

CONFERENCE WORKSHOPS
IAAGT BIENNIAL CONFERENCE
17TH - 22ND MAY 2022, COUNTY CLARE, IRELAND



EDGES OF
EXILE AND
BELONGING



EDGES^{OF} EXILE^{AND} BELONGING

INDEX

MAY 19TH

PG. 4

MAY 20TH

PG. 17

MAY 21ST

PG. 25

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EDGES OF
EXILE AND
BELONGING

19TH MAY

THURSDAY MAY 19TH, 10:30 – 12:30

Healing in the Path of Recovery: Trauma and Addiction, a Gestalt Approach
Rafael Cortina (Mexico/USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Traumatic childhood and life events shape the way an individual's see themselves and the world which has a direct impact on relationships, self-perception, coping skills, self-esteem, etc. Unfortunately, a common and initially effective way of managing the impact of trauma and adjusting to the world is through addictive behaviors. They provide temporary relief and anesthetize emotional and relational pain. The focus of this presentation is to provide a deeper understanding on the relationship between addiction and trauma, the role of the nervous system, adverse childhood experiences, polyvagal theory, and the application of this knowledge through the framework of Gestalt Psychotherapy to support healing experiences. This training will focus on teaching a clinical model of treatment for trauma and addiction through Gestalt perspective to help clients develop their ability to explore the contact boundary and build new experiences that may lead to growth opportunities and recovery.

Learning Objectives: Participants completing this workshop will be able to 1) explain the phases of addiction and the nature of trauma from a gestalt therapy approach; and to 2) identify how compulsive behavior can function as creative adjustment and the impact on adult behavior and relationships.

Rafael Cortina, LMFT, has over 20 years of experience in psychotherapy. He has an MA in Psychology and an MBA. Rafael is a Master Addiction Counselor, Certified Clinical Trauma Professional, and Certified Gestalt Therapist. He has specialized training in EMDR, TRM, addiction and trauma. He is currently the CEO of In-Sight Transformative Therapy Group, Faculty at National University, and Newsletter Editor/Board Member of IAAGT. Rafael has experience with Mood Disorders, Anxiety, Addiction, and Trauma. He has been a presenter and a facilitator of several workshops, and does training, and supervision both virtually (videoconference) and in-person in Mexico, United States, Australia, Canada and Europe.

RISK: NONE

Honoring Differences through Sustainable Dialog
Sheldon Holder (Canada)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: The intent of this interactive workshop is to examine through dialog the extent we think of our natural way to think and act as "normal" and the impact on the therapy relationship and with diverse group members. Participants will explore how use of self can bring into awareness unawares responses and tacit assumptions of group members. Safety in the space is provided through inclusive language, deepening sharing questions, focus on participants own bodily support, and co-leader transparency. It is a living laboratory to examine our shared Gestalt approach that suffering at the contact boundary is the suffering of difference. We will open the space to the edges of honest self-reflection and disclosure around sensitive issues in order to apply our tools of embodied awareness, resonance and attunement to support our ability to acknowledge the field of shame when it arises, as a doorway to contact.

Learning Objectives: Participants completing this workshop will be able to 1) explore issues of difference and diversity as an application of Gestalt Therapy's core approach to contact, and recognize how use of self can bring into awareness unawares responses and tacit assumptions in a group setting; 2) demonstrate how suffering at the contact boundary is the suffering of difference and embracing novelty is inherent in the Gestalt approach to psychotherapy.

Sheldon Holder is an activist, musician, writer and coach. For the past two years he has led a program called Honoring Differences representing a diverse representation of students of The Gestalt Institute of Toronto with a mission to develop a uniquely Gestalt approach to diversity. He has been a Guest instructor in diversity training at all levels of the Training Program. As well, Sheldon develops public workshops based in the uniquely Gestalt approach to honoring racial, gender and cultural differences. Sheldon's approach combines Gestalt principles of embodiment and field sensitivity with his Equity studies, and life experience. He seeks to open a space for dialogue around the differences between us. In this workshop, he explores the traumatic response that arises out of discrimination and self-censorship. In a world where there is an urgent need to maintain conformity and respectability, he attempts to create a safe space for humane contact using the Gestalt approach to psychotherapy.

RISK: MILD FOR EMOTIONAL DISTRESS; SAFE ENVIRONMENT TO BE ESTABLISHED.

Othering and Connecting as Body-to-Body-Communications in a Correlated Embodied Field *Julianne Appel-Opper (Germany)*

NOT APPROVED FOR CE HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Within a cocreated embodied field two living bodies communicate with each other as rhythms and melodies of moving and being moved. This mainly experiential workshop will give the opportunity to discover and explore othering and connecting at an interbodily level. With experiments we will invite own bodily resonances, sensations and embodied gestalten of these processes. How do legs move into an unknown field? What does the one leg communicate to the other? How do we move when we expect to be othered or welcomed? How do I do difference in the field? Who is different, is it me or the other? What body parts go easier, what body parts speak of alienation and exile?

Learning Objectives: Participants completing this workshop will be able to 1) identify and describe various rhythms of the body; and 2) describe own bodily experiences of othering and connecting.

Julianne Appel-Opper, Diplom. Psych., has developed the Relational Living Body Psychotherapy which she has taught internationally and written about. She has 30 years clinical experience. She has worked as a psychotherapist/trainer in different countries, for 9 years in the UK. She is in private practice in Berlin but continues to work internationally as a visiting tutor at several psychotherapy institutes as well as presenting at conferences. As a former migrant therapist and now in her work with migrants in Berlin, she has been fascinated about how to overcome cultural narcissism.

**RISK: POSSIBLE HEAVY, IMMEDIATE AND NON-REFLECTIVE BODILY PROCESS REACTIONS;
ATTENDANCE NOT RECOMMENDED FOR PREGNANT WOMEN.**

Reconnecting through Kinesthetic Resonance *Helena Kallner (Sweden) and Jennifer Bury (USA)*

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Movement is our first language. We have been taught to diminish this innate form of dialogue by emphasizing spoken words. This diminishes our ability to make sense of felt qualities and dynamics, but it is a capacity we can relearn. This workshop will attend to our direct aesthetic experience of the situation we are living in the moment. The reverberating responses between us is Kinesthetic Resonance, which constitutes the essential interdependence of all life forms and phenomenon. Re-experiencing this essential on-going contact with the earth and each other shifts our focus away from our individual stories, allowing us to discover what is possible between us now. Sensing the depth of this ever-present connection helps provide a profound sense of belonging.

Learning Objectives: Participants completing this workshop will be able to 1) describe the basic concepts of Developmental Somatic Psychotherapy™ (DSP) including Kinesthetic Resonance; 2) state the role of Kinesthetic Resonance in dialogue and contacting within a therapist/client setting and elsewhere.

Helena Kallner MA, MSc, UKCP reg. Psychotherapist, practices Gestalt psychotherapy in Stockholm. Helena is a Senior Teacher and supervisor of Developmental Somatic Psychotherapy™, presenting workshops throughout Europe and Russia. She is presently a doctoral student at Metanoia Institute/ Middlesex University, researching psychotherapists' use of movement and Kinesthetic Resonance in psychotherapy. For my CV and further details on my background and career see: www.moving.studies.com

Jennifer Bury BFA, CMT, movement therapist in private practice for 30+ years, based in San Francisco, presenting workshops within the Gestalt community throughout the U.S., Europe, and Asia. Jennifer is a certified trainer and supervisor in Developmental Somatic Psychotherapy™, assisting founder Ruella Frank, Ph.D, teaching her international training programs. Jennifer teaches at universities, medical facilities, and leads a Gestalt training group. Jennifer's background includes studies in pre-med, neurology, kinesiology, various forms of dance, and numerous somatic methods. Her private practice encompasses everything from assisting infants first orienting to life, to guiding people through their dying process.

RISKS: NONE

Telling our Stories in these Troubled Times

Iris Fodor (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: More and more people world-wide are experiencing dislocation, trauma and loss in these troubled times and they are telling their stories, writing and sharing photos of their painful journeys. There appears to be a healing in these narratives – showing, writing and telling of their stories and letting others see, hear, know and respond. Drawing on my own experience in storytelling and memoir writing with people from diverse cultures undergoing stress, I will present some of the techniques honed from storytelling and memoir writing workshops to foster experiential writing. In the experiential segment, we will use theme-based techniques to do personal writing, tell our stories and discuss the use of storytelling and experiential writing for Gestalt therapeutic work.

Learning Objectives: Participants completing this workshop will be able to 1) demonstrate the use of prompts to facilitate client's writing about identity, discrimination, experience of difference; 2) articulate the process and benefit of using narrative theory, storytelling and memoir as tool for working with dislocated, minority, marginalized, traumatized people with diverse life experience from different cultures.

