

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



**EDGES** OF  
**EXILE** AND  
**BELONGING**



**EDGES** OF  
**EXILE** AND  
**BELONGING**

8-HOUR WORKSHOPS

**17TH MAY**

## PRE-CONFERENCE WORKSHOPS

### 8-HOUR WORKSHOPS / TUESDAY 17TH / 8:30-18:00

#### Creating a Path to Belonging *Janneke van Buesekom (USA) and Cathy Gray (USA)*

8 HOUR PRE-CONFERENCE WORKSHOP  
7.5 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

**Abstract:** We each seek to be known, accepted, and embraced in the fullness of who we are – in the particularity of our strengths, and vulnerabilities. In this workshop we will create a place together safe enough to explore our differences and similarities finding a place of belonging through the creation of a distinct “I” and a distinct “you”. We will look at our histories that affect our organization of the present, the stories we make up about the “other”, and the role of shame in our present interacting. We will employ movement and poetry as well as small and large group discussion to create the path toward connection and belonging, hopefully providing a ground from which to enter the larger conference. Come join us.

**Learning Objectives:** Participants completing this workshop will be able to 1) describe one or more differences between participants or between themselves and others that they notice for the first time; 2) name 3 contributions from the present field (this workshop) contributing to the emergence of the experience of exile and/or belonging and how that is applicable to their work; 3) articulate specifics of the experiential exercises that facilitated ability to identify diversity and inclusion; 4) use social location maps to better understand the diversity within a group and use these maps in their practice; 5) identify and explain the role of shame in the field in creating exiles; 6) describe a change and increase in ability to identify the stories that each creates in the face of encountering another.

*Janneke van Buesekom, is a licensed clinical social worker* in private practice in Lancaster, Pennsylvania, USA where she provides therapy to individuals and couples and clinical supervision to therapists. She is on the faculty at the Gestalt Training Institute of Philadelphia (GTIP) where she also received her initial training. She studied extensively with Philip Lichtenberg and Bud Feder. Together with Philip Lichtenberg and Dorothy Gibbons, she co-authored the book *Encountering Bigotry: Befriending Projecting Persons in Everyday Life*. She has been actively involved in GTIPs work toward increasing the institute’s openness and welcoming of diverse populations.

*Cathy Gray* is a licensed psychotherapist in private practice in Narberth, Pennsylvania. She has 40 years working with organizations and individuals, first in organizational development and later as a psychotherapist. Cathy works with individuals, couples, and groups and provides individual and group supervision. She also provides therapy and supervision online. Cathy is the past Academic Director of Gestalt Training Institute of Philadelphia, as well as on Faculty and its Board of Directors. Cathy is past President of AAGT. She has studied improvisational movement, Focusing, EMDR, Mind-Body Centering, and Developmental Somatic Psychology. Cathy gives workshops and leads week-long residential workshops nationally and internationally. She co-authored an article with Philip Lichtenberg. Most of her writing continues to remain in her desk drawer.

**RISK: MILD TO MODERATE FOR EMOTIONAL VULNERABILITY; ENVIRONMENT FOSTERING “SAFE EMERGENCY” ONLY.**

#### Edges of Exile & Belonging: Gestalt Therapy for Working with Alzheimer's & Other Irreversible Dementias *Anna Lewis (USA)*

8 HOUR PRE CONFERENCE WORKSHOP  
7.5 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTRODUCTORY LEVEL

**Abstract:** Those with irreversible dementia are in many ways “in exile” from their previous relationships, their lifelong capabilities and their sense of self. A typically disturbing diagnosis condition becomes their site of belonging. The aim is not to “recover” the lost home of self for dementia patients, or to continue to exile them to an irreversible diagnostic condition for the remainder of their life, but to reset the boundaries of selfhood.

