



**RE-IMAGINING AND
CO-CREATING**
RE-IMAGINAR & CO-CREAR
VERACRUZ 2024 | IAAGT BIENNIAL CONFERENCE

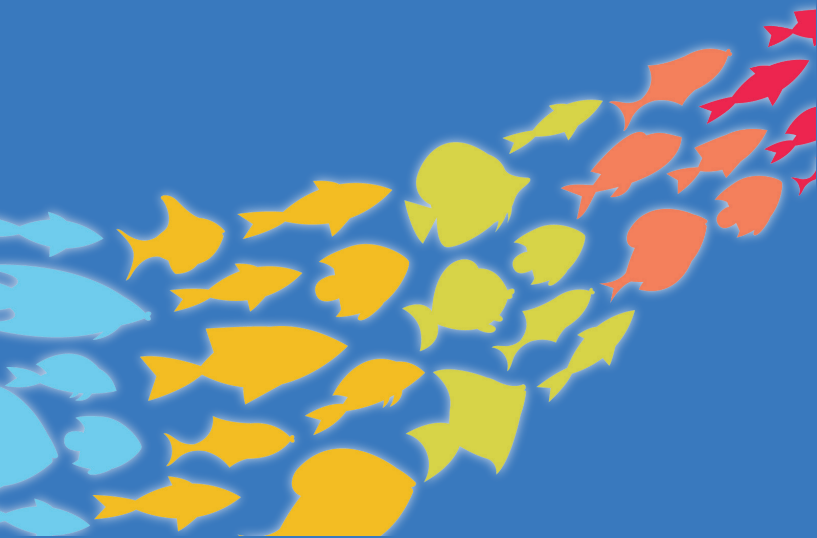


IAAGT 
an international community



RE-IMAGINING AND CO-CREATING

SEPT. 17-22 | 2024 | IAAGT | BIENNIAL CONFERENCE



SCHEDULE OF PRE-CONFERENCE AND CONFERENCE WORKSHOPS

AGENDA DE TALLERES DE PRE-CONFERENCIA Y CONFERENCIA

PRE-CONFERENCE - TUESDAY - MARTES / SEPTEMBER 17TH / PAGE - PÁGINA 10

A Relational Approach to Gestalt Group Therapy

Peter Cole;
Daisy Reese

9:00am-1:30pm
3:00pm-7:30pm (8hrs)

Healing Trauma in the Path of Recovery:
Exploring the healing relationship

Rafael Cortina

Going Deeper Faster:
Coaching with Character Structure Coaching

Melissa Kelly-McCabe

Gestalt Embodied Mindfulness:
Re-Imagining and Co-Creating Humanity Into the Future
CANCELLED / CANCELADO

Philip Belzunce; Lalei Gutierrez;
Rosanna Zavarella

9:00am-1:30pm (4hrs)

Meeting Before Knowing

Miguel Islas; Jennifer Bury

Taller Psicocorporal-Gestalt
"Mis asuntos inconclusos en el cuerpo y sus soluciones creativas"

Beatriz Lortia Rosas

When the Women Gather – Our 20th Anniversary

Ann Bowman; Gayla Feinstein

3:00pm-7:30pm (4hrs)

Transgenerational Gestalt Therapy -
Through the Lens of Family Therapy in Japan

Masatsugu Momotake

Atravesando la vergüenza para llegar al placer

Nila Ramirez Quintero

PRE-CONFERENCE - WEDNESDAY - MIÉRCOLES / SEPTEMBER 18 / PAGE - PÁGINA 21

Gestures and their Meanings:
Exploring Subverbal Interactions in Therapy
CANCELLED / CANCELADO

Ruella Frank

8:00am-12:30pm
2:00pm-6:30pm
(8hrs)

Understanding of the Implicit Bias in Mental Health:
The Who, the What, the How, and the Why

Nancy Andino; Heather Anne Keyes

Enhancing Awareness and Dialogue
by Utilizing Dreams, Fairy Tales And Identification-Projection Experiments

Emmanuel Hernani

A Gestalt Humanity Challenge:
Embodied Connecting In The Polarized Relational Field Of Exile And Belonging

Philip Belzunce; Lalei Gutierrez;
Shareefah Sabur; Elizabeth Welch

8:00am-12:30pm
(4hrs)

