remain available for further information on the articles.

In the hope that we have given you some useful information, we wish you a good reading!

Best regards,
Margherita Spagnuolo Lobb Elisa Spini

Director Editorial Coordinator
Quaderni di Gestalt Quaderni di Gestalt

AN ODE TO ANXIETY (POEM BY A MEMBER)

Fear freezes me like this 19 degree winter's day.
How to keep fluid in a world I do not know.
The distractions are gone.
I am left with myself.

What will be?
Focus on what is!!
What is what?
What am I in this present repeating moment?

I want to receive the message
And embrace the pain of isolation.
Embrace the discomfort and find excitement
in now.

I must dig deeper and find water that flows.
Replace the fear with wonder.
A great life challenge.

To hope the planet and I will be righted in all this.
And somehow inspired to be new.

I only have to do the thing in front of me.
I don't have to do the second step ahead.
Seems so obvious—
be here now.

An ode to anxiety
I know you so well
My friend and my enemy
I know you so well
I don't want to know you.

You are always two steps ahead
Scaring me to death with
What could be....
But never is.

An ode to anxiety
Peace is always
One step away.

Cynthia D. Rudick (6 February 2021)

A BOY (STORY BY A MEMBER)

A BOY

by Deirdre Foley

Tulcea Square - Romania

(1995)

Activity in the square exuded no vibrancy. Melancholy kept heads hung and the cold, bright sun generated little heat.

Sitting on a bench in my sheepskin coat, I felt lonely but glad to be leaving Romania soon. My stay here hadn't felt like the working holiday I'd imagined it would be.

The usual hoard of beggars drifted back and forth and I avoided their gaze as much as I could; I felt uncomfortable amidst such poverty. But when a small, insistent voice kept tapping at my ear, I let down my guard to find a young boy smiling at me.

He had the stature of a seven year old, but I could tell that he was closer to nine or ten. A red tint glowed on his sallow cheeks, and hugging his skull was a woolen cap with ear flaps struggling to cover his lobes. Blonde tufts of hair squeezed out to frame green speckled eyes, squinting against the glare of the sun.

He wore a grubby light-blue bomber jacket, its broken front zipper letting the stripes of his sweater peep through. Cut off below the knee was a pair of shorts, too wide for his scrawny legs. On his bare feet were a pair of over-sized flip flops, the slip-on kind, hard plastic uppers with inflexible soles.

Read the full story [here](#)

REFLECTIONS FROM OLENA SHYLOVA



This is part of my reflections, taking shape in the collegial space. This article includes experiences, the impact of pandemic-related restrictions, a traumatic experience of established uncertainty and risks.

From the point of view of attachment theory, the human need for attachment is genetically more important than sexual attraction (Fisher, 1993) The basis of love is given biologically.

The need to meet, to be with people is stronger than the fear of infection and death. The coronavirus period showed that people need people to be themselves.

The social myth "A person gets everything in a good family" is crumbling: This is partially true for newborn babies, but for their comfort, parents are attracted to the world around them all the time.

Read the full story [here](#)

INTRODUCTION TO C MAGAZINE 14 CONFESSION



To C = To Connect, To Confront, To Contact, To Complete, To Care,
To Communicate, To Comfort, To Create, To Commit, To Continue....

All those great C Words can guide us to be creative. Confession and Compassion are the C Words of this issue that focuses on the Feminine Voice. Don't be mistaken: the Feminine voice is not only to be found in women, but it is also part of men. There is a difference: for men, it is more difficult to express this Feminine Voice than for Women who are more used to give Care, Compassion, Attention, Comfort. But we all have to become Aware if we long to become a Complete human being, no matter if we are men or women. For women, it is less natural to use their Masculine voice, although we are learning. That's why we have to be on guard: let's not lose the balance between our Feminine and Masculine sides.

In this To C magazine I give myself and you the Chance to experiment with balancing our two voices by focusing on the Feminine because our Feminine Power is still in hiding. If we want to Continue being part of Life as it is now, we will have to use all the creativity we have. I aim to give a taste of the Joy it offers if you and I and we all do IT because we Care about the World, about Humanity, about Nature, about Animals, about Art, about Science, and above all Care for each other! The idea is to first read the published words out loud a few times while you feel where they touch you. And if you dare you can sing them, maybe not all of them but start with giving sound to one word, then two, and keep repeating them as if they are a mantra. The next step can be to go to my website where you will find several videos with C Songs I gave sound. You are invited to sound with me, sing with me and enjoy your own voice in connection with mine. Hopefully, it will inspire you to write

your own words, your own songs. Let's just do it and enjoy the authenticity of our words and voices!

With warm and joyful greetings,
Tine van Wijk – www.tinevanwijk.nl

IAAGT RESEARCH COMMITTEE REQUEST

My name is Soneide Caetano Jungnitz and I am a member of the IAAGT Research Committee together with Mark Reck, Ansel Woldt, Heather Anne Keyes, and Sam Manickam and during some years I was a present member of the Research Interest Group meetings.

The RIG was inactive for a while. After having some "Research Colloquium Meetings" and noticing the interest some colleagues have in this topic, we from the committee talked about it and I volunteered to take this coordination and reactivate the meetings.

I would like to ask the members that are interested in restarting our meetings, to please contact me:

soneide@yahoo.de

I hope we can see each other in a near future.

Warmly
Soneide

CORRECTIONS TO THE PREVIOUS NEWSLETTER

Research	If you are interested in chairing this group please email Soneide and Inma
Trainee & Newly Qualified	If you are interested in chairing this group please email Soneide and Inma
Black, Indigenous, and People of Color	Catie Beaulieu

Dear Black, Indigenous, and People of Color,

As the chair of this group and only speaking for me, I have creatively adjusted and this group is open to black, indigenous, and people of color only. In other words, if you are white, you are excluded from joining us. I want to acknowledge that while we have had black participants and welcome black folx, unfortunately, we do not have regular, black participants each month. If you are interested in a black-only interest group and need support starting one, I am happy to consult with you, intern for you, and/or loan you my Zoom account (or find others who will).