Iris Fodor, Ph.D. Professor Emeritus in the Department of Applied Psychology at New York University, is former director of the NYU School Psychology doctoral programs. She is a Gestalt therapist in New York City known for teaching, conducting workshops and writings about women's issues, mindfulness, anxiety management, assertiveness, mindfulness and integrating Gestalt and Cognitive Therapy. Iris is also a social activist and photographer whose projects has focused on digital story telling with Tibetan adolescents in India and adolescents in South Africa, and Peru. Recent work focuses on memoir, experiential writing and life story.

RISK: CONFIDENTIALITY AGREEMENT; MILD/MODERATE EVOCATIVE CONTENT POSSIBLE; SHARING OPTIONAL.

The Integration of Gestalt Therapy, Somatics, and Mindfulness: Enhancing Clinical Skills to Cultivate Self-Compassion, Empathy and Interconnectedness

Ronald Alexander

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Gestalt Therapy, Somatics, and the wisdom teachings of Mindfulness Meditation have a long history of utilizing and appreciating contact, embodied presence, concentration and attention to the breath to awaken and heighten awareness in the clinical and dialogical dyad. This embodiment enhances the qualities of empathy, self-compassion, and interconnectedness within individuals, communities, organizations, and the world at large. The mindfulness methods as reflected in the words of the Buddhist monk Thich Nhat Hanh teaches, "We are here to awaken from the illusion of our separateness." Integrating Mindful Meditation and Somatic principles with Gestalt Therapy augments the clinician's skills in bringing forth social activism by breaking down of rigidity, judgements, and negative mind sets which are often the cornerstones that promote today's racism, gender bias, and separateness.

Learning Objectives: Participants completing this workshop will be able to 1) integrate mindfulness based somatic therapies into their Gestalt practice; and 2) utilize more creative and resourceful treatments for developing a deeper communication between the unaware and the aware self thereby fostering greater self-compassion, empathy and interconnectedness.

Ronald A. Alexander, PhD, is a psychotherapist, clinical trainer, and mindfulness teacher in Santa Monica, CA. He specializes in Integrative Contemporary Gestalt Therapy, which blends the fields of somatic trauma healing and mindfulness into his Gestalt based practice. Alexander, known for his diverse and impassionate teaching style, has been conducting training and supervision in North American, Japan, Russia, Europe, and Australia since 1976. He has studied many forms of yoga, tai chi and is deeply steeped in the cross-cultural systems of mindfulness meditation, Zen and Tibetan Buddhism. Alexander is the author of "Core Creativity: A Mindful Approach to Unlocking Your Creative Self" and "Wise Mind, Open Mind." www.ronaldalexander.com

RISK: NONE

Therapeutic Session and Training Model: Living through the Family Movement for Creative Change *Sandra Salomão Carvalho (Brazil)*

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: The systemic paradigm broke up with the disjunctive logic of the approaches, broadening the context of interventions and professional training. Facing the challenge of contemporary times, we present to the scenario of family Gestalt-therapy contributions articulated to second-order cybernetics, through a living model that inhabits family movements in the most varied social situations. We include the therapist's experiential field, the multi-stage conversation of the session, the reflection of the therapeutic team, the family, and the transformation of the therapist's perception into immediate action in the session. The use of resonance allied to the phenomenological methodology generates as resources the emotional experiences and competences of the therapist and the reflexive team present in the field and brings to the families the opening of diverse emotional fields.

Learning Objectives: Participants completing this workshop will be able to 1) compare this methodology with other known approaches. They will be able to integrate this model with others; 2) plan a family therapy session in space and time with the various steps of a structural session.

Sandra Salomão Carvalho, Master in Social Psychology, has been a Psychologist for 37 years, Professor and supervisor of Gestalt therapy at Catholic University PUC-Rio, and Gestalt therapist by the Training Center of Gestalt Therapy / San Diego – USA. She is a Trainer of Gestalt and family therapy in Brazil, Firenze Istitute, and Gestalt Puglia Istitute. Sandra is a Specialist in Family Systemic therapy and was trained in Couples Therapy and Intimates Systems by Joseph Zinker. She is a Gestalt therapy pioneer in Brazil, the Founder of Center of Gestalt – therapy Sandra Salomão and is the Coordinator of the Specialization Course in Gestalt Therapy at the Pontifical Catholic University, Rio, Brazil. She is a Family and couples therapist as well as a Supervisor recognized by Education Minister in Italy.

RISKS: NONE IDENTIFIED

"We're Going on A Bear Hunt!" An Ecological Journey into the Unknown *Jon Blend (UK)*

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Michael Rosen's iconic childrens' chant <https://www.youtube.com/watch?v=0gyl6ykDwds> encourages us to experiment with finding agency, exploring our Lifespace with awareness, heart and soul. Rosen's poem teaches the value of rehearsal and repetition in developing mastery and relationality. Piaget's action schemas consider embodied developmental stages whereby children learn to navigate the environment. Both find a resonance with Frank's Fundamental Infant Movement Patterns wherein 'Reaching is a whole-body event'. This workshop involves us travelling together, tracking sensory experience whilst exploring unknown territory with support. We will examine how rehearsal affects our ability to embrace novelty and take action. Later, reflecting on process, we consider how different movement trajectories in psychotherapy may help re-establish contactful belonging for clients of any age overwhelmed by experiences of exile, isolation or failure.

Learning Objectives: Participants completing this workshop will be able to 1) describe three motor schemas acquired in early years development that help the organism navigate the environment in different ways, as a way of informing clinical practice; 2) plan, organise and conduct an ecologically focused, sensory – rich Gestalt 'Wilding' activity that can be used in clinical and other settings.

Jon Blend MA Dip Psych, Dip Child is an adult and child psychotherapist, clinical supervisor, external moderator, international trainer and Life-music practitioner. He hosts AAGT's CAIG. Jon has worked extensively with children and parents in various mental health settings and in private practice (London). He teaches expressive arts-based child and adolescent psychotherapy peripatetically as part of the Violet Oaklander Foundation, with EAITSCYP, as visiting tutor to Instytut Treningu i Edukacji Gestalt, Poland and a Haredi community. Jon's writings include 'Am I Bovered?', Chapter 12 in *Relational Child, Relational Brain* and 'I Got Rhythm!' – *International Gestalt Journal*. Website: www.gacp.co.uk/

RISK: MILD PHYSICAL ACTIVITY OPTIONAL

Working with Couples: Hard-Earned Lessons

Lynda Osborne (UK)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Working with couples for forty years continues to be an ongoing learning curve. Couple work presents us with the key themes of connection and separation, of difference and commonalities.

However experienced we may be we bring both the inevitability of our own fallibility and our limitations.

Such learning may be surprising or difficult as well as supportive. These learnings can emerge with clarity in a specific situation or more slowly come into our awareness over time. This experiential workshop will highlight some of these key learnings and consider how some of these lessons have emerged. This is an opportunity to learn from our shared “mistakes” and to consider what we have learnt and what may still be at the edge of our awareness.

Learning Objectives: Participants completing this workshop will be able to 1) acknowledge and be supported in our fallibility and to share our hard-earned lessons as potential support for others' learning, and 2) reflect on our own possible blind spots and growing edges as a couples therapist, to recognise the differences which we bring and how these may be a potential source of support or challenge in our work.

Lynda Osborne D Psych, MA, MSc, ECP, UKCP Registered Psychotherapist, has been involved in counselling and psychotherapy for 30 years. She retired as Head of the Gestalt Department at the Metanoia Institute in London in 2012. Lynda was the founding Chair of the UKAGP, the National Gestalt Organization, and is a member of the Leadership Team of Relational Change. In the past 20 years Lynda has frequently taught in Slovenia and Poland and, less regularly, in other several other European countries with their diverse cultures and histories. She also experiences increasing diversity in her supervision work.

RISK: POTENTIAL FOR SOME DISCOMFORT

THURSDAY MAY 19TH, 16:00 – 18:00

Coming to Terms with Suffering: A Relational Gestalt Approach
Gayla (Gail) Feinstein (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Buddha teaches that we cannot always control life's first arrows such as physical, emotional and spiritual pain. However, when we are unable to be with this pain we react – often without awareness – by striking ourselves with a second arrow of judgment, criticism, blame and shame, causing interminable suffering. These second arrows or beliefs that we are deficient keep us separate, isolated and disconnected – exiled – from ourselves and other, preventing us from living and loving fully. Through slowing down, embodied listening and relational mindfulness, we create the possibility of staying with the sensual experience of the first arrow with curiosity and compassion instead of fear. With support and connection to the heart, we can transform our relationship with suffering and ground in a sense of belonging. We expand and deepen our ability to help clients with their own arrows and to live choicefully and intentionally.