Reimagining (and Co-creating) Identity in Gestalt Group Therapy

Patricia Tucker

La metáfora: el puente co creado entre darse cuenta y la conciencia reflexiva

Jorge Alberto Manzanilla Madrid

Re-imagining Relating:
Gestalt Therapy with Autistic Patients and Clients

Jennifer Leong

	Imagen corporal como co-creación en movimiento	Erika Vértiz Deuchler; Gabriela Rodriguez
2:00pm-6:30pm (4hrs)	Gestalt and the Enneagram: Expanding the Possibilities for Personal and Professional Transformation	Leanne O'Shea
	Zen and Gestalt Therapy	Yusuke Jinnai
	Growing your Sustainable Self: Within and Beyond	Nickei Falconer

CONFERENCE - THURSDAY - JUEVES / SEPTEMBER 19 / PAGE - PÁGINA 32

	Come To Your Senses	Jennifer Burry
	Psychedelic-assisted therapy and the Gestalt Model of the Self TRADUCCIÓN SIMULTEANA	Travis Fox
	CANCELLED / CANCELADO	
	La actualización de la experiencia traumática desde la psicoterapia Gestalt SIMULTANEOUS TRANSLATION	Viviana Valdés Teja
	What is Buddhist Psychology Informed Gestalt Therapy?	Eva Gold
	The Vital Role of Bodywork in Gestalt Therapy in the AI era: Reconnecting with our Bodies is Inevitable	Laura Ragulskyte Pavliuk
	Deepening Coaching Impact Using Constellations	Melissa Kelly-McCabe
11:00am-1:00pm (2hrs)	The Possibility of Connection in Uncomfortable Conversations about Race TRADUCCIÓN SIMULTEANA	Natalie Haynes
	Juego con monstrous para el abordaje de ansiedad, miedos y pesadillas. Una propuesta desde la terapia de juegos TRADUCCIÓN SIMULTEANA	Erika Lizbeth Reyes Morales
	"We Wear the Mask": Gestalt-Informed Musings on a Device for Revealing, Concealing, and Healing	Yaël Lewin
	Understanding Chronic Shame and Efforts toward Recovery	Richard Dennison
	Co-creating Confidence in Personal Finance by Re-imagining your Relationship with Money	Frank Wu; Julie Liu
	The Encounter Process: Supporting Self/Discovering Other	Bruce Aaron
	Co-creating the Experience of Dignity in Gestalt-Therapy	Natalia Kedrova; Polina Egorova; Vera Yasnaya

CONFERENCE - THURSDAY - JUEVES / SEPTEMBER 19 / PAGE - PÁGINA 41

	Evolution of the Cape Cod Model	Joseph Melnik
	Therapists as First-Responders CANCELLED / CANCELADO	Carol Swanson
	La Presencia Estética. Una Mirada Hacia Una Gestalt Radical TRADUCCIÓN SIMULTEANA	Francisco Javier López Hernández
4:00pm-6:00pm (2hrs)	Reimagining and Recreating Research in Gestalt Therapy Panel Panel de Reimaginar y Recrear la Investigación en la Terapia Gestalt	Diego Brandolin; Julia Roddy; Sari Scheinberg; Christine Stevens
	Retroflecting: Opening to the Experience of Authenticity CANCELLED / CANCELADO	Ruella Frank
	Love and Biology, Parents and Stepparents: Making Sense of the Relational Field in New Formed Families	Claire Asherson Bartram
	Conflict, Conflict Resolution and Culture: Acknowledging and Reimagining Our Stories	Marlene Blumenthal
	The Artist of Life TRADUCCIÓN SIMULTEANA	Peter Philippon

Voice Use in Social Process TRADUCCIÓN SIMULTEANA	Susan Gregory
Playing with Fire: Fear is a Travel Guide	Luisa de Amaral
Reading Gestalt Therapy by Perls, Hefferline and Goodman Formative Text for the 21st Century	Perry Klepner
Drawing on Our Emotions: A Young Person's Guide to Reimagining the World?	Jon Blend