The purpose of the BIPoC group is to find community with and experience other folx of color in gestalt.

If you are black, indigenous, or a person of color and wish to join, please email me at gestaltwellnessstudio@gmail.com. I will then send you some information on how I host Zoom meetings, a Zoom link, and a password.

White people: please share this email with your gestalt email groups as this group is open to BIPOC Gestaltists who may or may not be on the AAGT listserv.

The BIPOC special interest group for BIPOC folx (membership not required) meets the first Saturday of the month from 9-10 am EST.

UPDATE: 2021 INTERNATIONAL GESTALT THERAPY RESEARCH CONFERENCE

Due to the Corona situation, we have decided to extend the early registration period until 30 April 2021.

We assume that the conference will take place as a face-to-face event in Hamburg, but at the same time, we are monitoring the Corona situation and will decide in due course whether the conference should take place as a 100% online conference.

We understand that at this point a travel decision is not so easy to make. On the other hand, organizing this conference is also a challenge at all levels. For this, we also need your solidarity and support.

A lot of positive things can happen in the next months until September. Please look confidently to the future with us.

Early Bird Tickets are available until 30 April 2021 visit <http://research-conference-hamburg2021.com>

Warmly,
Sibylle, Hella, Inge, and Olaf for the Organization Team

CONVERSATIONAL LEADERSHIP VIRTUAL WORKSHOP APRIL 26-30



“Conversational Leadership” is a newly emerging discipline that builds upon Gestalt, Organization Development, and Diversity Equity and Inclusion. Come join us for the 3rd Annual Conversational Leadership Workshop where we deep dive into conversation, leadership, and the combination of the two. Come prepared for an immersive, experiential, and virtual workshop.

The three core questions of Conversational Leadership are:

1. Are we having the conversation we need to be having right now?
2. Are we having the conversation in the way we need to be having it?
3. In what ways is this conversation forming community?

Official registration at <http://www.conversational-leadership.net/workshop>

SURVEY COMING FROM THE IAAGT CONTINUING EDUCATION ADVISORY COUNCIL

Please be on the lookout in your e-mail for a link to a survey from the Continuing Education Advisory Council.

We will be sending this survey out within the month. Your responses will support us in assessing our need for continuing education and documentation.

In appreciation,
Marlene Blumenthal, Continuing Education Officer

IPSIG AND GESTALT STUDIA

The School offers an approach to psychopathology from a phenomenological and Gestalt therapy perspective. It represents an original and unique combination of the European tradition of phenomenological psychopathology and contemporary Gestalt Therapy theory applied to clinical practice.

We consider psychopathology as a field phenomenon emerging in the session and aiming towards transformation in the process of therapy. Clinical sufferings and symptoms are expressions of different ways of being absent in the situation. Therapy, consequently, is the art of presence and supports the forces acting in the field and moving towards transformation.

Read the full story [here](#)

DAN BLOOM WEBINARS

Dan Bloom. JD, LCSW

www.danbloom.nyc.com

01 212 674 0404

I currently offer two webinars. Each webinar is recorded. Recordings are posted to a dedicated webpage for future viewing.

Information about me and my practice is on my website, www.danbloomnyc.com

New Aspects of Contemporary Gestalt Therapy from a Relational Perspective

This 8-session, 90-minute webinar focuses on the relational perspective as it developed from the original 1951 model in *Gestalt Therapy, Excitement and Growth in the Human Personality*, by Perls, Hefferline, and Goodman (PHG).

Read the entire article [here](#)

HEALING TRAUMA IN THE PATH TO RECOVERY: TRAUMA AND ADDICTION, A GESTALT APPROACH

Traumatic childhood and life events shape the way an individual sees himself/herself and the world. This has a direct impact on relationships, self-perception, coping skills, self-esteem, etc. The focus of this 6-module training is to provide a deeper understanding on the relationship between addiction and trauma, the role of the nervous system, adverse childhood experiences, polyvagal theory, and the application of this knowledge through the framework of Gestalt Psychotherapy to support healing experiences.

The training is divided into six 3-hour modules facilitated via zoom. Each module will be a combination of lecture, modeling, and practice.

Read the entire article [here](#)

STELLA RESNICK, PHD

This has been an exciting and busy year for me. After my 2019 book came out, *Body-to-Body Intimacy: Transformation Through Love, Sex and Neurobiology*, I developed a training I call Embodied Relational Sex Therapy (ERST) which I have done several times at Esalen and two different hotels in Los Angeles. When the pandemic hit, I decided to do it on Zoom and that proved to be highly successful. At that point I was asked by the director of a Gestalt Institute in Russia to do a virtual ERST for the Gestalt Institute there. Because of the time difference, I felt it made sense to do a shortened version of it as four evening groups over four weekends. That too became very well received. Now the participants from both the U.S. based and Russian based groups want more. So I've now created another ERST training on Zoom with U.S. and international time zones for September and October 2021 and another ERST in Russia training.

I continue to study Interpersonal Neurobiology with Allan Schore and I attend his bimonthly peer study groups. I am forever inspired by the brilliant research we're reading, Allan's incisive comments, and the group discussion. This work of interpersonal neurobiology, totally corroborates Gestalt present-centred, somatic-experiential focus. To me, it effectively provides the evidence-based brain and Autonomic Nervous System validation of Gestalt therapy.

Read the entire article [here](#)



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