



**AAGT**  
The Association for  
the Advancement of  
Gestalt Therapy

*An International Community*



## **AAGT's 12th Biennial International Conference**

### **Exploring the Diversity of Gestalt Therapy**

Monterey, California, USA - Asilomar Conference Grounds

Pre-Conference Workshops Sept 2-3, 2014

Conference Sept 3-7, 2014





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### ***Register Now!***

For Registration and Prices Please visit our website

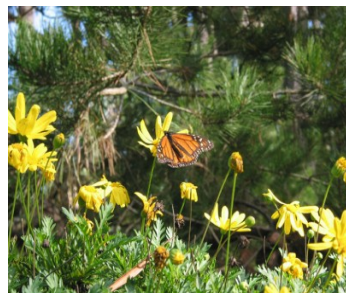
[www.aagt.org](http://www.aagt.org)

For more info feel free to email us at

[conference@aagt.org](mailto:conference@aagt.org) or call conference co-conveners

Peter Cole and Daisy Reese at (USA Tel #) 916-444-1786

*We look forward to seeing you there!*



The Association for the Advancement of Gestalt Therapy's 12th biennial conference will feature Gestalt therapy's leading practitioners, researchers and writers. Join our international gestalt community at this serene haven on the spectacular Pacific Coast. The conference offers lively, interactive workshops on all aspects of gestalt theory and practice. Small process groups provide an opportunity for connection. There will be plenty of opportunities for socializing with friends old and new as well as for peaceful walks along the coast.



Executive Council	AAGT 2014 Biennial Conference Planning Committee (CPC)
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This program is sponsored by the Association for the Advancement of Gestalt Therapy (AAGT). **Psychologists:** AAGT is approved by the American Psychological Association to sponsor continuing education for psychologists. AAGT maintains responsibility for this program and its content. **Counselors:** AAGT is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events (or programs) that meet NBCC requirements. Sessions (or programs) for which NBCC-approved clock hours will be awarded are identified in the program bulletin (or in the catalog or Web site). AAGT is solely responsible for all aspects of the program. **MFTs, LPCCs, LEs, and LCSWs:** This course meets the qualifications for up to 46 (25 for conference + 15 for preconference + 6 for group leader program) hours of continuing education credit for MFTs, LPCCs, LEs, and/or LCSWs as required by the California Board of Behavioral Sciences. **Nurses:** Provider approved by the California Board of Registered Nursing, Provider Number 11846 for up to 46 (25 for conference + 15 for preconference + 6 for group leader program) contact hours. **Provider Numbers:** APA-MCEP #1007; NBCC-ACEP #5850; CBBS-PCE #3043; CBRN-CEP #11846. Attendance at this program can earn up to 46 (25 for conference + 15 for preconference + 6 for group leader program) CE credit hours. For further information contact the AAGT CE Officer, Dina Miller, P.O. Box 141122, Columbus, OH 43214. [Dinamiller3@aol.com](mailto:Dinamiller3@aol.com) Phone [614-563-6571](tel:614-563-6571).

# AAGT Conference Activities

**Process Groups** Each participant will have a place in a daily process group composed of ten members and two facilitators. This provides an opportunity for people to share thoughts, feelings and responses to their conference experiences and supports the development of the conference community. Richard Kitzler, an early advocate for process groups described them as: “the teeth of the conference: chewing, de-structuring, assimilating and co-creating the novelty that the conference would become”.

**Community Meetings** Each conferee will have the opportunity to participate in meetings of the whole conference community where we participate in the shaping of AAGT’s present and future.

**Body Awareness** We will have time early each morning for movement and attending to our bodies. This activity will be led by Karen Ginsburg.

## Evening Activities

**Wednesday Evening Welcome**—AAGT 's Membership team, with Board support, is sponsoring Wednesday evening's opening session to provide the foundation for conference participants' awareness of AAGT's mission of inclusion and diversity in both small and large group activity in our community. The intention is to illuminate potential opportunities within our organization and creatively demonstrate via experiential group processes how AAGT functions as an organization. Following the experience there will be an offering of hors d'oeuvres and beverages.

**Thursday Evening Movement**—This evening you are invited to join us in an exploration with movement, breath, music and rhythm. Inspired by the structure of the 5 Rhythms, that is an established dance and movement practice, we will invite you to drop into your bodies, sense yourself and how you want to move. The five rhythms are flowing, staccato, chaos, lyrical and stillness – each representing different movement qualities. You are never dancing the “wrong” thing, but are supported through the discipline of each rhythm to embody, non-verbally express, release and follow through your own movements and momentum – by yourself and with others. This practice was founded by Gabrielle Roth, who lived and practiced at Esalen during the time when Fritz lived there. It is obvious that she was inspired by gestalt.

**Friday Evening Campfire**—We'll gather around the Asilomar campfire for story telling, smores, and connecting with one another. If you'd like, you can share your special talent (songs, poetry, or creative inspiration) in the firelight to be part of our impromptu evening variety show. Bring your beach shoes and plan on having fun.

**Saturday Evening Dinner Dance**—Weather permitting, we'll have an outdoor dinner to celebrate our time together. Afterwards we'll go indoors for our traditional fun-time auction to raise money for Gestalt scholarships and then have our evening dance. You can share your dance moves or just mix and mingle as we dance the night away. We've hired a hot Bay Area DJ

# Plenary Presentations

**Keynote Address– Leanne O’Shea, DPsych, MSc, BTheol. (Thursday Morning Sept 4)**

**“Beyond Tolerance: Diversity as Radical Inclusion”**

**Leanne O’Shea, DPsych, MSc, BTheol.** is a psychotherapist and supervisor in private practice in Melbourne. She is a faculty member and the Director of Training at Gestalt Therapy Australia, on the International Board of Advisors for the Relational Center and International Associate Faculty for the Pacific Gestalt Institute. She is also the Founder of Relational Matters and has served GANZ in various capacities. Leanne is interested in creating greater awareness of and sensitivity to our relational responsibility, and is particularly passionate about how we understand sexuality and eros within the therapeutic relationship.



**Plenary Panel (Friday Morning Sept 5)**  
**“Exploring the Diversity of Gestalt Therapy”**

This panel presentation will focus on the many differences within our gestalt world. We look at differences within gestalt institute cultures, differences in professional standards, social political differences, and cultural differences. Also we will look at different theoretical emphasis placed within different institutes. We hope to engage in lively and stimulating conversation that highlights differences within our gestalt world. We hope to stay open in this conversation and to learn from each other.

**Moderator:**

**CAROL SWANSON, LCSW,** Executive Director Portland Gestalt Therapy Training Institute. Carol has trained in Gestalt therapy for over 30 years. Originally, she studied with Isadore From, known as the “dean of Gestalt therapy.” Carol also studied at the Gestalt Therapy Institute of Los Angeles, and was a trainer assistant in their local program and their European Residential Program for four years. She has studied extensively with Lynne Jacobs, integrating the influences of self-psychology and contemporary analytic thinking with Gestalt therapy. Carol has had ongoing consultation with Philip Lichtenberg from Philadelphia for twenty years. She has presented at numerous national conferences and was on the planning committee for the first Association for the Advancement of Gestalt Therapy (AAGT) conference, and is co-founder of the Portland Gestalt Training Institute. Carol coordinated and taught at five Portland Gestalt Training Institute European residential programs, and was a guest trainer at the Gestalt Institute in Perth, Australia. She co-authored an article on Gestalt Therapy Diagnosis that was published in the Gestalt Journal. Carol has been in private practice in Portland, Oregon for twenty-five years.



**Discussants:**

**Joe Melnick Ph.D.** is a clinical and organizational psychologist, co-chair of the Cape Cod Training Program of the Gestalt International Study Center (GISC). Founding Editor of Gestalt Review, a contemporary peer-reviewed gestalt journal, he has published extensively on various aspects of the gestalt therapy approach, such as group process, intimacy, ethics, countertransference, organizational development, and conflict. Most recently, he has co-edited (with Edwin C. Nevis) *Mending the World: Social Healing Interventions by Gestalt Practitioners Worldwide*, a book of case studies by gestalt organizational consultants, and is currently completing a book on the Cape Cod Model of Gestalt Therapy with Sonia March Nevis. He is also the creator of “The Us Factor,” a combination of a workbook and DVD series on how to improve your marriage. He teaches and trains worldwide.



**Peter Phillipson, MSc,** is a gestalt psychotherapist, trainer, and writer. He is a Founder Member of the Manchester Gestalt Centre, Full Member of the New York Institute for Gestalt Therapy, Teaching and Supervising Member of GPIT in the UK, Senior Trainer of GITA in Slovenia, and past President of the Association for the Advancement of Gestalt Therapy. He is author of *Self in Relation* (Gestalt Journal Press, 2001), *The Emergent Self: An Existential-Gestalt Approach* (UKCP/Karnac, 2009), and *Gestalt Therapy: Roots and Branches* (Karnac, 2012). Peter is a teacher and student of aikido.



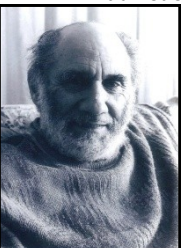
**Myriam Sas de Guiter** obtained her psychology degrees from the University of Buenos Aires. Co-founder of the Gestalt Association of Buenos Aires, she has served as program director, scientific secretary, and senior faculty. Among her published articles are “Ideas para el vivir” (Ideas for living), “Exigencia y cambio” (Demanding and change), “Recuperación emocional al docente” (Emotional recovering for teachers), and “Sobre certezas e incertidumbres” (About certainties and uncertainties). She has presented at conferences in Spain, Canada, USA, Brazil, Uruguay, Mexico, and Argentina. She is a member of the Editorial Board of the Latin Review of Gestalt Therapy and of *Awake*, an online review of gestalt therapy in Brazil.



**Lifetime Achievement Award Recipient – (Saturday Morning Sept 6)**

**Bud Feder**

**Bud Feder** received his PhD in Psychology from Columbia University. His gestalt training included extensive training and consultation with Laura Perls. For many years he has led a Gestalt training group in New York City and has a special interest in group therapy. Bud is past president of the Association for the Advancement of Gestalt Therapy and of the New York Institute for Gestalt Therapy. He has written extensively in the Gestalt therapy field. Among his publications are: [Peeling the Onion: A Gestalt Therapy Manual for Clients](#) and [Gestalt Group Therapy: A Practical Guide](#). He co-edited [Beyond the Hot Seat: Gestalt Approaches to Group](#) and [Beyond the Hot Seat Revisited: Gestalt Approaches to Group](#) and [A Living Legacy of Fritz and Laura Perls: Contemporary Case Studies](#).



# Preconference Workshops Tuesday September 2, 2014

## Training Trainers

With Bud Feder, PhD • Jack Aylward, EdD • Charlie Bowman, MS  
8 Hour Pre Conference Workshop

**Abstract:** Although probably (at least hopefully) all gestalt therapists have been 'trained', the subject of what is good and appropriate and sufficient training has been insufficiently explored. In this seminar/workshop we will first hear the views of the presenters on this topic and then hear from the participants in an interactive fashion. After this component, the presenters will provide a number of experiential segments to the trainers-in-training (TIT's), each of which will be processed and discussed, particularly with reference to their relevance to and usefulness for training. These experiential components will be geared to the needs of the TIT's as expressed both before (via email) and during the seminar. Please note that all proceeds, once expenses have been paid, will go to the AAGT Scholarship Fund. The main goal is to enable the TIT's to take a step forward in their ability to provide training to others.

**Bud Feder, PhD** is a psychologist in private practice and a gestalt therapist since 1971. Over the years he has provided training to gestalt and other therapists: through the training provided by the NY Institute for Gestalt Therapy, at AAGT Pre-conference Seminars, and alone and with co-therapists in the US and many other countries, e.g, England, Germany, Austria, Poland Australia, etc.

**Jack Aylward, Ed.** is a psychologist in the Plainfield, NJ, Consultation Center where he is the director. He has offered training, alone and with co-therapists, there as well as in others parts of NJ at AAGT Preconference Seminars and in Ireland.

**Charlie Bowman, MS** is senior faculty member and Co-president of the Indianapolis Gestalt Institute, where has provided training for many years

## Giving Voice

With Toni Gilligan, BSc. MPhil  
8 Hour Pre Conference Workshop

**Abstract:** As Gestalt practitioners, exploring diversity must start with the lived experience of diversity, be it of culture, heritage, opinion, belief: we aspire to the creative meetings arising from diversity. For these to happen, we must be able to express our diversity, to give it voice. We speak metaphorically of 'giving voice': to a feeling, a section of society; giving voice to what may be unvoiced. We speak of 'finding my voice': like any metaphor giving voice evokes and can convey a range of personal meanings. But 'giving voice' is not just a metaphor, it is literal. In this workshop we will explore how we give voice. Using metaphor, imagery, making sounds, singing and movement, we will play with giving voice, supporting the expression of diversity.

**Toni Gilligan, BSc. MPhil** is a Gestalt Psychotherapist, Trainer, Supervisor, and Director of the Gestalt Centre, London. She has been training in voice work for ten years, and noticed how this work seemed to profoundly influence her in ways beyond simply voice. She became interested in the link between singing and how we use our voice, and how to apply gestalt therapy theory to exploring this. Toni was originally a clinical psychologist. She offers Motivational Interviewing workshops, as well as 'Giving Voice workshops', for those who want to explore their voice including those who want to sing and believe they can't.

## Making Good Contact: Gestalt and Golf

With Eric Hoffman, PhD  
8 Hour Pre Conference Workshop

**Abstract:** This experiential workshop will see a round of golf as an example of the Gestalt contact cycle. We will meet first to experience, reflect on and discuss fore-contact, creating intentions and support for the round to follow. We will then drive to a nearby course and play our round, which will be followed by an opportunity (perhaps on site at the course) to process our experience and facilitate bringing any experiential learning into ground.

**Eric Hoffman, PhD** conducts the Essential Experience Workshop, a personal growth workshop, based in large part on Gestalt principles. He has been seeing individuals and couples in a private practice for over 20 years. He also teaches philosophy full-time at St. Joseph's University, specializing in ethics, political philosophy and philosophy of personal relationships. Since he gave up the practice of law in 2003, he has cultivated an interest in golf, particularly in its psychological and spiritual dimensions.

## Gestalt Therapy's Virtue and Curse – A Living System In The Static World Of Psychotherapy: Gestalt Therapy Fifty Years Later: Theory and Live Demonstrations

With Robert W. Resnick, PhD  
8 Hour Pre Conference Workshop

**Abstract:** After a brief presentation of Bob's distillation/refinement and review of Contemporary Gestalt Therapy from his perspective, he will demonstrate with live volunteers from the group in a supportive and collegial atmosphere. Every Gestalt Therapist organizes the many facets of Gestalt Therapy in different ways as it is an ever evolving and living system. To keep Gestalt Therapy as a relevant, vibrant and integrative therapy, both diversity and boundaries must be supported. Following the sharing of some personal reactions to the client by group members, all clinical work will be related to the theory where questions, comments, comparisons are encouraged. Bring your biases, your questions, your ability to perceptually reorganize and, most importantly, your sense of humor. with process.

**Robert W. Resnick, PhD**, Clinical Psychologist, Gestalt/Couples Therapy trainer for almost 50 years – trained and certified (1969) with Perls and Simkin and chosen by Perls to introduce Gestalt Therapy to Europe – summer 1969. His interview “Gestalt Therapy: Principles, Prisms and Perspectives” appears in the 1995, British Gestalt Journal. “The Recursive Loop of Shame”, Gestalt Review 1997. “Chicken Soup Is Poison” (Perls Festschrift) circa 1967. Currently developing and distributing contemporary Couples Therapy and Individual Gestalt Therapy theory and demonstration films for graduate psychotherapy programs worldwide in a dozen languages. His first clinical practicum was driving a New York taxicab.

**From Isolation to Relational Resourcing: An Evolutionary Story**  
**With Carol Swanson, LCSW • Deborah Ullman, MA**  
8 Hour Pre Conference Workshop

**Abstract:** Many of us live with a sense of overwhelm that is interpersonal, social, economic and environmental – we can never do enough to address urgent needs in our world. Many of our most challenging aspirations result in disappointment/despair. Some of our limiting behaviors developed in a felt sense of isolation from our world. These shameful feelings are generated in a cultural context that undervalues cooperation and shared vulnerability. This workshop opens the door to a relational evolutionary leadership for new integration of our human potential. The workshop leaders cocreate ground for sharing stories that transform our longings for connecting into new experiences of support and belonging. Tools are offered for cultivating nourishing relational networks. Together we learn we are the renewable resource we need for mending the world.

**Carol Swanson, LCSW** has trained in Gestalt therapy for over thirty years. Originally she studied with Isadore From, the ‘dean of Gestalt therapy’. She co-founded the Portland Gestalt Training Institute in 1993 and has been training locally since then. In addition she has done workshop presentations in the US, Europe and Australia. She has published several articles in journals and a book chapter. She continues her private practice with adults and couples in Portland, OR. She is also on the advisory board for The Relational Center in Los Angeles.

**Deborah Ullman, MA**, is editor/codirector of GestaltPress published/distributed by Routledge, T & F. She is a clinician, coach, trainer, bodyworker in Orleans, MA where her work is grounded in evolutionary/spiritual psychology and relational Gestalt theory. Deborah has authored/ edited many articles, and two collected works. She co-chairs the CTR Psychology Council conference series ‘Evolution of Gestalt,’ Esalen Institute; is a Professional Associate of GISC, Wellfleet, MA; visiting faculty member at GIC, Cleveland; and on the Advisory Board of The Relational Center in L.A.

**Once I Was Like You**  
**With Natalia Patricia Esquivel Pardo, Master in Gestalt Psychotherapy, Doctorate in Gestalt Psychotherapy**  
**Virginia Escobar Rojo, Doctor of Surgery and Obstetrics, Master in Gestalt Psychotherapy, Doctor of Gestalt Psychotherapy**  
4 Hour Pre Conference Workshop

**Abstract:** Many years ago I fell in love with you and loved you so much, so much, that I forgot myself, I emptied myself of myself and filled myself with you in order to live with you.’ The workshop invites us to reflect on the confluence with which we lead our personal lives and our relationships. We confused who I was with who you were, paying the high emotional cost that this brings. The workshop invites the participant to examine his or her internal being by means of an experiential exercise that brings one into contact with one’s own being. In order to gain awareness and responsibility for ONE’S OWN actions in the world, and as a consequence deciding to set out on the long journey of return to one’s own self, one will thereby obtain the capacity to develop as a human able to live in plenitude.

**Natalia Patricia Esquivel Pardo**, Master in Gestalt Psychotherapy, Doctorate in Gestalt Psychotherapy BA in Philosophy, Masters in Human Resources, Masters in Gestalt Psychotherapy, Doctorate in Gestalt Psychotherapy. The subject of the workshop that I am proposing originated with the research for my doctoral thesis in Gestalt Psychotherapy. In my professional work I have implemented a training exclusively for women, which offers tools and emotional competencies so that they can take responsibility for their own lives, and thereby engage in the process of freeing themselves from the confluence that drives their personal lives. At this time I am collaborating as co-author of a book that covers the aforementioned subject. I currently work in my private practice with people with unresolved situations or conflicts, both individually and in groups, as well as leading workshops in the Loyola de Monterrey Cultural Center and in private homes.

**Virginia Escobar Rojo**, Doctor of Surgery and Obstetrics, Master in Gestalt Psychotherapy, Doctor of Gestalt Psychotherapy Doctor of Surgery and Obstetrics, Master in Gestalt Psychotherapy (Fritz Perls Psychotherapy Center, Monterrey, N.L.), Doctor in Gestalt Psychotherapy (same institute) I have led various workshops for local businesses, (Maseca Group), in Self-Esteem, a workshop that was administered in five sessions, Managing Stress in the Workplace, Leadership, in middle management positions), Emotional Health in Businesses, among others. The theme of the workshop that we are offering is to aid women in taking responsibility for their own lives, promoting self-knowledge and self-discovery, of their strengths and weaknesses, so that they can rebuild themselves. I consider the process of life to be a continual evolution. The book that I am working on as co-author deals with women who, in their eagerness to belong, lose their essence, forgetting themselves in order to fill themselves with the other, losing themselves in him. The proposal is directed towards revealing the long road leads one back to one’s self.

**A Dramatic Approach to Gestalt Dreamwork**  
**With Sylvia Fleming Crocker, PhD**  
4 Hour Pre Conference Workshop

**Abstract:** This presentation demonstrates a purely Gestalt version of psychodrama in working with recurrent and vivid dreams. While employing group members to play elements in the dream, Gestalt drama uses role reversal throughout the process in ways that permit the dreamer to be the only speaker as the dreamwork unfolds. In this way, all of the psychological material belongs to the dreamer. This method facilitates the emergence of the dream’s hidden existential meaning, permitting the dreamer to address important issues that are revealed. This presentation involves a broadening of the Gestalt theory of dreams, and demonstrates how the method deepens the participants’ group experience. A modified form of dramatic dreamwork can also be used in individual work.

**Sylvia Fleming Crocker, Ph.D., M.S., M.A.**, trained with Erving and Miriam Polster and at the Gestalt Therapy Institute of Los Angeles. She is a full member of the New York Institute for Gestalt Therapy. She is an international trainer, and the author of a number of Gestalt journal articles, book chapters, and a book, “A Well-Lived Life: Essays in Gestalt Therapy,” now in its fourth printing.

**Gestalt Couple's Therapy in the Field of Trauma  
With Paul Jenkins, PsyD**

4 Hour Pre Conference Workshop

**Abstract:** Historically, Gestalt clinical practice has evolved largely outside the realm of other models of psychological functioning or development. This includes recent work in the area of complex trauma, brain development, and subsequent psychological or interpersonal functioning. I believe that Gestalt therapy is ready to increase its presence and standing in the world of 'mainstream' clinical psychology by integrating emerging professional knowledge from areas outside of Gestalt clinical practice. The purpose of this workshop is to provide an example of such an integration. The workshop will explore how new information and concepts from neuropsychology, trauma research, and developmental psychology can be utilized to enrich our Gestalt clinical work with couples where at least one has experienced significant complex trauma. It will present complex trauma related information, link it to clinical issues that become active when working with couples, and provide practical suggestions for therapists based on an integration of the aforementioned information and concepts from the growing edge of Gestalt theory and Gestalt couple's therapy.