CONFERENCE - FRIDAY - VIERNES / SEPTEMBER 20 / PAGE - PÁGINA 50

	Will We Do the Fandango? A Music and Art Infused Life Focus Community Demonstration of Diverse and Marginalized Individuals Co-Creating Inclusive Communal Belonging TRADUCCIÓN SIMULTEANA	Caroline Paltin
	A Gestalt Integrative Framework For Couple Therapy	Vibeke Visnes
	Love Call Us Home: Expanding Heart Opening, Exploring Heartbreak as Relational IQ for These Times	Rosie Burrows
	Beyond Dialogue: Re-Creating Relational Contacting in a Shattered World CANCELLED / CANCELADO	Dan Bloom
	Shamebusting: Women Speaking the Unspeakable TRADUCCIÓN SIMULTEANA	Gayla Feinstein
9:00am-11:00am (2hrs)	Experiencia Obsesiva y Factores Psicosociales en la Terapia Grupal	Naila Martinez Poveda; José Fernando Alvarez-Zamudio
	Perception? Reality? World of Our Imagination?	Shareefah Sabur; Melissa Kelly-McCabe; Elizabeth Welch
	Embracing Aging, Illness and Loss as Therapist and Human	James Battaglia
	Reimagining, Recreating and Resonating Using Clay. An Experimental Workshop Exploring Knowing through Touch	Christine Stevens
	Why Energy Matters in Gestalt Theory and Practice? Deepening our phenomenological noticing & practice of how energy informs the Gestalt Approach	Sari Scheinberg
	Somos presencia y encuentro: La relación campo-terapeuta-consultante	Yoselin Hayami Chulim Aguilar; Jorge Alberto Manzanilla Madrid
	Las interrupciones en la secuencia de contacto en una Organización Empresarial desde la Gestalt SIMULTANEOUS TRANSLATION	Steven Sadie

	Creative Neuroscience for the Gestalt practitioner TRADUCCIÓN SIMULTEANA	Julia Roddy
	Experiencia de la espiritualidad en la Psicoterapia Gestalt	Francisco Javier Paz Molina
	Knowing through Movement - Developing Practical Wisdom CANCELLED / CANCELADO	Helena Kallner
	Re-imagining Peer Consultation and Supervision Groups TRADUCCIÓN SIMULTEANA	Charles Bowman; Jack Aylward; Peter Cole; Bruce Aron
	Decolonizing Gestalt: Being Seen in the In-between TRADUCCIÓN SIMULTEANA	Eden Brown; Kirti Singh; Martha Potts; Margaret Yao; Maya Simek
4:00pm-6:00pm (2hrs)	Through a Choreographic Lens	Emilyn Claid
	Gestalt Therapist as Blissful Aesthete	Miguel Islas
	Somatic Gestalt: Application of Zen and Feldenkrais in Breathing and Muscle Relaxation for Anxiety and Panic	Masatsugu Momotake
	Experiential Writing for Therapists	Iris Fodor
	Co-creating Client-Therapist Alliance: Re-Imagining of Affordance	Kirill Khlomov
	Integración terapéutica Gestalt Relacional somática creativa para la intervención con el adolescente en el manejo del trauma complejo	Lorena Martínez Avendaño
	The Gestalt Legacy of Paul Goodman TRADUCCIÓN SIMULTEANA	Jack Aylward; Susan Gregory; Perry Klepner

ONLINE PANEL

Embodied encounter in a digital world:
an emergent conversation among Gestalt Therapists

Julianne Appel-Opper; Claire Spiller
;Maciej Łukaszewicz, M.A. M.Sc

Exploring Links between Neuroscience and Gestalt

Anthony "Tony" Jack

La Noción de Integración en la Práctica Clínica Gestalt Contemporánea

SIMULTANEOUS TRANSLATION

CANCELLED / CANCELADO

Maria Trinidad Cárdenas Ponce; Sergio
Guido La Rosa; Laura Elena Colorado
Solano; Edgar Antonio Velarde Sicairos;
Angel Alberto Gerardo Elías; Alicia Colo-
rado Solano

Essentially Erotic:
Therapy as Vital Engagement

Leanne O'Shea

Creating a Safe Space for My Antagonist

TRADUCCIÓN SIMULTEANA

Rafael Cortina

Las creencias sobre la voluntad de cambio del paciente como factor de apego a la no
directividad en psicoterapeutas gestalticos

Soraya Alicia Flores Benavides

9:00am-11:00am
(2hrs)

The Effect of Gestalt Therapy in Trans and Gender Non-Confirming Individuals

TRADUCCIÓN SIMULTEANA

Parvy Palmou

Embodied DSM:
A Lively and Creative Exploration of Psychopathology

TRADUCCIÓN SIMULTEANA

Mario Lourenco

The Complexity of Coaching Teams vs Groups: Critical Lenses to Inform Your Work

Andy Powell

Live your Dreams - the 'Fairy Tales' we Co-create, Reenacting and Re-imagining our
Dreams in Gestalt Therapy