Learning Objectives: Participants completing this workshop will be able to 1) cultivate a patient, non-reactive and curious attitude towards our first arrows of pain; and 2) articulate and demonstrate the process of inhabiting our bodies in order to intercept the second arrows (Judgement, criticism, blame and shame) as a way of supporting self and clients in therapeutic settings.

Gayla (Gail) Feinstein, LCSW, LMT is a gestalt therapist, transformational leadership coach, international trainer, supervisor and ritual consultant. She is committed to the process of awakening and liberating people into their leadership, sensuality and radiance while holding space for them to come into their full flourishing. She is a women's activist and a lover of nature, life's rhythms, radical collaboration and deep receptivity. She is past president of the Association for the Advancement of Gestalt Therapy and the New York Institute for Gestalt Therapy and had the privilege and pleasure of being mentored by Laura Perls.

RISK: NONE IDENTIFIED

Couples Therapy Re-visited:
"Two Become One and Then There Are None"
(from a FUSION Model to a CONNECTION Model)
Rita Resnick (USA) and Robert Resnick (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

ADVANCED LEVEL

Abstract: The Resnick Couples Therapy model explicitly deals with the Basic Human Dilemma that all of us deal with from birth to death – HOW TO BE CONNECTED TO AN OTHER – AND MAINTAIN A SELF...? as well as the fundamental source of all couples issues: DEALING WITH DIFFERENCE. With rare exceptions, HOW couples deal with difference (the gateway issue) is far more important than WHAT the differences actually are. With a 50% + divorce rate and the large number of "Secretly Miserably Married", our models of marriage and couples therapy need to be closely examined. After a brief theoretical overview, the presenters will screen new Couples Therapy films (or work live) followed by comments, questions, and discussion. And yes, the presenters are frequently happily married.

Learning Objectives: Participants completing this workshop will be able to 1) discriminate that not all couples issues are attributable to the pathologizing of either or both people but are also "normal" reactions to a anachronistic model of marriage where difference is avoided; 2) identify that HOW couples deal with difference is the nexus of most couples issues rather than WHAT the differences are.

Rita F. Resnick, Ph.D., is Faculty Chair of GATLA's European Summer Residential Training Program since 1991 and a faculty member since 1986. In addition to private practice in California, Rita trains psychotherapists in the United States, Australia and Europe in both Gestalt and Couples Therapy. Her professional interests include the exploration of innovative and supportive approaches to supervision and a devoted, passionate (and self serving) interest in the area of women growing older – menopause and mid-life vitality. Rita is known for her warmth, perceptiveness and her ability to clearly relate clinical work to theory. The Resnicks are frequently happily married.

Robert W. Resnick, Ph.D., Clinical Psychologist, Gestalt/Couples Therapist trainer, was trained/certified by Perls and Simkin. Chosen by Perls to introduce Gestalt Therapy to Europe in the summer 1969 – he spends 16-18 weeks annually training in Europe for the past 50 years. Winner of the APA Div. 29: 2019 Distinguished Award for the International Advancement of Psychotherapy. Creator of Individual and Couples (with Rita Resnick, Ph.D.) Gestalt Therapy demonstration films. Founder/Core Faculty – GATLA European Summer Residential Training for 48 years. His first clinical practicum was driving a New York City taxicab. And yes, the Resnicks are frequently happily married.

RISKS: MAY BE MILDLY EVOCATIVE

Embodying Edges Giselle Ruzany (Brazil/USA)

NOT APPROVED FOR CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: How is the embodied experience of living in the edge of belonging, feeling outcast, marginalized, vulnerable or different, due to ancestral loss, trauma, displacement, discrimination, family fragmentation, blending or disruption? Using gestalt as a philosophical foundation, a workshop will facilitate the creation of a dance and an embodied narrative, while investigating transgenerational trauma due to collective trauma, such as war, natural disaster, slavery, colonization, as well as loss: of land, ethnic or cultural identity, family, community support, and safety. Digital storytelling is a new methodology used with populations that are marginalized. In this case, participants, in duets, will record a 30 seconds choreography or sequence of embodied movements and then do an embodied narrative, in the present moment, of what they see.

Learning Objectives: Participants completing this workshop will be able to 1) know how to move their body from an embodied movement inquiry, and 2) witness a small recording of their own bodies in movement and create an embodied narrative attentive to boundary disturbances in their language.

Giselle Ruzany writes, "I am a Brazilian-American-Jew, mixed-race, from a mix of cultures, and work with dance and psychology. I am an adjunct faculty at the Corcoran School of Arts and Design at the George Washington University and have a Gestalt informed psychotherapy private practice in Washington DC. I am working on my dissertation on ancestral legacy using dance with an ancestor to create an embodied digital storytelling. As a psychotherapist and choreographer, I use Gestalt concepts, embodied relational movement research, and EMDR to work with trauma, multicultural and migration adjustments, microaggression psychoeducation, loss, transgenerational trauma, exploration identities, and so on."

**RISKS: POTENTIAL EMOTIONAL VULNERABILITY AND PHYSICAL SORENESS;
SELF-MODERATION AND REGULATION ENCOURAGED**

Exploring your Energetic Well-being – A Diversity Sensitive Model and Approach to Supporting Resilience of Self and Community Sari Scheinberg (USA/Sweden)

NOT APPROVED FOR CE HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Surviving – Migration. Natural disasters, violence, Disease. Divorce, Death, Heartbreak – most often leave us in a disoriented and discombobulated spin. The shock leaves us feeling dismembered/disconnected/dissected – from ourselves, from others. Words elude us. Feelings overwhelm us. Our sense of self disintegrates to our core. We live as if on the perimeter of a black hole, as our energy is sucked away. The energy fields we are in, have shifted and feel unfamiliar. We forget who we are, what we need. In our session, we will explore a radical diversity sensitive & holistic well-being model/method 'Energetic Well-being' that I have created & applied around the world for 40 years

with individuals, communities, countries. And we will test this approach to remember & reconnect to the energy we need/lost/found/honor.

Learning Objectives: Participants completing this workshop will be able to 1) understand the relevance and integrate the diversity sensitive model and approach to their own well-being and practice; 2) critique their own practice from a norm critical diversity sensitive approach.

Dr. Sari Scheinberg dedicates her life as a Gestalt psychologist, teacher, researcher, activist – exploring/facilitating programs at the crossroad of well-being, human rights, integration, sustainability and innovation around the world. Sari applies gestalt & participative action research philosophy to explore/enhance resilience by mobilizing stakeholders at all levels in society, to jointly: study, generate awareness, knowledge & transformation. Sari is committed to developing/applying new models and collaborative approaches that are holistic & diversity sensitive across cultures, generations, gender, religions, sectors of society. Sari has taught in the Gestalt Academy of Scandinavia over 20 years and is currently a board member of SAG.

RISK: NONE IDENTIFIED

Friendship and Time

Eric Hoffman (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Friendship has almost always been viewed as among the most valuable goods in a human life. While Gestalt thinkers probably share this judgment, there is very little direct discussion of friendship, even given the turn in Gestalt toward the relational approach. One issue is that friendship requires time to develop and involves a commitment to a shared future. This is in addition to forms of contact in the present, which Gestalt tends to emphasize. How is contact with a friend different from contact with someone who is not a friend? Why is it so valuable to have a friend? And to be a friend? How can Gestalt contribute to answering these questions? And how can an understanding of friendship illuminate Gestalt practice?

Learning Objectives: Participants completing this workshop will be able to 1) articulate ways to support clients in their development of friendships by identifying more resources for creating, maintaining and healing friendships; 2) demonstrate how a shared past forms part of the background of present contact between friends; and how friendship creates a partial shared identity, co-creating a shared future between friends.

Eric Hoffman, Ph.D., teaches philosophy, sees individuals and couples for therapy, and conducts the Essential Experience Workshop. He has taught philosophy for over 40 years. He has been seeing clients for more than 20 years, first as a philosophical counselor, then also as a Gestalt therapist. He served as Assisting Conductor for the Essential Experience Workshop for almost 20 years and as Conductor for more than 10 years. He also practiced law for over 10 years along the way.

RISK: NONE IDENTIFIED

How Core Beliefs Impact Feelings and Experiences of Exile and Belonging

Di Hodgson (UK)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: In this workshop we will explore how the ground of our early relational experiences and core beliefs are present in ongoing experiences of exile and belonging. Through facilitator input, experiential exercises and case studies we will explore how to recognise these core beliefs and how they impact responses to current situations. We will discover the triggers to exile, the costs of belonging, and the creative adjustments we make to belong. We will raise awareness of how these themes are differently experienced by those in marginalised groups.