**Paul H. Jenkins, Psy.D., M.A.,** is a licensed clinical psychologist who works in the Sacramento area of California. He is an Associate Professor of Psychology with National University, and has worked with families, couples, adults and youth for 28 years, specializing in Gestalt therapy, clinical assessment, criminological rehabilitation, and substance abuse.

**Experiencing "The GIRL": An Appraisal and Therapeutic Adventure in Gestalt Contact and Resistance Processes**

**With Ansel Woldt, EdD • Mary Plank, MEd**

4 Hour Pre Conference Workshop

**Abstract:** This workshop will provide an experience for participants to assess, understand and dialogue about their individual styles of making and interrupting contact from the perspective of gestalt therapy personality theory. The 'GIRL' (Gestalt Inventory of Resistance Loadings) is a factor-derived, 100-item, likert-response inventory that utilizes Qualtrics research methodology to be administered and scored electronically on the Internet. Participation allows participants to obtain their individual profile of seven styles of interrupting contact: Confluence, Desensitization, Introjection, Projection, Retroreflection, Deflection and Egotism. Using Internet access, participants will complete the GIRL inventory on line, which takes 10-20 minutes before the workshop. Once registered for this pre-conference workshop they will be contacted by the presenters via email with directions to complete the GIRL Qualtrics Inventory and obtain a printout of the results to bring with them to Asilomar.

**Ansel Woldt, EdD** is Emeritus Professor of Counseling at Kent State University and psychologist in private practice in Kent, Ohio. He was the founding secretary of AAGT and long-standing board member as archivist. Ansel graduated from Gestalt Institute of Cleveland's 3-year post-graduate program in 1973 and has both practiced and taught Gestalt therapy for over 40 years at Kent State where he distinguished himself as an experiential Gestalt pedagogue while serving as advisor and research director of 101 Ph.D. advisees. He is co-editor of Gestalt Therapy: History, Theory and Practice, the Gestalt therapy textbook widely used around the world. He is visiting faculty at GIC and teaches and trains Gestalt therapy internationally.

**Mary Plank, MEd** is Research Associate for the GIRL Research Project, assisting Drs. Woldt and Prosnick with the Qualtrics research methodology amongst other important research tasks. She earned her M.Ed. in Clinical Mental Health Counseling at Kent State University during which she completed doctoral studies in Gestalt therapy. Her B.A. with honors in Psychology was at University of Akron where she published her research. Mary is currently a Mental Health Therapist at Cleveland's Center for Families and Children, having previous work experience at Akron Children's Hospital Partial Hospitalization Program and as Community Control Clerk for the local court system where she coordinated services with area mental health and substance abuse facilities. Mary is a bright, friendly, and contactful young woman who brings vim, vigor and vitality to the groups with which she works.

**Body in Gestalt Therapy: Five Differing Approaches**

**With Susan Gregory, MA, CLC**

4 Hour Pre Conference Workshop

**Abstract:** In 'Therapy's Embodied Styles' we will learn about, experiment with, and discuss five contrasting methods of attending to body experience as an essential, integrated aspect of Gestalt therapy practice. We will learn to differentiate between these five methods and to choose and develop those which are closest to our own styles as practitioners. This workshop will be both didactic and experiential, and will also include several brief demonstrations by the presenter. Experienced and new therapists are equally invited to attend.

**Susan Gregory, MA, CLC** has been a Gestalt therapist in private practice in NYC for the past 23 years. She is also a Certified Life Coach and a singing teacher. Susan was president of the New York Institute for Gestalt Therapy from 2007-2009. She has presented workshops in many countries of the Americas and Europe. She has been guest faculty at Gestalt institutes in England, Australia and New Zealand. Susan has published over 20 peer-reviewed articles in professional journals, as well as three book chapters. These may be read on her website: [www.GestaltSing.com](http://www.GestaltSing.com).

**Gestalt Coaching with Physical Process**

**With Melissa S. Kelly-McCabe, MS, MCC, GPCC™**

4 Hour Pre Conference Workshop

Life experiences form and inform our beliefs, perspectives, and reasoning – our mental-self. They also form and inform our breathing, posture, stance, and gestures – our physical self. Imagine coaching your clients to see, understand and make meaning of their innate physical self. Imagine unlocking patterns that lead to deep insight, cause a shift in perspective, and enable positive forward-change. In this experiential workshop, we use Michael Clemmens' embodied relational field skills as a foundation to learn about, try on, and play with what working with physical process offers to coaching. Move from "talking about" with clients to "experiencing" with them!

**Melissa S. Kelly-McCabe, MS, MCC, GPCC™.** President, Clear Intent Strategy, Inc., coaches women CEOs and executives as they accelerate attaining their business goals, imprint their own style on their company, and bring fun and purpose into their lives. Using physical process, art/creativity and nature, clients deepen their self-understanding and create action forward through a Gestalt lens. Melissa is ICF master credentialed (MCC,) Gestalt Professional Certified Coach (GPCC™,) and board certified (BCC). She is a Certified Mentor Coach, holds an MS in Organizational Systems from University of Southern California, and is coaching faculty at the Gestalt Institute of Cleveland.



### **Intense Presence: The Art of Freeforming**

**With Peri Mackintosh, MSc**

4 Hour Pre Conference Workshop

**Abstract:** Intense presence brings us alive to the moment, dissolves fixed patterns and encourages creative adjustment. This workshop will extend the depth of your presence and your ability to evoke your clients presence using Freeforming.

Freeforming is a multi-sensory embodied, relational and creative training in deep presence that focuses on the connective play between people. It draws from Zen, Aikido, Gestalt and the improvisatory arts.

Using movement, voice and consensual touch we will stretch our attentional scope. We will begin with the linking of breath and attention, explore how posture supports or fragments awareness, observe and meet vitality affect in our selves and others, discover the trans-modal sense of mutual knowing across the senses and play with the holding the presence of groups.

**Peri Mackintosh, MSc** is a senior psychotherapist at the Bethlem Royal Hospital and private practice in London. He is academic consultant and examiner for the Metanoia Institute Gestalt Program. He created Freeforming Contact Meditation and pioneered mindfulness-based music and movement groups in the 1980's for people with severe mental illness, autistic spectrum disorders and profound sensory and mobility disabilities. He has a training in Zen meditation and studied at the Laban Centre for Movement Studies and London School of Contemporary Dance. He has taught Aikido in UK, USA, and Norway. He has composed and choreographed for stage and TV.

### **Charting Your Midlife Voyage**

**With Marilyn Myles, LCSW • Allan Singer, LICSW, BCD**

4 Hour Pre Conference Workshop

**Abstract:** Our midlife passage presents an opportunity both to reflect on our accumulative life experience and to consider how we might direct ourselves anew in creating a vitally nourishing journey. This experiential workshop will offer participants a supportive forum in which to value our strengths and appreciate our life learnings, as we continue to cultivate the ground of our personal possibilities. Through guided imagery and group dialogue exercises, we shall envision ourselves taking interesting next steps toward expanding our fullness on this life path.

**Marilyn Myles, MSW, LCSW** is a psychotherapist in private practice in the Chicago area. She studied at the Gestalt Institute of Toronto and with Gestalt teachers trained in Cleveland. She specializes in somatic approaches to trauma treatment and teaches classes on compassion fatigue, meditation, stress management and interpersonal relations. She has trained in the use of many imagery methods and rituals of healing, and utilizes them to assist individuals and groups in moving through life transitions.

**Allan Singer, LICSW, BCD**, a contributing author to *On Intimate Ground*; *The Voice of Shame*; and *The Heart of Adolescence Part II*, has worked in private psychotherapy practice for over 30 years in Boston, MA. He received Gestalt training through the Gestalt Institute of New England; Gestalt Institute of Cleveland-Cape Cod Program In Intimate Systems; the Gestalt Training Center in San Diego with Irv and Miriam Polster and consultations with Sonia Nevis. Allan has also led personal growth workshops and trainings at Esalen, AAGT, and many universities, continuing education programs and mental health centers. He is a former co-chair of the LGBT Issues Committee of NASW, MA chapter.

### **The Crack Between the Worlds: Shamanic Contributions to Psychotherapy**

**With Jay Tropianskaia, Graduate of Gestalt Institute of Toronto Post Graduate Program of Training and Supervision in Gestalt Therapy**

4 Hour Pre Conference Workshop

**Abstract:** The Shamanic Healing Paradigm is one of the greatest contributions of shamanism to the field of psychotherapy. Shamanism works with multiple layers of reality. Each reality is seen as a different world, including the world we call mental illness. Once we can identify the world of another through discernible behavior and perception of their energy, we can begin the process of bridge building between worlds. Mental illness is an inability to bridge worlds – the experience is one of imbalance upon which Shamanic diagnosis is based. The Crack Between the Worlds workshop introduces participants to the shamanic healing paradigm: the theory of elemental imbalance, the medicine wheel as a diagnostic tool, and the assemblage point teachings. Participants will take home a variety of tools for their practices.

Jay Tropianskaia, Graduate of Gestalt Institute of Toronto Post Graduate Program of Training and Supervision in Gestalt Therapy; Head of Faculty, Gestalt Institute of Toronto, and Faculty of the Institute for Contemporary Shamanic Studies. From 1985-1992 Jay trained with the Gestalt Institute founder Jorge Rosner who called his form of Gestalt "Rosnerian Gestalt" which bridged psychotherapy and spirit. Jay carries this lineage along with her commitment to the strength and continuance of pure Gestalt. She is an international trainer – her programs combine Gestalt and Shamanism in working with Addictions, Anger and Relationships. The Crack Between the Worlds is designed for practitioners who wish to include shamanic models of health in their work.

## **Preconference Workshops Wednesday September 3, 2014**

**From Shame to Encounter: A Relational Gestalt Approach to the Impact of Shame on Therapist and Client**

**With Bruce Aaron, LCSW**

8 Hour Pre Conference Workshop

**Abstract:** Whether we are new to the field or experienced Gestalt practitioners, many of us pull back from contributing fully at professional meetings such as this one. Retroflective patterns which persistently inhibit spontaneous engagement can contribute to frustration, isolation, and disappointment. These patterns are sometimes grounded in doubts about self worth and insecurities about how, what we have to offer, might be received. This workshop will focus on the phenomenon of holding back and how we inhibit our spontaneous urges to extend ourselves into the environment. Using the lens of shame, we will invoke our curiosity about how these retroreflections originated as creative solutions in a challenging relational field, and identify ways of working constructively with this prevalent experience.

**Bruce Aaron, LCSW**, has presented nationally and internationally in the areas of Gestalt and group therapy, and has been practicing Gestalt since 1987. He is a past board member of AAGT and is currently the Co-Chair for the Program and Training Committee of the Illinois Group Psychotherapy Society. His work has been published in the Gestalt Review, and Nightingale-Conant published Bruce's audio series, Gestalt Training: The Psychology of Self-Regulating Success. He is currently on staff at Cathedral Counseling Center in Chicago and is in private practice. More information about Bruce can be found on his website [www.bruceaaron.net](http://www.bruceaaron.net).

## **The Intersection of Gestalt Therapy and Intersubjectivity Theory**

**With Talia Bar-Yoseph Levine, PsyD • Lolita Sapriel, MSW**

8 Hour Pre Conference Workshop

**Abstract:** This workshop will utilize both didactic and experiential teaching, along with a clinical example to bring together two perspectives: Gestalt therapy and Intersubjectivity theory. Concepts like awareness, projection, dialogue, therapist authenticity, bracketing, transference, and reciprocal mutual influence will be discussed from both points of view. The core teaching will focus on the intersection of two subjective realities—the therapist's and the client's— and how to recognize, in the here and now between them, the ways in which the therapist impacts the client. The attachment styles of both will be addressed, as well as awareness and mindfulness work in a relational context.

**Talia Bar-Yoseph Levine, PsyD** is a co-founder of the Jerusalem Gestalt Institute; past head of the MSc programme in Gestalt psychotherapy at Metanoia Institute, London; and registered clinical psychologist since 1981. She is the managing director of Choice Psychotherapy and Management Consultancy Ltd, UK, and is a business consultant in Israel, Europe, USA, and Asia. Tali is also an international trainer. She has published numerous journal essays and edited two books: *The Bridge—Dialogues Across Cultures*, and *Gestalt Therapy—Advances in Theory and Practice*.

**Lolita Sapriel, LCSW**, is in private practice in Santa Monica California. She is a former trainer and past president of the Gestalt Institute of Los Angeles. She spent five years in a consultation group with Robert Stolorow studying Intersubjectivity theory. She currently leads consultation groups whose orientation is an integration of Gestalt theory and Intersubjectivity theory. She has trained therapists in the US, the UK, and Canada. She is on the faculty of Ryokan College and has been a guest trainer at Metanoia Institute and Institute for Arts in Therapy and Education in London. She has published articles in the *British Gestalt Journal* and has chapters in two books edited by Talia Bar-Yoseph Levine.

## **Wild Women: Still an Endangered Species**

**With Gail Feinstein, LCSW, LMT • Ann Bowman, LMHC, APRN**

8 Hour Pre Conference Workshop

**Abstract:** Envisioning a world where women are restored to their wildness, we are excited to offer this workshop which is dedicated to freeing participants to experience their bold, authentic expression, passionate engagement and sensual vibrancy. Through partner work, small and large group experimenting, we will slow down and attend to breathing, movement and sound, inviting participants to encounter and explore all realms of their 'wild woman' nature and powers. We will create an environment where it is safe to venture into uncharted terrain, to discover, recover and reclaim those parts of ourselves that are kept hidden, neglected, denied and buried. We intend to invite playfulness into the workshop and will also expand the boundaries of the group outside into the natural, beautiful and wild environment of Asilomar.

**Gail Feinstein, LCSW, LMT** is a somatically-based gestalt therapist in New York practicing supervision, training, workshops and retreats. In her *Women's Work*, she integrates ritual, spirituality and nature. She is committed to awakening and liberating women into their power and radiance by connecting to the deep knowing and wisdom of their bodies. She believes that all life will benefit when women come to love their bodies and live from their authenticity. She is the director of the Clear Stone Center and has the honor of being the current president of AAGT. She loves gardening, embodied relational engagement and spiral dancing.

**Ann Bowman, LMHC, APRN** Ann is a Clinical Nurse Specialist in private practice. She has extensive training in Gestalt therapy and Integrative psychotherapy. She is interested in Relational Gestalt Therapy methods as well as Gestalt and Buddhist philosophy. She has co-authored a book chapter, "Women and Aggression" which was published in *Continuity and Change: Gestalt Therapy Now* (2011). She has also published research on the effects of alcoholism on family dynamics. She has presented Gestalt therapy workshops locally, nationally and internationally. She served on the AAGT board of directors for 4 years. She is Vice President of the Indianapolis Gestalt Institute.

## **Personal Growth and Group Process Workshop**

**With Cathy Gray, LCSW • Marlene Moss Blumenthal, PhD**

8 Hour Pre Conference Workshop

**Abstract:** In this day long workshop, participants can explore, within a safe setting, emergent sensing, thinking, and feeling processes, interpersonal interactions, giving and receiving feedback from peers, and experimenting with a variety of contacting processes. Participants will be supported to heighten awareness of somatic experience and the flow of awareness between one's external and internal worlds. Facilitators will attend to safety issues, providing a container for participants to expand awareness of their own processes and how they impact others in a group setting. With transparency and vulnerability, facilitators will be open to dialogue about the groups' process from a Gestalt therapy perspective at the end of the morning and the afternoon session.

**Catherine B. Gray, MSS, LCSW**, is a licensed psychotherapist in private practice. Cathy has more than 35 years working with individuals and organizations, first as an organizational development consultant, and later as a psychotherapist in private practice. Cathy works with individuals, couples, and groups, provides supervision to therapists, and consults with organizations. She trained at the Gestalt Therapy Institute of Philadelphia where she is currently a member of the Faculty and Board of Directors, and teaches the graduate level series on embodiment for psychotherapists. Cathy has also trained in improvisational movement with Manfred Fischbeck and Brigitta Hermann, Mind-Body Centering with Bonnie Bainbridge Cohen, and Developmental Somatic Psychology with Ruella Frank.

**Marlene Moss Blumenthal, PhD**, trained as a clinical psychologist and has practiced as a licensed school psychologist and psychotherapist. She has worked with adolescents, their families, and their teachers in day treatment, residential, and school settings, both individually and in groups, as well as in private practice. Marlene, a senior faculty member and former director of clinical training at the Gestalt Institute of Cleveland, participated in developing and co-chairs GIC's advanced training for working with children and adolescents. She teaches internationally; and has published research on mother/adolescent daughter relationships, conflict and Gestalt resistances; authored an article on this topic that was published in the *British Gestalt Journal* (2007); and contributed chapters to *The Heart of Development-Adolescence* (2001) and *Relational Child/Relational Brain* (2011).

**How to Work with the Narcissistic Client: A Gestalt therapy Approach to Identifying and Treating Narcissistic Adaptations  
With Elinor Greenberg, PhD**

8 Hour Pre Conference Workshop

**Abstract:** Narcissistic clients can be very challenging to work with because their thin veneer of confidence is easily disrupted. When this occurs in session, these clients tend to respond in one of three basic ways: they may attempt to support themselves by becoming grandiose and asserting their specialness, they may devalue the therapist, or they may spiral down into a shame-based self-hating depression. Most therapists do not have any specific training in how to productively deal with this situation. This workshop will teach participants how to use basic Gestalt therapy theory to: (1) quickly identify narcissistically vulnerable clients by what they repeatedly make figural in Interpersonal situations, (2) recognize and understand the three basic types of narcissistic adaptations, and (3) adapt their therapeutic style to fit the very specific needs of those clients who have made narcissistic adaptations. This workshop will give participants hands-on practice in utilizing these new skills.

**Elinor Greenberg, PhD, CGP** is an internationally recognized expert on the diagnosis and treatment of personality adaptations from a Gestalt therapy point of view. She is a member of the NYIGT, a former faculty member of The Masterson Institute (a postgraduate training institute in the psychodynamic treatment of Borderline, Narcissistic, and Schizoid Disorders), adjunct faculty to The Gestalt Center (NYC) and the Welsh Psychotherapy Partnership (Wales, UK). Dr. Greenberg lectures and writes extensively on how to use Gestalt therapy to identify and work with Borderline, Narcissistic and Schizoid adaptations. She is a member of the Gestalt Review's editorial board.

**Beyond the "Revolving Door:" Using Gestalt Relational Constellations to Explore Field Conditions of Attachment and Support  
With Gordon Wheeler, PhD • Nancy Lunney-Wheeler, MA/MFT**

8 Hour Pre Conference Workshop

**Abstract:** Our Gestalt legacy from Goodman and the Perlses has often tended to focus on the "life history" of figures of desire, with emphasis on how our embodied longings may be blocked by "resistances" or interruptions in contacting, and how we may restore a fuller unfolding of satisfying contact "phases" or "cycles." As Gestaltists we have also often drawn on insights from Lewin, from narrative therapy, relational and attachment theory, "body armor" and other embodiment studies, and meaning-making and learning theory to understand field conditions and "habits of ground" that may make certain desires or figures more chronically dampened or inhibited.

From Gestalt Relational Constellations we draw new tools for this exploration of what Lynne Jacobs calls "field conditioners," old and out-of-awareness habits of attachment and loyalty that may underlie those "revolving door" issues that come up again and again in certain areas of our lives. Drawing on some of the pioneering insights of Bert Hellinger, we derive new Gestalt-inflected tools from this work by focusing on client goals and positive desires, here-and-now embodiment of participants, a rigorously experimental approach, and the client's own meaning-making process. Using live issues (family, relational, organization, or other systemic settings) and active group participation, we mount experimental explorations in the service of new vision, new embodied experience, and new support in long-stuck, frustrating, or hopeless-feeling parts of our lives. The result may often be new openings and support for long-blocked moves or relationships in our developing lives.

**Gordon Wheeler, PhD**, teaches, practices, and writes in relational and Gestalt therapy, coaching, Systemic Constellations, and integral education, contributing over a dozen books and some 100 articles in the field. His work emphasizes the evolution of Gestalt relational theory out of a Gestalt psychology ground as the basis for systemic and developmental self theory beyond individualism, integrating the body of Gestalt psychology research with the Gestalt therapy tradition. In writing and practice he has focused particularly on relational development, self and shame, couples and intimacy, multi-cultural issues, gender and men's issues, integral leadership and coaching, and lifelong integral education, as well as post-Holocaust issues and Systems Constellations. Since 2002 he has served as President of Esalen Institute in Big Sur, California, where he also served for many years as CEO. Gordon and his wife Nancy Lunney-Wheeler have a large and growing blended family and make their homes at Esalen and in Santa Cruz California.

**Nancy Lunney-Wheeler, MA/MFT**, is a licensed mental health counselor with over three decades of Gestalt-based teaching and community leadership. As Programs Director at Esalen Institute for over 30 years, Nancy selected, organized, presented, and supervised some 15000 residential courses for nearly half a million students. Currently together with her husband Gordon Wheeler Nancy is teaching and practicing in Gestalt Relational Constellations widely around the world. Out of her background as a professional musician she also continues her longtime work with Singing Gestalt, a program for integrating relationship, embodiment, and deep emotional connection through song. Nancy is mother, step-mother, and grandmother to a large and growing tribe, which takes her back and forth regularly between California and New York.

**Developing Presence**

**With Lynne Jacobs, PhD • Ruella Frank, PhD**

4 Hour Pre Conference Workshop

**Abstract:** Presence develops through finding ourselves in our relational world. We will explore how presence develops, both in the longer time line of the early years of life, and in the here and now of therapy. We will focus on understanding the processes of our lived bodies in relationship to our worlds of experience. We will use lecture, discussion and movement exploration.

**Lynne Jacobs, Ph.D.**, lives in two psychotherapy worlds. She teaches and trains gestalt therapists world-wide. She is co-founder of the Pacific Gestalt Institute and also a training and supervising analyst at the Institute of Contemporary Psychoanalysis. She is co-editor (with Rich Hycner), of *The Healing Relationship in Gestalt Therapy: A Dialogic / Self Psychology Approach*, and co-editor of *Relational Approaches in Gestalt Therapy*. She has also written numerous articles for gestalt therapists and psychoanalytic therapists. She has a private practice in Los Angeles.

**Ruella Frank, Ph.D.**, is founder and director of the Center for Somatic Studies, NYC, is faculty at the New York Institute for Gestalt therapy, adjunct faculty at Gestalt Associates for Psychotherapy, and teaches throughout the United States, Europe and Mexico. She is author of articles and chapters in various publications, as well as the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, and co-author of *The First Year and the Rest of Your Life: Movement, Development and Psychotherapeutic Change*. Her new video, *Introduction to Developmental Somatic Psychotherapy*, is now available on [www.somaticstudies.com](http://www.somaticstudies.com).