Albrecht Boeckh

Tuning the Soul: Deepening Pathways to Presence by Engaging and Enhancing Creativity

Alexandra MacCracken

Redefiniendo el concepto de resonancias desde las bases teórico metodológicas de
la psicoterapia Gestalt: un pequeño paso para los grandes desafíos que enfrentará la
psicoterapia Gestalt post Covid

Nivardo Silva



**RE-IMAGINING AND
CO-CREATING**

PRE- CONFERENCE WORKSHOPS
2024 | IAAGT | BIENNIAL CONFERENCE

PRE-CONFERENCE

SEPTEMBER 17TH

WORKSHOP DESCRIPTIONS

Tuesday

DESCRIPCIÓN DE TALLERES

Martes

8-HOUR WORKSHOPS/TALLERES DE 8 HORAS

A RELATIONAL APPROACH TO GESTALT GROUP THERAPY

PETER COLE (USA) & DAISY REESE (USA)

8-hour workshop (English) Advanced

Abstract: The primary goal of this eight-hour pre-conference experiential workshop is to support Gestalt therapists and trainers in gaining new understanding, methods, concepts and skills in group facilitation. We plan to achieve this through a combination of experiential group work along with the presentation of practical and theoretical material that group leaders can use in their own group facilitation. We will provide skills in working with challenging group situations such as group conflicts, competition, low attendance etc. Also we will work on ways of enhancing the group experience through establishing strong contact and connections between group members. We will work with the group as a whole, dyads, and discuss working with leadership roles that frequently emerge in the group: Emotional Leader, Defiant Leader and Scapegoat Leader.

Learning Objectives: Participants completing this workshop will be able to 1) Learn to intervene at three levels of the group process: Individual level, Dyadic level and Group as a Whole level; 2) Work effectively with three leadership roles: the Emotional Leader, the Defiant Leader and the Scapegoat Leader; 3) iGain facility in working with “All the Voices of the Field” — inclusion of diverse voices and perspectives — inclusion of marginalized and minority voices; 4) Understand and work effectively with “The Shadow of the Leader” material; 5) Learn how to establish a relational group culture; and 6) Distinguish and work effectively with The Self Activating Aspect and The Intimately Connected Aspect of Relational Development.

Biography: Peter Cole has been a Gestalt therapist and Gestalt Therapy trainer for over 30 years. He is the cofounder of the Sierra Institute for Contemporary Gestalt Therapy in Berkeley CA. He is the author of numerous books, book chapters and articles in the Gestalt Therapy field. With his wife Daisy Reese, Peter specializes in Gestalt Group Therapy, leading numerous training and growth groups for therapists throughout the world. Peter served for many years on the IAAGT board and served as conference host for IAAGT’s international conference at the California’s Asilomar Conference Center in 2014.

Daisy Reese has been practicing psychotherapy for over 30 years. She teaches gestalt through the Sierra Institute for Contemporary Gestalt Therapy where she serves as co-director. As a practicing Sufi and long-time practitioner of mindfulness meditation, Daisy brings a commitment to spiritual development to her gestalt work. She is the co-author of New Directions in Gestalt Group Therapy. Daisy specializes in long term psychotherapy and group therapy. She has a deep appreciation for the power of story-telling and fairy tales, which she often uses in workshop settings.

Limitations: One limitation of this approach is that it is not designed for people with severe mental health conditions such as schizophrenia. It is also not designed for people with severe personality disorders.

Risks: Since this is an experiential workshop, there is a risk of vulnerability. We will support workshop participants in only sharing that which feels safe enough to share, while supporting risk taking that feels appropriate to workshop participants.



HEALING TRAUMA IN THE PATH OF RECOVERY: EXPLORING THE HEALING RELATIONSHIP

RAFAEL CORTINA (MEXICO)

8-hour workshop Intermediate (English and Spanish) (Inglés y Español)

Abstract: The workshop is designed to provide participants with a deeper understanding of the relationship between trauma and addiction, as well as the role of the nervous system, relational themes, and the application of this knowledge through the framework of Gestalt Psychotherapy to support healing experiences. With an emphasize the therapist's role in developing a healing, compassionate relationship. In particular, the importance of the therapist's ability to be present, vulnerable, and authentic. to explore the "in-between" in the context of healing.

Learning Objectives: Participants completing this workshop will be able to 1) Identify how compulsive behavior can function as creative adjustment and the impact on adult behavior and relationships; 2. Describe the essential elements of the healing relationship in Gestalt therapy; 3) Formulate an application of Compassionate/Relational principles and relational therapy to support recovery and trauma healing; and 4) Demonstrate how the healing relationship can be used to promote healing and growth.