Learning Objectives: Participants completing this workshop will be able to 1) facilitate the process of clients' identification of core beliefs as evidenced in daily interactions and articulate how these beliefs elicit feelings of belonging and exile; 2) describe how core beliefs that trigger feelings of exile and needs/desires relating to belonging are differently experienced by those in marginalized and dominant groups.

Dr Di Hodgson is the Head of Gestalt at Metanoia Institute. She has had a private practice for over 30 years and is a supervisor and trainer. She has facilitated workshops at National and international conferences for many years and is an external examiner for other training institutes. Di is on the editorial team of the British Gestalt Journal. She has also worked as an organisational consultant and executive coach. Di has been a member and chair of several committees concerned with diversity and inclusion.

RISK: MILD; SUPPORTS IDENTIFIED

Narratives of Exile and Belonging: A Story Telling Circle

Claire Asherson Bartram (Great Britain)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Claire will facilitate a story telling circle with the theme of Exile and Belonging. Story telling has a long tradition. Before the age of media, and in communities that did not read or write, it was the means of passing on history and wisdom. We all have stories in our own lives and in our histories that tell about Exile and Belonging. Story telling is also about listening, and resonating with the story being told that connects us with our own experiences. This workshop is an opportunity to tell our own stories from our families and lives, and to hear those of others, inspiring each other to connect with our own stories in an organic fluid process.

Learning Objectives: Participants completing this workshop will be able to 1) create groups that include story telling, facilitating their own story telling circles as a creative therapeutic tool; 2) integrate historical narratives on Exile and Belonging into their current therapy group practices writing explorations and projects.

Claire Asherson Bartram, DPsych, is an independent Gestalt therapist, clinical and academic supervisor and group facilitator working privately in London, a mother and grandmother. She has been running groups for over 20 years. Following her own family experience she became interested in stepfamily issues, researched this area for her doctorate, and founded the organisation StepIn ASAP (Advancing Stepfamily Awareness in Practice). She views kindness as an important therapeutic stance that is rarely named. As part of a writing group of Gestalt women, she continues to develop her interests which include Gestalt theory, research, group and family dynamics and the therapeutic attitude.

RISKS: CONFIDENTIALITY WILL BE HELD; NOT A THERAPY GROUP; CONTENT MAY BE PROVOCATIVE AND EVOCATIVE.

Reading “Gestalt Therapy” by Perls, Hefferline and Goodman: A Text on the Edge of Exile/Belonging Perry Klepner (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: “Gestalt Therapy,” by Perls, Hefferline and Goodman (PHG) is a foundational text. Some say it is unclear, disavowed by Fritz, difficult to understand and passe. However, as a tutored text read line-by-line 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 esthetic, existential, experimental, experience nourishing a “Gestaltist” mentality. Within the limited time available this workshop will support a relational paradigm of personal/group reading line-by-line to introduce members to the transformative path taken by Fritz and Laura Perls, Paul Goodman, and many master Gestalt Therapists.

Learning Objectives: Participants completing this workshop will be able to 1) deconstruct Perls, Hefferline, and Goodman’s Gestalt Therapy: Excitement and Growth in the Human Personality (PHG) text and to instruct Gestalt therapy trainees in its description as an aesthetic, experimental and experiential approach to psychotherapy; 2) describe and demonstrate in group the concepts of contact, creative adjustment, self, and the contextual method of argument as put forth in PHG.

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

RISK: NONE IDENTIFIED

Social Class and Gestalt Therapy: Are We Blind? Joelle Gartner (France/North of Ireland)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

ADVANCED LEVEL

Abstract: Class differences are rarely evoked in many Gestalt training programmes. Class being a socio-economic and cultural construct with subjective and objective aspects, I will use ‘working class’ (in the European context – US equivalents may include ‘blue collar’) as a shorthand for low income, reduced educational access, and therefore reduced access to employment, health and housing, restricted choices – how does a ‘working class’ background impact our clients, our trainees, ourselves? Are we ‘class blind’ in our therapeutic, supervision and training work? I will offer some methodological tools to explore this, by facilitating an experiential exploration of class difference and diversity. I will offer a short presentation of my thoughts and experience on the subject (including vignettes), framed within Gestalt therapy theory with reference to sociology, psychoanalysis and the neurosciences.

Learning Objectives: Participants completing this workshop will be able to 1) describe how social class as an objective and subjective part of identity shapes contact and conversation; 2) identify 3 short and long term impacts that social class has on the life, work and endeavors of client, supervisees, trainees and self.

Joelle Gartner, MSc, Gestalt practitioner in private practice since 1998, writes, “I am a psychotherapist, trainer and clinical supervisor, and integrate Somatic Experiencing to my practice. I live and work in Belfast, in an area of high social and economic disadvantage greatly impacted by conflict. My background is in education, community development and mental health promotion. I have extensive experience of working with the legacy of conflict as it impacts on people and groups. I have facilitated Gestalt process groups since 2001, published on the subject of groups, and presented at EAGT and CEGT conferences. I am a co-director of the Gestalt Centre Belfast.”

RISKS: MILDLY EVOCATIVE

The Clown and Gestalt

Mario Lourenco (Portugal/Canada)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: The spontaneity, cosmic sense of humor and ability to be opened to the unknown are trademarks for the attitude of the clown and the Gestalt therapist. Both practice “the art of being without doing” allowing them to explore the richness of the here and now and respond authentically to what comes. The clown and Gestalt is a quest for one’s embodied awareness and self-expression that brings each person in contact with their unique way of being in the body and space. Through play, experience physical and emotional aspects of self, often concealed, in a way that will enhance your practice and life. Given the insufficient research studies on this topic the content of this workshop must be interpreted cautiously.

Learning Objectives: Participants completing this workshop will be able to 1) identify and explore, in play, how clowning can help facilitate the reconciliation of internal conflicts; 2) support clients in utilizing elements of clowning to reconnect with the pleasure that leads to new emotional awareness.

Mario Lourenco is a registered psychotherapist, a graduate of the Gestalt Institute of Toronto, and has a MEd in Counselling Psychology from UofT (OISE). He co-facilitates weekly groups focused on the issues of gender-based violence where he addresses the specific needs of culturally diverse and marginalized populations. In addition, he is a graduate of the School of Theatre in Lisbon and has been studying the art of clown since 2007. As a Gestaltist and a performer, he is interested in using the art of clown to facilitate the embodiment of all aspects of self with the support of the red nose.

RISKS: MODERATE FOR PHYSICAL AND EMOTIONAL/PSYCHOLOGICAL DISTRESS; FACILITATOR GUIDANCE AVAILABLE FOR AVOIDING EXACERBATION.

Connecting with the Land

Exploring Celtic land stewardship with Harry

15:30 - 19:00 PM

Harry Jeuken is a Dutchman who moved to Ireland in 1971 to practice traditional farming in the Burren and incorporate Celtic knowledge into his work with the land and animals. His farm is called Lough Avalla.

Harry will take us on a walking tour, introduce us to his philosophy of relationship with the living land in this spectacular area of the Burren. We'll meet the 400-year-old Hawthorne tree, be shown the Celtic 'fairy ring', and have cake and coffee in Harry's little teahouse. During our time at Lough Avalla, we'll present a gift, as a symbolic way of 'giving back' to the area we are living within during the conference.

Good walking shoes and raincoats essential. Transport will be provided from the Falls Hotel to Lough Avalla and return. Approx. time: 3.5 hours.

For those wanting more information on Harry

<https://www.hut2hut.info/harry-jeuken-traditional-farmer-host-lough-avalla-trail/>

The IAAGT 2022 Convenors, Conference Planning Committee and Ecological Edge Committee have committed to, and collaborated on offering this experience, including the funding.

BE PREPARED TO HAVE YOUR WORLD VIEW STRETCHED! WE WILL BE OUTSIDE FOR THE GUIDED TOUR OF HARRY'S LAND. THERE WILL BE SOME WALKING OVER UNEVEN GROUND, SO MODERATE PHYSICAL FITNESS IS REQUIRED. GOOD WEATHER CANNOT BE GUARANTEED; PLEASE BRING STURDY SHOES AND A RAINCOAT.

MINIMUM PARTICIPANTS REQUIRED: 4



EDGES OF
EXILE AND
BELONGING

20TH MAY

WORKSHOPS MAY 20TH, 8:30 – 10:30

Aesthetics of a Body in Exile Michael Mitchell (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Without belonging in our bodies how can we belong in the world? Gestalt Therapy has been described as a therapy of aesthetics. In this workshop we will look at how using somatic aesthetic criteria as a framework can help support the phenomenological process of making the familiar strange in service of new gestalt formation through focus on nonverbal somatic phenomena and developing kinesthetic awareness—our sense of our physical selves in relation.