### **Mastering 'Gestalt Therapy' by Fritz Perls, Ralph Hefferline and Paul Goodman**

**With Perry Klepner, MBA, MSW**

4 Hour Pre Conference Workshop

**Abstract:** Gestalt Therapy' by Perls, Hefferline and Goodman is its foundational text. Some say it is unclear, disavowed by Fritz, difficult and passe. However, as a tutored text read with others, line-by-line and a well-prepared guide, as it was originally taught, it reveals a treasure-trove of knowledge. Once understood it presents the ground of Gestalt Therapy's theory and practice for many accomplished Gestalt Therapists worldwide and inspires direction for its future development. Different than other texts it is an aesthetic, existential, experimental, experience nourishing a 'gestaltist mentality.' This is an opportunity for beginning and experienced persons to journey on the path taken by Fritz and Laura Perls, Paul Goodman, Isadore From and other master Gestalt Therapists. Explore a possible transformative understanding of Gestalt Therapy.

**Perry Klepner, MBA, LCSW,** is a full member, Fellow and past president, 1993-95, of the New York Institute for Gestalt Therapy where he studied with Laura Perls, Isadore From and Richard Kitzler. He has been on the faculty of several institutes and is in private practice in New York City and Kingston, NY, where he provides training, supervision and individual, couples and group therapy. He has trained, authored articles and papers, and conducted workshops and training in theory/practice of Gestalt Therapy, intimacy, sexual addiction, group therapy and process groups in the United States, Canada and Europe. E mail:perry302@aol.com

### **Classic Morita Therapy and Gestalt Therapy: Context and the Treatment of Trauma**

**With Peg LeVine, PhD, EdD • Jon Frew, PhD**

4 Hour Pre Conference Workshop

**Abstract:** This workshop is designed to demonstrate the links between Morita therapy and Gestalt therapy with unique historical bonds. LeVine and Frew will pursue a dialogue and comparative case study that highlights the role of therapeutic place, paradox, and context on trauma recovery. LeVine will present archival excerpts from the hospital diaries of Frederick Perls, who was an inpatient of Morita therapy in Kyoto in 1962 (LeVine, in press). This is a critical time in the history of Morita therapy, particularly as international interest grows in MORITA Shoma (Masatake), MD (1874-1938) following the recent arrival of Mindfulness Therapy, and Acceptance and Commitment Therapy. In this regard, the links between Morita and Gestalt have all but vanished in our scholarly literature.

**Peg LeVine, PhD, EdD** is a Psychologist/Medical Anthropologist, and specialises in traumatic studies. She is a professor at Monash University, Australia. As scholar-practitioner of Morita Therapy, Peg consults in health-development, and works with survivors of sex trafficking in Asia. She consults for trauma foundations globally, and trains professionals working with asylum seekers/refugees. In her recent book Love and Dread in Cambodia: Weddings, Births and Ritual Harm Under the Khmer Rouge, she coined the term Ritualcide in the Genocide literature. As sculptor, Peg generates wax and bronze sculptures that illustrate trauma aftermath. She presented in Chicago at the Art in Response to Violence conference.

**Jon Frew, PhD** is a Professor in the School of Professional Psychology at Pacific University. He is also the co director of Gestalt Therapy Training Center Northwest in Portland, Oregon and an Associate Editor of the Gestalt Review. Jon began his training at the Gestalt Institute of Cleveland in 1977. For the past 30 years, he has led ongoing training groups in Salem, Oregon and Portland, Oregon. He has also conducted trainings around the US, and in Canada, Japan, Australia and the UK. He has published widely including being the co editor of Contemporary Psychotherapies for a Diverse World (2013).

### **What We Can Learn From Buddhist Meditations**

**With Kenneth Meyer, PhD**

4 Hour Pre Conference Workshop

**Abstract:** The core of both Gestalt Therapy and most forms of Buddhism is present-centered awareness. What can we learn from 2,500 years of Buddhist experimentation in developing this mindfulness? We will explore, conceptually and experientially, a wide range of Buddhist mindfulness trainings for the purpose of understanding the practices our clients may already be engaged in and/or integrating these methods into our own therapeutic work. Each participant will be helped to find meditation practices particularly suited for themselves and/or their clients.

**Kenneth Meyer, PhD** is senior faculty and former Academic Director of the Gestalt Center in NYC and is a Full Member of the NY Institute for Gestalt Therapy. He is a co-founder and former Director of Training of the Gestalt Center of Long Island. His Buddhist study and practice has included both Sutrayana and Vajrayana traditions.

### **21 Ways to Use Inclusion to Create a Culturally Responsive Community**

**With Lee Mun Wah, MS Counseling; MA**

4 Hour Pre Conference Workshop

**Abstract:** So often therapists and group facilitators are unprepared to meet the cultural needs of their clients because of their lack of therapeutic training and/or a lack of cultural knowledge of an ethnic group outside of their own. What may seem to be appropriate from a Western perspective, may be culturally offensive and disrespectful to Asians, Latinos, Blacks, Middle Easterners and other cultural groups outside of North America. In this dynamic, experiential workshop, the presenter will guide participants through a series of vignettes and role plays that will help them learn how to culturally respond from a Mindful Perspective that will create not only a sense of community, but a bridge that embraces and enhances a more meaningful and trusting relationship across cultural differences.

**Lee Mun Wah, MS Counseling; MA. Mun Wah** is Executive Director of Stirfry Seminars & Consulting, a diversity training company that provides educational tools and workshops on cross-cultural communication and conflict mediation techniques. His most famous film about racism, The Color of Fear, won the Gold Medal for Best Social Studies Documentary. In 1995, Oprah Winfrey produced a one-hour special on him. His book, Let's Get Real about Racism, and film, If These Halls Could Talk, were released in 2011.

**An Experiential Journey Towards Softness – Taoism and Gestalt Therapy  
With Vincent Beja, Gestalt Psychotherapist (EAGT)**

4 Hour Pre Conference Workshop

**Abstract:** In this workshop I will offer an embodied way to stay at the boundary between differentiation and indifferenciation, in a fruitful and soft contact with a partner. From the taoist art of TaiChiChuan we will get a light and soft way to enter and stay in contact. Yielding, softness and continuity in the movement, adhering, sticking and following the partner will be some of the basic principles we will demonstrate, illustrate, experience and discuss as a metaphor of our therapy work. Through this, we and our partners will learn to welcome the unknown and gain a new understanding of our shared situation.

Vincent Beja, Gestalt Psychotherapist (EAGT). Gestalt therapist in private practice, supervisor and trainer in several institutes in France, TaiChi practitioner and teacher under the mastership of Mr SU from Shanghai. Ordinary member of the SFG and the EAGT, member of the editorial board of the 'Revue Gestalt' of the SFG, chairman of the joint research committee of the SFG and the CEGT, member of the reserach committee of the EAGT. I have written more than 20 articles about Gestalt-therapy theory and practice, two books about TaiChi and translated several Gestalt articles and books into french...

**The Gestalt of Cultural Intelligence: Treating Clients the way They Want to be Treated  
With Barry B. Cross, Jr, MHS (Master of Human Services)**

4 Hour Pre Conference Workshop

**Abstract:** The Gestalt of Cultural Intelligence: Treating Clients the way they want to be treated will give practitioners an opportunity to use Gestalt Theory and Methodology that has been blended with Elsie Y. Cross Associates Theory and Methodology, an Organization Development consulting firm that specializes in Developing Cultural Intelligence to explore Layers of Culture (interpersonal, dyad, group organization, regional, national & global) to discover how their own "ideas, actions, attitudes, emotions and values" may present boundaries to treating clients the way they want to be treated based on their cultural identity and belief systems.

**Barry B. Cross, Jr, MHS (Master of Human Services).** With more than 20 years experience in the field of human resource development, Barry Cross consults to corporations, institutions governmental agencies and non-profit organizations. As President and Owner of Elsie Y. Cross Associates, Inc., he helps organizations assess their readiness for change and recommends and conducts organization development processes that drive diversity and inclusion culture transformation initiatives. Working in partnership with the Elsie Y. Cross Associates extensive network of consultants and trainers, Cross delivers a strategic and integrated approach to solving cultural diversity dilemmas in organizations. A seasoned trainer, and gifted facilitator, he also designs and delivers workshops that support client's business objectives. He specializes in facilitating issues related to differences among and between various diverse groups of people who want to behave more inclusive. He conducts team building, strategic planning, leadership development, customer service, continuous improvement and train-the-trainer programs. As was adjunct professor at the Community College of Philadelphia, he has taught Group Dynamics and Team Building courses. Barry holds his Masters degree in Human Service from Lincoln University in Oxford, Pennsylvania and is a graduate of the Organization and System Development Program at the Gestalt Institute of Cleveland Ohio.

**Conscious Relationships; Creatively Unveiling Hidden Patterns  
With Laila Ghattas, BFA, BED**

4 Hour Pre Conference Workshop

**Abstract:** Our most precious capacity as humans is to connect with one another in meaningful ways. Yet, over and again conflict, misunderstanding and disappointment cycle through life, interfering with fundamental contentment and happiness. This intensive creative exploratory session unveils the specific sources of your unconscious patterns and unveils the blueprint influencing your relationship beliefs and communication style. Colourful materials are used to engage in proven Expressive Art exercises specifically designed to reveal insight and clarity into your unconscious relationship patterns. Through your creations you see what interferes with your capacity to understand and be understood by another. See the assumptions cluttering your journey to joyful, healthy connections. See how the hidden past messes with your NOW. These techniques can and will enhance any current practice.

**Laila Ghattas, BFA, BED** is an artist, Gestalt therapist and Reiki practitioner. She is a writer, public speaker, group facilitator and the founder of Aziza Healing Adventures. She has 25 years experience in the Healing Arts. Her specialty is combining Gestalt therapy with Expressive Art which has been highly effective in working with women's groups and couples, corporate sessions and public retreats. Since 2004 Laila has been offering Holistic Healing in Bali where she has immersed herself in the spiritual tapestry of Balinese Hinduism. The wisdom and insight gleaned from ancient traditions is infused into all her work.

**35 Years and Counting: The Expansion of Gestalt Therapy with Children and Adolescents into the 21st Century  
With Lynn Stadler, MA, MFT**

4 Hour Pre Conference Workshop

**Abstract:** Violet Oaklander's 1978 "Windows to Our Children" made an enormous global impact in the field of child therapy. Now published in 15 languages with more than 200,000 copies sold, this seminal text has become the worldwide handbook for process-oriented creative projective work with children and adolescents. Oaklander's work with drawing, puppets, sand play, games, clay, music, video and creative theatrics is more than play and more than art; these media bring heightened awareness, better contact, satisfying emotional expression, and skill-building experiences for important changes inside and outside of the therapy office. This experiential half-day Pre-Conference workshop combines theory with practice, creative projective work and small group discussion, and presentation and demonstration to delve into several key concepts discussed in Oaklander's new book "Hidden Treasure: A Map to the Child's Inner Self" — including Developmental Issues, Contact, Strengthening the Self, and Working with Emotions.

**Lynn Stadler, MA, MFT** is a graduate of the Santa Barbara Gestalt Training Center and the Violet Oaklander Institute. She is a founding member of the Violet Solomon Oaklander Foundation and the 21st Century Perspectives training program. Lynn offers workshops, seminars, and Gestalt training for social service agencies, universities and other teaching organizations worldwide — most recently in Santa Barbara, Malibu, San Francisco, Portland, Kyrgyzstan, Slovenia, Italy and Russia. In addition to her work as a teacher, case consultant, and trainer, Lynn works in private practice with children, adolescents, adults, couples, families, and people with developmental disabilities.

# Workshop Presentations

## Round I

### Challenges and Opportunities Relating to Growth of AAGT as an International Community

Moderated by Adam Kinzel, MA

Vincent Beja, Gestalt Psychotherapist (EAGT) • Gianni Francesetti, MD • Toni Gilligan, BSc, MPhil • Burt Lazarin, MUPPanel Presentation;  
(Workshop Round I)

This panel will bring together members of the Gestalt community from five countries to discuss challenges and opportunities AAGT faces being an International Community. Attending to the here-and-now and looking towards what's next, this panel will comment on one of the most important topics for our organization.

**Learning Objective(s):** Participants in this workshop will be able to describe diversity among Gestalt communities – challenges and opportunities they currently face; and they will be better able to apply aspects of Gestalt therapy theory in working with multinational communities.

**Adam Kinzel, MA** is a UKCP registered psychotherapist, group worker and trainer. Adam has completed an MA in Gestalt Therapy, a PgDip in the Psychodynamics of Human Development and is currently completing a doctorate in Counselling & Psychotherapy. He is a trained social worker with experience of working both in mental health and foster care. He currently works therapeutically with groups and individuals, facilitates interpersonal groups at Royal National Institute of Blind People and teaches at Re-Vision Centre for Integrative Psychosynthesis. Originally from Poland Adam has developed a particular interest in identity, working with immigrants, diverse sexual and ethnic communities.

**Vincent Beja, Gestalt Psychotherapist (EAGT)** is a Gestalt therapist in private practice, supervisor and trainer in several institutes in France, TaiChi practitioner and teacher under the mastership of Mr SU from Shanghai. Ordinary member of the SFG and the EAGT, member of the editorial board of the "Revue Gestalt" of the SFG, chairman of the joint research committee of the SFG and the CEGT, member of the research committee of the EAGT. He has written more than 20 articles about Gestalt-therapy theory and practice, two books about TaiChi and translated several Gestalt articles and books into French.

**Gianni Francesetti, MD** is a Gestalt therapist, psychiatrist and international trainer. He is also the program coordinator of the two year International Training Program on Gestalt Approach to Psychopathology and Contemporary Disturbances organized by the Istituto di Gestalt H.C.C. Italy. He is the President of the EAGT (European Association for Gestalt Therapy), Former President of the Italian NOGT (SIPG, Italian Gestalt Psychotherapy Association), President of the Italian NAO (FIAP, Italian Federation of Psychotherapy Associations), and an associate member of the New York Institute for Gestalt Therapy. He has authored articles, chapters, and books in the field of psychiatry and psychotherapy. He lives and works in Turin as a psychiatrist, psychotherapist and supervisor.

**Toni Gilligan, BSc, MPhil**, has a psychotherapy and supervision practice in addition to offering training and consultancy. She originally trained as a clinical psychologist, and has worked in adult psychiatry and substance misuse in the NHS, and the voluntary sector. She is interested in how people change, and in how we use our voices. She offers workshops on Motivational Interviewing, on 'Giving Voice', and workshops exploring the application of gestalt therapy theory to issues of power and politics. She is a Director, Tutor and Training Co-ordinator of The Gestalt Centre, London. She enjoys going to conferences in different countries, is of mixed heritage, and with many international students at The Gestalt Centre is fascinated by cultural differences.

**Burt Lazarin, MU** trained with members of the New York Institute for Gestalt Therapy. He had for many years a part-time practice. Burt has been President of the NYIGT and is currently its Vice President. Burt was co-convenor of our Philadelphia conference. Since 2010 he has been AAGT Treasurer. For over four decades, Burt has been connected with Identity House, an LGBT peer counseling center and has served it in many capacities including Executive Director and Clinical Director. Burt is a partner in Policy Research Group LLC. It provides economic analysis for labor in collective bargaining. For the last eight years Burt has been a member of Manhattan Community Board 4.

### Treatment of Trauma through Relational Gestalt Therapy Informed by Neuroscience

With Lena Axelsson, PsyD

(Workshop Round I)

As Gestalt therapists we have so far worked with the muscular holding patterns in our clients, but with the increased knowledge of the nervous system we now can go one step deeper in supporting our clients in their healing journeys. This workshop will cover a few of the basic ways of incorporating a client's arousal level when working with a Relational Gestalt therapeutic approach with client's who suffer from trauma, shock traumas, but especially developmental trauma, where the client never was able to develop a regulated nervous system to begin with. The workshop will be both didactic and experiential.

**Learning Objective(s):** Participants in this workshop will be able to describe and demonstrate through exercises how relational neurobiology and attachment theory relates to the practice of Relational Gestalt therapy; and they will be able to explain some of the dangers with applying more traditional Gestalt therapeutic methods when working with clients with developmental trauma.

**Lena Axelsson, PsyD** is a licensed Marriage and Family Therapist practicing in Santa Cruz, CA. She received her Gestalt training at The Gestalt Academy of Scandinavia before moving to the USA. She has also received extensive training in trauma and neuroscience from among others Peter Levine and Bessel van der Kolk. She co-authored Gestalt Psychotherapy (Theories of Psychotherapy Series) published by APA with Gordon Wheeler. Apart from working in her private practice she is also a clinical supervisor for interns and hold regular trainings in trauma informed Relational Gestalt therapy.

### Sexual Being-in-the-World-with-the-Other

With Desiree Carlson, MA Psychologist/Psychotherapist

(Workshop Round I)

Reflexive-experiential workshop on sexuality from a relational and phenomenological vision. The main objective is to reflect on the experience of our sexuality and the way in which that experience impacts us in how we move, express ourselves and chose, as well as the way we interact with the world and with others from it. It also seeks to create spaces that help realize which parts of the field have impacted on our way to decide how to build our being-sexual in this specific way and not another.

**Learning Objective(s):** Participants will be able to list check points of inflexion between Relational Gestalt and Existential Psychotherapy; and be able to assess sexuality from field theory and from an existential-relational vision, by generating questions about the impact this relationship generates on the way to building one's being -sexual and of relating with others from it.

**Desiree Carlson, MA Psychologist/Psychotherapist.** Desiree Carlson Sanromán is a Gestalt psychotherapist and director of CORAZON EN MOVIMIENTO, therapeutic organization that promotes therapeutic spaces that enable people to greater choices and alternatives in their lives. She is currently pursuing a master's degree in existential psychotherapy in "Círculo de Estudios en Psicoterapia Existencial" Mexico. She is a specialist in sexuality and its various manifestations, having accompanied for 8 years to individuals and groups who wish to reflect and explore through psychotherapy, the way they choose to build themselves in the world and in their relationship with others from their BEING-SEXUAL as well as to explore new possible ways and alternatives to live those experiences in order to be consistent and congruent with their own vision and life philosophy.

**Falling – A Creative Process**  
**With Emilyn Claid, PhD Choreographic Practices, MSc Gestalt Psychotherapy &**  
**Lynda Osborne, DPsych, MSc Gestalt Psychotherapy, ECP, GPTI TSM**  
**(Workshop Round I)**

**2 Hour Conference Program; Abstract:** The workshop draws on Gestalt therapy and choreographic movement practices to explore 'falling', as a creative process. Through simple movement tasks, grounded in here and now dialogic relations, participants have an opportunity to experience falling as an embodied relational process and consider the significance of falling, in daily life and clinical practice. Lynda and Emilyn will frame the embodied tasks within a wider field of Gestalt therapy and existential philosophy, and consider how creative engagement with the physicality of falling might inform therapeutic and clinical work. The workshop will give particular attention to what kinds of support are useful for clients and therapists when working with falling as an embodied and metaphorical process.

**Learning Objective(s):** Participants in this workshop will be able to describe the experience of falling as both an embodied and a metaphorical process; and they will be able to describe how to apply falling as a creative practice in clinical work.

**Emilyn Claid, PhD Choreographic Practices, MSc Gestalt Psychotherapy.** Emilyn is a professor of choreographic practices at Roehampton University (London) and a Gestalt psychotherapist. Throughout the 1970s & 80s she was at the forefront of the UK experimental dance scene. In the 1990s she worked as an independent choreographer and in 1997 was awarded a PhD and published *Yes? No! Maybe... Seductive Ambiguity in Dance Theatre Performance* (Routledge 2006). Recently Emilyn directed *Choreography at Dartington College of Arts* and choreographic projects have taken her to Auckland, Hong Kong, Singapore, Berlin, Helsinki and Beirut. She has a private psychotherapy practice in London and research projects interweave between the two fields.

**Lynda Osborne, DPsych, MSc Gestalt Psychotherapy, ECP, GPTI TSM.** Lynda has been involved in training and supervising counsellors and psychotherapists for nearly 30 years. After 13 years as Head of Department at Metanoia Institute, London she stood down in 2012. She continues to enjoy training psychotherapists and sup

**Sharing Common Ground; Collaborative Sustainability in a Warming World**  
**With Nickei Falconer, Dip. G. Psych, Dip IPP**  
**(Workshop Round I)**

**2 Hour Conference Program; Abstract:** I am deeply interested in the relationships we have with physical nature; both our own physical nature and the external environment/s. How is our relationship with the physical space/s we inhabit? How can we increase our tangible, relational connection with the earth we all co-exist with? How can we collaborate on that with those in our lives; our family, clients, our animal and human friends? Adaptation to climate and environmental change is already required, and may increasingly be so. As Gestalt therapists, we are uniquely poised to assist people with this. This 2 hour interactive, experiential workshop allows some time and space to reconnect with the earth we are interdependent with, to ground more deeply, to share ideas and to consider some possibilities.

**Learning Objective(s):** Participants completing this workshop will be able to discuss their relationships with the physical spaces they inhabit; and they will be able to teach clients to collaborate with others to ground themselves more deeply.

**Nickei Falconer, Dip. G. Psych, Dip IPP.** Kia ora/hello from New Zealand! I am a gardener, mother, counsellor, psychotherapist and supervisor. I've worked as a Gestalt psychotherapist with people for over 20 years and I have my own practice called "LifeWorks". I also do contract work supporting managers, individuals and teams to increase their well-being within their workplaces. I am a member of the New Zealand Association of Counsellors (NZAC), and a registered Psychotherapist with Psychotherapy Board of Aotearoa/New Zealand (PBANZ). I was the co-editor of the Gestalt Journal of Australia and New Zealand for about five years.

**Gestalt Therapy with Gay Men: Addressing Gender and Sexual Orientation**  
**With Alexander Levine, MS**  
**(Workshop Round I)**

**2 Hour Conference Program. Abstract:** We will explore the intersection of gender and sexuality for gay men. Specifically, this workshop is intended to help clinicians to develop competence for working with gay male clients using gestalt therapy. For clinicians unfamiliar with the phenomenology of gender and sexuality, this is an opportunity to learn of the essential field conditions and phenomena of sexuality and gender, as well as the unique boundary phenomena of concealing a stigma. Boundary phenomena will be explored from an identity development model for gay men including before and after coming out of the closet, taking into account both gender and sexuality. Therapists will come away with skills for working with gay male clients and human beings in general who are dealing with sexuality and gender.