**Learning Objectives:** Participants completing this workshop will be able to 1) name and discuss the stages of dementia and the various gestalt interventions used at each stage; 2) use a gestalt therapy approach to support someone during different stages of dementia; 3) articulate an accurate and deep intuitive understanding of the perceptions and feelings of persons with dementia; 4) identify typical signs and symptoms of clinicians/caregivers burnout and stress and methods for addressing both; 5) practice gestalt therapy interventions with common scenarios involving patients and their caregivers; 6) articulate and incorporate divergent and culturally different viewpoints in their work with patients.

**Anna Lewis, LMFT, MA**, has worked with diverse populations in various educational and clinical settings. She is a Faculty Lecturer at San José State University, Department of Psychology and a Licensed Marriage and Family Therapist (LMFT) with a clinical practice in the San Francisco Bay Area, California, USA.

**RISKS: POSSIBLE DISCOMFORT DUE TO TOPIC**

**Going Deeper Faster: Coaching with Character Structure**  
*Melissa Kelly-McCabe (USA)*

6.75 ICF CORE COMPETENCY CCES (PENDING)

INTERMEDIATE LEVEL

1.75 ICF RESOURCE DEVELOPMENT CCES

8.0 GPCC CCE HOURS

NOT APPROVED FOR CE CREDIT HOURS FOR PSYCHOLOGISTS

**Abstract:** Coaching work becomes more powerful when we attend to our own embodiment and that of our client. With a core Gestalt belief that our bodies carry our life experiences in our musculature, our stance, and posture, over time, we each take on a physical shape that moves beyond habit, and into a fixed structure – a Character Structure. Physical Character Structure is rooted in our humanness, and created similarly across cultures regardless of race, skin color, nationality, gender or sexual orientation. In this workshop, you will experience and try on five Character Structures ~ the shape/energy/movement of each. We will explore typical re-occurring life themes/dilemmas, and ways to tap into these strengths and vulnerabilities for ourselves and with clients.

**Competencies:**

1. Notice patterns for using one's own physical process while coaching.
2. Learn about, trying on and experiment with five Character Structures as a lens to perceive a client's embodied expression.
3. Relate coaching with physical process skills to ICF core competencies: #4 Coaching Presence, #5 Active Listening, #8 Creating Awareness, #9 Designing Actions.

**Melissa Kelly-McCabe, MS, MCC, GPCC**, 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**

**Trans-generational Experiential Workshop-Japanese Style**  
*Masatsugu Momotake (Japan)*

8 HOUR PRE CONFERENCE WORKSHOP

INTERMEDIATE LEVEL

7.50 CE CREDIT HOURS FOR PSYCHOLOGISTS

**Abstract:** This experiential workshop style has evolved from decades of clinical practice in Japan, and is strengthened by current research in neuroscience. We use an expanded form of the empty chair technique to access trans-generational patterns with an attuned body focus in the context of a supportive relational field. 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) describe their process of becoming more Zen mindful and present with awareness of their body, emotions and thoughts; 2) explore trans-generational influences on the current relationship or physical issues of the client in focus; 3) identify some trans-generational influences on their own childhood and self-development; 4) evaluate the benefits of utilizing an expanded relationally field aware adaptation of the traditional empty chair experiment; 5) explore their own body sensations in order to gain awareness of unfinished business; 6) identify techniques to work therapeutically with family members who are not present.

*Masatsugu Momotake BSc Tokyo, MA Psychology California*, 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: POTENTIALLY EVOCATIVE; POSSIBILITY OF EMOTIONAL DISTRESS**

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## **Wild Clare Camino: Exploring the Life Energy of Wild Edges, 'Exiles', and Less Loved Parts of Self, Other, Nature**

*Rosie Burrows (Ireland north)*

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7.50 CE CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

**Abstract:** Wild Camino/ 'Turas', is an invitation to 'the deep hearts core' (W.B.Yeats). To tenderly explore inner landscape in preparation for an outer walk in wild place, to listen closely to hear our own 'anam cara' / soul companion conversation. The oilithrigh/pilgrim/peregrina/o+, makes creative sense of visible and invisible field 'atmospheres'. In particular, ground of earth, Atlantic sea rhythm; regenerative spiritual, poetic, and social wisdom traditions of the island of Ireland. The planetary and social crises, calls forth access to a luminous, quality of presence, human and other-than human, that spans past\*, present and future generations. This workshop is rite of passage, earthly, embodied and imaginative 'sixth province' (S.Heaney), offering a fresh framework of ecoGestalt, neuroscience, 21st century sustainability, and, a deep therapeutic dig.