We will then apply these concepts experientially, attending to supporting phenomenological exploration through aesthetic criteria, to how our perception of exile and belonging shape our experience of self in the present moment through an experiment and discussion.

Learning Objectives: Participants completing this workshop will be able to 1) describe the concepts of aesthetic criteria, making the familiar strange as part of phenomenological methodology, and kinesthesia; 2) describe an experience of perceiving themselves as belonging or not belonging differentiating between using meaning-focused descriptions and using descriptive aesthetic criteria.

Michael Mitchell, MSW, Hunter College School of Social Work (2006) is a graduate of Gestalt Associates for Psychotherapy (2013) and the Center for Somatic Studies (2015) in New York City where he is currently working as a psychotherapist and supervisor in private practice after over a decade as a clinician, supervisor, and clinic director in community mental health. Michael is a supervising therapist at Identity House, founded as a Gestalt experiment, and one of the oldest LGBTQ community organizations in NYC. His current theoretical focus and practice is grounded in Gestalt Therapy from Ruella Frank's Developmental Somatic Psychotherapy perspective.

RISK: MILD FOR PSYCHOLOGICAL/KINESTHETIC DISCOMFORT

Edges of Contact: The Spaces Between Us Miriam Taylor (UK)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: In this largely experiential workshop participants will be invited to explore their felt sense of space, how they fill it and how they make contact with others across that space. The precision of co-created contact is encouraged, in which personal meanings of space, emptiness and contact become foreground. Fresh theoretical thinking will be offered as a vehicle to support the exploration. And when the space is occupied by acute distress, what happens, how do we respond?

Learning Objectives: Participants completing this workshop will be able to 1) slow down their approach to others through increased accuracy and differentiation of attunement; 2) describe their part in the co-creation of closeness and distance in the therapeutic space, especially in regard to their capacity to 'meet' suffering.

Miriam Taylor is a British Gestalt psychotherapist (UKCP registered), supervisor and trainer who has been in private practice since 1995. Her background was in adult education before training as a counsellor and psychotherapist. She was clinical lead of a young peoples' service and for several years worked in a specialist trauma service. Miriam's particular interest is in the integration of trauma and the role of the body from a relational field perspective. She teaches in the UK and internationally and is on the Leadership Team of Relational Change. Publications include *Trauma Therapy and Clinical Practice: Neuroscience, Gestalt and the Body* (2014), *Deepening Trauma Practice* (2021), and several peer reviewed and invited articles.

RISK: MILD TO MODERATE EMOTIONAL ACTIVATION; WALKING AND STANDING ESSENTIAL FOR ACTIVE PARTICIPATION.

Embodying Relational Presence: A Gestalt Mindful Movement Practice

*Philip Belzunce (Philippines/USA), Lalei Guterrez (Philippines/USA) and
Rosanna Zavarella (Italy/USA)*

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

ALL LEVELS

Abstract: The tension of polarizing experiences of inclusion/exclusion, acceptance/rejection is also about arousal or peaceful sensate experiences, either fight/flight/freeze or open-hearted embodied acceptance, empathy and love. Brain research, heart math and Eastern embodied practices, e.g. yoga and tai chi, demonstrate mindful embodied awareness providing support for interveners in the presence of polarizing tensions. Embodied mindful awareness and embodied movement practices are skills that support us as interveners with embodied presence. This teaching is derived from a set of embodied movement and energy practices taught by three faculty members of the Gestalt Institute of Cleveland. This holistic system integrates elements of Body, Mind, Spirit, Emotion and Energy as skills that allow us to become a relational Healing Presence for the emergent here and now dialogue.

Learning Objectives: Participants completing this workshop will be able to 1) identify Gestalt Principles that apply mindful movement as embodied presence awareness of the self, the other and the relational field; 2) apply and model Gestalt mindful movement practice to support practitioner's and client's embodied presence in clinical, coaching and other facilitating situations.

Philip Belzunce, Ph.D., IMFT, BCC, in practice as holistic psychologist for more than 30 years, is a Board Certified Coach, marriage/family therapist, Board Certified Polarity Practitioner, diversity consultant, public speaker, married catholic bishop, certified Universal Tao Chi Kung instructor, Reiki Master and consummate student of life. A senior faculty member at Gestalt Institute of Cleveland and clinical faculty member at Diversity Management and Global Leadership Development, Masters' Program at Cleveland State University, Department of Psychology. He co-authored, *Eight Pathways of Healing Love: Your Journey of Transformation*, with Dr. Gutierrez, and authored, *What Really Matters Is the Heart and Heart Shadows*.

Lalei Gutierrez, Ph.D. IMFT, BCC, BCPP, is a holistic psychologist for over 30 years working with individual, couples, families, and groups, from diverse and immigrant populations. As a group facilitator, workshop leader, diversity consultant, life relations coach, she integrates Gestalt therapy, with body, mind and spirit approaches, energy psychology, EFT and EM, embodied mindfulness meditation, polarity therapy, human systems and cultural awareness, Taoist practices of Chi kung, yoga, imagery, and hypnosis. She is senior faculty at the Gestalt Institute of Cleveland and faculty at the Diversity Management and Global Leadership Development Institute, Department of Psychology at Cleveland State University.

Rosanna Zavarella, Ph.D., BCC, is a bilingual Psychologist who practices and teaches diverse populations for over thirty years. A holistic practitioner, workshop leader, personal growth/learning group facilitator, she combines integrative approaches of body-mind and spirit, Energy Psychology, shamanistic practices, embodied mindfulness meditation to her psychotherapy practice and teaching. Using her knowledge of Eastern philosophy, yoga therapy, Chi Kung, Taoism and the Bon Po Buddhist Shamanistic traditions, certification in hypnotherapy and EMDR with Gestalt practice, Rosanna specializes in women's spirituality, development groups, life transitions and trauma work. She is certified in life/career/and relationship Coaching and is professional faculty at the Gestalt Institute of Cleveland.

**RISKS: NONE; PHYSICALLY CHALLENGED PARTICIPANTS ARE ABLE TO DO
THE MINDFUL MOVEMENTS IN THEIR ENERGETIC MODALITY**

Gestalt Coach as Optimal Other

Melissa Kelly-McCabe (USA)

COACHING WORKSHOP

INTRODUCTORY LEVEL

1.5 CORE COMPETENCY ICF CCES (PENDING)

0.5 RESOURCE DEVELOPMENT ICF CCES

2.0 GPCC CCE HOURS (PENDING)

NOT APPROVED FOR CE CREDIT HOURS FOR PSYCHOLOGISTS

Abstract: Coaching is a dance. How does the way you are wired to think and process information support (or not) this dance? How do you skillfully flex into being "optimal other" with your client? One must see one's own lens/pattern/wiring and how it supports or gets in the way, before being able to let go, fully embody and flex into being the "optimal other" with the client. This highly-active session, draws on the

science of neuro-linguistic programming to explore three thinking-process elements in dynamic tension. We'll dance with these continua to unlock an incredibly useful model for self-discovery and application to coaching and consulting. Join us to experience and hone your "optimal otherness".

Competencies:

1. Discovery and apply three specific thinking style continua to self and other.
2. Understand and apply the concept of "optimal other" in the coaching relational field.
3. Hone the ICF competencies of #6 Listens Actively, #7 Evokes Awareness, #8 Facilitates Client Growth

Melissa Kelly-McCabe, MS, MCC, GPCC, BCC, coaches owners and executives to accelerate attaining their business goals while imprinting their own style on the company and bringing fun and purpose into their lives. Using body-process, art/creativity and nature to deepen client self-awareness and create action forward through a Gestalt lens, Melissa is an ICF Master Certified Coach, Gestalt Professional Certified Coach, Director of Training and senior faculty for the Gestalt Institute of Cleveland ACTP Coach Certification Program. Early in her career, Melissa worked with Dr. W. Edwards Deming to research thinking processes that enable people to make change. Melissa's presentation style is lively and experiential.

RISK: NONE IDENTIFIED

**Tat Tvam Asi: What do we do when we are NOT that?
Alienation by Choice and Political Action
Charlie Bowman (USA) and Ann Bowman (USA)**

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: We alienate that which we don't understand and that which is so foreign we refuse to assimilate. Gestalt therapy traditionally leans towards the assimilation of Otherness and away from alienation of the Other. In this workshop we explore the bias in gestalt therapy that values integration over alienation. What do you do when the values of the leadership of your country are antithetical to your own and you experience yourself on the edge of exile? How do we as gestalt therapists manage through the experiences of our clients when we want to interrupt and say, "you are wrong!" The presenters will share their experience stepping away from their comfort zone of political anonymity to political activism. Group members will be invited to explore their experiences as well.