**Learning Objective(s):** Participants will be able to synthesize Gestalt principles of cycle of experience, boundary phenomena, and creative adjustment with the unique experience of gay men in clinical practice, which will allow the clinician to sharpen skills of phenomenological inquiry.

**Alexander Levine, MS.** Alexander Levine is a third-year PsyD student at Pacific University in clinical psychology. He is originally from Baltimore Maryland, went to NYU for undergrad, and has worked on the Trevor Project lifeline in preventing suicide and crisis in LGBT youth. He also works on the national suicide and veteran lifeline, trains local suicide hotline volunteers on LGBT suicide competence, teaches power yoga, founded Portland's first LGBT SMART Recovery meeting, and is researching the connection between gender roles and internalized homophobia. In 2012-2013 at the Pacific Psychology Clinic in Portland, Oregon, he was supervised in the practice of gestalt individual, couples, and group therapy. There he worked extensively with LGBT clients and started a gestalt LGBT process group.

**Confluent Education: Revising an Integrative Model for Counselor Education**  
**With Monique Mercado, MA • Ray Wooten, PhD**  
**(Workshop Round I)**

**2 Hour Conference Program. Abstract:** Counselor education typically follows a Cartesian dualism model by privileging the mind and silencing the body in counselor training. Drawing on the literature of Confluent Education and Gestalt therapy, this experiential presentation will showcase the topic of integrating cognitive, affective, and somatic learning. This session offers a possible model for the development of integrated counselors-in-training. It will also embrace the holistic premise of confluent education which emphasizes “working toward wholeness and working toward functioning as integrated whole persons, on the part of both the educator and student”, to unify mind, body, and spirit. Through increasing awareness of the body, a new insight to the practice of teaching as an embodied process will be presented.

**Learning Objective(s):** Participants in this workshop will identify the main characteristics of confluent education; and will be able to apply the model when training counselors.

**Monique Mercado, MA.** Monique N. Mercado, MA, LPC-Intern, earned her MA in Clinical Mental Health Counseling from St. Mary’s University in San Antonio, Texas and is currently pursuing her PhD in Counselor Education and Supervision. She has completed post-graduate training at The Gestalt Institute of Cleveland. As a Gestalt therapist she is interested in body process work with adult survivors of childhood abuse and neglect, creating greater awareness of and sensitivity to our relational responsibilities as therapists, and is particularly passionate about the place of the body in the therapeutic relationship. Monique’s research interests include bridging embodiment with clinical practice and counselor education.

**Ray Wooten, PhD.** Ray Wooten PhD, LPC-S, RSMT, is a Professor and Chair in the Department of Counseling and Human Services at St. Mary’s University in San Antonio, Texas. He is a Counselor Educator and body-centered Gestalt psychotherapist in practice for over twenty years

**Humanity, Humility, Compassion, Contact: Teaching the Gestalt Approach for 40 Years at Esalen Institute: An Experiment**  
**With Alan J. Schwartz, PhD, LCSW**  
**(Workshop Round I)**

**2 Hour Conference Program; Abstract:** This is an experiential experiment as opposed to a presentation. I will hope to “recreate” the conduct and essence of my short-term residential “Stranger Groups” at Esalen Institute. As the one who is conducting this experiment, I intend to provide field as well as homeostasis and model the intrinsic variables of our approach encouraging others to experiment with the same. These include the “profound simplicity of being present” and awareness of the boundary with its inherent risk factors.

The salient point that informs my work is that Gestalt professionals ought to be able, from time to time, to quite simply nourish and re-energize their organisms by experimenting with boundary experiences together with their colleagues. That item seemed to be the case within the scope of the 40 years with the professionals who found their way into these experiences.

This will include my expanded thoughts on:

1. Philosophy and concepts of “style”; 2. My concepts of the Human Energy System; 3. My concepts of “organic field” and “acquired field”; 4. Visceral contact; 5. “Instinctual Introject”

**Learning Objective(s):** Participants in this workshop will be able to list functions and worth of Gestalt as an educational approach in “Stranger Groups” presented at Esalen Institute over 40 years of the presenter’s teaching; and to observe how Gestalt provides both organic and acquired fields for the transition from a therapeutic environment to everyday living and will be able to apply same.

**Alan J. Schwartz, PhD, LCSW** was educated and mentored by Laura Perls. He also studied with Jim Simkin and for 3 years at the Bioenergetic Institute in NYC (with Lowen and Pierrakos). He was among the early workshop leaders to work outside the United States and spent 20 years in most of the countries of Europe as well as Canada (from 1972-1990+). He is a founding member of AAGT and a full member of the NYIGT. His book is titled Life Force-Death Force: The Structure of Human Energy. He created one of the first concentrations in the gestalt approach on the undergraduate level.

**Working with Violence in Communities Affected by Gangs**  
**With Marianne Diaz • Mark Winitsky, MA, MFT**  
**(Workshop Round I)**

**2 Hour Conference Program; Abstract:** Contact between gang members and therapists often happens in a context in which dialogue is difficult or impossible due to a focus on the negative aspects of gang culture and a blindness to the contributing factors of the dominant culture and its assumptions. Violence emerges from the entire cultural, social, and economic field, which includes both gang and non-gang attitudes and dynamics. The presenters will explore how gang involvement functions as a support against shame for people experiencing cultural alienation and economic disempowerment and how dialogic exploration of the ground from which gang violence arises can support growth and healing.

**Learning Objective(s):** Participants will be able to describe the relationship between shaming cultural influences and violence.

**Marianne Diaz** is the Director of Outreach Services at the Southern California Counseling Center where, in addition to clinical supervision, she oversees programs related to teen violence prevention, anger management, gang awareness training, and community counselor education. Ms. Diaz is the Founder and Director of Clean Slate, Inc. a non-profit dedicated to community empowerment, and a contracted program director for Children’s Institute Inc. She has also served as a Los Angeles County Deputy Director of Community Youth Gang Services.

**Mark Winitsky, MA, MFT** is a Marriage and Family Therapist with a private practice in Los Angeles. He received his MA from Antioch University Los Angeles and has completed certificate programs in Family Therapy, Couples and Sex Therapy, and Gestalt Therapy. He is a supervisor at the Southern California Counseling Center, a Candidate at the Institute of Contemporary Psychoanalysis, and the president of the Gestalt Therapy Institute of Los Angeles.



**Working With Embodied Introjects: Somatic Sensing and Cognitive Repatterning**  
**With Renee J. Jennings, LISW-S • Michael Craig Clemmens, PhD**  
**(Workshop Round I)**

**2 Hour Conference Program; Abstract:** Gestalt theory has viewed introjection metaphorically as a 'swallowing whole' of something 'out there.' In light of discoveries in neurobiology, our concept of introjects and introjection must be updated to reflect an embodied, relational, neurological experience that becomes embedded in our bodies. An introject is a multisensory phenomenon that forms and informs the patterning of our nervous system and influences (is influenced by) the relational field. This workshop emphasizes introjection as a marginalizing belief or fear. A synthesis of Gestalt theory, Gestalt physical process and aspects of Eye Movement Desensitization and Reprocessing offer one way to access and repattern introjects. This embodied transformation occurs in the nervous system and allows for new figures to emerge from the previously fixed gestalt (introject).

**Learning Objective(s):** Participants completing this workshop will be able to use an embodied approach with clients to identify introjects and locate experienced sensation in the body; and they will be able to work with introjects through a neurological repatterning process.

**Renee J. Jennings, LISW-S** is a therapist in Cleveland, OH where she sees private clients, designs and facilitates retreats and workshops, and is faculty at the Gestalt Institute of Cleveland. Renee works somatically and is certified in EMDR and clinical hypnotherapy. She also teaches meditation and, in addition to the requisite graduate degree in social work, has a graduate degree in Theology. Ultimately, Renee supports others to incarnate and embody their primal capacity to live meaningful, authentic lives as individuals and in community. Like everyone else, she's evolving as gracefully (though more often ungracefully) as she can.

**Michael Craig Clemmens, PhD** is a licensed psychologist with a private practice in Pittsburgh, PA working with individuals and couples. He is a lead faculty member at the Gestalt Institute of Cleveland. He travels extensively in the US and internationally.

**Integrating Kegan's Developmental Theory With Gestalt Therapy**  
**With Bruce Kenofer, PhD**  
**(Workshop Round I)**

**2 Hour Conference Program; Abstract:** Despite an implicit developmental perspective, Gestalt therapy theory has frequently been criticized for the lack of a developmental theory. I will outline four basic metaphors of development, including the degree to which these metaphors are consistent with Gestalt therapy theory. I will then present Robert Kegan's theory of development as one potential developmental theory that is consistent with Gestalt therapy theory. The application of Kegan's theory, particularly with respect to therapy and development in adulthood will be discussed.

**Learning Objective(s):** Attendees will be able to describe four basic metaphors of development; and to describe how Kegan's theory is consistent with Gestalt therapy theory.

**Bruce Kenofer, PhD** is a therapist in private practice. In addition to teaching courses in Life Span Development in the Graduate School of Education at Lewis and Clark College, he has had articles published on the topic of developmental theory and Gestalt therapy. He also supervises a Gestalt team at the School of Professional Psychology at Pacific University. He has been a member of the training group at the Gestalt Therapy Training Center Northwest for over ten years.

**Gestalt Meets New Phenomenology**  
**Felt Body Communication, The Basic Of Contact**  
**With Friedhelm Matthies, Diplom Psychologe**  
**(Workshop Round I)**

**Abstract:** The New Phenomenology of Professor Hermann Schmitz describes a new concept of the felt body and contact, especially about the contact on the boundary between organism and environment. I would like to present it in theory and praxis. The effect of felt body resonance is an absolute contact on all of the body. In the moment of resonance there is no boundary. The boundary becomes if you expatiate the felt body and the situation. Then it becomes a relative contact and boundaries through discrimination. In interaction of a prepersonal process of the felt body and the personal process of emancipation becomes development.

**Learning Objective(s):** Participants in the workshop will be able to describe the difference between body and felt body; to describe the process of becoming aware with felt body communication, and to explain the important differences between absolute and relative contact.

**Friedhelm Matthies, Diplom Psychologe** was born in 1944 in Germany; Diplom Psychologist, Psychologischer Psychotherapeut Teacher, Gestaltdeducator, Gestalttherapist, DVG, EAGT, Supervisor, DVG, DGSv Since 1985 – Founder and leader of the Hamburger Institut of Gestalt oriented (Weiterbildung (Education)n HIGW, trainer, senior trainer, senior supervisor, key, a ctivities: Psychotherapy with adults, children, couples and family, Supervision, Coaching, Counseling in Organisationen, Gestalt education, Gestalt teaching in Germany, Russia, Latvia and Indonesia Special interest: New Phenomenolog

# Conference Presentations

## Round II

### **Where has Buber Taken Us? Reflections and Directions** **Moderated by Lynne Jacobs, PhD** **With Talia Bar-Yoseph Levine, PsyD • Rich Hycner, PhD** **(Workshop Round II)**

**Panel Presentation:** This panel will explore using and expanding ideas and attitudes that Buber championed. A philosophy of dialogue continues to inform us, and it provides inspiration and guidance for supporting the continuing development of gestalt therapy.

**Learning Objective(s):** Participants will be able to describe Buber's contributions to how gestalt therapists think about the therapeutic relationship; and they will be able to explain how Buber's concepts provide a springboard for current trends in gestalt therapy.

**Lynne Jacobs, PhD**, lives in two psychotherapy worlds. She teaches and trains gestalt therapists world-wide. She is co-founder of the Pacific Gestalt Institute and also a training and supervising analyst at the Institute of Contemporary Psychoanalysis. She is co-editor (with Rich Hycner), of *The Healing Relationship in Gestalt Therapy: A Dialogic / Self Psychology Approach*, and co-editor of *Relational Approaches in Gestalt Therapy*. She has also written numerous articles for gestalt therapists and psychoanalytic therapists. She has a private practice in Los Angeles.

**Talia Bar-Yoseph Levine, PsyD** is a co-founder of the Jerusalem Gestalt Institute; past head of the MSc programme in Gestalt psychotherapy at Metanoia Institute, London; and registered clinical psychologist since 1981. She is the managing director of Choice Psychotherapy and Management Consultancy Ltd, UK, and is a business consultant in Israel, Europe, USA, and Asia. Tali is also an international trainer. She has published numerous journal essays and edited two books: *The Bridge—Dialogues Across Cultures*, and *Gestalt Therapy—Advances in Theory and Practice*.

**Rich Hycner, PhD** is the author of *Between Person and Person: Toward a Dialogical Psychotherapy*, and co-author with Lynne Jacobs of *The Healing Relationship in Gestalt Therapy: A Dialogic/Self Psychology Approach*, and co-editor with Lynne Jacobs of *Relational Approaches in Gestalt Therapy*. He has been profoundly influenced by the clinical work of Erv and Miriam Polster, and the writings of Martin Buber and Maurice Friedman. He is in private practice in Solana Beach, CA, applying a relational psychotherapy approach to couples and individual therapy. He has conducted training workshops in Brazil, Canada, England, Mexico, Norway, Scotland, and the U.S.

### **Interrupting Paranoia, Acknowledging Threat: Examining Struggles over Surveillance Using an Intersectional Phenomenology** **With Michelle Billies, PhD, LCSW (Workshop Round II)**

**Abstract:** In the US, logics of security are turning everyday objects, places, and people into threats. Such logics dismiss daily encounters with law enforcement that often violently impose hierarchies of race, class, gender, sexuality, and national belonging on those made suspicious. Gestalt phenomenology can counteract processes that dismiss the actual and render the known unknown by grounding reality in lived experience. Yet Husserl's thought needs extending; as Sara Ahmed points out, historical forces shape one's location and orientation, shaping what is perceived. In my dissertation, I analyzed "stop and frisk" policing in New York City using an "intersectional" Gestalt phenomenology. In this lecture and experiential workshop we will explore how this method can undo paranoid society while clarifying the front lines of actual struggles over surveillance.

**Learning Objective(s):** Participants will be able to describe a feminist intersectional approach for analyzing the influence of social location on awareness in Gestalt therapy based on the complexity of group identities and their relations with power; and to use this approach to critique dynamics of interpersonal government surveillance toward differentiating between paranoia and lived reality with their clients.

**Michelle Billies, PhD, LCSW.** Since 2001, Michelle Billies, PhD, LCSW has practiced, supervised, and taught Gestalt therapy. An Assistant Professor at Kingsborough Community College of the City University of New York, Billies writes on blackness, affect theory, surveillance threat, participatory action research, and issues in low-income, racially and ethnically-diverse lesbian, gay, bisexual, transgender, and queer communities.

Level of Experience for Participant: Advanced Level Experience

Presentation Language: English

Possible Risks and/or Limitations: Feelings of discomfort, including anger, fear, frustration, guilt, etc. No other risks.

Maximum Number of Participants: 50

### **Power and Diversity: Self Support or Field Entitlement** **With Michael Craig Clemmens, PhD** **(Workshop Round II)**

**Abstract:** Power has been traditionally approached in Gestalt and other more holistic based approaches as being based upon "self support". This self support is often identified in one's sense of support for contact, spinal alignment/developmental readiness or self-esteem. But is such an assumption of power to express and take action equally experienced across all individuals in diverse contexts? Do we really need just to empower ourselves or does the experience and choice of power arise from contextual field conditions? Do some people have more of a sense of power because they are entitled as part of the dominant group? In this workshop we will explore the interaction between "personal" modes of power and the field contextual support which can lead to an experience of being entitled or un-entitled in the world.

**Learning Objective(s):** Participants will discuss and describe their personal experience of power within a group context; they will describe their experience of the contextual influence on their capacity and willingness to utilize their power and sense of entitlement and the impact of their own and others' diversity (differences) on the relative power and entitlement within the group.

**Michael Craig Clemmens, PhD.** Michael Clemmens PhD is a licensed psychologist with a private practice in Pittsburgh, PA working with individuals and couples. He is a lead faculty member at the Gestalt Institute of Cleveland. He travels extensively in the nationally in the US and internationally teaching and offering experiential learning opportunities. Michael is the author of *Getting Beyond Sobriety: Clinical Approaches to Long Term Recovery*, other articles on Gestalt Therapy, and co-author with Arie Bursztyn of "The Embodied Field: Culture and Body" published in *The Bridge: Dialogues Across Culture*. His newest publication is "The Interactive Field: Gestalt Therapy as an Embodied Relational Dialogue" included in the textbook by Routledge. *Gestalt Therapy: Advances in Theory and Practice*. A workshop leader and work scholar leader at Esalen for over ten years, Michael's main interest is in the interaction between physical processes, relational dynamics and the larger contextual field.

**Using The Tarot As An Alternative To Empty Chairs And Sand Trays  
With Kooch N. Daniels, MA • Victor Daniels, PhD  
(Workshop Round II)**

**Abstract:** The Tarot, now increasingly accepted in the psychological community, offers a portable alternative to empty chairs, sand trays, and the associated cabinets of figurines. Used in a psychological manner it is an effective starting point for therapeutic use of identification, projective dialogues, and clarification of relationship dynamics. We will use the cards to demonstrate an approach that dovetails neatly with therapist's practices of facilitating awareness through gesture, posture, and voice; working through complexes, reducing confusion and self-defeating behavior, and mapping the client's life-space. We will also discuss how the cards can be used as entry points for couple or family work. Participants will discuss their symbolic and archetypal associations to cards and there will be demonstration "hot seat tarot work."

**Learning Objective(s):** To help practitioners learn how to use Tarot within the context of a Gestalt Therapy process.

**Kooch N. Daniels, MA.** The presenter received her MA in 1976 with an emphasis in Jungian psychology and substantial work in Gestalt Therapy with two excellent trainers. She is senior author of a book on the Tarot and has done literally thousands of Tarot readings during almost four decades. She has presented numerous workshops on the Tarot, at esoteric conferences and humanistic and transpersonal psychology conferences. An earlier version of this workshop was enthusiastically received at the AAGT in Amsterdam in 2005 and Puebla 2011. She is also sole author of two books, coauthor of a third, and is presently working on a book titled Gestalt and Tarot.

**Victor Daniels, PhD.** Presenter has PhD in psychology from UCLA. Two of my faculty mentors studied with Kurt Lewin. Training in Gestalt therapy with Robert K. Hall and more than 15 trainers at the old San Francisco Gestalt Institute, Esalen, and the San Diego Institute. Have c  
Level of Experience for Participant: Beginning Level Experience, Advanced Level Experience, Expert Level Experience  
Presentation Language: English & Spanish

**What's Behind the Empty Chair: Gestalt Therapy Theory and Methodology (Re-Edited Now On DVD) – A Tool For Teaching  
With Liv Estrup, MA  
(Workshop Round II)**

**Abstract:** This workshop will screen the re-edited film, What's Behind the Empty Chair, which presents the major concepts of Gestalt therapy (a brief history of Gestalt therapy along with it's existential roots, field theory, phenomenology, organismic-self-regulation, contact processes, theory of change and dialogue) through the use of visual images. After each segment, experiential exercises will be offered to deepen the understanding of these concepts. Discussion will invite participants to share other experiments that have been useful as teaching tools. It can serve as an introduction to Gestalt therapy or an overview.  
**Learning Objective(s):** Participants in this workshop will be able to describe the major concepts of Gestalt therapy that make it a truly "holistic" approach; and they will be able to articulate how they have seen Gestalt therapy concepts demonstrated on both experiential and cognitive levels.<

**Liv Estrup, MA, MFT** has been in private practice in Santa Monica, California, for over 40 years working with individuals, couples and groups. An AAMFT approved supervisor, she wrote Supervision: A Collaborative Endeavor with Dr. Rita Resnick and currently provides supervision via Internet. Liv is a faculty member of GATLA, teaches at Loma Linda University, and is an Associate Editor of the Gestalt Review. Her documentary, Flying Without Wings: Life With Arnie Beisser is also now available on DVD with Spanish subtitle. The Four-Footed Therapist (about Rufus, Liv's golden retriever co-therapist, can be viewed on You Tube.

**Evolving Beyond Addiction: Women and Our Bodies  
With Gail Feinstein, LCSW, LMT • Dominique Chabre, MA Anthropology, MA Gestalt Therapy  
(Workshop Round II)**

**Abstract:** In this didactic and experiential workshop, we investigate how our cultural inheritance has influenced our beliefs about what is female, beautiful and correct. We use group generated experiments to sense how projections and introjections live in our bodies, how they support the relationships we have with our bodies and the connection to addictive behaviors. Through slowing down and paying attention to our breathing body, we experiment with movement, breath and touch while focusing on moment-by-moment awareness of our sensual experiencing. With tender heart, we deepen our practice of 'learning to stay'. As we awaken into a relational mindfulness, we engage with the uncomfortable sensations, very slowly, step by breath, getting to know the 'urge', 'hook' and 'attachment' of addiction intimately and profoundly, creating choice to evolve beyond it.

**Learning Objective(s):** Participants will be able to articulate a process for staying with uncomfortable physical sensations; and they will be able to use this process in their therapeutic work by supporting themselves and by modeling for their clients.

**Gail Feinstein, LCSW, LMT** is a somatically-based gestalt therapist in private practice in New York City and the Catskill Mountains consisting of supervision, training, workshops and retreats. In her women's work, she has explored addiction and recovery for over 30 years through physical process with an emphasis on the embodied experience of the 'urge' and 'attachment' of habitual patterns. She is the Director of the Clear Stone Center. She was mentored by Laura Perls, Richard Kitzler and trains internationally. She has the honor of being the current president of AAGT.

**Dominique Chabre, MA Anthropology, MA Gestalt Therapy.** Dominique Chabre has a Master's degree in Gestalt Psychotherapy from CESIGUE, Xalapa, Mexico, and a Master of Arts degree in Cultural Anthropology from Columbia University. She is a Gestalt therapist and trainer at the CESIGUE Institute and has a private

**Horses and Gestalt, Gestalt and Horses: Whichever Came First!  
With Duey Freeman, MA LPC • Joan Rieger, MA LPC  
(Workshop Round II)**

**Abstract:** This presentation is on the creation, development and growth of Gestalt Equine Psychotherapy. Joan Rieger and I have worked together for close to 10 years creating and developing this innovative modality. We will explore the similarities of physical structure, somatic process, herd / family dynamics, relational process, authenticity and bonding that takes place in the horse / human relationship. The prey nature of horses and predator nature of humans provides us with unique ways to work with trauma and attachment. We will share how growth and healing can take place working with horses as therapeutic partners in ways unobtainable in the office setting.