Biography: Rafael Cortina, LMFT, is a licensed and bilingual (English-Spanish) therapist. He has over 20 years of experience working with individuals, couples, families, and groups. Rafael is a Master Addiction Counselor, Certified Clinical Trauma Professional, Certified Gestalt Therapist, and a Certified Gestalt Couples Therapist. He has specialized training in EMDR, TRM, addiction treatment, and trauma work. He is an Adjunct Faculty Member at National University and a Newsletter Editor/Board Member at the International Association of Advancement in Gestalt Therapy. He has experience working with Mood Disorders (Depression and Bipolar), Anxiety Disorders, Addiction, Grief and Loss issues, Dual Diagnosis (Substance abuse and a mental health disorder), Trauma work, Lesbian, Gay, Bisexual, and Transgender clients, HIV/AIDS Counseling, Dreamwork, Couples therapy, and Gestalt oriented psychotherapy. As presenter and facilitator of several workshops, training, lectures, international conferences, and supervision, virtually and in-person, in Mexico, USA, Australia, Canada, Africa, Asia, and Europe.

Limitations: None

Risks: None



GOING DEEPER FASTER: COACHING WITH CHARACTER STRUCTURE

MELISSA KELLY-MCCABE (USA)

8-hour workshop Intermediate

ICF Core Competency CCEs (Pending)

ICF Resource Development CCEs available

8.0 GPCC CCE hours

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.

Learning Objectives: Participants completing this workshop will be able to 1) Notice patterns for using one's own physical process while coaching; 2) Learn, try on and experiment with five Character Structures as a lens to perceive a client's embodied expression; 3) Relate coaching with physical process skills in the context of maintaining presence; 4) Relate coaching with physical process skills to active listening; 5) Relate coaching with physical process skills in the context of evoking awareness; and 6) Relate coaching with physical process skills while facilitating client growth.

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: #5 Maintains Presence, #6 Listens Actively, #7 Evokes Awareness, #8 Facilitates Client Growth.

Biography: 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.

Limitations: None

Risks: Participants will be exposed to evocative material, so should be grounded and self-aware of their own embodiment and personal boundaries.



4-HOUR MORNING WORKSHOPS TALLERES DE 4-HORAS POR LA MAÑANA

GESTALT EMBODIED MINDFULNESS: RE-IMAGINING AND CO-CREATING HUMANITY INTO THE FUTURE

PHILIP BELZUNCE (USA), LALEI GUTIERREZ (USA) & ROSANNA ZAVARELLA (USA)

4-hour workshop (English) Intermediate

Abstract: Neuroscience research and brain neuro-imaging have demonstrated that a mindfulness practice enhances our brain functioning as well as our health and well-being. Mindful awareness is at the core of Gestalt theory and methodology. Embodied mindful awareness is a set of skills that support us as interveners in the complex field of relatedness with our clients. In this introductory presentation we will experience a sampling of Gestalt Mindfulness movement practices developed and taught by the three faculty from the Gestalt Institute of Cleveland. This introductory experience is derived from a set of embodiment, meditation movement and energetic practices that support us in our Being a Presence, in our Use-of-Self-as-Instrument in a Relational Field. The Gestalt mindfulness movement practice is a holistic system integrating elements of Body, Mind, Spirit, Emotion and Energy that support the embodied presence of the practitioner as intervener in a therapeutic and coaching setting. Practitioners and coaches have found their Gestalt mindfulness practice useful in shifting the relational field with their presence, and allows them to hold space for the emerging process of the Here-and-Now dialogue. We integrate Chi Kung methods, sounding and breath practices, Yoga mindfulness, into a Gestalt Mindfulness practice.

Learning Objectives: Participants completing this workshop will be able to 1) Demonstrate and practice at least two of the Gestalt Mindfulness Meditation Movement Practice; 2) Explore the impact of practicing the Gestalt Embodied Mindfulness of their self-as-instrument skill of Being a Presence with self and other in the relational field.

Biography: Dr. Philip Belzunce is in private practice as a holistic psychologist for more than 30 years. He is a Board Certified life/relations Coach, naturopath, marriage and family therapist, Board Certified Polarity Practitioner, international lecturer, diversity consultant, married Catholic Priest, workshop facilitator and an eternal student of life. He is a certified Universal Tao chi kung instructor, Reiki Master, is a senior professional faculty member at Gestalt Institute of Cleveland. A former clinical faculty member at Cleveland State University, Department of Psychology Masters Program on Diversity Management and Global Leadership Development from 1995 to 2020. 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*.

