

OCTOBER - DECEMBER 2021

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LETTER FROM THE PRESIDENT



Dear IAAGT Community:

As many of us have been experiencing during these past two years, I have been connecting at least twice a day to a meeting or a therapy session via zoom. On a personal level, as well as a professional one, connecting with others has been a real challenge, sometimes overwhelming, sometimes very encouraging. For sure very exciting and questioning.

Along with all the uncertainties that the pandemic has offered us, there is a new “virtual field” that makes us wonder how we are contacting and approaching each other. I have had this conversation with one of the board members, a very enriching and contactful dialogue. It is very interesting though that I have never met this person in “real life”, so to speak.

I realize that most of the contact I have had with people in IAAGT during this time has been through the internet. Most of these people I have never met “in person” and yet we have been building strong relationships.

I think there are some questions for our gestalt community, for our theory and practice, and for our organizational processes. This new “virtual field” brings up new opportunities (as well as challenges) for our international community in terms of how we interact, connect and work together. I am sure that we will continue to find new and creative ways to take advantage of this “virtual field” and strengthen our sense of community.

At the same time, I hope we can meet in person in May 2022 and re-connect in a more embodied and lively experience.

Warmly,

Eduardo

Eduardo Rubio
IAAGT President

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LETTER FROM THE VICE PRESIDENT ELECT



This year flew by... it's December already! I saw practically no one in person, went out only for groceries and walks, and yet I was busy and productive the whole time. It's really amazing what we can do and how we can remain in contact with internet.

I've been thinking of my grandmother lately. She came down with the Spanish Flue in the early part of the 20th century. So many people were affected that her 8-year-old daughter nursed her. She was lucky and survived, when so many others didn't. Back then, there was strong resistance to wearing masks and keeping safe: it was a lot harder to do so before we could order anything and remain connected safe in our homes.

In 5 months, I hope to see you in Ireland. It's impossible to tell how safe the world will be by then, but I'm hopeful. We are preparing for the conference with optimism, given that the people of Ireland are mostly vaccinated, our location is remote and rural, and health precautions will be in place. And yes, we'll have masks.

Maryanne

Maryanne Nicholls
Vice President Elect, IAAGT

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2022 IAAGT CONFERENCE - IRELAND



Ireland's Cliffs of Moher

THE IAAGT 2022 CONFERENCE IN IRELAND

REGISTRATION OPENS 20/12/2021

The International Association for the Advancement of Gestalt Therapy (IAAGT) is delighted to announce that our 2020 postponed conference is scheduled to take place in the same majestic, natural environment of Ennistymon, Co. Clare, Ireland, at the Falls Hotel.

The new dates for the conference are May 17-22, 2022, with the theme 'Edges of Exile and Belonging' - it is as relevant today as it was in 2020, perhaps even more so given the isolation we have all experienced recently.

Registration opens December 20, 2021

Click below for more detailed information:

[Conference Registration & Information](#)

The website will be continuously updated, so please visit our site regularly to keep informed.

For those of you who are not yet members of the IAAGT, this is a great time to connect and join our ever-expanding community. For information on membership options and benefits, see below, or contact our admin officer Nicola Ray: admin@iaagt.org

IAAGT Membership

We are expecting a big in-person turnout so we are advising everyone to book their accommodation as soon as possible. You will find more information and the promo code for the Falls Hotel here:

Conference Accommodation Information & Promo Code

Booking has already started so availability is limited. Therefore, attendees are advised to book as soon as possible. When the Falls Hotel has reached capacity, you will be asked to book directly with the Lahinch Coast Hotel. Attendees can also use Airbnb, Booking.com, or similar platforms to secure accommodation in the surrounding area.

It goes without saying that **Health & Safety** is a priority. Check out the latest regulations in Ireland on our Health & Safety page:

Health & Safety

We're looking forward to seeing you all in Ireland next May. Until then, stay safe.

Deirdre Foley & Maryanne Nicholls
Conference Co-Conveners



Ennistimon by Louis Walsh

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COMMITTEE MEMBERS FOR PROCESS GROUPS NEEDED

We are looking for people to join the **Process Group Committee** and be involved in organising Process Groups for the **Ireland Conference 'Edges of Exile and Belonging'**.

Several members have left our Committee as they are unable to come to the conference, and have busy work-loads outside of IAAGT; as do all of us. We therefore need some people to join and help us with the jobs that can make Process Groups happen at the conference.