Preparation, if consenting to this:

Reading any John O'Donohue books and Celtic blessings/poetry, Over Nine Waves or The Names on the Harp by Marie Heaney; Kate Raworth, Doughnut Economics and The Good Friday Agreement.

**We are fortunate to have live traditional Irish folk singing and traditional music by Tom Makem.** Other music may include Ríoghnach Connolly singing, De Danaan, The Mist Covered Mountain, any seanos, unaccompanied singing of Liam O'Maonlaí, The Gloaming, Muireaan Nic Amhlaoibh and Billy Mag Fhloinn, Ye Vagabonds, among multiple inspirational others.

Please bring writing and art materials if desired.

**Learning Objectives:** Participants completing this workshop will be able to 1) organize a rite of passage workshop relevant to their own environment using the cultural transformative processes of this workshop as internal and external working models for future practice; 2) voice the experience of compassion towards diversity within themselves, between themselves and others and between themselves, others, and nature; 3) identify feelings, sensations and images of unbelonging/loss/grief in self and in support of clients, in order to creatively express painful identifications that no longer serve; 4) describe the five pillar approach of ecoGestalt and also ecological ethics that can be adapted to be used in whatever context the participants works and lives in, whether therapeutic, community, organisational or societal; 5) demonstrate creative practices, including writing that can support publishing and/or peer and client creative expression; 6) name 3 resources and networks for further choiceful engagement, social/political action and networking, and/or contemplation according to specific needs and interests; 7) integrate into their life and work the experience of having immersed in ancient, Celtic traditions, thus supporting reconnection with the next step in personal and professional development.

*Rosie Burrows, PhD*, trained in the first Gestalt group in Belfast, writing a PhD on Gestalt training, well being, consciousness, and intentional community. She worked as practitioner researcher on individual and collective transition, community and organisational development through conflict and peace building. Building new structures, award winning influential research practice on transgenerational trauma, and supporting embodied aliveness in the aftermath of traumatic loss/injury, alienation, self harm, and suicide that most impacted children and marginalised groups. Her passion is bold aliveness, transformative felt connection, 'safe and just' transition, radical ethics for genuine inclusion, transformational constitutional change, and a green, sustainable world.

**RISK: MAY BE EMOTIONALLY EVOCATIVE. BASIC LEVEL OF FITNESS IS REQUIRED; OR PLEASE REQUEST SUPPORT TO GO SLOWER/USE WHEELCHAIR, OR FOR ACCOMMODATION OF ANY INVISIBLE DISABILITIES.**



**EDGES** OF  
**EXILE** AND  
**BELONGING**

4-HOUR WORKSHOPS

17TH MAY

## 4-HOUR WORKSHOPS / TUESDAY 17TH / 14:00-18:00

### Cultural Embodied Connecting through Ground Sequences Philip Belzunce (Philippines/USA), Lalei Gutierrez (Philippines/USA), Shareefah Sabur (USA), Elizabeth Welch (USA)

4 HOUR PRE-CONFERENCE WORKSHOP

ALL LEVELS

3.75 CE CREDIT HOURS FOR PSYCHOLOGISTS

**Abstract:** We introduce participants in connecting with “Ground Sequences of Inner Being.” To appreciate our collective challenge as a human race, participants join in experiential exploration into the ground sequences of time, contexts, and systems to examine our personal, interpersonal, familial, tribal, societal, and cultural edges of exile and belonging. We investigate the complexities embedded in hidden yet present ground of the diverse inherited traumas in our individual and collective DNA. We gain appreciative awareness of the roots of our alienation, the challenges of our exile and our human quest for safety, belonging, and meaning. As participants share their experiences in the human journey, we draw together as best we can a picture of the humanity “elephant” – and our collective transformative task as a whole.