Dr. Lalei Gutierrez is a holistic psychologist in private practice for over 30 years working with individual, couples, families, and groups, integrating Gestalt therapy, body/energetic/heart-mind/soul/spirit and human systems processes, diversity consulting, growth and learning group process facilitation, life relationship-professional coaching and supervision. She is a Board Certified Coach, a Board Certified Polarity Practitioner, an author, educator, workshop leader and speaker. Her expertise involves a dynamic evolution and integration of gestalt principles with eastern practices of chi kung, yoga, energy medicine and pranic healing, mindfulness meditation, polarity therapy, hypnosis, EFT and EMDR, relationship development, diversity and intercultural relations. She is senior professional faculty at the Gestalt Institute of Cleveland and clinical faculty at the Diversity Management and Global Leadership Development Institute, Department of Psychology at Cleveland State University.

Rosanna Zavarella, PhD, BCC is a Holistic Psychologist with a private practice for thirty years working with individuals, couples and groups. Her integrative approaches of body-mind and spirit, including energy medicine, energy Psychology, shamanistic practices and spirituality provide the skills and support to her psychotherapy practice. She is a longtime student of Eastern philosophy, including yoga therapy, chi kung, Taoism and the Bon Po Buddhist Shamanistic traditions. Grounded and guided by her Gestalt orientation she specializes in women's spirituality, women's self development groups, life transitions and trauma work. She is certified in both hypnotherapy and EMDR. She is also board certified as life/career/relationship Coach and is a professional faculty at the Gestalt Institute of Cleveland.

Limitations: As a Gestalt mindfulness practice, participants are getting an introduction with a sampling of two mindfulness meditation movements of the series. These two are significant in their own. Participants including those who are physically challenged are able to do the mindfulness meditation movements using their energetic modality (as will be demonstrated in the presentation). To learn the whole practice would involve regular Gestalt mindfulness meditation movement practice. This practice supports the development of self-as-instrument skills of embodied presence in the relational, desensitized field and reimagining and co-creating mindful methods to incorporate into practice and daily life.

MEETING BEFORE KNOWING

MIGUEL ISLAS (MEXICO) & JENNIFER BURY (USA)

4-hour workshop (English and Spanish) Intermediate (Inglés y Español)

Abstract: Wonder is inspired when we encounter the unknown and become curious or astonished. This feeling is diminished when we stay with what is familiar. This workshop encourages us to dare to move beyond what we have imagined into the novelty of this co-created, wondering moment. By re-sensitizing ourselves through movement-based, relational explorations we will facilitate our kinesthetic attentiveness to the qualities that are defining the emerging experience of contacting. In this way we can move beyond our presumptions, to the freedom of meeting our clients, each other, and the world around us, anew. Rather than trying to interpret each other, this “anonymous moment” reveals our essential interconnectedness, and the mystery and treasures which we can only discover together.

Learning Objectives: Participants completing this workshop will be able to 1) Identify how wonder develops and how it can assist both the practitioner and the client within the clinical model; 2) Describe the process of learning through wonder, distinct from didactic learning; and 3) Identify the role of wonder and nonverbal transactions to the organizing of experience within Gestalt theory.

Biography:

Miguel Islas is a Gestalt psychotherapist and supervisor with 23+ years of experience in private practice based in Mexico City. He has trained and supervised Doctoral Gestalt programs in México and internationally.

Miguel is also certified as Somatic Educator by Body-Mind Movement (Pittsburg) and in Developmental Somatic Psychotherapy™. His practice includes trauma, somatic, couples, and the LGBTQ+ community. He is concerned with creating pathways to integrate somatic movement research, trauma, and the five biological laws approach into Gestalt therapy practice. He is a long-term yoga, dance, and meditation practitioner.

Jennifer Bury BFA, CMT, movement therapist in private practice for 35+ 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™, and teaches at universities, medical facilities, and leads Gestalt training groups, both online and in-person. Her background includes studies in pre-med, neurology, kinesiology, various forms of dance, and numerous somatic methods. Her practice includes military veterans, professional dancers, members of the LGBTQ+ community, and spans from assisting infants first orienting to life, to guiding people through their dying process.

Limitations: None

Risks: Participants may choose to do the mindfulness movements standing or sitting.