The work involves co-ordinating between us to allocate facilitators, to organise facilitators in pairs and participants to groups. We need to think together about logistics, and to have a presence at the conference for information about Process Groups, which will include a contribution to the Opening Ceremony. You also need to be able to be involved in the Facilitator training event on Wednesday 18th May.

Please consider joining us. We are a small, friendly group who have enjoyed contributing to the conference in this way and would greatly appreciate new people joining us.

If your interest is in Process Group facilitation, you will be able to make this known at the time of registration.

If you would like to know more about the Committee, please contact Claire Asherson Bartram clairebartram21@gmail.com or Perry Klepner perry302@aol.com

Warm regards,

The Process Group Committee

View a brief description of Process Groups [here](#).

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CALL FOR VENUE AND CONVENORS FOR THE IAAGT 2024 CONFERENCE

Dear Members

We will be deciding our **2024 Conference venue** at our Annual General Meeting in May 2022, and need time to discuss proposals before then.

If you and colleagues would like to host our 2024 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 March 20, 2022

Thank you for considering this. We look forward to receiving your proposals.

If you have questions or need support at all, please contact Nicola at admin@iaagt.org

SUBMIT A VENUE PROPOSAL NOW

Warmly,

Eduardo Rubio Ramírez
IAAGT President

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CABARET & CÉILÍ IN IRELAND, MAY 2022



IAAGT CONFERENCE – IRELAND, MAY 2022

FRIDAY NIGHT LIVE! OUR ENNISTYMON GESTALT CABARET & CÉILÍ....

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

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

We are seeking contributions from members for a varied programme of music, merriment and reflection that takes place after dinner on Friday night. We welcome **songs, musical pieces, stories, rants, poems (self-penned or from your favourite writer), your latest dance moves, conundrums and whimsy.** Our emphasis is on fun and soulfulness – a cabaret for the people by the people.



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



To discuss a possible contribution please contact one of our 'Quartet' of organisers:

Jon Blend (England)

E: jon.blend335@gmail.com

Anne Randolph (Ireland)

E: anne.m.randolph@gmail.com

Allan Singer (USA)

E: asingerlicsw@aol.com

Tomaš Divéky (Slovakia)

E: tomas.diveky.83@gmail.com

PLEASE INCLUDE:

- a. Title of the piece (and where relevant, author/composer)

- b. How many people it involves (eg solo/ duet/ group)
- c. Time required (*time yourself! Up to 10 mins max*)
- d. Any other requirements (eg musical accompaniment /staging etc).