**Learning Objectives:** Participants completing this workshop will be able to 1) list the different Ground Sequence Levels (GSL), of self-other-us human interactions in the relational field; 2) utilize GSL as a tool for inquiry and listening to each other's contextual and subjective ground for inter-connection in the dialogue process both professionally and in community; 3) describe how use of self as an embodied relational presence could be influenced by: Cultural Identity, Ground Sequence Level and Privilege; 4) demonstrate the process of slowing down in order to acknowledge the GSLs of the whole person's figure/ground complex embedded in Pregnant Present moment of here-and-now in GSL, particularly in diverse and polarized situations both professionally and otherwise; 5) create an environment of inclusion and respect of diverse grounds of human experience; and 6) demonstrate the process of honoring both-and poles with respect of different ground circumstances that may vary within and between groups.

**Philip Belzunce, PhD, IMFT, BCC,** practices 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, PhD 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, hypnotherapy, 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.

**Shareefah Sabur, MA, MNO, CDP, GPCC, BCC** is the Executive Director and Associate Faculty of the Gestalt Institute of Cleveland. She has 25 years of experience in various roles in health care and education. She is a Gestalt Professional Certified Coach and a Certified Diversity Professional who provides services through her consulting practice, which includes strategic planning, board development, team functioning, diversity and inclusion cognizance. Over a period of eight years, she worked with diverse populations in Uganda, Zambia, Rwanda, Tanzania, and South Africa providing training, board development, and strategic planning to support the delivery of palliative care.

**Elizabeth Welch, MA, CDP, PM, GPCC** is a certified coach, facilitator, educator, and organizational development consultant in Cleveland, Ohio, specializing in Polarity Thinking, individual and team learning, and cultural influences on relationships. Elizabeth employs a Gestalt approach with its value of dialogue and multiple perspectives to support client capacity expansion. Elizabeth pays special attention to language and metaphor in her work in diversity and inclusive culture building. Her coaching practice includes adults and groups in personal, academic, and professional transition. A faculty member at the Gestalt Institute of Cleveland, she co-chairs the current Gestalt Training Program.

**RISK: MILD FOR EMOTIONAL DISCOMFORT**

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## Honouring Differences Sheldon Holder (Canada)

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4 HOUR PRE-CONFERENCE WORKSHOP INTERMEDIATE LEVEL  
NOT APPROVED FOR CES CREDIT HOURS FOR PSYCHOLOGISTS

INTERMEDIATE LEVEL

**Abstract:** In this workshop discover how suffering at the contact boundary is the suffering of difference and embracing novelty is inherent in the Gestalt approach. During this presentation, we will explore issues of difference and diversity while demonstrating the ways that Gestalt therapy can be used as a core approach in establishing healthy contact. Gestalt techniques focus on self-support, bodily support. Gestalt can be used to open a safe space for dialogue around the differences between client and therapist with a view toward exploration of traumatic response.

**Learning Objectives:** Participants completing this workshop will be able to 1) be aware of shame when it comes up; 2) explore ways to negotiate the shame that is associated with discriminating without recreating and redistributing the oppression; 3) explore the concept that race and orthodox sexuality are socially constructed; 4) explore the impact of societal forces upon beliefs.

**Sheldon Holder,** "I am a mentor at the University of Toronto in an access and equity program for indigenous, Black and LGBTQ students. Currently, I am leading the honouring difference workshops at the Gestalt Institute of Toronto. I work with psychotherapists in training to bring awareness to the differences between us in terms of race, sexuality and gender. By using Gestalt, I address the shame that surrounds these differences in order to help initiate therapist client dialogue safely. The main objective of the work is to promote equity and group healing using a Gestalt psychotherapeutic approach."