TALLER PSICOCORPORAL-GESTALT “MIS ASUNTOS INCONCLUSOS EN EL CUERPO Y SUS SOLUCIONES CREATIVAS”

BEATRIZ LORTIZ ROSAS (MEXICO)

Taller de 4 horas (Español) Introductorio

Resumen: El trabajo corporal es fundamental para avanzar en el proceso creativo de autoconocimiento y sanación. Por ello se trabajará con la corporalidad del participante para buscar a través de la concientización corporal y los procesos expresivos y creativos, posibles maneras de relación consigo mismo y los demás.

Objetivos Didácticos: Los participantes que completen este taller podrán: 1) Reconocer su conexión o desconexión con su cuerpo; y 2) Incrementar su auto-percepción y presencia en su cuerpo.

Biografía: Comencé en el área educativa, y esto me llevó al área de la salud mental desde la psicología, y psicoterapia humanista gestalt. Desde lo sistémico: las constelaciones familiares, la descodificación biológica y la psico-genealogía. Después incluí el arte en mi práctica terapéutica con teatro gestalt, arte-terapia y trabajo corporal, desde la danza contemporánea, la conciencia, y expresión corporal. 30 años de práctica terapéutica y supervisión continua.

Limitantes: Personas que estén en proceso psiquiátrico. Son bienvenidas todas las corporalidades, y sus posibilidades de movimiento.

Riesgos: Si hubiera personas con diferentes capacidades de movilidad las dinámicas pensadas del taller se adaptarán a estas situaciones. El trabajo corporal en sí, implica movimiento de emociones, las cuales estarán sostenidas con las dinámicas de arte-terapia que ayudan a integrar; así como la dinámica grupal que sostiene el proceso, y a través de dinámicas de cierre se prevé poder trabajar con la vulnerabilidad del participante.

4-HOUR AFTERNOON WORKSHOPS TALLERES DE 4-HORAS POR LA TARDE

WHEN THE WOMEN GATHER – OUR 20TH ANNIVERSARY

ANN BOWMAN (USA) & GAYLA FEINSTEIN (USA)

4-hour workshop (English) Introductory

Abstract: Let's celebrate 20 years of women gathering at IAAGT where we have explored the ideas of women connecting with their deepest inner knowing, sensual authority, and powerful creative energy to find their passion and transform the global community. Today, the identification of being a woman is varied and evolving. We invite you to re-imagine communities of all who identify as women, rooted in reciprocity and revolutionizing how they treat themselves. Imagine women being so irreverently and wildly expressed that they love the world back to itself. We will utilize group generated experiments, somatic exercises, relational mindfulness, and movement as well as feminine values of slowing down, inclusion, receptivity, radical collaboration, and co-creativity as we reimagine women in 2024. All are welcome to attend.

Learning Objectives: Participants completing this workshop will be able to 1) identify how introjects operate out of our awareness and what we can do to bring them to awareness; 2) identify what is meant by "feminine" in this workshop; 3) articulate how they would use aspects of the feminine in their daily lives to support the inclusive and evolving identification of "woman" and promote social change; and 4) articulate what embodied relational engagement means and how this supports our connections to each other, our communities and to our planet Earth.

Biography: Ann Bowman is a psychotherapist, gestalt trainer and Vice President of the Indianapolis Gestalt Institute. She has presented gestalt and integrative psychotherapy workshops locally, nationally, and internationally. She has co-authored 3 book chapters on relational gestalt therapy and women's issues. She served on the International Association for the Advancement of Gestalt Therapy board of directors for 4 years. She has decades experience working with women, men, and non-binary persons. Her practice also includes leading personal growth and supervision groups. Her current interests include being an activist for equality, women's issues, and sustainable living practices.

Gayla Feinstien is devoted to cultivating a culture of deep embodied relatedness that shifts us from a place of separation and domination to one of sacred partnership and radical collaboration that emphasizes the interconnectedness between personal and planetary well-being. She is a lover of slowing down, the flows and forms of nature, ritual, rhythms of reciprocity, awakened mutuality and holding space for 'other' to come into balance, full flourishing and revel in their embodied sovereignty.

Limitations: None

Risks: None

TRANSGENERATIONAL GESTALT THERAPY – THROUGH THE LENS OF FAMILY THERAPY IN JAPAN

MASATSUGU MOMOTAKE (JAPAN)

4-hour workshop (English) Intermediate

Abstract: Behind many of the unresolved psychological problems facing people today, there often lies hidden family secrets and something outside of our awareness within family conflict. In transgenerational gestalt, therapy is distinguished between your own feeling, sensation, and those of the members of the family.