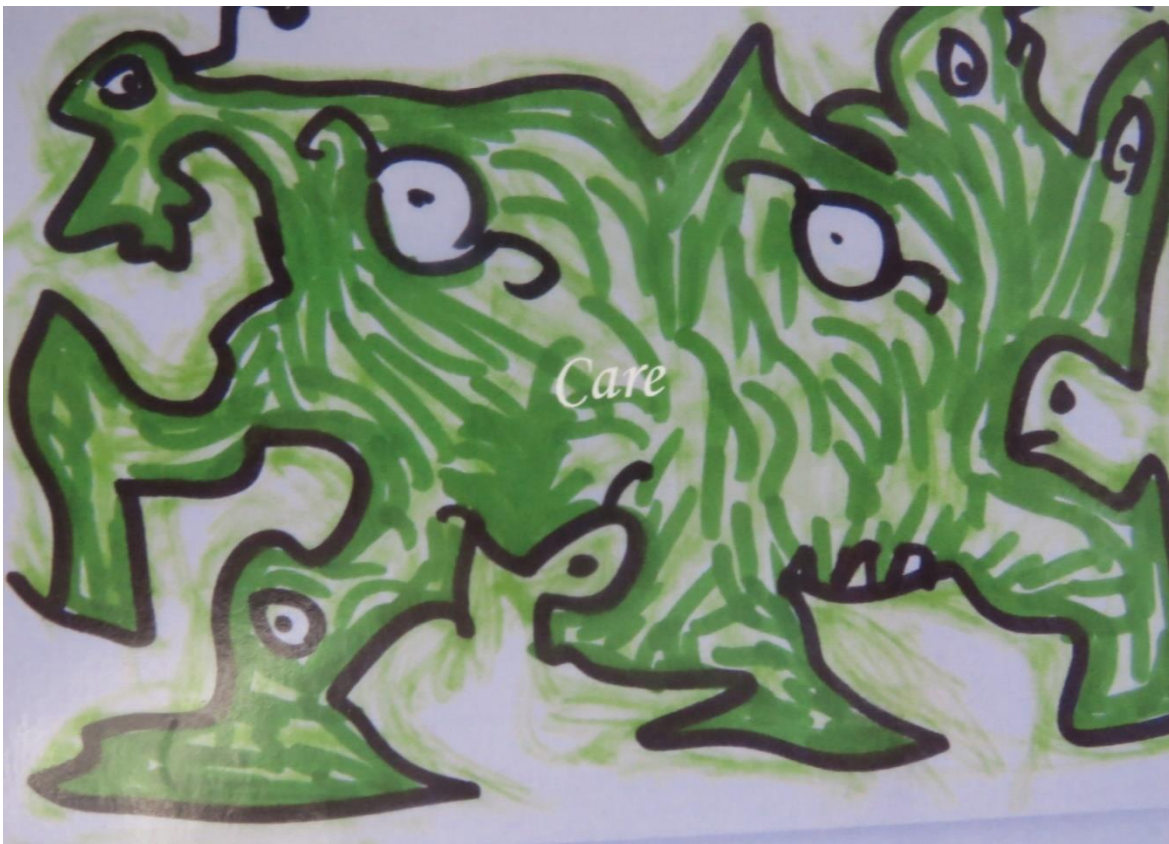


Thank you for supporting our Cabaret & Céilí: an evening of serious fun!

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CARE – REFLECTIONS FROM A MEMBER

*2021 has been about giving care, taking care, caring, receiving care or not.
Care is one of the C words that inspired me to draw and write and create cards.
More C inspiration you find on my website tinevanwijk.nl*



What do I know about care? Giving care? Receiving care?
I know it is not easy, not to give in the just right amount and not to receive.
As a professional care giver when it is about the soul I have oceans of patience
to listen to people who come to me because their heart is suffering
The moment they open their mouth all my antennas are on guard
to feel, to see, to care what the other is presenting to me
I am aware that this person sitting opposite me has been done wrong
Life has not been fair to him or her, I see it in their eyes,
hear it in their voices, but the more I listen underneath the words
the more I know that being victimized has caused a disease
that can be healed if...we decide we are worth the care
we did get after all and – most important –
that we are our own best caregivers and caretakers
who only have to learn to receive what we already have...
Of course life is painful, for you, for me, for all of us
And life is also generous, for you, for me and for everybody else.

Tine van Wijk, Amsterdam, November 9, 2021

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THE SOUND OF SILENCE: REFLECTIONS ON THE SPACES IN BETWEEN

The Sound of Silence: Reflections on the Spaces in Between

By Crystal McGregor, LMHC

This past year has been filled with an imposed silence. The pandemic changed things in an abrupt, dramatic way. No one invited the silence, it descended upon us and has refused to leave. As a result, the devastating effects of separation and space from others has been powerfully felt around the world and continues to resonate.

I moved out of state during the pandemic and faced a unique fear of silence. The stillness and quietness has, at times, felt overwhelming. But over the past year I began to view silence as a friend who is gently beckoning me to tread a more courageous path. For it is silence which reveals the true nature of myself and others. This silence has helped me to become a better therapist. As I learn to embrace the spaces in between, I am reflecting on the ways in which the skill of silence can take my practice as a therapist to the next level of mastery. Silence has the ability to both do great harm and to heal us in powerful ways. For now, I would like to focus on the benefits of cultivating, utilizing, and embracing the art of silence in one's life and practice.

How do we define silence or space, and why does it matter? We tend to focus on that which fills a physical, audible, or visual space. Most people think of silence or space in terms of absence - the absence of density, fullness, or presence; the absence of harmony, communication, or sound. We

are often unaware that simply filling a physical or audible space may cause harm or hindrance rather than helping.

Read the full article [here](#).

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ON FRITZ PERLS, CHAIRWORK, AND THE FOUR DIALOGUES

On Fritz Perls, Chairwork, and the Four Dialogues

By Scott Kellogg, PhD

Fritz Perls changed my life.