**RISK: MILD TO MODERATE EMOTIONAL DISCOMFORT**





**EDGES** OF  
**EXILE** AND  
**BELONGING**

4-HOUR WORKSHOPS

**18TH MAY**

## 4-HOUR WORKSHOPS/WEDNESDAY 18TH /8:30-12:30

### A Gestalt Therapist Considers Autism *Susan Gregory (USA)*

4 HOUR PRE-CONFERENCE WORKSHOP  
3.75 CE CREDIT HOURS FOR PSYCHOLOGIST

INTERMEDIATE LEVEL

**Abstract:** Autism is a complex neurological condition whose sufferers range from persons unable to walk or talk to college professors and artists, all of whom use specialized abilities and strategies for living. Members of the autistic community want to be welcomed among the whole of humanity, not to be exiled to the sidelines of social, educational and economic activity. How may we include our autistic brothers and sisters as valued community members? We will explore these questions using the most contemporary findings in neurology, social sciences and education as understood through a Gestalt therapy lens.

**Learning Objectives:** Participants completing this workshop will be able to 1) recognize and describe behaviors typically associated with persons along the spectrum of autism; 2) explain the neurological differences currently recognized in brains of autistic persons; 3) use a Gestalt therapy theoretical approach to support clients and others who demonstrate behaviors associated with the spectrum of autism; 4) find and actively join groups whose goals include advocacy for persons with autism.

*Susan Gregory, M.A., CLC*, has been a Gestalt therapist in private practice in NYC for thirty years, and is a past President of the New York Institute for Gestalt Therapy. She has published four book chapters and more than 20 peer-reviewed articles on Gestalt therapy topics. Susan has been guest faculty in Australia, New Zealand and Mexico, and has presented workshops in Canada, England, Germany, Poland, Argentina, Brazil, Colombia, among others. She has served as chair of AAGT's scholarship and peer review committees. Susan also teaches breath work and singing.

**RISK: MILD TO MODERATE FOR EMOTIONAL DISTRESS; PRESENTER SUPPORT FOR ASSISTANCE AND CONTAINMENT.**

### Exile and Belonging *Julia Roddy (Ireland)*

4 HOUR PRE-CONFERENCE WORKSHOP  
NOT APPROVED FOR CE CREDIT HOURS FOR PSYCHOLOGIST

INTERMEDIATE LEVEL

**Abstract:** Every living species longs to belong to a place called home. Exile happens when our ground is shaking and consequently the search for belonging continues. A harmonized world order that promotes inclusion and everyone's right to belong requires a phenomenological inquiry into our unique global perceptions of cultural privilege, diversity, belonging and exile. By exploring the language of diversity and the power of the single-story our differences and intolerances encourage new light on field perceptions and assumptions as to how we consider normalising a lack of equity in belonging. Intimacy and isolation are key explorative pathways to examine what lies between our fears and longing to belong.

**Learning Objectives:** Participants completing this workshop will be able to 1) explore differences and assumptions due to unique perceptions of societal norms as well as differing cultural language and preconceived stereotypical beliefs around cultural differences; 2) develop new perspectives and cultural complexity of experiences of belonging, inclusion, and exclusion; 3) practice hearing the other without interpretation or judgment while exploring one's own process in adjusting to new and unknown ground; 2) develop a wider understanding of cultural differences in a global field of longing to belong, inclusion, and belonging.

*Julia Roddy, MA, HONS*, BA, HONS, PG, DIP, is a qualified Gestalt therapist who leans towards an existential philosophical relational approach. She is currently the Human Rights and Social Responsibility Committee Chairperson of IAAGT and is devoted to working towards an environment that supports equity, diversity, and embracing of difference. Julia's background is in the arts and film and she has worked extensively with marginalised and community groups to support unheard voices.