**Learning Objective(s):** Participants in this workshop will be able to describe the unique relational dynamic between human and horse and the possibilities of working effectively with this modality of psychotherapy; and they will be able to explain the innovative approaches of working through the relational and somatic process of trauma and attachment disruptions from the perspective of Gestalt Equine Psychotherapy.

**Duey Freeman, MA LPC**, is the founder of Equine Journey, co-founder of the Gestalt Equine Institute of the Rockies, director of the Gestalt Institute of the Rockies and is a prominent faculty member in the MA Transpersonal Counseling Program at Naropa University. As a licensed psychotherapist, teacher, and consultant, Duey has extensive training and experience in gestalt therapy, equine therapy, family therapy, bioenergetics and counseling with children and adolescents. Duey's passion creating openings for growth and healing in all walks of life.

**Joan Rieger, MA, LPC** is a licensed psychotherapist with her Masters in Counseling from Naropa University. She is currently in private practice in Lafayette, CO. She is the co-founder of the Gestalt Equine Institute of the Rockies.

**Working with Anorexic Clients, an Embodied Gestalt Approach  
With Helena Kallner, MSc  
(Workshop Round II)**

**Abstract:** For the anorexic, adjusting through strict interpersonal and self control is an attempt to create a background of reliable support. It gives them a sense of agency in a context where they might not feel able to differentiate in any other way. Rather than a developed sense of kinaesthetic awareness in relation to themselves and another, the anorexic evaluates. In the therapeutic situation, it's useful to help the client develop a more sharp kinaesthetic awareness of themselves through exploring new and varied ways to sense and move with the therapist. Greater kinaesthetic awareness offers alternative supports for creative adjusting.

**Learning Objective(s):** Participants in this workshop will be able to explain how the anorexic process is a relational process, and that gestalt therapy has a lot to offer this client group; and they will be able to articulate the reasons for supporting their clients (and themselves) to become more kinesthetically aware.

**Helena Kallner, MSc** is one of the founders of The Centre for Relational Gestalt psychotherapy in Stockholm, a centre that is affiliated to Relational Change. Helena works in private practice. She has worked as an assistant tutor at the Gestalt psychotherapy department at Metanoia Institute. Helena has trained in Developmental Somatic Psychotherapy – a relational and movement oriented approach to Gestalt.

**Working With Dreams: A Gestalt Perspective  
With Pilar Ocampo, PhD  
(Workshop Round II)**

**Abstract:** The workshop is a demonstration of the gestalt work with dreams emphasizing on choosing and working with symbols, as well as the reception of the existential message through the appropriation of the projections as a way to recover the energy deposited in the elements of the dream. It also presents a scheme that will help the participants to follow the work done during the demonstration step by step. There will be a space for questions about the work and the process.

**Learning Objective(s):** Participants in this workshop will be able to describe a Gestalt scheme on the work with dreams; and to identify the different types of symbols that could be present while working with clients and dreams in the gestalt approach.

**Pilar Ocampo, PhD.** Doctor Honoris Causa by the Latin American Council in Honor for educational excellence; PhD. In Psychotherapy; Clinical Psychologist; Postgraduate in Gestalt psychotherapy; Postgraduate in Gestalt therapy with couples; Postgraduate in dreams work with Gestalt; Hypnotherapist; Floral Therapist by the Bach Center; Master in Business Management. Founder of the Center for human development and Gestalt Psychotherapy in Oaxaca, México. Author of: "Reencounter with the essence: the warrior path"; "Coming home: another view of the Bach Therapy"; "Dreams: a Gestalt approach" and co-author of the books: "Feelings" and "Gestalt parenting". International speaker. She currently lives in California along with her husband and their son.

**The Courage to Be Me: Working with Trauma  
With Lynda Osborne, DPsych, MSc Gestalt Psychotherapy, ECP, GPTI TSM • Miriam Taylor, MSc  
(Workshop Round II)**

**Abstract:** What may Gestalt psychotherapy have to offer clients' experience of abuse/trauma? In this workshop we will describe this example of action research with one particular group of clients. We will outline the process of creating, running, researching and developing this group therapy programme in collaboration with participants who had all experienced sexual abuse/trauma. The evaluation by participants, an independent researcher and the co-leaders and future changes and developments will be clarified with an opportunity for discussion. The focus of the group was developing support functions and the workshop will include experiential exercises focusing on building the necessary support for both group participants and group leaders.

**Learning Objective(s):** Participants in this workshop will be able to describe the process and outcomes of this research; and to list the range of learning approaches that were experienced as supportive in this context.

**Lynda Osborne, DPsych, MSc Gestalt Psychotherapy, ECP, GPTI TSM.** Lynda has been involved in training and supervising counsellors and psychotherapists for nearly 30 years. After 13 years as Head of Department at Metanoia Institute, London she stood down in 2012. She continues to enjoy training psychotherapists and supervisors in several European countries and at Metanoia. She was the first chair of the National Gestalt Organisation, UKAGP. Lynda is an Associate Member of Relational Change and has a private psychotherapy and supervision practice in Farnham, Surrey. With a less busy life she is enjoying travelling to be with family, for work and for leisure.

**Miriam Taylor, MSc.** Miriam Taylor is a UKCP registered Gestalt therapist, supervisor and trainer. She trained first as a counsellor and later in psychotherapy at Metanoia Institute. She has taught adults for over thirty years, including as a trainer and examiner at Metanoia.

**What's A Gestalt?  
With Stephanie Sabar, MSW, LCSW  
(Workshop Round II)**

**Abstract:** Have you ever been asked, "What's a Gestalt?" or "Why is it called Gestalt therapy?" and found yourself fumbling for words, unable to give a simple explanation? This presentation offers a new approach to understanding Gestalt therapy from the perspective of the meaning of the word "Gestalt," first in Gestalt philosophy, then in Gestalt psychology, and finally in its clinical applications in Gestalt therapy. I describe nine qualities that characterize this curious phenomenon. In an experiential exercise, participants will also be able to connect these qualities to their own personality or personal experiences in their work or daily life. It is relevant for both beginning and advanced practitioners. The latter can use my article on this topic for teaching and training.

**Learning Objective(s):**

Participants will be able to trace the historical evolution of the concept of a Gestalt from Gestalt philosophy to Gestalt psychology to its clinical applications in Gestalt therapy; and to list the nine characteristics (or qualities) of a Gestalt and describe how they play a role in the practice of Gestalt therapy.

**Stephanie Sabar, MSW, LCSW**, a graduate of Brown University and Wurzweiler School of Social Work, did her Gestalt training at GTILA in Los Angeles. She worked in medical settings and social work agencies with the elderly, people with HIV/AIDS, hospice patients, and their families. Now retired, she is focused on her professional writing. Her website ([stephaniesabar.com](http://stephaniesabar.com)) contains her five articles, including 'What's a Gestalt?' the article on which her presentation is based, a 'work-in-progress' Gestalt dictionary, her collection of bereavement handouts, poems, and readings, and several bibliographies, including an extensive one on Gestalt theory and therapy and another on bereavement.

**A Memoir Workshop: Writing From Experience**  
**With Iris Fodor, PhD**  
**(Workshop Round II)**

**Abstract:** A Memoir Workshop: Writing from experience

Gestalt therapy's emphasis on process often de-emphasizes narrative and story. As we grow older and need to come to terms with our life experience, losses and history, we become more preoccupied with our stories and their meaning. There is a tradition for a narrative approach to Gestalt therapy (E. Polster "Every person's life is worth a novel"). Drawing on my own experience in memoir writing I will present some of the techniques honed from experiential memoir writing workshops. In the experiential segment we will use theme-based techniques to do some memoir writing about meaningful life experiences. We will read some of the writing in the group. I will also discuss how to integrate experiential writing into therapeutic work with clients.  
Learning Objective(s): To appreciate the use of narrative and memoir in therapeutic work

**Iris Fodor, PhD** is a Professor in the Department of Applied Psychology at New York University and a Gestalt therapist in New York City working with clients in the arts. She has written about the integration of Gestalt and Cognitive Therapy, mindfulness and Gestalt Therapy, women's body image and feminist therapy. Iris is also a photographer whose work has focused on digital story telling and narrative process. Recent work focuses on memoir, experiential writing and life story.

## Conference Presentations

### Round Three

**Interactive Gestalt Group Therapy**  
**With Bud Feder, PhD • Jack Aylward, EdD**  
**(Workshop Round III)**

**Abstract:** This presentation will begin with a brief overview of the history and development of gestalt group therapy, and the emergence of the interactive approach [in this approach the participants agree to devote their attention and expression exclusively to events, external and internal, which are taking place in this group]. Following a brief Q&A segment, with discussion, there will be a one-hour demo of an interactive gestalt therapy group, with eight volunteers from the assemblage. Both presenters will be active as co-leaders. After that the remaining time will be devoted to discussion of and processing of the demo experience and related interests [such as co-leading].

**Learning Objective(s):** Participants in this workshop will be able to describe the history and development of gestalt group therapy in general and IGGT in particular, beginning with the work of Fritz and Laura Perls and continuing through the work of Jay Earley and that of Bud Feder to the present; and to apply their learnings when working with groups in their practice.

**Bud Feder, PhD** is a psychologist in private practice in Montclair, NJ, USA, subspecialty in gestalt group therapy. He is a founding member and former president of AAGT and currently the proud co-chair of the Scholarship Fund. He is a past president of the NYIGT and often provides training in various parts of the world and in the United States. At age 84 he knows a bit about aging. He has reframed Igor Stravinsky's famous statement 'Aging is a continual series of humiliations' to 'Aging is a continual series of challenges, requiring creative adjustments.'

**Jack Aylward, EdD**, is the director of the Plainfield Consultation Center in Watchung, NJ. He is the recent author of the book 'Gestalt Therapy and the American Experience'. Jack has been running gestalt therapy training group and supervision groups for many years, with a special emphasis on marathon group formation.

**Experiencing a Field Perspective in Gestalt Art Therapy**  
**With Selma Ciornai, PhD**  
**(Workshop Round III)**

**Abstract:** Unlike verbal language, art entails a multiplicity of levels of meaning, temporality and symbolic dimensions. In art as in therapy our capability to perceive, figure out and reconfigure relations with oneself, with others and with the world is manifested. By mixing the old with the new, the known with the dreamed, the feared with the glimpsed, both art and therapy have the potential to bring forth new integrations, possibilities, consciousness expansion and growth. In this workshop we'll be working with Gestalt Art Therapy, in order to explore dimensions of our individual and interconnected existences .  
Learning Objective(s): Participants in this workshop will be able to apply some Gestalt Art Therapy experiments that they may use in their practice with individuals and groups; and to collaborate with clients using Gestalt Art Therapy to increase clients' capacity to recognize new possibilities.

**Selma Ciornai, PhD.** Brazilian Gestalt Therapist, lived in Israel and in the U.S. having pioneered the Gestalt Art Therapy approach in her country. PhD in Clinical Psychology ( Saybrook University), MA in Art Therapy, participated as invited presenter in the panels " Gestalt Therapy in Latin America" (AAGT, 1997), and " Voices from 3 Continents" (AAGT 1998). With publications in international journals such as The Gestalt Journal, Gestalt Review, Figura-Fondo and Cahier de Gestalt Therapie, is currently staff member of the Gestalt Institute of São Paulo and invited guest teacher in training programs in Brazil and latin countries in Europe and South America.

**Absence Is a Bridge between Us: Gestalt Therapy Approach To Depressive Experiences**  
**With Gianni Francesetti, MD**  
**(Workshop Round III)**

**Abstract:** Depression is a very common suffering: according to the W.H.O., it's the fourth most urgent global health problem and by 2020 it will have risen to the second place. It consists of a broad and varied range of vastly different experiences, encompassing more or less serious cases to experiences that are simply part of life. Among other psychotherapy's approaches, Gestalt therapy offers an original way to understand depressive experiences and to support people suffering from them. Severe melancholic depression is one of the worse and more mysterious psychopathological suffering. We will discuss how Gestalt therapy theory can enlighten this experience, with particular reference to the id function of the self. We will offer some practical experiences in order to explore this field and to find directions for therapy's interventions.

**Learning Objective(s):** Participants completing this workshop will be able to articulate their understanding of and describe severe depression by Gestalt therapy theoretical concepts (figure/background dynamic, intentionality, self functions).

Gianni Francesetti, MD. Gestalt therapist, psychiatrist and international trainer. He is also the program coordinator of the two year International Training Program on Gestalt Approach to Psychopathology and Contemporary Disturbances organized by the Istituto di Gestalt H.C.C. Italy. He is the President of the EAGT (European Association for Gestalt Therapy), Former President of the Italian NOGT (SIPG, Italian Gestalt Psychotherapy Association), President of the Italian NAO (FIAP, Italian Federation of Psychotherapy Associations), and an associate member of the New York Institute for Gestalt Therapy. He has authored articles, chapters, and books in the field of psychiatry and psychotherapy. He lives and works in Turin as a psychiatrist, psychotherapist and supervisor.

**Harmonic Oscillating Awareness: The Practice of Presence in Contacting and Healing**  
**With Cathy Gray, MSS, LCSW**  
**(Workshop Round III)**

**Abstract:** The practice of presence is a vital element in therapeutic contacting and healing. This experiential workshop will explore how we can deepen our presence with the client and with ourselves. We will look at the role of the oscillation of awareness, our use of self-disclosure and our ongoing therapeutic choices. We will explore experiments both large and small that heighten awareness and deepen presence for both participants in the therapeutic relationship. We will also investigate the balance and oscillation of awareness of both client and therapist, and the therapeutic choices that flow from that awareness. The workshop will include experimentation by participants as well as demonstration, lecture and discussion.

**Learning Objective(s):** Participants will be able to identify practices that will support their further development of a deepened therapeutic presence.

**Cathy Gray, MSS, LCSW** is a licensed psychotherapist in private practice. She has worked for more than 35 years with individuals and organizations, first as an organizational development consultant, and later as a psychotherapist. Cathy works with individuals, couples, and groups, and provides supervision to therapists. She trained at the Gestalt Therapy Institute of Philadelphia, is a member of the faculty and teaches the graduate series on embodiment. She also trained in improvisational movement with Manfred Fishbeck and Brigitta Hermann, Mind-Body Centering with Bonnie Bainbridge Cohen, and Developmental Somatic Psychology with Ruella Frank. Cathy is the former president of AAGT and vice president of the Gestalt Therapy Institute of Philadelphia. She has presented numerous workshops focusing on embodiment and awareness.

**How to Use Gestalt Therapy Theory to Help Clients with Borderline Adaptations Identify and Reach Meaningful Goals**  
**With Elinor Greenberg, PhD**  
**(Workshop Round III)**

**Abstract:** Clients who have made Borderline Personality adaptations usually find it difficult to identify and reach personally meaningful goals. They tend to leave their goals vague, fail to create realistic plans to achieve them, and abandon their goals as soon as they meet obstacles or experience negative feelings. As a result, Borderline clients' lives are filled with half finished projects that they either have totally given up on or intend to get back to "sometime." This workshop will teach participants how to help Borderline clients past this impasse by utilizing a 5-step process that helps clients learn and assimilate a structured and realistic way of approaching their goals in a way that is consistent with Gestalt therapy. Participants will also be taught Gestalt therapy's theory of Figure/Ground formation and how to utilize it to (1) quickly recognize those clients who have made Borderline adaptations, and (2) help these clients stay focused on achieving their goals. Participants will get to practice the methods described in pair exercises with each other.

**Learning Objective(s):** Participants in this workshop will be able to describe basic Gestalt therapy theory about the process of figure/ground formation using it to identify clients who have made Borderline Personality adaptations; and to use a method that helps Borderline clients identify and reach personally meaningful goals.

**Elinor Greenberg, PhD, CGP** is an internationally recognized expert on the diagnosis and treatment of personality adaptations from a Gestalt therapy point of view. She is a member of the NYIGT, a former faculty member of The Masterson Institute (a postgraduate training institute in the psychodynamic treatment of Borderline, Narcissistic, and Schizoid Disorders), adjunct faculty to The Gestalt Center (NYC) and the Welsh Psychotherapy Partnership (Wales, UK). Dr. Greenberg lectures and writes extensively on how to use Gestalt therapy to identify and work with Borderline, Narcissistic and Schizoid adaptations. She is a member of the Gestalt Review's editorial board.

**The Therapist As Relational Artist Relational Presence**  
**With Rich Hycner, PhD**  
**(Workshop Round III)**

**Abstract:** The presentation will discuss the "therapeutic relational dance" emphasizing the therapist's presence, yet instantaneous "artistic" clinical discernments. The focus is on how client and therapist form an interactive and constantly evolving relational field, in which both of their relational developmental strengths and weaknesses get highlighted and played out in the hope of creating a healing connection. A central "artistic" issue is how much does the therapist bring her/his experience and personhood into the foreground, in the service of highlighting and expanding the client's experiential possibilities, and facilitating the development of the relationship. The therapist must be exquisitely attuned to the client and the ongoing quality of the relationship while simultaneously being self-attuned, and incessantly examining her/his responses. The presentation will include theory, demonstration, and discussion.

**Learning Objective(s):** Participants completing this workshop will be able to articulate their understanding of a relational theory and practice; and to apply their understanding of how the therapist and client emotionally "connect" or "disconnect."

**Rich Hycner, PhD** is the author of *Between Person and Person: Toward a Dialogical Psychotherapy*, and co-author with Lynne Jacobs of *The Healing Relationship in Gestalt Therapy: A Dialogic/Self Psychology Approach*, and co-editor with Lynne Jacobs of *Relational Approaches in Gestalt Therapy*. He has been profoundly influenced by the clinical work of Erv and Miriam Polster, and the writings of Martin Buber and Maurice Friedman. He is in private practice in Solana Beach, CA, applying a relational psychotherapy approach to couples and individual therapy. He has conducted training workshops in Brazil, Canada, England, Mexico, Norway, Scotland, and the U.S.

**Dealing with Dementia: A Gestalt View on the Support for the Patients and their Relatives**  
**With Frans Meulmeester, MS**  
**(Workshop Round III)**

**Abstract:** People with dementia are often seen as people who do not know what they are doing. They are not taken seriously in their needs and behavior. During the presentation/workshop, a Gestalt view on dementia will be presented and participants will have a chance to learn more about the world of perceptions and feelings of the patients and their relatives.

Practical guidelines for support will be given and practiced by mini-role play situations.

**Learning Objective(s):** Participants completing this workshop will be able to articulate insight gained about the world of perceptions and feelings of people with dementia; and to apply their understanding in their practice with patients and their relatives.

**Frans Meulmeester, MS.** Since 1973 I am working as a teacher, trainer and consultant. First in education, but later I specialized in Healthcare. One of my main topics has always been: how to deal with old people with dementia.

I completed the training for Gestalt therapist and Psychosynthesis guide in 1989 and in the same year, I started a centre for training, consultancy and therapy, called Invitation. From this time I am working as trainer/consultant/coach, psychotherapist and Psycho-Oncological counsellor.

I am staff member of the Gestalt institute MultidiMens (Belgium), the Gestalt Institute of Bulgaria, The Caucasian Gestalt Institute of Georgia and the Himalayan Pathway Psychotherapy Institute in Nepal and guest trainer of several other Gestalt institutes in Europe.

I am a registered Gestalt therapist and Gestalt Practitioner in Organizations (GPO) in the EAGT and a registered psychotherapist (ECP) in the European Association for Psychotherapy (EAP).

**Eros Reclaimed: Sex, Gender and Diversity in a Relational World**  
**With Leanne O'Shea, DPsych**  
**(Workshop Round III)**

**Abstract:** Eros and sexuality are hopelessly tangled in our experience, with Eros mired in the sex-negative assumptions of our culture. This puts us at risk of losing our capacity for lively engagement in the world, as we also struggle to find expressions of sexuality that are free from debilitating shame. As therapists we need to courageously challenge and deconstruct these assumptions, establishing a new vision of sexuality, and creating a different understanding of Eros. Without doing this work to reconfigure our experience of sexuality, our capacity to live erotically will always be difficult. Why does this matter? Without a more finely nuanced capacity to engage with our sensuality and to feel the pleasure of our embodiment, we compromise our capacity to be responsive and responsible, both to our own needs and to those with whom we share this world. And like Psyche, we are perhaps destined to wander the world in search of Eros, our lost lover, without whom we cannot hope to feel whole.

**Learning Objective(s):** Participants in this workshop will be able to articulate a theoretical framework for understanding sexuality and eros as separate but related aspects of human experiences; and to apply their knowledge to their work with clients.

**Leanne O'Shea, DPsych, MSc, BTheol.** is a psychotherapist and supervisor in private practice in Melbourne. She is a faculty member and the Director of Training at Gestalt Therapy Australia, on the International Board of Advisors for the Relational Center and International Associate Faculty for the Pacific Gestalt Institute. She is also the Founder of Relational Matters and has served GANZ in various capacities. Leanne is interested in creating greater awareness of and sensitivity to our relational responsibility, and is particularly passionate about how we understand sexuality and Eros within the therapeutic relationship. Level of Experience for Participant: Advanced Level Experience

**Towards a Poor Psychology: The Myth of Self**  
**With Walter Arnold, FM, VET**  
**(Workshop Round III)**

**Abstract:** Using the idea of laboratory, the use of the "self" is here substituted by "life" and "individuating" is the main idea to reach, temporarily, beyond the myth of self. Speciesism is not our way, if holistic, and poor psychology is suggested as a means to keep our roots closer to the tradition of field theory in order to emerge from one-self and incarnating more life, less metaphysically, less dividingly, more individuating. Poor psychotherapy is here proudly suggested as a contrast to the rich one full of technical refinements to which we will always be "inferior".

**Learning Objective(s):** Participants will be able to identify the bases of questioning the validity of the myth of self via rigorous attending to experience instead of relying on conceptually prepared traditional thinking. They will perceive the experiential.