In the fall of 2001, I read *Gestalt Therapy Verbatim* and, after that, everything was different. What he did with the Chairwork dialogues gave me a vision and a method for helping patients wrestle with their suffering and find a way to freedom. I was so moved by what I had read, and by the startlingly powerful experiences that I was suddenly having with my patients, that I began a quest to understand Chairwork as deeply as possible. Beginning with the 1960s Gestalt work of Perls, I did a deep exploration into the Chairwork-centered writings of other California Gestalt Therapists, the reports of patients who did Chairwork in the 1960s and 1970s, the work of a wide-range of integrative psychotherapists who were inspired by Perls, and the practices and insights of psychodramatists and drama therapists.

So, what did I learn and what did I discover? The first thing that I learned was that Chairwork is so powerful that no single therapy can contain it – which is why it has been adapted and re-envisioned by so many different integrative psychotherapists. The second thing I discovered was that over 50 years of Chairwork practice can be crystallized into the *Four Dialogues* or for basic stances – *Giving Voice*, *Telling the Story*, *Internal Dialogues*, and *Relationships and Encounters*.

Read the full article [here](#).

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VOICE & MOVEMENT WORKSHOP

Our voices when we are together

In English, online

This workshop is an invitation to explore questions around these subjects together:

- How can we bring the vibrations of our voices into life so that we can be with each other in a way that allows us to live more fully and even to flourish?
- How do we find support - through our muscles and bones – to let our voices to meet in the myriad of possibilities emerging in relation to each other?
- The purpose of this workshop is to go from our awareness to our consciousness in relation with our breathing, our vibrations and our voices when being with the other.

I am Inma Vázquez Jiménez. I am a psychologist and a gestalt therapist from Seville, in Spain, where I live.

I study with Ruella Frank her approach on Gestalt Therapy - the Developmental Somatic Psychotherapy - so I can more easily tune in with the movement of the embodied experience that unfolds during the therapeutic sessions. She also offers an understanding of this embodied experience that I find completely necessary for being present and making sense of my work as a psychotherapist.

I studied the Kristin Linklater Voice Method - Freeing the natural voice - with several of her designated teachers in Spain. This method offers a way of understanding human voice that I find connected with Gestalt Therapy as it is rooted in the whole body and deeply affected by emotions and imagination.

Read the full article [here](#).

Find more information on workshop [flyer](#).

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REICHIAN / GESTALT ORIENTED SOMATIC PSYCHOTHERAPY

Individual or Group Supervision – Training in Reichian / Gestalt Oriented Somatic Psychotherapy

Via Zoom
Offered by Daniel Schiff, PhD

For more information see my website www.dschiffphd.com or contact me directly at dschiff@dschiffphd.com.

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Center for
Somatic Studies

Developmental Somatic Psychotherapy™

Ruella Frank, Ph.D.

**A clinical phenomenological and
movement-oriented approach** to psychotherapy
within a contemporary gestalt therapy framework.

A template for understanding and working
with early psycho-physical blocks as they
emerge in the here-and-now of therapy.

2022-2023 Online Training Program

Trainings meet for 8 modules, 2 1/2 days each:

October 7 - 9, 2022

February 10 - 12, 2023

November 11 - 13, 2022

March 10 - 12, 2023

December 2 - 4, 2022

April 14 - 16, 2023

January 13 - 15, 2023

May 12-14, 2023

For further information and to apply:
ruellafrank@gmail.com or somaticstudies.com

FIELD THEORIES IN CLINICAL PRACTICE

With gestalt therapy, Perls and Goodman made the revolutionary proposal to embed the practice of psychotherapy in a field perspective. A Babylonian discussion and controversy among Gestalt therapists is still, 70 years after, in full swing about the meaning of 'field'. Certainly the concept of situation, highlighted in recent years, has made it possible to better differentiate between the field as a lived experience (in a phenomenological stance), and the field as a life-space (in the continuity of Lewin's work). The oscillation between these two conceptions generated a lot of confusion, which undoubtedly slowed down the radicalization of a theoretical and clinical development based on concept of contact.

This program aims to advance in the theoretical and practical understanding of the field paradigm used in psychotherapy. To this end, Institut Français de Gestalt- thérapie is launching the project of this update by inviting three eminent gestalt- therapists : Maya van Zelst, Gianni Francesetti and Jean-Marie Robine. These three trainers have worked hard for many years to arouse particular attention to the concepts of field and situation and thus to invite us to move the practice out of its individualistic limits and into a relational perspective. Each of them has followed a different path and reached specific orientations that they propose to confront between them and with the participants, both experientially and in the theoretical-clinical level as well.



Read the full article [here](#).