**RISK: NONE**

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## Experiment and Phenomenology in Working with Gender Dysphoria Rebecca Waletich (USA)

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4 HOUR PRE-CONFERENCE WORKSHOP

INTRODUCTORY LEVEL

3.75 CE CREDIT HOURS FOR PSYCHOLOGISTS

**Abstract:** Presenter will use case examples and writings from gender diverse people to help participants learn about people who experience Gender Dysphoria (GD), including the overlaps between GD and trauma, triggers for Gender Dysphoria, and common stages of gender transition. Using interactive experiments, participants will explore and challenge their own gendered biases. They will learn about specific considerations in co-creating safety with this population. The presenter will demonstrate how experiment and phenomenology can be used to support the clients' work in all stages of their transition to live authentically.

**Learning Objectives:** Participants completing this workshop will be able to 1) describe the relationship between trauma and the experience of Gender Dysphoria, and incorporate techniques of Trauma Informed Care into the treatment of Gender Dysphoria, as well as describe the importance and challenges to establishing safety, inside and outside of therapy; 2) explore and challenge their own gendered biases and start to prepare for work with people with Gender Dysphoria; 3) explore the benefits and risks of phenomenological, somatic awareness in working with Gender Dysphoria, and be able to describe how they would safely incorporate this into their services; 4) describe ways to use experiment in work with gender diverse people to help them live authentically.

**Rebecca Waletich, LCSW (she/her/hers)**, has been serving LGBTQ adults and youth since 1999, providing individual, couples, family and group therapy. Outside of her practice, she is active in advocacy efforts, facilitates professional training, and consults for local Transgender service organizations. Ms. Waletich is a member of the World Professional Association for Transgender Health (WPATH), the National Association of Social Workers Sexual Orientation and Gender Identity (SOGI) Committee, and the American Psychological Association Gender Identity Division 53. She has completed the foundation and advanced WPATH Certification training. Ms. Waletich has completed 3 years of Gestalt Training at the Indiana Gestalt Institute.

**RISK: MILD TO MODERATE+ FOR SOME; SAFE SPACE CREATED**

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## Meeting the Marginals – Awareness, Meaning-making and Contact Christina Schuierer (Germany)

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4 HOUR PRE-CONFERENCE WORKSHOP

INTERMEDIATE LEVEL

3.75 CE CREDIT HOURS FOR PSYCHOLOGIST

**Abstract:** Where do people at the margins; 'illegal' immigrants, the homeless, sex workers get access to medical and legal services? Our workshop case will immerse you in a charity set up to address these issues. You will find 'the cause' does not remove the frictions and messiness of the organisation. The challenge is to apply the Gestalt approach in the driven and frequently adverse context of organisations where the priority is delivering under the pressures of time, hierarchy, cost etc. This workshop highlights 3 distinctive activities for the Gestalt Organisational Development (OD) practitioner:

- raising awareness
- making meaning
- encouraging and supporting contact

You will be invited to work with others on the case, using the 3 core channels, to identify barriers and propose and perhaps enact interventions.

**Learning Objectives:** Participants completing this workshop will be able to 1) use a clear framework for making Gestalt based Organisational Development (OD) interventions in a multicultural and diverse environment; 2) apply skills in organisation development including diagnosis, issue identification, intervention design and intervention skills; 3) develop present oriented experiments for application with organizations; 4) connect to a community of Gestalt OD consultants for the purpose of learning from their experience.

*Christina Schuierer, M.A.*, is an organisational psychologist and Gestalt OD intervenor with more than 35 years of experience in working with private and public sector organisations. She has worked in more than 45 countries in Europe, Africa, Asia and the Americas. She has been coordinating the psycho-social care unit of Medecins sans Frontieres in Germany since 2006 and is working with MSF staff in the field. She is an experienced supervisor of teams working with refugees in Germany as well as abroad. Amongst others, Christina teaches Gestalt in OD at the Gestalt Centre in London.