Learning Objectives: Participants completing this workshop will be able to 1) state how going through the process of making an Encounter statement to another helps support their own sense of integration and wholeness; 2) describe how being "encountered" by someone else highlights and clarifies their own phenomenological position in the world.

Charlie Bowman, M.S., LCSW, LMFT, LCAC, is President of the Indianapolis Gestalt Institute, Past President of the Association for the Advancement of Gestalt Therapy, and past editor of Gestalt! and the AAGT Newsletter. He has trained and mentored therapists in the U.S.A. and abroad for over 30 years. He has written over 30 publications pertaining to gestalt therapy. He currently maintains a private practice in Indianapolis, Indiana and provides training at the Indianapolis Gestalt Institute, online, and for a number of other psychotherapy institutes. He lives with his wife Ann in a quiet town in mid-America.

Ann Bowman, MSN, APRN, BC, LMHC, is a psychotherapist in private practice. She has extensive training in gestalt therapy, integrative psychotherapy, relational gestalt therapy as well as Gestalt and Buddhist philosophy. She co-authored 2 book chapters regarding her gestalt work with women and also published research on the effects of alcoholism on family dynamics. She presents 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. She lives with her family in rural Indiana on a small farm where she enjoys practicing sustainable living.

RISK: NONE IDENTIFIED

Toward Greater Synthesis: Integrating Dialectical Behavioral Therapy, Gestalt Therapy and Multicultural Psychology

Bernadette Latuch (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: This workshop confronts diversity concerns by proposing that explicit attention to the experiences of marginalized identities is often lacking in gestalt literature (though implicit attention to these concerns is a theoretical strength of gestalt). What might gestalt practitioners gain from greater

knowledge of multicultural therapy and/or more mainstream therapeutic models such as DBT? As a 4th year doctoral student in a generalist clinical psychology program in the USA, the presenter's interest in gestalt has provided a place of belonging but has also been a place of exile in relation to her more mainstream faculty and program culture. This workshop will provide a platform for exploring how integration of gestalt, DBT, and multicultural therapy might hold the tensions inherent in each of these theoretical frameworks and invite gestalt practitioners to consider how reaching out to a more mainstream audience might be mutually beneficial not only to the gestalt world, but also to the field as a whole. The workshop will invite exploration of whether and how gestalt can be integrated with other modalities, taking on critique of "Gestalt and..." approaches. Ample time for questions and discussion of the clinical and training implications of this integrated model will be provided.

Learning Objectives: Participants completing this workshop will be able to 1) compare and contrast the strengths and weaknesses of three therapeutic approaches (gestalt therapy, dialectical behavioral therapy, and multicultural therapy); 2) describe "evidence based practice," and to explain how integration of gestalt therapy, dialectical behavioral therapy, and multicultural therapy converge around the concept of evidence based practice.

Bernadette D Latuch, JD, PsyD, is a graduate of the Wright State School of Professional Psychology in Dayton, Ohio. Bernie is a "recovering lawyer" whose chance exposure to psychodrama and Gestalt techniques at a Trial Lawyers College workshop in 2007 was the catalyst for deep personal and professional exploration and an eventual mid-life career change. She completed the Gestalt Training Program and the Working with Physical Process Program the Gestalt Institute of Cleveland. She has published in *New Gestalt Voices*. Bernie trusts in the therapeutic process and believes that profound growth is possible when we understand our personal experience and development within the context of political and social systems—indeed, she has witnessed this growth in her clinical work with marginalized and homeless individuals. Bernie was recently awarded the Jimmy Johnson Scholarship from her current university in recognition of her generation of creative solutions to problems, her effective leadership for change, and her mentoring of others. As a student in a generalist program with no current humanistic or gestalt identified faculty, Bernie has strong interests in how gestalt is "at the edges of exile and belonging" vis-a-vis the larger psychotherapeutic community and how richer, deeper dialogue might be facilitated from both sides of the contact boundary.

RISKS: NONE IDENTIFIED

Trauma Memory and the Peace Process

Brid Keenan (Ireland)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Short presentation + examples from practice + activities with the group to explore their approach to memory and narrative. The military conflict ended in 2005 following the IRA cessation 1994 and The Good Friday Agreement, 1998 which established the Peace Process – a framework for political progress. At the heart of this process is the highly contested "narrative of the conflict". Not surprisingly, memory is vital – particularly cognitive "recall" supported by "evidence" –and permeates every level of life. This workshop will consider the therapeutic value of "recall" in integrating trauma experiences and its influence of therapeutic practice. My focus will be on working with nervous system specifically implicit memory with its focus on capacity rather than "healing", for supporting client awareness, and exploring the impact on verbal, cognitive narrative.

Ní haon mhaith cneasú thar ghoimh
(Healing is no use if you don't deal with the underlying cause)

Learning Objectives: Participants completing this workshop will be able to 1) state the difference between explicit and implicit memory and recognise their complementary roles in the integrating trauma memory; 2) assess and describe 3 ways that somatic experiences influence Gestalt therapy theory and/or practice.

Brid Keenan, M.ED., writes, "A Gestalt psychotherapist, supervisor and trainer in private practice (1994) and co – director of the Gestalt Centre, Belfast (2012). As Jack Alyward says of Paul Goodman, I would see myself as a psychosocial activist and political activist, concerned with the place of Gestalt practice in society, specifically the unfolding Peace Process in Ireland. I have provided therapeutic support within truth recovery and justice since 1998. Since 2002, I have been integrating the theory and practice of somatic approaches (SE an NARM) with Gestalt e.g.a nervous system understanding of trauma "memory" and its transgenerational impacts. I have presented and taught and published on this internationally. My background is education and community-based organizational development."

RISK: POSSIBLE EMOTIONAL ACTIVATION; PRACTICE TO SUPPORT PARTICIPANTS WILL BE AVAILABLE.

Working with Clay in Therapy: Coming Home to the Feeling of What Is
Christine Stevens (UK)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: Basically, this workshop involves playing with clay! This is an experiential workshop involving hands-on experiments with clay and theory discussion. It combines embodied connections and interpersonal neurobiology with clinical application. Clay can offer back to us our way of being in the world. Haptic perception, through touch, is our earliest and most fundamental form of human experiencing. We come to understand about the world through our hands. Using clay within the Gestalt Therapy relationship combines kinesthetic motor action with sensory perception and field sensitivities. It gives us access to non-verbal affect, materialising into awareness experience that is then therapeutically available.

Learning Objectives: Participants completing this workshop will be able to 1) integrate an informed understanding of the use of clay into their clinical practice; and 2) differentiate a distinctively Gestalt therapy theoretical approach to the use of clay from a phenomenological perspective.

Christine Stevens, PhD, is Editor of The British Gestalt Journal. She is a Gestalt therapist, supervisor, trainer and writer. She is a member of EAGT, IAGT, UKAGP and GPTI. For 16 years she was faculty member for the Doctorate in Psychotherapy programmes at Metanoia Institute, specialising in research methods. She is a visiting trainer to Institutes in Slovenia, Lithuania, the Czech Republic and Poland as well as in the UK. She is Director of The Clay Studio, Nottingham, where she is involved in arts-based social engagement work with refugees. She is particularly interested in inter-disciplinary collaboration and arts-based research in psychotherapy.

RISK: IT IS ADVISED THAT FOOD SHOULD NOT BE CONSUMED WHEN CLAY IS BEING HANDLED.

Zen Japanese Style Family System Workshop *Masatsugu Momotake (Japan)*

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: This experiential workshop style has evolved from decades of clinical practice in Japan, and is strengthened by current research in neuroscience and trauma. An expanded form of the empty chair technique will be introduced and then the technique of accessing trans-generational patterns through body sensations will be demonstrated. Many clients have gained clarity, awareness and achieved significant shifts in these workshops, which are supported by field theory, phenomenology, dialogue and the use of experiment. Belonging-It is in our families and culture of birth, the expanded trans – generational field where the yearning to belong and the pain of being unacceptable begin. The unfinished business and trauma of parents and grandparents have enormous impact on the development of the nervous system and personality of each one of us.

Learning Objectives: Participants completing this workshop will be able to 1) distinguish and describe bodily sensations and explore connections with emotions and thoughts connected to family system issues; and 2) evaluate the benefits of utilizing an expanded relationally field aware adaptation of the traditional empty chair experiment with client families.

Masatsugu Momotake, MA, lives near Tokyo and travels all over Japan running workshops and training courses. Over recent years he is enjoying many opportunities to run his unique Japanese style gestalt workshops in Athens, San Francisco and Sydney. He is the founder and Director of NPO Gestalt Network Japan and he established the Japan Feldenkrais Association. In 2010 he successfully combined several groups into the Japan Association of Gestalt Therapy, JAGT. JAGT conducts training courses and holds Annual Conferences to encourage research into gestalt therapy and promote gestalt as a valuable approach to issues in contemporary Japan. Masa is described as a Zen master in body focused gestalt therapy.