For the registration form, click [here](#).

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WORKING WITH CHILDREN: OAKLANDER INTENSIVE 2022

Working with Children: Oaklander Intensive 2022

with **Jon Blend** MA Dip Child Dip Psych CQSW



Five Thursdays: Jan 20; Mar 24; May 5; July 21 & Sept 15. 10am -6pm

Venue: Friends Meeting House, London W5 *in-house Covid safety protocol**

This part experiential, part didactic workshop caters for counsellors, psychotherapists and other professionals working with children and adolescents. It will also interest those wishing to explore their relationship with creativity/play. Incorporating the arts in therapy with children offers an 'experience near' vehicle for self-expression that aids relational exploration of issues, fosters resilience and enhances wellbeing. Grounded in Gestalt Therapy Theory this course draws inspiration from the projective arts approach of the late, eminent Gestalt child & adolescent psychotherapist **Dr. Violet Oaklander** (1927-2021) - author of *Windows to our Children** & *Hidden Treasure*. Also ideas from Attachment and Systemic theories. Participants will explore many of the following modalities: **drawing, painting, clay, creative writing, haiku, musicking, movement, sandtray & sound healing.**

For more information, click [here](#).

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OAKLANDER METHOD: UK SUPERVISION GROUP



Oaklander Method: UK Supervision Group **6 Sundays, 2022 Venue: Acton, London W3**

Dates: Jan 23+ Mar 13; Apr 24+June 12; Jul 24 + Sep 18.
Contact hours: 11am-4pm with lunch break. Fee: £150/term.

Final places left!

This small group functions as a learning community, drawing inspiration from Dr. Violet Oaklander's dialogic gestalt approach to child and adolescent therapy. The group offers a supportive confidential place to try out new things, consider casework dilemmas and explore practice. Participants may wish to explore further working with clay, drawing, creative writing and haiku, musical improvisation, movement, puppets.

The group caters for counsellors, psychotherapists, mentors, pastoral carers, wellbeing practitioners and other professionals working directly with children and young people. We meet in a well-ventilated room with garden access and follow a Covid safety protocol. If regulations require we will transfer online.

For more information, click [here](#).

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THE GESTALT INTERNATIONAL STUDY CENTRE: WORKSHOPS

www.gisc.org



Introduction to the Cape Cod Model (Live-Online) – January 12 – 14, 2022

A Workshop for Psychotherapists, Coaches, Consultants, and other Professionals

This workshop teaches our powerful approach to working with clients and client systems: The Cape Cod Model®. It is designed as an introduction for those unfamiliar with the model but can also be useful as further learning for those who have previous experience using this methodology. All participants will increase their ability to create effective interventions necessary to support change and growth.

[Learn more](#)

Applying the Cape Cod Model to Coaching (Live-Online) – March 9-11, 2022

Working one-on-one

The Cape Cod Model® is GISC's approach for achieving high-impact interventions. Applied to coaching, the technique supports your client's competencies and ability to move towards change.

This program offers a valuable new approach that delivers profound results for your clients and differentiates your practice in an increasingly competitive marketplace.

[Learn more](#)

For more information and the full list of workshops, click [here](#).

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DAN BLOOM WEBINARS

Offerings by Dan Bloom

www.danbloomnyc.com

dan.bloom@me.com

<https://www.facebook.com/dan.bloom.79>

<https://www.youtube.com/user/djbnyc>

“PHG: A Theory of Reference for Gestalt Therapy from a Field-Emergent Perspective”

The original 1951 theory in *Gestalt Therapy, Excitement and Growth* by Perls, Hefferline, and Goodman has served us well. It has been central to gestalt therapy. It is showing its age. Is it still useful?

This 8-session 90 minute bi-weekly webinar critically examines this original theory and argues for its place as a theory of reference for contemporary gestalt therapy. Webinar members can expect to learn this original theory as we challenge its orthodoxy.

Special focus is on the theory of self, sequence of contacting, the contact-boundary and the organism/environment field.

The PHG model is compared and contrasted with various contemporary approaches. We consider developments such as the intentionality of contacting, the aesthetic criterion, the qualities of contacting, relationality, and various understandings or epistemologies of the field. We see these as arising from a critical and dialogical engagement with the original theory over time.

Application of these perspectives to our actual clinical work is an essential part of this online seminar. Members are encouraged to bring clinical examples into the discussion.

For more information and the full list of webinars, click [here](#).

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