**Walter Arnold, FM, VET.** Walter Arnold, FM in philosophy, is a psychologist and psychotherapist (VET) recognized by the National Health Insurance in Finland for his gestalt work which he has practiced since a few decades. His background training consists of philosophy, anthropology, film making, granite sculpture and avant garde dance which he also performed at professional level. He served as a yearly visiting lecturer at the University of Helsinki, has conducted workshops at the University of Cork, Ireland and has lectured at gestalt therapy conferences. A founding member of the International Gestalt Therapy Association (IGTA), he has been chairman both of IGTA (also president) and of its Journal Committee which established the International Gestalt Journal (IGJ) in 2002. A former member of the Philosophy Committee of the Association for the Advancement of Gestalt Therapy, he has written books on Contact-Dialogue Experienced: On Gestalt Therapy (1998), Culture, Identity and Language (1999). He has translated the Finnish epic "Kalevala" (by one of his part time teachers, Joseph Campbell), considered as one of the greatest epics of the world. As a tennis coach, he is on the court every morning at seven. Level of Experience for Participant: Advanced Level Experience, Expert Level Experience

# Conference Presentations

## Round IV

### **Gestalt Therapists Look at the Need for Sustainability in a Fragile Ecological Era** **Panel Presentation Moderated by Bud Feder, PhD**

**With Bruce Aaron, LCSW • Billy Desmond, MSc, Dip Gestalt Psychotherapy, MBA, Cert. Supervision, UKCP • Marilyn Myles, MSW, LCSW**  
**(Workshop Round IV)**

**Abstract:** It is a well-established scientific fact that human activity is creating an ecological crisis, although whether it is already upon or is soon to be, is not so clear. Many think that recent natural disasters are due to, or intensified, by climate change.

After a brief informational introduction by the moderator on 'Sustainability', the panelists will address such questions as:

- Do we have, within gestalt therapy theory and principles, support for tackling this issue?
- What can we, as gestalt therapists, in our practices and in our communities, do to promote sustainability?

Opportunity for both small group and full group involvement will be provided.

**Learning Objective(s):** Participants in this workshop will experience a heightened embodied awareness of our current dangerous ecological situation and be able to describe the situation; and they will be able to define "sustainability" and articulate related connotations; as well as be able to integrate this information into their practices and into their gestalt therapy communities.

**Bud Feder, PhD** is a psychologist in private practice in Montclair, NJ, USA, subspecialty in gestalt group therapy. He is a founding member and former president of AAGT and currently the proud co-chair of the Scholarship Fund. He is a past president of the NYIGT and often provides training in various parts of the world and in the United States. At age 84 he knows a bit about aging. He has reframed Igor Stravinsky's famous statement 'Aging is a continual series of humiliations' to 'Aging is a continual series of challenges, requiring creative adjustments.'

**Bruce Aaron, LCSW**, has presented nationally and internationally in the areas of group as well as Gestalt therapy, and has been running therapy groups since 1993. He is a past board member of AAGT and is currently the Co-Chair for the Program and Training Committee of the Illinois Group Psychotherapy Society. His work has been published in the Gestalt Review, and Nightingale-Conant published Bruce's audio series, Gestalt Training: The Psychology of Self-Regulating Success. He is currently on staff at Cathedral Counseling Center in Chicago and is in private practice. More information about Bruce can be found on his website [www.bruceaaron.net](http://www.bruceaaron.net)

**Billy Desmond, MSc, Dip Gestalt Psychotherapy, MBA, Cert. Supervision, UKCP.** Billy is a Gestalt psychotherapist, supervisor, OD practitioner coach and adult educator. His interest as a Gestalt therapist/ practitioner researcher is exploring and nurturing the development of embodied and creative ways of knowing within a dialogical relationship in groups. He is Head of Gestalt Department at Metanoia Institute in the UK, tutors on Gestalt psychotherapy and OD programmes. He is a faculty member at Ashridge Business School specialising in working with teams/groups in organisations.

**Marilyn Myles, MSW, LCSW** is a psychotherapist in private practice in the Chicago area. She studied Gestalt with teachers from Toronto and Cleveland. She specializes in somatic approaches to trauma treatment and teaches classes on compassion fatigue, stress management and meditation. She has long enjoyed spiritual renewal through nature, and is passionate about protecting the planet's natural resources.

### **Four Perspectives on Addiction and Recovery as Field Phenomena**

#### **Panel Presentation Moderated by Michael Clemmens, PhD**

**With Philip Brownell, MDiv, PsyD • Dominique Chabre, MA Anthropology, MA Gestalt Therapy • Gail Feinstein, LCSW, LMT**  
**(Workshop Round IV)**

**Abstract:** This workshop and panel discussion will focus on the process of addiction and recovery from four diverse perspectives. We will introduce our own ground of experience and practice, and invite the group to join us through discussion and experiential exercises. Our emphasis will be on the nature of addiction and recovery from a field perspective exploring the different styles of addictive behaviors, and on the automatic sensory longing that is an integral part of the physical process of addiction. The second emphasis will be on recovery as a developmental practice of tolerating sensation, deepening the embodied experiencing and expanding the life-world beyond the narrowed field of the addicted contact style.

**Learning Objective(s):** Participants attending will be able to describe addiction from a field perspective; and to articulate 3 elements involved in recovery. They will also experience and be able to describe the sensory processes of addiction and recovery.

**Michael Clemmens, PhD** is a licensed psychologist with a private practice in Pittsburgh, PA working with individuals and couples. He is a lead faculty member at the Gestalt Institute of Cleveland. He travels extensively in the US and internationally teaching and offering experiential learning opportunities. Michael is the author of Getting Beyond Sobriety: Clinical Approaches to Long Term Recovery, other articles on Gestalt Therapy, and co-author with Arie Bursztyn of "The Embodied Field: Culture and Body" published in The Bridge: Dialogues Across Culture. His newest publication is "The Interactive Field: Gestalt Therapy as an Embodied Relational Dialogue" included in the textbook by Routledge. Gestalt Therapy: Advances in Theory and Practice. A workshop leader and work scholar leader at Esalen for over ten years, Michael's main interest is in the interaction between physical processes, relational dynamics and the larger contextual field.

**Dominique Chabre, MA Anthropology, MA Gestalt Therapy.** Dominique Chabre has a Master's degree in Gestalt Psychotherapy from CESIGUE, Xalapa, Mexico, and a Master of Arts degree in Cultural Anthropology from Columbia University. She is a Gestalt therapist and trainer at the CESIGUE Institute and has a private practice in Coatepec, Mexico. For the past four years she has developed various projects –Gestalt group and individual work – with women and men incarcerated in a penitentiary and with women from a small rural community of the State of Veracruz.

**Gail Feinstein, LCSW, LMT** is a somatically-based gestalt therapist in private practice in New York City and the Catskill Mountains consisting of supervision, training, workshops and retreats. In her women's work, she has explored addiction and recovery for over 30 years through physical process with an emphasis on the embodied experience of the 'urge' and 'attachment' of habitual patterns. She is the Director of the Clear Stone Center. She was mentored by Laura Perls, Richard Kitzler and trains internationally. She has the honor of being the current president of AAGT.



**Gestalt Coach as the Optimal Other**  
**With Melissa S. Kelly-McCabe, MS, MCC, GPCC™**  
**(Workshop Round IV)**

**Abstract:** Working with clients is a dance. They lead, we follow – sometimes we lead and they follow. How does your “dance style” support this process? Where does your style get in the way? How do you embody being the “optimal other” with your client? Come explore yourself as the “optimal other” in this experiential and highly active session. We will work with leader/follower stance and Neuro-linguistic Programming continua for self-discovery and application in coaching and therapeutic settings.

**Learning Objective(s):** Participants in this workshop will be able experience and then to describe aspects of their own leader/follower stance; and they will be able to apply the concept of “optimal other” in the coaching relational field.

**Melissa S. Kelly-McCabe, MS, MCC, GPCC™.** Melissa S. Kelly-McCabe, President, Clear Intent Strategy, Inc., coaches women CEOs and executives as they accelerate attaining their business goals, imprint their own style on their company, and bring fun and purpose into their lives. Using physical process, art/creativity and nature, clients deepen their self-understanding and create action forward through a Gestalt lens. Melissa is ICF master credentialed (MCC,) Gestalt Professional Certified Coach (GPCC™,) and board certified (BCC). She is a Certified Mentor Coach, holds an MS in Organizational Systems from University of Southern California, and is coaching faculty at the Gestalt Institute of Cleveland.  
Level of Experience for Participant: Beginning Level Experience, Advanced Level Experience

**Using Large Experiential Groups in Teaching Counselling and Psychotherapy**  
**With Adam Kincl, MA**  
**(Workshop Round IV)**

**Abstract:** I believe there is only one place in the world which provides large experiential Gestalt groups in teaching counselling and psychotherapy. Each year in England a group of 70+ participants meets for five days to explore large group dynamics, build community and increase awareness of societal concerns and complexities. Patrick de Mare stated that large groups humanise the society rather than socialise an individual (1991). This presentation will include an introduction to his thinking along with other analytic and humanistic theories on working with large groups. Furthermore, it will outline some personal journeys collected through sets of relational centred phenomenological dialogues with students of the Gestalt Centre in London to show how large groups are being experienced and the effect they have on Gestalt trainees.

**Learning Objective(s):** Participants will be able to identify various approaches in working with large groups.

**Adam Kincl, MA.** Adam Kincl is a UKCP registered psychotherapist, group worker and trainer. Adam has completed an MA in Gestalt Therapy, a PgDip in the Psychodynamics of Human Development and is currently completing a doctorate in Counselling & Psychotherapy. He is a trained social worker with experience of working both in mental health and foster care. He currently works therapeutically with groups and individuals, facilitates interpersonal groups at Royal National Institute of Blind People and teaches at Re-Vision Centre for Integrative Psychosynthesis. Originally from Poland Adam has developed a particular interest in identity, working with immigrants, diverse sexual and ethnic communities.

**A Life Interrupted: Understanding and Treating Obsessive Compulsive Disorder and Anxiety Using a New Multi-Dimensional Approach**  
**With Stacey Klein, LCSW**  
**(Workshop Round IV)**

**Abstract:** Obsessive Compulsive disorder and other anxiety disorders including phobias are most commonly treated using evidence based cognitive behavioral approaches called exposure treatment. However, despite their proven efficacy, experts acknowledge that 1 out of 4 OCD patients refuse exposure treatment due to its stressful nature and 20% drop out once they begin treatment. In this experiential and didactic workshop, you will learn about a new multi-dimensional approach to treating anxiety that synthesizes relational, somatic, gestalt and behavioral approaches into a more holistic and experience-near approach. We will discuss how appreciating the somatic and relational nature of anxiety informs its treatment and enables the therapist to better conceptualize, structure and pace the treatment so that clients feel more supported and willing to approach gradual behavioral changes.

**Learning Objective(s):** Participants completing this workshop will be able to articulate their understanding of OCD from a multidimensional perspective; and will be able to apply their integrated knowledge with clients.

**Stacey Klein, LCSW** has been practicing psychotherapy for 18 years. Her clinical experience includes 11 years as a supervisor and senior clinician in numerous mental health programs at Mount Sinai Medical Center in NYC, including the OCD program and varied other psychiatric clinics in NYC. Stacey was supervised in Gestalt Therapy for 13 years and trained in Developmental Somatic Psychotherapy by Dr. Ruella Frank. She is trained in Cognitive Behavioral Therapy by some of the nation's leading experts. Stacey specializes in the treatment of anxiety disorders including phobias, OCD and related disorders in children and adults. She offers a specialized holistic integration of multiple psychotherapeutic approaches, including somatic, gestalt, cognitive behavioral, mindfulness and psychodynamic therapies. She maintains a full time private practice in Manhattan.

**Discovering and Owning the Polarities within and Between Us: Contact in a Changing World**  
**With Tali Mirkin, MA • Yona Weiss, PhD**  
**(Workshop Round IV)**

**Abstract:** Polarities are opposites that complement each other and are part of one whole. We all have many internal poles: being extrovert vs. introvert, optimistic vs. pessimistic, emotional vs. rational. In this workshop we explore our dominant poles and their opposite more hidden ones, and view them as two sides of a continuum where the opposites do not exclude each other. We will see them as a dialectical process of figure and ground. Experientially and creatively, we will recognize our individual polarities and experience moving on the continuum between them. Reconnecting with our underdeveloped characteristics allows creation of a fuller richer self. In a multi-cultural environment, allowing clients to own, rather than project hidden poles, may allow enhanced contact for general as well as exceptional populations.

**Learning Objective(s):** Participants will be able to identify and discuss the value of some of their underdeveloped poles; and to use the knowledge gleaned in helping clients to move along the continuum of their poles according to the present circumstances.

**Tali Mirkin, MA,** is a psychologist at Ben Gurion University in Israel where she supervises students in the graduate clinical psychology program, leads ongoing Gestalt groups for students, and sees students in individual and couple therapy. She leads Gestalt groups for gifted children, has presented her working model regarding these groups at professional conferences in England and Greece, teaches this model to professionals in Israel, and has published it in BGJ in 2010. Mrs. Mirkin, an EAGT full member, has led Gestalt workshops in Israel and abroad, and has a private practice.

**Yona Weiss, PhD** is a clinical social worker in private practice. An Individual, couple, and group therapist. She is a faculty member at Zefat Academic College in Israel, teaching several courses of Gestalt approach and family as a system.

**On Sacred Ground – Honoring the Space between a Therapist and Suicidal Patient**  
**With Carole Ashton, MSc • Stefanie Funke, LMFT • Laurence Hegan, MSc • Amanda Rowan, LCSW**  
**(Workshop Round IV)**

**Abstract:** Suicide is a complex phenomenon emerging out of a dynamic interaction of biological, psychological, social, cultural, and spiritual factors. It arouses complex and diverse feelings and reactions. In this workshop we will utilize experiential exercises and group discussion to explore the therapist's phenomenology related to treating suicidal clients. Special attention will be paid to the possible tensions between legal mandates, ethical issues, and gestalt theory's concepts of paradoxical theory of change and dialogue.

**Learning Objective(s):** Participants of this workshop will be able to identify and articulate their cultural, spiritual and clinical beliefs about suicide.

**Carole Ashton, MSc.** Carole Ashton is a UKCP Accredited psychotherapist and has some 25 years experience in Private Practice as a therapist, trainer, group facilitator and supervisor. She has specialized in work with couples and with clients with a diagnosis of secondary cancer. She is a visiting trainer on the gestalt training at Metanoia Institute in London, Edinburgh Gestalt Institute and at the Krakow gestalt Institute in Poland. She is a Teaching and Supervising member of GPTI (Gestalt Psychotherapy Training Institute).

**Stefanie Funke, LMFT** is a Marriage and Family Therapist who lives and works in Los Angeles, CA. Stefanie has been studying Gestalt therapy with the Pacific Gestalt Institute for 5 years.

**Laurence Hegan, MSc** is a UKCP Accredited psychotherapist and has some 30 years experience work in the United Kingdom in the NHS and in Private Practice as a therapist, trainer, group facilitator and supervisor.

**Amanda Rowan, LCSW** is a Licensed Clinical Social Worker who lives in Los Angeles. Amanda has trained for 9 year with the Pacific Gestalt Institute. She maintains a psychotherapy practice treating individuals.

**The Intersection of Gestalt Therapy and Intersubjectivity Theory**  
**With Talia Bar-Yoseph Levine, PsyD • Lolita Sapriel, MSW**  
**(Workshop Round IV)**

**Abstract:** This workshop will utilize both didactic and experiential teaching, along with a clinical example to bring together two perspectives: Gestalt therapy and Intersubjectivity theory. Concepts like awareness, projection, dialogue, therapist authenticity, bracketing, transference, and reciprocal mutual influence will be discussed from both points of view. The core teaching will focus on the intersection of two subjective realities—the therapist's and the client's— and how to recognize, in the here and now between them, the ways in which the therapist impacts the client. The attachment styles of both will be addressed, as well as awareness and mindfulness work in a relational context.

**Learning Objective(s):** Participants will be able to identify and articulate the main similarity and differences between Gestalt therapy and Intersubjectivity theory.

**Talia Bar-Yoseph Levine, PsyD** is a co-founder of the Jerusalem Gestalt Institute; past head of the MSc programme in Gestalt psychotherapy at Metanoia Institute, London; and registered clinical psychologist since 1981. She is the managing director of Choice Psychotherapy and Management Consultancy Ltd, UK, and is a business consultant in Israel, Europe, USA, and Asia. Tali is also an international trainer. She has published numerous journal essays and edited two books: The Bridge—Dialogues Across Cultures, and Gestalt Therapy—Advances in Theory and Practice.

**Lolita Sapriel, LCSW**, is in private practice in Santa Monica California. She is a former trainer and past president of the Gestalt Institute of Los Angeles. She spent five years in a consultation group with Robert Stolorow studying Intersubjectivity theory. She currently leads consultation groups whose orientation is an integration of Gestalt theory and Intersubjectivity theory. She has trained therapists in the US, the UK, and Canada. She is on the faculty of Ryokan College and has been a guest trainer at Metanoia Institute and Institute for Arts in Therapy and Education in London. She has published articles in the British Gestalt Journal and has chapters in two books edited by Talia Bar-Yoseph Levine.

**Relational Gestalt Outside the Therapy Box: Helping Non-Therapists Meet The Emotional Challenges of Connecting;**  
**A Curriculum of Skills and Insights for Teachers, Parents, Medical Professionals, and Others**  
**With Christine Campbell, MA • Michelle Lang, MA**  
**(Workshop Round IV)**

**Abstract:** We have developed a curriculum to teach Relational Gestalt Therapy skills and perspectives to parents, teachers, medical professionals and other non-therapists. Our program has improved participants' relationships and interactions, and supports better healing and learning outcomes for those they live and work with. In this workshop we will share a practical, impactful curriculum that can be employed in a variety of non-therapeutic contexts. We will lead the group in some experiential exercises from the curriculum and leave ample time for discussion and questions.

**Learning Objective(s):** Participants will be able to identify 2 Gestalt Therapy principles that are relevant to improving relational skills for laypeople; and they will be able to describe how wanted and unwanted identities impact them both somatically and in their relationships to others.

**Christine Campbell, MA.** Christine Campbell, MFT, ATR., is a Core Faculty member of Pacific Gestalt Institute. She began her training with Gestalt Therapy Institute of Los Angeles (GTILA) in 1990. She worked for many years as an art therapist and as the clinical & administrative director of a number of intensive outpatient mental health centers. Christine is currently in private practice in Burbank, CA, working with individuals, couples, groups, children and families, using a Relational Gestalt Therapy approach. She leads workshops for parents, teaching relational skills, including mindfulness and shame awareness. Christine is a past-president of GTILA.

**Michelle Lang, MA.** Michelle Lang, M.F.T., is a Core Faculty member of Pacific Gestalt Institute. She has a private practice in Burbank where she works with teens and their parents, individuals, and couples. Initially it was her interest in Buddhist Psychology and mindfulness

## Exploring Presence, Awareness, Phenomenology and Contact Using the Asilomar Outdoor Environment

With Gary M. Gray, MAT  
(Workshop Round IV)

**Abstract:** This session will bring participants into the Asilomar outdoor natural environment to explore the Gestalt elements of presence, awareness, contact and phenomenology. After a brief review of these concepts, participants will find a solitary spot outside to focus on their experience of intentional awareness, noticing how we are attracted and repelled, how we are affected by our contact with elements of the environment and how elements of the environment are affected by us. After about 30 minutes we will reconvene to share our new awarenesses and relate them to our practice of Gestalt Therapy theory.

**Learning Objective(s):** Participants attending this workshop will increase skills of grounded presence, thus impacting work with clients; and be able to articulate their process of increasing sensory observation/perception when working with clients.

**Gary Gray, MAT,** is a Gestalt therapist and coach in private practice in Narberth, PA, USA. He works with adult individuals, couples and groups. Gary has presented workshops for continuing education credit for the AAGT 2009 International Conference, the 2011 AAGT- Southeast Regional conference and The Gestalt Therapy Institute of Philadelphia (2008-2012). From 2008-2012 Gary and his wife, Cathy Gray designed and conducted a 7 day residential Gestalt retreat in the Colorado Rockies for therapists, nurses and psychologists. This retreat brought therapist into contact with the Colorado mountain environment in ways we will explore in the Asilomar environment. In addition to GT Gary likes other forms of improvisation including music, dance and fly fishing.

## Teaching Awareness as a Meta-Skill of Leadership With Nancy S. Hardaway, Med • Joseph Melnick, PhD (Workshop Round IV)

**Abstract:** Though historically Gestalt Therapy has supported growth and healing in individuals, couples and groups, it has more recently proved to be a powerful paradigm for leaders of organizations. Leaders become more effective and more satisfied when they increase their self and other awareness, and learn skills to manage themselves and manage differences within structures of power and hierarchy. This workshop will present Gestalt concepts as they apply to leadership responsibilities and challenges and then take participants through experiential Gestalt exercises that are used to train leaders in presence, managing multiple realities, building effective working relationships, and leading teams across functional boundaries (silos). Participants will both learn to be better leaders and understand how to develop leadership skills in others.

**Learning Objective(s):** Participants will be able to identify common areas of leadership roles and responsibilities where awareness of self and awareness of others and the contact cycle facilitates greater leadership success.

**Nancy S. Hardaway, Med,** formerly the CEO of the Gestalt International Study Center, is founder and principal of Listening 2 Leaders, supporting leadership and strategy in individuals, teams and organizations. She was an executive in financial services and real estate development., and an entrepreneur – having founded and sold two companies in real estate and construction. She holds a BA in Psychology from Tufts University and an M.Ed. in learning theory from Harvard University. She teaches leadership and coaching at GISC, and is the author of a new book called The Awareness Paradigm: A Story of Leadership Success.

**Joseph Melnick, PhD,** is Co-Chair of the Cape Cod Training Program at the Gestalt International Study Center and serves on the Board of Directors of GISC. He is a couples and family therapist, an organizational consultant, and author of numerous articles

## Is Diversity of Gestalt an Opportunity or a Risk? With Isabelle Le Peuc'h, PhD (Workshop Round IV)

**Abstract:** The diversity of Gestalt is both an opportunity and a risk. Born from a discordant and subversive team, Gestalt has remained open to creative adjustments as promoted in its own theory. But with traps of easiness and attraction for new approaches, this strength can lead to an incoherent blend. Between fruitless sectarianism and betraying dissipation, how to remain open, integrate innovation and evolve without losing the Gestalt spirit and specificity? This question echoes directly on the way Gestalt is taught and requires to highlight what is so specific in Gestalt, considering also the different currents of the Gestalt network. It will be explored from clinical and theoretical points of view and illustrated with some examples of positive enrichment and some others of compliance disruption.

**Learning Objective(s):** Participants completing this workshop will observe and be able to identify the pitfalls and opportunities of various currents in Gestalt therapy.