RISK: THERE IS THE POTENTIAL FOR PAST TRAUMA TO BE TRIGGERED DURING THIS WORKSHOP.



EDGES OF
EXILE AND
BELONGING

21ST MAY

WORKSHOPS MAY 21ST, 8:15 – 10:15

Exploring Exile and Belonging in Gestalt Group Therapy *Patricia Tucker (USA)*

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Gestalt Group Therapy, with its emphasis on dialogue that promotes authentic communication, holds a unique ability to enable members to meet and grapple with identity and difference. Bringing participants' focused awareness to experiences of belonging and exile related to the identities they hold and how these identities are operating in the present moment, this workshop will demonstrate how a structured dialogic group format can help to support the highly emotionally-charged dialogues that often emerge around differences in identity, race, class and culture.

Learning Objectives: Participants completing this workshop will be able to 1) list and describe 3 elements of structure crucial to the development of a Gestalt Therapy group; 2) identify ways in which cultural differences between group members are overlooked or minimized and to select at least 3 ways to address this in their groups that promote safety and inclusion..

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 (www.gestaltassociates.org) 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 an Adjunct Assistant Professor at the NYU Silver School of Social Work. She also is the founder and director of The Group Project (www.thegroupproject.org), a small Gestalt group therapy training program in NYC. Patricia completed her term as AAGT President in 2017.

RISK: POSSIBILITY OF STRONG EMOTIONAL RESPONSES ARISING; FACILITATOR WILL SUPPORT.

Gestalt Gold-Dust? Expressing our Difference in Research *Liz Mellor (UK) and Ana Miller (UK)*

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: The workshop offers two processes designed to explore how to bring our diverse selves into Gestalt research. We experiment with what the Gestalt psychotherapeutic process might offer to relational research in terms of inviting in and enabling the expression of various aspects of self, including voices and experiences that often get excluded within the norms and power structures of more traditional academic research. We believe that such an expansion of research is enabling and inclusive; research does not have to be an exiling experience for those who can't find a way to 'fit' in to pre-established academic framework. Rather, research is enriched when difference is brought into the foreground, both in the process and (co)presentation of research.

Learning Objectives: Participants completing this workshop will be able to 1) experience being both 'client' and 'therapist' role in exploring their sensations, feelings, attitudes, values, differences towards research; 2) deduce main figures arising for themselves in this process and make these observable and audible through a co-created presentation process.

Liz Mellor is a UKCP registered and accredited Gestalt psychotherapist. She has a PhD in Aesthetic Development in Music, and has published in areas which combine her interest in teaching music, use-of self in research, singing health and wellbeing with gestalt. This has involved working with diverse groups including refugees. Now retired from full-time lecturing, Liz combines her gestalt practice with a visiting research role at the University of Leeds, UK. She enjoys writing poetry, painting, walking her dog and adventures in the campervan.

Ana Miller is in her final year of training in Relational Gestalt Psychotherapy in Scarborough. She has a PhD in Holocaust and postcolonial literature, which explored representations of trauma, violence and complicity in histories of extreme systemic violence. In her emerging role as a Gestalt psychotherapist and researcher, Ana is enjoying putting her interest in trauma, addressing/resisting complicity with systemic violence and encouraging inclusive practices into practice. Both her current psychotherapy placement and her job as a freelance teacher involves working with people from diverse backgrounds.

RISK: NONE IDENTIFIED

INTEROCEPTION: It's as Plain as the Nose on your Face

Bea Mackay (Canada)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Lisa Barrett's 'Top down' research on emotions and the presenter's 40 years of 'Bottom up Research' fit together like hand-in – glove. Barrett published "How Emotions are made: The Secret Life of the brain" in 2017. In this book she explains the concept of Interoception – a mind/body process that creates the sensations humans experience. She terms the sensations 'affect' and states they are NOT feelings or emotions. In the presenter's own therapeutic experience and in her many years of work with clients, she links the sensations to processing emotions effectively, healing trauma (current and PTSD) handling emotional pain and facilitating personal growth by creating new neural pathways. It's all about the sensations regardless of meaning, that is, one does not NEED TO KNOW/ UNDERSTAND why, what, how, when, where they were created. "Lose your mind and come to your senses." Fritz would be tickled pink!

Interoception will be taught through lecturettes alternating with experiential sessions. Participants will be given the opportunity to integrate theory with practice by working in dyads on their own sensations under supervision and direction of the presenter. Plenty of time for debriefing, discussion and questions is provided. This workshop is designed for students of counseling and psychotherapy as well as participants new to Gestalt therapy.

Learning Objectives: Participants completing this workshop will be able to 1) Teach the concept of Interoception and how it facilitates therapeutic change, and 2) Differentiate between managing and processing emotions.

Bea Mackay, PhD, is a Registered Psychologist who has been helping people reclaim their lives through individual, couples, and family therapy for over 30 years. She earned her MA and PhD from UBC. She is the author of the therapist training manual, *Two-You Work: How to Work with the Self in Conflict* (2011). Her 2nd book, *The Power of Connection: How to Process Emotion in Turbulent Times* was published 2021, and another manuscript, *Let Things Fall Together: How to Shift from Managing Emotions to Processing Them*, is in press. Dr. Mackay lives in Vancouver, British Columbia, where she enjoys hiking, biking, swimming, walking, and spending time with her son, daughter-in-law, and grandson.

RISK: NONE

Longing to Be: Exploring our Exiling (Hi)stories

Mo(ve)ment to Mo(ve)ment

Billy Desmond (Ireland)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: This workshop illustrates how a soma-aesthetic approach that honours the artistry and choreography of our inter-personal relationships, woven from and of our wider social, cultural and social fields. As therapists we are involved in the (hi)stories of our lives, which body forth between our moving bodies, moment to moment in the temporary society of the group. Our focus on immediate awareness and rigorous phenomenological co-inquiry of the animating, kinesthetic and haptic lived body with each other offers the necessary support for ongoing creative adjusting that is pre-reflective and pre-reflexive. By experimenting with 'embodied with-nessing' participants will recognize the resources available to them and the conceptual underpinning to support an integrating of a soma-aesthetic orientation to their individual and group practice.

Learning Objectives: Participants completing this workshop will be able to 1) describe how soma and aesthetic are inextricably related to concepts such as body process, phenomenology, self and relational field, and 2) describe and demonstrate how they can integrate a distinctive method of a soma-aesthetic approach to group therapy/work, namely, "interembodied I with-nessing".

Billy Desmond, MBA, MSc Gestalt Psychotherapy, Dip. Supervision. UKCP, ECP, MIAHIP accredited, writes, “I am a queer, married Irish man, who is trusting of the utterances emanating from the Burren landscape and the whispering Atlantic Ocean that wraps my body. I work as a Gestalt psychotherapist, supervisor and executive coach in Ireland and the UK. I am a dialogical adult educator at the Gestalt Institute of Ireland and actively involved in action inquiry projects exploring embodied and creative ways of knowing within relationships. I write journal papers, articles and have contributed book chapters in the terrain of sexuality, embodied inquiry, groups and sustainability (see www.billydesmond.ie).”

RISKS:

PARTICIPANTS NEED TO HAVE SUFFICIENT RESOURCE TO AVAIL OF THE NECESSARY SUPPORTS, AN INTEREST TO 'CONNECT' WITH OTHERS, AND INTEREST THE EXPLORATION OF THE LIVED BODY.

**'No One is a Single Story'
About Intersectionality and Field Awareness
Marten Bos (Netherlands)**

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Diversity, Equity and Inclusion (D.E.I.) and Gestalt could be a heavenly match, with our field-focused, holistic, socio-political background. So what is needed to transfer this to our community, practice and theory? The BLM movement and gender activists, that question traditional gender categorizations, are shaking up the world. Is gestalt really open to marginalized groups? Are we still emancipatory in our theory and practice, aware of our prejudices and privileges?

How does this influence our work, theory and the relation with clients and colleagues? I offer an experiential methodology to work and reflect on our multi identity, increasing awareness for ourselves and our clients, and enabling real space, for a true dialogical, subject-subject relation, for the multiple stories of our (marginalised) clients and colleagues.

Learning Objectives: Participants completing this workshop will be able to 1) describe the influence of diversity in their work; to experience more awareness of the multiple diversity we all have; and 2) articulate the theory of intersectionality and describe how this influences the relation with clients; and 3) check how inclusive their approach with clients is.