**RISK: NONE IDENTIFIED**

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## **PRISMA workshop on Contact-Withdrawal** *Enara Garcia (Spain)*

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4 HOUR PRE-CONFERENCE WORKSHOP

INTRODUCTORY LEVEL

3.75 CE HOURS FOR PSYCHOLOGISTS

**Abstract:** PRISMA is an experiential, collaborative and embodied research methodology that aims to study interpersonal interactions from a phenomenological and second-person perspective. In this 4hour workshop, we will investigate the diversity, complexity, and ambiguity of Contact-Withdrawal movements in client-therapist interactions. In practical-theoretical workshops, we investigate video-recorded interactions by systematically unfolding their phenomenological aspects in order to, step by step, unfold and discover tendencies and regularities of Contacting.

**Informed Consent:** Participants will be requested to sign an Informed Consent as data gathered during the workshop (post-its of the participants, notes, the matrix) may be published in a research journal.

**Learning Objectives:** Participants completing this workshop will be able to 1) conduct research using a phenomenological approach in an active, embodied, and collaborative manner; 2) disentangle observation of different phenomenological aspects of Contact-Withdrawal in Gestalt Therapy; 3) use a new qualitative research methodology for the study of social interactions; 4) distinguish when observing between first, second and third-person experiences of sensing, feeling and thinking.

*Enara is a PhD* fellow at the University of the Basque Country studying the intersections between Philosophy of Cognitive Sciences, Phenomenology and Gestalt Therapy. Her main research interest is the Intersubjectivity and Intercorporeality in therapeutic relationships. In addition to her current academic work, since 2014, she has collaborated with different LGBTi and self-organized communities in Catalunya. She also volunteered in Athens in a refugee accommodation and solidarity space in 2016.

**RISK: THOSE WITH VISUAL IMPAIRMENT MAY BE LIMITED IN PARTICIPATING IN THIS WORKSHOP AS IT REQUIRES VIEWING OF VISUAL MEDIA.**

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## **Place, Body and Belonging: Making and Breaking Connections?** *Miriam Taylor (UK) and Vienna Duff (England)*

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4 HOUR PRE-CONFERENCE WORKSHOP

INTRODUCTORYLEVEL

NOT APPROVED FOR CE CREDIT HOURS FOR PSYCHOLOGISTS

**Abstract:** What is our association with place, and how can it become part of our embodied ground? In this workshop we will attend to figures of arrival, connection and leaving through our contact with the natural world and the challenges facing the wider ecological field. These processes of making and re-making connections, of being 'exiled', or leaving will be illuminated through a series of experiments, both indoors and outdoors. Time will be available to explore participants' phenomenological experiences, enabling diverse responses to be expressed creatively, through narrative and in movement.

**PLEASE NOTICE:**

- THE WEATHER IS UNPREDICTABLE AND MAY BE INCLEMENT. PLEASE BRING SUITABLE CLOTHING/FOOTWEAR FOR SPENDING PERIODS OUT OF DOORS.
- WE ALSO ASK THAT YOU ENGAGE PRE-WORKSHOP BY CONNECTING WITH LAND IN A PLACE OF YOUR CHOOSING. REFLECT ON YOUR FEELINGS OF BELONGING OR EXILE AND SELECT A SMALL OBJECT, E.G. A STONE, TO BRING TO THE WORKSHOP IN COUNTY CLARE, IRELAND.

**Learning Objectives:** Participants completing this workshop will be able to 1) participate and then describe their experience of embodied encounters with a natural object and environment; 2) describe an embodied experience of connection and loss with a particular place within the Conference locality; 3) differentiate between their and other participants' accounts of belonging and losing contact; 4) create a visual (or share a narrative) representation of their experience of connecting with the earth at or near Falls Hotel, Ennistymon, Co. Clare, Eire.