**Isabelle Le Peuc'h, PhD** is a Gestalt-therapist, trainer and supervisor. She is also the director of the 'Ecole Parisienne de Gestalt' (EPG), which is one of the most famous and important training institute in Europe for psychotherapy and Gestalt. During the first part of her career she was mainly involved in companies for engineering, training, management and later as an international coach and consultant. Regarding her competencies in psychotherapy she had previously a master in NLP and has been completing her Gestalt abilities in particular with body work and with trauma healing. She has published many articles in French Gestalt reviews.

## Gestalt Therapy by Video-Conferencing : Here, Now and Next With Beatrice Valantin, DEUG of psychology (Workshop Round IV)

**Abstract:** I will present the reasons that brought me to work with the medium of video-conferencing. Which theoretical and practical foundations of Gestalt therapy I am using as my compasses to explore this Terra Incognita. What major changes I am encountering in my practice and how I had to create a specific Gestaltist way of working to adjust myself to this new environment. I will illustrate my experiences by using clinical cases and theoretical contributions.

**Learning Objective(s):** Participants in this workshop will be able to imagine and describe three gestalt therapy techniques related to three gestalt therapy goals. For example: Working on limits: ask the client to LOCK the door when there is someone in his/her house during the session. Working on healthy aggression (move towards action): invite the client to reveal a part of his/her home and reveal a part of your office or work environment. Working on awareness: Working with a webcam first and then without. Finding out what the client remembers of the physical attributes and the environment of the therapist.

**Beatrice Valantin, DEUG of psychology** is one of the pioneering French gestalt therapists treating clients via video-conferencing. She continues to practice in the traditional therapy setting as well receiving clients and groups in her office in Paris. She is also a composer and a concert performer with the world music 'band Deleyaman' who have released five albums to date. Beatrice Valantin has studied Applied Arts in her youth and has worked as a journalist for French women's magazines.

# Conference Presentations

## Round V

### Diversity in South America

Moderated by Patricia Genni, PhD

With Pablo Herrera Salinas, MA • Marcela Miguens • Myrian Bove, Clinical Psychologist  
(Workshop Round V)

**Abstract:** The panel will offer various development interests at the area, ranging from philosophical and attitudinal positioning to approach therapeutic resources linked to Polarity, Gestalt, Transpersonal, Ecology and Complexity.

**Learning Objective(s):** Participants will perceive and will share the variety of themes developing in South America. Participants will access therapeutic resources arising from each of these topics.

**Patricia Genni, PhD** has a degree in psychology from the University of Buenos Aires and graduated from the Gestalt Training School in Argentina (AGBA). She has also acquired training as a psychodramatist and zootherapist. Patricia has extensive training in body language, theater work, expressive vocal techniques and contemporary dance. She is on the Roster of Experts of the National Commission for University Evaluation and Accreditation of Argentina, has taught at the University of Buenos Aires, Belgrano, and Abierta Interamericana, and is a co-founding member of Eco-Gestalt (space dedicated to research and dissemination of new trends within the Gestalt approach). Patricia has participated in organizing and has presented at many Congressos Gestalt. Today, she is dedicated to individual, group, and animal therapies; gestalt therapy training and supervision, as well as administrating at AGBA.

**Pablo Herrera, MA** Pablo Herrera Salinas is a gestalt psychotherapist with a doctorate in psychotherapy research from the Catholic University of Chile and Heidelberg University. As a researcher, he has presented in scientific meetings in Chile, Argentina, Switzerland and U.S.A. Pablo supervises students' masters degree thesis, and is in charge of research in the Gestalt Institute of Santiago. His main research topics include psychotherapy process, patients' conflict and resistance towards change. He is currently heading an international research project focused on studying Gestalt therapy process and measuring outcome, in order to validate our practice.

**Marcela Miguens** is a sociologist and psychotherapist, a pioneer in Gestalt therapy in Argentina and founder of the first Gestalt Educational Center in Buenos Aires, in 1978. She majored in Transpersonal Psychology and Holotropic Breathwork at the GROF TRANSPERSONAL TRAINING INC, in Mill Valley, California. Marcela graduated with honors from L'Ecole des Hautes Etudes Sociales in Paris, France, and has taken post-graduate courses with Raymond Aron: 'Present state of the macrosociological theory (1970);' and with Claude Levi Strauss: 'Structural analysis of myths' (1971). She studied gestalt therapy with Donald Mosher at Connecticut University, Connecticut, USA.(1975). She published in 1993 a book: 'Gestalt Transpersonal, un Viaje Hacia la Unidad' that was a long seller in Latino-America. Marcela is founder and executive director of 'Redes Solidarias Foundation' and founder of the Women's Forum, 'FORO DE LA MUJER', an organization that has a membership of professional women who are concerned with the Cultural Field and Social Problems of Argentina. Now she has her private practice in Buenos Aires where she works with individuals and groups on family conflicts and abuse.

**Myrian Bove Fernandes, Clinical Psychologist.** Child, Adolescent, Adult and Family Psychotherapist. Licensed in Psychology at Pontificia Universidade Católica (PUC) in 1970, Gestalt therapist since 1981. One of the members of the staff of the first Gestalt-therapy Training Program at Instituto Sedes Sapientiae in São Paulo, Brazil, from 1982 to 1993. Editor in charge of Revista de Gestalt, an annual periodic, from 1991 to 2000. Member of the staff of Art Therapy Program coordinated by Selma Ciornai from 1995 to 2002, at the same Institute. Co founder and actually general coordinator of Instituto Gestalt de São Paulo (IGSP), since 2001. Member of the staff of the Gestalt -therapy Training Program at IGSP, editor in charge of Revista Sampa GT, a periodic presenting different themes in the Gestalt approach. Along these years participated in many publications on journals or books in Child, Adolescent and Family Therapy, gave many lessons or courses in different places all over Brazil, coordinated or attended to Panels and Workshops during Conferences in Gestalt Therapy in Brazil, US and some other countries.

### Individuality, Personhood and the Naked Individual: Suffering at the Contact-boundary

With Dan Bloom, JD, LCSW  
(Workshop Round V)

**Abstract:** We treat the suffering "individual" in our clinical work. I will show how our skills can be sharpened by understanding the "individual" as an aspect of the "person" within emergent self process. The person is the continuous result of social contacting. The individual is the executive or agentic functioning "within" the person. The person is the on-going temporal process of individual identity, choice, meaning making, intersubjectivity, loving, ethics, existentiality, etc. As such, personhood co-creates our social field, our world with others. This has clinical significance. Sometimes disruptions at the contact-boundary "rupture" personhood. A "naked individual" is as if banished into a world of the solitary suffering, caught in the maze of unaware habitual patterns. Our work is to "welcome" this individual back into the world of personhood. I will offer clinical examples demonstrating this.

**Learning Objective(s):** Participants in this workshop will be able to describe with understanding the relationship between the individual and person as aspects of self process; and to apply this understanding with discrimination in their clinical work.

**Dan Bloom, JD, LCSW** is a psychotherapist in private practice in New York City. He is past president and fellow of New York Institute for Gestalt Therapy and past president of the Association for the Advancement of Gestalt Therapy. He was Editor-in-Chief of Studies in Gestalt Therapy: Dialogical Bridges and is an associate editor of the Gestalt Review. He co-edited the books Continuity and Change: Gestalt Therapy Now and The New York Institute for Gestalt Therapy in the 21st Century. Dan is adjunct faculty at gestalt therapy institutes in the United States, Europe, and Australia. Dan has presented workshops at many international conferences.

**Creative Group Supervision: Rejuvenating, Resourcing And Reigniting Our Relational Practice**  
**With Billy Desmond, MSc, Dip Gestalt Psychotherapy, MBA, Cert. Supervision, UKCP**  
**(Workshop Round V)**

**Abstract:** Supervision is an integral part of maintaining our well-being, confirming our capability, developing our insight and identifying potential interventions to enhance the effectiveness of our clinical, coaching and OD practice. As a dialogical 'co-educator' both to trainees and supervisees the role of the group supervisor may be more effective by understanding the development of practitioners. This workshop highlights the key aspects of an action research project that explored therapists and coaches transitioning into supervisory roles and then uses this to share a way of working in supervision groups that is creative and embodied while attending to the co-created phenomena of shame, support.

**Learning Objective(s):** Participants completing this workshop will be able to describe the practitioner adult learning development process from therapist to supervisor that supports the group supervisor to develop a strong working alliance that fosters support, minimizes shame and nurtures the importance of 'surprise' (non-rational ways of 'knowing'); and they will be able to discuss the Gestalt therapy theory that informs a model of group supervision that is relational, creative and embodied.

**Billy Desmond, MSc, Dip Gestalt Psychotherapy, MBA, Cert. Supervision, UKCP.** Billy is a Gestalt psychotherapist, supervisor, OD practitioner coach and adult educator. His interest as a Gestalt therapist/ practitioner researcher is exploring and nurturing the development of embodied and creative ways of knowing within a dialogical relationship in groups. He is Head of Gestalt Department at Metanoia Institute in the UK, tutors on Gestalt psychotherapy and OD programmes. He is a faculty member at Ashridge Business School specialising in working with teams/groups in organisations.

**The Developing Situation: A Kinesthetic-Kinetic Perspective**  
**With Ruella Frank, PhD**  
**(Workshop Round V)**

**Abstract:** The Developing Situation: A Kinesthetic-Kinetic Perspective

The experience of one person with another develops out of and within a kinesthetic-kinetic resonance. These are rhythmic exchanges that spring from the present situation, resonating through each of our bodies and most often making their impact felt beyond what is momentarily apparent. It is kinetic resonance that informs our here-and-now by "thickening" our experience of this moment and even informing us of future possibilities.

This presentation will discuss developing kinesthetic-kinetic resonance within the early baby-parent dyad and explore how they are implicit in the postural-gestural progressions that are the basis for adult psychological functioning.

**Learning Objective(s):** Participants in this workshop will be able to analyze the components of movement, in their own moving process as well as that of their patients, by understanding the essential elements involved.

**Ruella Frank, PhD,** is founder and director of the Center for Somatic Studies, NYC, is faculty at the New York Institute for Gestalt therapy, adjunct faculty at Gestalt Associates for Psychotherapy, and teaches throughout the United States, Europe and Mexico. She is author of articles and chapters in various publications, as well as the book *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, and co-author of *The First Year and the Rest of Your Life: Movement, Development and Psychotherapeutic Change*. Her new video, *Introduction to Developmental Somatic Psychotherapy*, is now available on [www.somaticstudies.com](http://www.somaticstudies.com).

**How Buddhist Psychology Can Make Us Better Gestalt Therapists**  
**With Eva Gold, PsyD • Steve Zahm, PhD**  
**(Workshop Round V)**

**Abstract:** In this workshop we will look at the benefits of Buddhist psychology views and practices for the Gestalt therapist. Understanding Buddhist psychology concepts, and practicing meditation methods can make us more effective Gestalt therapists by giving us a broader perspective on suffering, and increasing our capacity for heightened attention, therapeutic presence, compassion, and the ability to be with 'what is'. These therapist qualities also underlie the 'common factors' that have been shown to result in more effective therapeutic treatment, by improving the therapeutic alliance and relationship. In this primarily experiential workshop we will explore these ideas and practices through a brief presentation/discussion followed by guided meditation, paired exercise, and a small group 'fishbowl' demonstration.

**Learning Objective(s):** Attendees will be able to list and describe two Buddhist psychology principles that can contribute to more effective Gestalt therapy practice.

**Eva Gold, PsyD,** a psychologist in private practice in Portland, OR is Founding Co-Director of Gestalt Therapy Training Center-Northwest and Senior Faculty for the 'Buddhist Psychology and Contemporary Gestalt Therapy: Bringing Mindfulness to Psychotherapy Practice' training program. She is also an adjunct Assistant Professor at Pacific University School of Professional Psychology where she teaches Gestalt therapy. She has written extensively and trained and presented nationally and internationally on a number of topics including Buddhist psychology and Gestalt therapy. A mediation practitioner and student of Buddhist psychology for many years, she is currently completing a book on Buddhist psychology and Gestalt therapy.

**Steve Zahm, PhD,** a psychologist in private practice in Portland, OR is Founding Co-Director of Gestalt Therapy Training Center-Northwest, and Senior Faculty for the 'Buddhist Psychology and Contemporary Gestalt Therapy: Bringing Mindfulness to Psychotherapy Practice' training program. He is a Professor at Pacific University School of Professional Psychology where he teaches Gestalt therapy and group therapy. He has been committed to bringing Gestalt therapy into academic settings for over 35 years, and has written extensively and trained and presented nationally/internationally on many topics including Buddhist psychology and Gestalt therapy.

**Almost Right: The Aesthetics of Approximation in Therapeutic Conversation**  
**With Lynne Jacobs, PhD**  
**(Workshop Round V)**

**Abstract:** What does it mean to understand another person? Understanding is a process, one that finds its mutative power through the lived experience of being welcomed, recognized and known/not-known at the same time. Approximate understanding leaves room for the experience of complexity, fallibility and revision. This particular aesthetic conversation calls for therapeutic humility, tolerance for uncertainty, and embraces the infinite possibilities of a given moment. I will show how American Pragmatism and other phenomenological philosophers can support this kind of therapeutic contacting.

**Lecture/discussion.** Learning Objective(s): Attendees will be able to describe the limits of knowing; and to describe the impact upon the therapeutic relationship.

**Lynne Jacobs, PhD**, lives in two psychotherapy worlds. She teaches and trains gestalt therapists world-wide. She is co-founder of the Pacific Gestalt Institute and also a training and supervising analyst at the Institute of Contemporary Psychoanalysis. She is co-editor (with Rich Hycner), of *The Healing Relationship in Gestalt Therapy: A Dialogic / Self Psychology Approach*, and co-editor of *Relational Approaches in Gestalt Therapy*. She has also written numerous articles for gestalt therapists and psychoanalytic therapists. She has a private practice in Los Angeles.

**Getting to Know Two-You: Introduction to the Gestalt Two-Chair Technique**  
**With Bea Mackay, PhD**  
**(Workshop Round V)**

**Abstract:** Clients frequently bring their inner conflicts to therapy and look to the therapist for help to resolve them. At the heart of most inner conflict is a problem with how a person relates to himself and to others. This workshop introduces Two-You Work (a simplification of Gestalt Two-Chair technique and Empty Chair technique) to people new to Gestalt therapy and clinicians who want to learn this effective way of helping clients resolve inner conflict and reclaim disowned parts of the self. This experiential workshop is taught through lecturettes and demonstration. Participants are given the opportunity to work in dyads on their own inner conflicts under supervision and direction of the presenter. Plenty of time for debriefing, discussion and questions is provided.

**Learning Objective(s):** Participants in this workshop will be able to describe the concept of Two-You Work, explain the terminology of splits and identify the 3 stages of the work; and they will observe the work and be able to integrate theory with practice in the application of the process with clients.

**Bea Mackay, PhD.** I am a Registered Psychologist in private practice in Vancouver, Canada working with individuals, couples and families. I offer workshops in Canada, USA, Europe, Mexico and Australia. I stumbled across Gestalt Therapy while I was doing my Master's at UBC (University of British Columbia) when I was asked to join a Gestalt Training Group that was starting up. I loved it from the start. It dovetailed well with the work I was doing in Individual Psychology regarding Adlerian Life Style Analysis and early recollections. My doctoral dissertation, *The Gestalt Two-Chair Technique: How it relates to theory*, investigated the theory. An article in *Gestalt Review*, *A Study of the Gestalt Two-Chair Theory using Divorce Decision-Making*, stems from the research. A few years after I received my certificate from the Gestalt Experiential Training Institute (GETI), I became a trainer at the institute and taught many of the components. In particular, I enjoyed Two-Chair Work and have focused on it extensively. In October 2011, Writeroom Press published my book: *Two-You Work: How to work with the self in conflict: a manual for therapists and counsellors working with clients who are experiencing inner conflict or disowned aspects of the self*. Both print copy and ebook are available at [BeainBalance.com](http://BeainBalance.com). I have created interactive exercises on the Internet based upon the theory of Gestalt Two-Chair Work and resolving inner conflict about career and relationships. I invite you to take a look at my blog [BeainBalance.com/blog](http://BeainBalance.com/blog) and quizzes at [BeainBalance.com/quizzes](http://BeainBalance.com/quizzes). On a personal note, I love theatre and sports. I'm an avid tennis player. I also enjoy hanging out with my grandson.

**New Gestalt Therapy Demonstration And Theory Films – A Film Screening And Discussion: A Contemporary View**  
**With Robert W. Resnick, PhD**  
**(Workshop Round V)**

**Abstract:** Finally, after many decades, Bob is presenting his contemporary Gestalt Therapy demonstration and theory training films that will hopefully retire "Gloria" in an outreach to both graduate students worldwide and the larger therapeutic community – subtitles in a dozen languages. Personally certified by Fritz Perls and chosen by Perls to introduce Gestalt Therapy to Europe in 1969, Bob has been a Gestalt Therapist and trainer for almost 50 years. These new films, circa 2013-2014 were made at GATLA'S long running (43 years) European Summer Residential Training Workshops, are with real people dealing with real issues in real time (no actors). This contemporary approach to Gestalt Therapy is field, phenomenological, process and deeply dialogically based. Discussion, comments, questions and reactions will be encouraged. Excellent video and sound.

**Learning Objective(s):** Participants will learn about the importance of phenomenology and phenomenological inquiry.

**Robert W. Resnick, PhD**, Clinical Psychologist, Gestalt/Couples Therapy trainer for almost 50 years – trained and certified (1969) with Perls and Simkin and chosen by Perls to introduce Gestalt Therapy to Europe – summer 1969. His interview "Gestalt Therapy: Principles Prisms and Perspectives" appears in the 1995, *British Gestalt Journal*. "The Recursive Loop of Shame", *Gestalt Review* 1997. "Chicken Soup Is Poison" (Perls Festschrift) circa 1967. Currently developing and distributing contemporary Couples Therapy and Individual Gestalt Therapy theory and demonstration films for graduate psychotherapy programs worldwide in a dozen languages. His first clinical practicum was driving a New York taxicab.

**Play as the Medium: A creative Dialogue between Contemporary Art Theory and Practice, and Gestalt Therapy**  
**With Christine Stevens, PhD**  
**(Workshop Round V)**

**Abstract:** An illustrated, participatory presentation drawing on my my experience from recently completing a three year degree in contemporary fine art practice whilst continuing my practice as a Gestalt therapist. I explore from a cross-disciplinary perspective theoretical underpinnings that can inform our use of creative methods in Gestalt therapy. This builds on the well-established tradition for using artistic methods and materials in Gestalt and enriches our understanding by drawing on a wider field of discourse including perception, phenomenology, representation, metaphor and semiotics. will assess the contribution application of visual arts theory to the practice of Gestalt Therapy.

**Christine Stevens, PhD** is a psychotherapist, trainer, supervisor and editor of *The British Gestalt Journal*. Working in private and NHS practice she is a faculty member of the Doctorates in Psychotherapy at Metanoia Institute London. She is Programme Leader for MA Pastoral Counselling at St John's College, Nottingham England and supervisor for GITA, Slovenia. She runs a Clinical Training Unit for Psychotherapy in Primary Care. She is in her final year of a BA in Fine Art practice and her research interest is the theoretical framework for creative methods in Gestalt Therapy.  
Level of Experience for Participant: Beginning Level Experience, Advanced Level Experience, Expert Level Experience

**Values, Intention, and Mission Clarification: When the Coach becomes CEO – Coaching for Consciousness Change at an Organizational Level  
With Gordon Wheeler, PhD  
(Workshop Round V)**

**Abstract:** Gestalt Coaching is the application of basic Gestalt principles of creativity, intentionality, support, and meaning-making to the achievement of meaningful personal goals, at an individual or systemic level. But what does it mean to “coach” an entire organization? In the case presented in this workshop, the consultant engaged to coach and do team-building with the Board became CEO of the organization — thus becoming, in a special sense, “coach” to the entire organization in the Gestalt-based work of clarifying vision (organizational values), mission (organizational intentions), and internal, mission-derived role definition and structural reorganization (organizational boundaries). But what does it mean to combine these two roles (managerial and consultative); and what happens when we conflate two different orders of organizational authority (role-based authority of the CEO with the expertise-based authority of the consultant or coach)? This case presentation will take us into the inner dynamics of the Esalen Institute, an iconic trailblazer in transformational education and Gestalt-based community practice, as it moved through its fifth decade of pioneering initiatives under conditions of “mission drift” and financial distress. Today Esalen enters its sixth decade in robust financial shape with a renewed sense of mission commitment, a renewed energy for Gestalt practices — and a familiar unease among “old-timers” about new level of complexity of consciousness in a changing world. What happened in the intervening decade, what are some of the costs and losses as well as gains — and what difficult lessons did the coach/exec learn along the way?

**Learning Objective(s):** Participants in this workshop will learn the role of Vision, Mission, and Values clarification in organizations as application of Gestalt Coaching principles of intentionality, boundary, meaning-making, and support, and become able to apply these principles as dynamic criteria for interventions in their own organizations; they will be able to recognize and intervene in signs of organizational “mission drift,” in mature organizations, discriminating personnel placement issues from structural and organizational dynamics issues in designing interventions; and they will observe the principles and application of one Gestalt-based approach to whole-organizational change and cross-stakeholders buy-in, and be able to modify this model to issues and challenges in the organizations with which they work.

**Gordon Wheeler, PhD**, is internationally known for his teaching, training, and writing in relational and Gestalt therapy, coaching, Systemic Constellations, and integral education. His written work, including more than a dozen books and over 100 articles in the field, has emphasized the evolution of Gestalt relational theory as the basis for systemic and developmental self theory beyond individualism, integrating the body of Gestalt psychology research with the Gestalt therapy tradition. In his writings Gordon has focused particularly on relational development, self and shame, couples and intimacy, multi-cultural issues, gender and men’s issues, integral leadership and coaching, and lifelong integral education, as well as post-Holocaust issues and Systems Constellations. Since 2002 he has served as President of Esalen Institute in Big Sur, California, where he also served for some years as CEO. Gordon and his wife Nancy Lunney-Wheeler have a large and growing blended family and make their homes at Esalen and in Santa Cruz California.  
Level of Experience for Participant: Beginning Level Experience, Advanced Level Experience

## Conference Presentations Round VI

**Synergy and Differentiation: Taking a Deeper Look at Gestalt and Related Methods  
Moderated by Gordon Wheeler, PhD  
With Lena Axelsson, PsyD • Archie Roberts, MA • Lolita Sapriel, MSW  
(Workshop Round VI)**

**Abstract:** Gestalt therapy has evolved and developed in its articulation over the past half century, without losing Goodman and Perls’s core focus on the dynamics of desire and contact, the embodied experience of the here and now, and experiment in the service of meaning-making, creativity and growth. Drawing on the constructivist phenomenology of the original Gestalt Psychology model and Lewin’s Action Research methodology for bringing dynamic structure into awareness and experiment. As we’ve discovered and developed deep resonances with other evolving methods and research in psychology, Gestalt itself has deepened, enriched by and enriching in turn many other, related streams of inquiry and practice. In this panel we will emphasize resonance and distinction between Gestalt practice and a number of these other traditions, with emphasis on contemporary developments in field theory, systems theory, embodiment/somatics, affect and attachment theory, trauma and healing, and neuroscience. Specifically we will draw on the panelists’ experience with relational and intersubjective movements, Somatic Experiencing, Johnson’s EFT, Fosha’s AEDP, Gestalt-based Systemic Constellations, and related contemporary approaches.