Marten Bos, MSc, writes “Trainer, coach, supervisor. Recently stopped as therapist. I worked for a Dutch Gestalt institute. Recently working as trainer and supervisor for institutes in Eastern Europe. I am involved as professional, volunteer and activist in the LGBTI+ community, Moroccan and Refugee communities and organisations. My last regular job was senior trainer at the national refugee organisation. Since 1999 free-lance, self-employed, worked for local government, police, banking, prison, etc. Wrote a book; “Coaching en Diversiteit”, and chapters, articles about diversity, intersectionality and about gestalt. Developed a methodology to work with Diversity, Equity and Inclusion; Intersectionality.”

RISK: EVOCATIVE MEMORIES AND SITUATIONS MAY EMERGE

**Story Listening - The Power of Being Heard
Susan Walker-Morgan (USA)**

COACHING WORKSHOP

1.5 CORE COMPETENCY ICF CCES (PENDING)

0.5 RESOURCE DEVELOPMENT ICF CCES

2.0 GPCC CCE HOURS (PENDING)

NOT APPROVED FOR CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

Abstract: We all have a story. We all have many stories. Our stories carry the joys, fears, pain, longing for belonging, knowledge, wisdom, and skills gathered throughout our lives. Our stories ache to be heard. Truly hearing another’s story, we experience the power of connecting through similarity AND difference. Hearing another’s story reminds us of the power residing within our own.

Competencies:

1. Establishing Trust and Intimacy – listening to another’s story with empathy and interest.
2. Coaching Presence – Ability to access one’s story while listening to the client, using our own story to be present, resonate, empathize, and the experience of strong emotion
3. Active Listening – Attending to the Client’s needs, hearing themes in what is said and what is not said. Assists client in gleaning from their story the significance in the here and now.
4. Powerful Questioning – ability to ask questions to take client into relevant and significant parts of their story for what their current goals are today.
5. Direct Communication – is aware of the client’s use of language and its significance. Bridges to the client through awareness of clients’ use of metaphor, analogy, and/or story
6. Creating Awareness – reflects clients’ story to them, allowing client to make their own meaning of its significance and value for designing their desired outcomes.

Susan Walker-Morgan, MS, writes, “I am an Executive Coach and Organizational Development Consultant. I hold a Master’s degree from Case Western Reserve University in Positive Organizational Development and Change. I am a Gestalt Professional Certified Coach. I am certified in Interpersonal Communication and Conflict Resolution from LEAD Consultants, MBTI from OKA, and ESCI from Hay Group. My passion is working with people in the discovery of their inherent wisdom, knowledge and skills.”

RISK: MILD

The Cape Cod Model for Working with Couples

Joseph Melnick (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

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, how to intervene and how to finish well. We will end with a discussion.

Learning Objectives: Participants completing this workshop will be able to 1) practice viewing and intervening therapeutically with a couple as a system; and 2) demonstrate how to intervene from a perspective of “seeing competency” in the couple’s relational process.

Joseph Melnick, PhD, writes, “I am a clinical and organizational psychologist, founding editor of Gestalt Review, co-chair of the Cape Cod Training Program, and Board member of the Gestalt International Study Center. I and Sonia Nevis recently published *The Evolution of the Cape Cod Model: Gestalt Conversations, Theory and Practice*. I teach and train throughout Europe and the U.S.”

RISK: NONE

The Encounter Process: Supporting Self/Discovering Other

Bruce Aaron (USA)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: Meeting another at our edge can be exciting as well as hurtful. Conflictual situations often become environments in which projections and other boundary distortions become rampant, resulting in loss of accurate, respectful communication. Gestalt Therapy, based as it is in awareness, offers tools for owning what is rightly one's own, i.e., taking responsibility. The Encounter Process is a simple communication tool whereby the speaker shares their experience in a way that the listener learns precisely how the speaker is feeling, the perception/beliefs that support those feelings, and what action the speaker wishes to take. This focused workshop offers a simple format which strengthens the speaker's sense of their own edges, respectful boundaries, and clarity.

Learning Objectives: Participants completing this workshop will be able to 1) state how going through the process of making an Encounter statement to another helps support their sense of integration and wholeness. 2) describe how being "encountered" by a client or other highlights and clarifies one's own phenomenological position in the world.

Bruce Aaron, LCSW, also CPG (Certified Group Practitioner), writes, "I have been a practicing Gestalt clinician since 1989 and have led therapy groups since 1991, one of which is still on-going. I have presented a number of times at previous AAGT conferences as well as at annual meetings of the American Group Psychotherapy Association, where I do my best to represent the Gestalt approach. I have also served on the AAGT board as well as on various committees."

RISK: COMMUNICATION IN THIS WORKSHOP IS LIKELY TO BE DIRECT. THOSE WHO ARE NOT READY TO LEARN HOW OTHERS CANDIDLY EXPERIENCE THEM MAY NOT FEEL COMFORTABLE WORKING WITH THIS COMMUNICATION TOOL.

What Kind of Choreographer Am I?

Emilyn Claid

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

Abstract: This experimental, experiential workshop draws parallels between post-dance choreography and Gestalt practice. Choreography is not only about making dances but the opportunity to 'question, develop rearrange ... to enable forms of navigation in the world. If choreography can be understood as knowledge it becomes a way of approaching and conducting life' (Spångberg 2017:367). Choreography is arranging objects in an order that makes 'the whole greater than the sum of the parts' (Burrows 2010: 40). The parallels with Gestalt – organisation of field, figure and ground – are striking. Through choreographic processes, narratives are revealed that demonstrate who we are as choreographers, reflecting, in parallel, who we are as therapists. Reflecting on the ways we choreograph deepens knowledge of our cultural differences, field/figure choices, phenomenological perspectives, and intersubjective creativity.

Learning Objectives: Participants completing this choreographic experiential workshop will be able to 1) describe how personal histories of culture and creativity impact on ways of making meaning in the world; and 2) integrate a choreographic practice into clinical work as a form of experiment with which to explore clinical issues intersubjectively.

Emilyn Claid, PhD, MSc, writes, "I am a psychotherapist, supervisor, dance artist, choreographer, writer, Emeritus professor at Roehampton University UK, and a queer older woman. I recently published 'FALLING through dance and life' (Bloomsbury 2021), a book that embraces a somatic sensation of body, gravity and ground as a creative source and questions Western culture's fixation with uprightiness and supremacy. As a choreographer, writer, and psychotherapist I actively seek out, and work with, diverse communities where issues of gender, sexuality, race and class are forefront and energise my practice."

RISKS: NO PHYSICAL RISKS; EMOTIONAL/PSYCHOLOGICAL RISKS ARE MINIMAL.

Women on/at the Edge of Business Families Talia Bar-Yoseph Levine (Israel)

2.0 CE CREDIT HOURS FOR PSYCHOLOGISTS


INTERMEDIATE LEVEL

Abstract: Family business and or business family is where therapy and consultancy meet, where women still often play second fiddler, where fields intertwine into a complex whole. Cross cultures and continents families struggle with difference, continuity, gender differences, tradition and what not. Roles are defined, fought for, taken or succumb to, choice often is not welcomed, the whole is impacted for generations. We shall explore the added complexity women face, at home and when incorporated into the family business through examples, experiment and theory. In it we shall address the challenges that working with such systems present to the. Does the gender of the consultant matter?

Learning Objectives: Participants completing this workshop will be able to 1) describe 3 different types of women who are part of the business families and how to relate to them; 2) discuss the complexity of working with family businesses and describe how both therapy and consultancy skills are useful.

Talia Bar-Yoseph Levine, DPsych, co-founder of the Jerusalem Gestalt Institute. The past head of the MSc in Gestalt psychotherapy, Metanoia, London, registered clinical psychologist since 1980, practices Gestalt since 1977, an international trainer and an international organizational development consultant, specializes in retail and family business. Talia is on the editorial board of the Gestalt Review, edited 'The Bridge – Dialogues Across Cultures', 2005, 'Gestalt Therapy – Advances in theory and practice', 2011, and the writer of numerous papers. Married with two daughters and three grandchildren. past president of AAGT, member of the GB, EAGT and of EC of INTAGIO.

RISKS: NONE IDENTIFIED

A scenic view of a coastline with cliffs and a sea stack. The sky is a mix of blue and orange, suggesting a sunset or sunrise. The water is a deep blue, and the cliffs are a mix of brown and green. A prominent sea stack is visible in the middle ground. In the foreground, there are green grasses and a large patch of pink flowers.

CONFERENCE WORKSHOPS
IAAGT BIENNIAL CONFERENCE
17TH - 22ND MAY 2022, COUNTY CLARE, IRELAND



EDGES OF
EXILE AND
BELONGING