**Miriam Taylor, MSc**, 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.

**Vienna Duff, MA**, is a psychotherapist and supervisor; an educator for nearly 30 years. Currently working in the National Health Service, England she also has a small private practice and supports a voluntary organization that responds to the current refugee crisis in Europe and is an Associate of Relational Change. She has facilitated a range of CPD workshops: most recently exploring the themes of earth, elements, trauma, restoration of vitality, self-regulation. With Miriam Taylor she has co-facilitated residential workshops exploring themes of working with trauma, contact with the natural environment, the ethics of self-care, regeneration and relationship with nature.

**RISK: WALKING ON SOME UNEVEN GROUND; PHYSICALLY TOUCHING NATURAL, BROUGHT AND FOUND OBJECTS STANDING, SITTING OR LYING-DOWN IN CONTACT WITH THE GROUND FOR SHORT PERIODS OF TIME**

## Reclaiming the Exiled Feminine in a Patriarchal World

*Ann Bowman (USA), Marilyn Myles (USA), Nickei Falconer, (New Zealand), Gayla Feinstein (USA)*

4 HOUR PRE-CONFERENCE WORKSHOP

INTRODUCTORY LEVEL

3.75 CE HOURS FOR PSYCHOLOGISTS

**Abstract:** In this time of great turbulence, it is critical to recover the Feminine to shift from domination to partnership and to step into collaboration and deepening connections to form community and bring balance into the world. The Cartesian split of mind/body has created separation, alienation and disconnection. In this workshop we explore how this gets expressed in patriarchal cultures and how internalized misogyny continues to exile the embodied feminine within the field to the detriment of all including Mother Earth. We invite you to join us in the revival and resurgence of the Feminine to ignite a new epoch of thriving and flourishing in health, equity, partnership and balance.

**Learning Objectives:** Participants completing this workshop will be able to 1) articulate the meaning of internalized patriarchy and misogyny as well as how they influence both their own and their clients' world view; 2) discuss what is meant by "feminine" in this workshop and how aspects of the feminine in daily lives contribute to promoting social change; 3) explore how introjects operate out of awareness and what they can do to support clients in bringing them to awareness and identifying the introjects; 4) articulate what embodied relational engagement means and how this supports our connections to each other and to Mother Earth.

**Ann Bowman, MSN, APRN, BC, LMHC**, writes, "I have extensive training in Gestalt therapy, have been a private practitioner for decades, am a faculty member and a gestalt trainer in my local community. I have presented gestalt workshops nationally and internationally, have co-authored 2 book chapters regarding my work with women and gestalt and I have published a research article on addiction. I live on a small farm in rural America where I find peace and belonging but also am challenged by radically different social values from my community. I am finding my voice and place as an activist for equality, sustainable living practices as well as relational and ethically based leadership."

**Marilyn Myles, MSW, LCSW**, is a psychotherapist in private practice in the Chicago area. She studied with Gestalt teachers from Toronto and Cleveland, and was Co-Coordinator of AAGT Regional meetings for many years. She specializes in somatic approaches to trauma treatment, conducts classes on meditation, stress management, and compassion fatigue, and has been conducting psychotherapy groups since 1981. Her practice serves people of diverse populations, aided by her own diverse background which includes African and European ancestry.

**Nickei Falconer, Dip.G.Psych, NZAC, PBANZ**, writes, "Kia ora/hello from New Zealand! I am a gardener, mother, writer, counsellor, psychotherapist and supervisor. I've worked as a gestalt psychotherapist with people since 1992 and have my own practice in New Zealand called "LifeWorks". ([www.lifeworkscounselling.co.nz](http://www.lifeworkscounselling.co.nz)). Building on my past experience within regional and national management roles, I work 1:1 with people and also support managers, individuals and teams to increase their well-being within their workplace. I have a deep passion, both personally and professionally, for growing sustainability within people and within various environments of our shared planet. I am a member of the New Zealand Association of Counsellors (NZAC), and a registered Psychotherapist with the Psychotherapy Board of Aotearoa/New Zealand (PBANZ). For five years, from 2005, I was co-editor of the Gestalt Journal of Australia and New Zealand."

**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**



**EDGES** OF  
**EXILE** AND  
**BELONGING**