**Learning Objective(s):** Participants will gain ability to identify and use core Gestalt principles while choosing among and integrating a range of Gestalt and other related techniques and methods; and they will review and be able to describe a range of relational and present-centered tools, identifying their influences from Gestalt as well as their applications to work which is fundamentally grounded in phenomenological assumptions. In addition, participants will be able to discriminate among tools and methods which are not consonant with basic Gestalt principles, identifying where these methods base themselves on non-phenomenological assumptions; and they will gain ability to exercise choice in integrating tools and methods which share basic Gestalt foundations, into their own creative styles and practices.

**Gordon Wheeler, PhD**, is internationally known for his teaching, training, and writing in relational and Gestalt therapy, coaching, Systemic Constellations, and integral education. His written work, including more than a dozen books and over 100 articles in the field, has emphasized the evolution of Gestalt relational theory as the basis for systemic and developmental self theory beyond individualism, integrating the body of Gestalt psychology research with the Gestalt therapy tradition. In his writings Gordon has focused particularly on relational development, self and shame, couples and intimacy, multi-cultural issues, gender and men’s issues, integral leadership and coaching, and lifelong integral education, as well as post-Holocaust issues and Systems Constellations. Since 2002 he has served as President of Esalen Institute in Big Sur, California, where he also served for some years as CEO. Gordon and his wife Nancy Lunney-Wheeler have a large and growing blended family and make their homes at Esalen and in Santa Cruz California.

**Lena Axelsson, PsyD** is a licensed Marriage and Family Therapist practicing in Santa Cruz, CA. She received her Gestalt training at The Gestalt Academy of Scandinavia before moving to the USA. She has also received extensive training in trauma and neuroscience from among others Peter Levine and Bessel van der Kolk. She co-authored Gestalt Psychotherapy (Theories of Psychotherapy Series) published by APA with Gordon Wheeler. Apart from working in her private practice she is also a clinical supervisor for interns and hold regular trainings in trauma informed Relational Gestalt therapy.

**Archie Roberts, MA**, is a psychotherapist and organizational consultant whose work explores the central role of physical presence in affect regulation and in the activation of human change processes. He’s taught at the Harvard Business School, the Columbia Graduate School of Business, and Cambridge College, and is currently on the faculty of the graduate programs in Holistic Counseling & Holistic Leadership at Salve Regina University.

**Lolita Sapriel, LCSW**, is in private practice in Santa Monica California. She is a former trainer and past president of the Gestalt Institute of Los Angeles. She spent five years in a consultation group with Robert Stolorow studying Intersubjectivity theory. She currently leads consultation groups whose orientation is an integration of Gestalt theory and Intersubjectivity theory. She has trained therapists in the US, the UK, and Canada. She is on the faculty of Ryokan College and has been a guest trainer at Metanoia Institute and Institute for Arts in Therapy and Education in London. She has published articles in the British Gestalt Journal and has chapters in two books edited by Talia Bar-Yoseph Levine.

**Creating Diversity, Individuation, and Differentiation in a Gestalt Community with an Emphasis on Clinical Training**  
**With Bay Area Gestalt Institute • Frank Rubinfeld, PhD • Lucanna Grey, MA**  
**(Workshop Round VI)**

**Abstract:** BAGI members will demonstrate the functioning of a self-reflective organization, where members support individual differentiation and diversity while maintaining group cohesion. We will do this by engaging in our style of group process (incorporating our values of awareness, self-responsibility, aliveness, and caring) as we explore an issue. There will be ample time for audience interaction and Q & A.

**Learning Objective(s):** Participants will observe and be able to describe a process of incorporating diversity in community decision making. Bay Area Gestalt Institute, Bay Area Gestalt Institute is the outgrowth of the Gestalt Institute of San Francisco, CA that was started in 1968 and was closed in 1995. The revival of the Institute was given approval by the former trainers. The official time that we began was in Jan. 2010. We have 19 interns, and 5 trainers. We offer training to interns from the Cal. Institute of Integral Studies.

**Frank Rubinfeld, PhD.** Yale PhD, psychology, 1964, Acting Director, Guidance Laboratory, Teachers College, Columbia U., 1964-7. Trained with Fritz Perls, 1967-1970. Cofounder, Psychotherapists for Social Responsibility and author of "The Peace Manual; a Guide to Personal-Political Integration., 1985. Taught Gestalt at C,S,P.P. and taught Gestalt at C,S,P.P. and Esalen in the seventies and eighties. Adjunct faculty, C.I.I.S since 2004. Editorial Board of the Gestalt Review since 2004, with a number of published articles. Founding member, Bay Area Gestalt Institute, 2010.

**Lucanna Grey, MA, BSN.** University of Michigan, 1958; , Group Therapist, Stanford University Hospital, 1969-1981.(group therapist), coordinator of program for Anorexia, Stanford University Hospital, 1976-81. MA degree Santa Clara University, 1981. Licensed in state of CA. 1981. Stanford Voluntary Clinical Faculty 1981-2005 Private practice, 1981-2010.Menlo Park, Ca. Trainer, Gestalt Institute of San Francisco, 1984-95; Director, Integral C., CIIS< San. Fran. 1990-2011, Core Faculty, CIIS, 1993-present. Founding member, Bay Area Gestalt Institute, 2011 to present.

**The Aging Therapist**  
**With Bud Feder, PhD • Jack Aylward, EdD • Charlie Bowman, MS**  
**(Workshop Round VI)**

**Abstract:** At the outset, the three presenters will briefly interact with one another in a spontaneous way on the topics of this workshop. Then the attendees will be warmly invited to join in with their resonance to the theme. There will be no attempt to come to any general conclusions and all view points will be respectfully entertained. At points the presenters will inject brief mini-lectures on the topic based on their experience and research, and it is expected that frequent experiential individual and subgroup exercises and experiments will emerge during the time allotted.

**Learning Objective(s):** Participants completing this workshop will be able to describe the applicability of gestalt therapy to the primary existential issues faced by therapists as we age; and to describe same as faced by clients as they age.

**Bud Feder, PhD** is a psychologist in private practice in Montclair, NJ, USA, subspecialty in gestalt group therapy. He is a founding member and former president of AAGT and currently the proud co-chair of the Scholarship Fund. He is a past president of the NYIGT and often provides training in various parts of the world and in the United States. At age 84 he knows a bit about aging. He has reframed Igor Stravinsky's famous statement 'Aging is a continual series of humiliations' to 'Aging is a continual series of challenges, requiring creative adjustments.'

**Jack Aylward, EdD,** is the director of the Plainfield Consultation Center in Watchung, NJ. He is the recent author of the book 'Gestalt Therapy and the American Experience.' Jack has been running gestalt therapy training group and supervision groups for many years, with a special emphasis on marathon group formation.

**Charlie Bowman, MS** is a senior faculty member and Co-president of the Indianapolis Gestalt Institute. He was the third president of AGGT and has also served AAGT as Vice-president, Treasurer, Board member, Conference Co-coordinator, Communications Director and Interest Group Co-chair. Charlie has remained active in the organization since its inception. He is fiercely dedicated to its development in accordance with the AAGT Constitution and By-laws. He has published numerous articles on gestalt therapy, is the immediate past newsletter editor and is famously know as AAGT's Auctionaire extraordinaire.

**How Gestalt's Phenomenological Method Works**  
**With Sylvia Fleming Crocker, PhD**  
**(Workshop Round VI)**

**Abstract:** The authors of the text Gestalt Therapy characterize their approach to therapy as the therapist's meeting the patient/client's actual living, thus enabling him/her to become aware of how he/her functions as a living organism and as a person. This has the capacity to bring to present light all of the significant influences that impact the person's present patterns of response and behavior. I believe Gestalt's version of the phenomenological method is the most effective means for "meeting the living" of our clients, and I hope to show how it is the cohesive linchpin of all the methods of Gestalt practice.

**Learning Objective(s):** Learning Objective 1 \*Participants in this workshop will be better able to track the flow of the client's energy in a session, and will with greater understanding of the process be able to choose an appropriate method of intervention. These interventions should be seen as leading to related significant factors in the client's life, which can be explored and worked with.

**Sylvia Fleming Crocker, PhD** has been practicing Gestalt therapy in Laramie, Wyoming for the past 30 years. She trained with the Polsters and at the Gestalt Therapy Institute of Los Angeles. She has contributed numerous journal articles and book chapters on Gestalt Therapy, and has published a book, A Well-Lived Life: Essays in Gestalt Therapy, about to be printed for the fourth time. She is currently writing a comprehensive book on Gestalt Therapy's version of the Phenomenological Method. She has trained therapists in the USA, Europe, Australia, Japan, and Korea.



**The Attentional Scope Approach  
With Peri Mackintosh, MSc  
(Workshop Round VI)**

**Abstract:** Attentional scope powerfully impacts affect and creativity. The breadth or narrowness of our focus of awareness is highly embodied. In this experiential workshop we will learn to notice our own attentional scope and its impact on our experience. We will observe its embodied expression in each other. We will explore attentional intervention that supports a clients ability to open their body and minds to the creative possibility of their experience. The workshop will illustrate the findings of recent research on attentional scope, to develop observational skills and create fresh attentional intervention. Please be prepared to move.

**Learning Objective(s):** Participants completing this workshop will be able list findings of research on attentional scope; and to describe the impact of attentional scope on affect and creativity in their work with clients.

**Peri Mackintosh, MSc** is a senior psychotherapist at the Bethlem Royal Hospital and private practice in London. He is academic consultant and examiner for the Metanoia Institute Gestalt Program. He created Freeforming Contact Meditation and pioneered mindfulness-based music and movement groups in the 1980's for people with severe mental illness, autistic spectrum disorders and profound sensory and mobility disabilities. He has trained in Zen meditation and studied at the Laban Centre for Movement Studies and London School of Contemporary Dance. He has taught Aikido in UK, USA, and Norway. He has composed and choreographed for stage and TV.

**The Cape Cod Model for Working with Couples  
With Joseph Melnick, PhD  
(Workshop Round VI)**

**Abstract:** The Cape Cod Model for working with small systems (couples, families, groups, and teams), based on Gestalt therapy, has been presented around the world. This highly interactive presentation will start with a description of the Model. The power of an optimistic stance will then be described. We will all participate in a live demonstration of the model that includes how to "see a system," how to connect with it, and how to intervene. We will end with a discussion.

**Learning Objective(s):** Participants completing this workshop will be able to describe the Cape Cod Model for working with small systems; and to articulate the benefits of an optimistic stance when intervening with client couples.

**Joseph Melnick, PhD**, is Chair of the Cape Cod Training Program and serves on the Board of the Gestalt International Study Center. He is a couples and family therapist, an organizational consultant, and teaches worldwide. The founding editor of Gestalt Review, he has published extensively and recently co-edited (with Edwin Nevis) *Mending the World: Social Healing Interventions by Gestalt Practitioners Worldwide*. He, along with Sonia Nevis, is completing a book that describes the model and its use in working with couples, families, teams, and groups.

**Failure to Launch  
With Peter Philippson, MSc  
(Workshop Round VI)**

**Abstract:** 'Failure to launch' is a description of people who have not made their own adult lives. They may live in their parents' home, or in an isolated room; they find the world threatening and overwhelming; they may have no job or a job that involves little contact with people; they have no sense of their sexuality, hobby, or life path. They can be very passive, or have outbursts of destructive temper. They see the diversity of the world as a threat, and their only safety is the familiar. This workshop describes a way to work with such people.

**Learning Objective(s):** Participants in this workshop will be able to describe different ways to work with people who have 'failed to launch', and the potential pitfalls of that work; and identify strategies to manage their own feelings of despair when they work with such clients.

**Peter Philippson, MSc** is a Gestalt psychotherapist and trainer, Teaching and Supervising Member of the Gestalt Psychotherapy & Training Institute UK, founder member of Manchester Gestalt Centre, Full Member of the New York Institute for Gestalt Therapy, Senior Trainer for GITA (Slovenia) and a guest trainer for many training programmes internationally. He is Past President of AAGT. Peter is the author of 'Self in Relation', pub. Gestalt Journal Press, 'The Emergent Self' pub. Karnac/UKCP and 'Gestalt Therapy: Roots and Branches' pub. Karnac, and many other chapters and articles. He is a teacher and student of traditional Aikido.

**Love, Sex, and the Wisdom of the Body: An Integrative Gestalt Approach to Relationship & Sexual Enrichment  
With Stella Resnick, PhD  
(Workshop Round VI)**

**Abstract:** Advances in brain imaging and studies in developmental neuroscience, sexology, and the positive psychology of flourishing strongly support the theory and practice of Gestalt therapy. Recent recognition of the therapeutic value of present-centered observation; attention to non-verbal cues, and emotional revelations through spontaneous imagery, are essentials of Gestalt practice. This presentation looks at how to integrate the scientific data to support body-based Gestalt processing specifically focused on intimate love relationships both for deepening emotional connection and for enhancing capacity to enjoy sexual pleasure. Methods to be demonstrated for working with individuals and couples utilizing this cognitive-somatic Gestalt approach include conscious breathing exercises, taking an "emotional inventory," present-centered tracking, and practicing basic embodiment skills like stress-regulation, visceral and sensory perceptiveness, and experiments in intimacy for couples.

**Learning Objective(s):** Participants completing this workshop will be able to identify multidisciplinary research that supports the theory and practice of Gestalt therapy; and to describe methods for working with couples and intimacy.

**Stella Resnick, PhD**, is a clinical psychologist, and certified sex therapist in private practice in Beverly Hills, California. She trains and supervises therapists in her Full-Spectrum approach to individual, couples and sex therapy. Her recent book, *The Heart of Desire: Keys to the Pleasures of Love* examines multidisciplinary research showing the interconnections between attachment history and early sexual programming and how that affects capacity to enjoy emotional and sexual pleasures. Her previous book, *The Pleasure Zone: Why We Resist Good Feelings* is also available in Spanish, Portuguese, German, Chinese and Hebrew. She trained with both Fritz Perls and Laura Perls.

**On Becoming Ready: From Old Habits To New Meanings**  
**With Myriam Sas De Guiter, Psychologist**  
**(Workshop Round VI)**

**Abstract:** Surviving, overadapting and overcoming are resources we produce to maintain ourselves in the culture to which we belong. The way we organize our observations of events, be we therapists or clients, strongly influences our ability to be open to new interpretations of our experience and to the discovery of new personal and cultural meanings. For being agent in our life project I propose to consider the process that takes place in ourselves going from adaptation to differentiation, from security to uncertainty and from loyalty to irreverence. There is a tendency to establish control on ourselves to prevent the risk of uncertainty as well as to maintain loyalties that develop into submission. An epistemological consideration maybe useful in these circumstances.

**Learning Objective(s):** Participants completing this workshop will be able to experience and describe a process of meaning making that restores a natural disposition frequently lost in our culture; and they will be able to apply this process in working with clients, so that clients can increase their potential capacities to discriminate between creative adaptation and submission.

**Myriam Sas de Guiter** obtained her psychology degree from the University of Buenos Aires. Co-founder of the Gestalt Association of Buenos Aires, she has served as programme director, scientific secretary senior faculty and codirector for the Clinical Consultation Service. She leads the Colloquium in Gestalt in Buenos Aires where she invites outstanding gestalt therapists from all over the world to present their knowledge. She is dedicated to clinical practice with adults, to relational aspects linked to submission in couples, family and the community and as a supervisor. Among her published articles are Ideas for living, Demanding and change, Emotional recovering for teachers and About certainties and uncertainties. She has presented at conferences in Spain, Canada, USA, Brazil, Uruguay, Mexico and Argentina.

**Gestalt As A Way Of Life: Taking Gestalt Principles And Practices Out To Our Communities**  
**With Cyndy Sheldon, MSW**  
**(Workshop Round VI)**

**Abstract:** There are many seeking psychological and spiritual awareness, who unfortunately fill their minds with concepts from books and tapes, and don't know how to use them for their personal growth. They know nothing about Gestalt, as we have largely kept our expertise to ourselves.

Let's expand our boundaries to include these seekers by

\*offering a community venue, which may be more affordable for many

\*demonstrating our keen ability to aid seekers' aliveness, awareness, creativity, and ability to make meaningful connections

\*being direct, clear and consciously self-disclosing to model what we teach

Using exercises and discussion, I will present a Gestalt educational model and my book what will inspire seekers to find and learn from us!

**Cyndy Sheldon, MSW, BCD**, who studied with Fritz Perls MD, and James Simkin PhD, was a founder of the original Gestalt Institute of San Francisco in the 60s. She taught there and abroad for many years. Inspired to follow her bliss for a more spiritual life she worked among the Navajos for 15 years where she found similarities in their way of life to Gestalt's. Since then she has been integrating these similarities with those of Eckhart Tolle and some Buddhist principles and practices. Currently she is teaching Gestalt in Bellingham WA, where she lives, and in Seattle. She recently wrote Gestalt as a Way of Life, and has been organizing AAGT/NW.

**Therapy as Serious Play: What Hans-Georg Gadamer, and Dialogical Hermeneutics Can Teach Gestalt Therapists**  
**With Carol Swanson, LCSW**  
**(Workshop Round VI)**

**Abstract:** The art of serious play is the back and forth, the dialogic of self and other in a lets-make-sense-together game of psychotherapy. In gestalt therapy, we call this contacting. Dialogical hermeneutics brings to our theory and practice of contacting a sensibility, a spirit of openness, in which Gadamer says: "What can the other teach me right now?" Gadamer with his dialogical hermeneutics is "radically undogmatic", embracing the ideas of fallibilism, uncertainty and emergent process. This workshop will introduce some basic ideas of dialogical hermeneutics and how this can support and inform our clinical practice. We will engage together in serious play

**Carol Swanson, LCSW**, co-director Portland Gestalt Training Institute, has trained in Gestalt therapy for over 30 years. Originally, she studied with Isadore From, known as the "dean of Gestalt therapy." Carol also studied at the Gestalt Therapy Institute of Los Angeles, and was a trainer assistant in their local program and their European Residential Program for four years. She has studied extensively with Lynne Jacobs, integrating the influences of selfpsychology and contemporary analytic thinking with Gestalt therapy.

**Gestalt Group Basics — A New Look!**  
**With Patricia J. Tucker, LCSW**  
**(Workshop Round VI)**

**Abstract:** This experiential and didactic workshop will present and demonstrate Gestalt Group Therapy Basics such as: elements of structure that will ensure a frame that supports enhanced authentic communication between participants; how to allow members to bring up "outside issues while maintaining a focus on moment-to-moment interaction, and how and when to bring additional elements of "ground" into awareness as they emerge (or have the potential to emerge.) The presenter will also introduce a Gestalt group therapy model that maintains a radical focus on that which is emerging in the moment, while also supporting members to present "other issues" from their lives in a structured way that highlights group interaction and that considers often unexplored elements of "ground" to be of crucial importance to group development.

**Patricia J. Tucker, LCSW**, holds a BA from Bard College ('78), an MSSW from Columbia University ('81), and is a graduate of Gestalt Associates for Psychotherapy in New York City (1985). Patricia has been a faculty member at Gestalt Associates since 1987 and was the Director of Training there from 1999-2011. Patricia is currently Vice-President of AAGT and will begin her term as President immediately following this conference. Patricia has been running groups and teaching about group therapy since 2002 and she is thrilled to be presenting on Gestalt Group Therapy in Asilomar!

#### RANGER-GUIDED TOURS

Complimentary ranger-guided tours give guests the unique opportunity to discover the property's cultural, history and natural history. The one-hour tours may be scheduled by calling the local California State Park at 831-646-6443.

**Beachwalk:** Take a soul-refreshing stroll along Asilomar's rocky shores and sandy beaches. The State Park staff shares fascinating information on how life has adapted to survive in the unique environment.

**Architecture/History:** Discover what life was like in the early days of Asilomar. Tour the historic buildings as State Park staff share interesting stories of the grounds.

**Dune Experience:** The sand dunes, the original reason for Asilomar's preservation, are a rare ecosystem that supports diverse, unique life. Learn about the dunes' natural and cultural role at Asilomar.

**Asilomar Ramble:** For those who want to see it all, the Asilomar Ramble is a combination of all three walks that touch upon the grounds' history, architecture, ecology and habitat.

#### BEACH VOLLEYBALL

Asilomar's volleyball court can be reserved at the front desk. Court usage is complimentary, but a \$5 refundable deposit is required for use of a ball.

#### BIKING

Trail and beach riding, adjacent to the Asilomar grounds, offers exercise while soaking up the scenery. Bike rentals are available at the Park Store located adjacent to the Hearst Social Hall: \$26 per day and \$18 per half day.

#### BIRD WATCHING

The preserved environment surrounding the grounds is perfect for bird watching. Check the front desk for a list of species and the best places to catch a glimpse of local birds.

#### WALKING TRAILS

Asilomar's 107 acres are connected by walkways and scenic trails that are ideal for exploring. Starting at the property, the boardwalk meanders through the dunes to Asilomar State Beach, where it meets up with the extensive coastal trail for extended treks by the shore.

#### BILLIARDS

Antique pool tables located within the Phoebe A. Hearst Social Hall are complimentary for guests.

#### SUNBATHING

The mile-long Asilomar State Beach provides the perfect balance of sand and sunshine. Beach supplies are available for purchase at the park store.

#### SWIMMING

Park guests can unwind in Asilomar's outdoor heated swimming pool, open year-round from dawn to dusk. Towels are available at the pool.

#### SURFING

Grab your board and hit the beach! Asilomar is one of Monterey Peninsula's best places for catching waves.

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