Learning Objectives: Participants completing this workshop will be able to 1) Understand theory and approaches of the transgenerational gestalt. Learn how Gestalt therapy can be used for family conflicts; 2) Learn the theory and approach of empty chair technique. Sitting on an empty chair enables visualization of the structure of family conflicts in addition to client's projection and externalization; 3) There are two arrangements of family structure by empty chair technique. A chair is represented by distances and direction. These two arrangements reveal the structure of family conflict; and 4) Individual unfinished business issues are often related to parental unfinished business. Understand how family issues are transmitted from generation to generation.

Biography: Born in Japan in 1945. I live all over Japan due to my father's business. Graduated from university in Japan and studied psychology at CSUF in the USA. After returning to Japan, I taught Gestalt therapy all over Japan for 30 years. I founded the Gestalt association of Japan in 2010.

Limitations: The ideas presented in this workshop were developed largely within a Japanese family system and cultural context, however the presenter has extensive international training and experience and more than a limitation, the context from which the work has emerged should prove to be a valuable quality. Deep human sensitivity exists beyond culture, religion, race and social values. We need to set aside the family and racial values to which an individual belongs.

Risks: This session is an experience that touches not only individual emotions but also the relationship between parents and children. Sometimes I also touch on intergenerational chains. If you find yourself feeling overwhelmed and anxious, take enough time to calm down away from the venue or ask your facilitator.

ATRAVESANDO LA VERGÜENZA PARA LLEGAR AL PLACER SEXUAL

NILA RAMIREZ QUINTERO (MEXICO)

Taller de 4 horas (Español) Introductorio

Resúmen: A través de ejercicios vivenciales, reflexiones y trabajo grupal, exploraremos el tema de la vergüenza como uno de los principales obstáculos a atravesar para llegar a la experiencia del placer sexual. Usaremos teoría gestáltica basada en los autores: Ximo Tarrega, Lynne Jacobs y Jean Marie Robine y sexológica - modelo holónico de la sexualidad de Eusebio Rubio Auriol, para sustentar el abordaje teórico que nos permita desarrollar habilidades para acompañar a los consultantes que acuden a terapia con este tema.

Objetivos Didácticos: Al finalizar el taller los participantes: 1) Serán capaces de comprender conceptos básicos en sexualidad y relacionarlos con el trabajo terapéutico gestáltico; 2) Podrán identificar, si en su experiencia de vida, han sentido vergüenza que limite la expresión y experimentación del placer sexual; y 3) Obtendrán herramientas terapéuticas que podrán utilizar en su práctica clínica ante el tema del erotismo y placer sexual.

Biografía: Licenciada en Psicología por la Universidad Autónoma del Estado de México (UAEM), Maestra en Gestalt, por el Instituto Humanista de psicoterapia Gestalt (IHPG) con especialidades en: grupos, frontera contacto, trauma, especialidad en psicopatología y desórdenes contemporáneos desde la Gestalt, sexóloga por la Sociedad Mexicana de Sexualidad Humanista Integral (SOMESHI), doctoranda en sexualidad humana, por la universidad (NEXUM), docente en la maestría y especialidad en Gestalt en el IHPG, tallerista, conferencista, docente invitada en programas de sexualidad.

Limitantes: Personas que estén en proceso psiquiátrico. Son bienvenidas todas las corporalidades, y sus posibilidades de movimiento.

Riesgos: Si hubiera personas con diferentes capacidades de movilidad las dinámicas pensadas del taller de adaptarán a estas situaciones. El trabajo corporal en sí, implica movimiento de emociones, las cuales estarán sostenidas con las dinámicas de arte-terapia que ayudan a integrar; así como la dinámica grupal que sostiene el proceso, y a través de dinámicas de cierre se prevé poder trabajar con la vulnerabilidad del participante.

PRE-CONFERENCE

SEPTEMBER 18TH

WORKSHOP DESCRIPTIONS

Wednesday

DESCRIPCIÓN DE TALLERES

Miércoles



8-HOUR WORKSHOPS/TALLERES DE 8 HORAS

UNDERSTANDING OF THE IMPLICIT BIAS IN MENTAL HEALTH: THE WHO; THE WHAT; THE HOW; AND THE WHY

NANCY ANDINO (USA) & HEATHER ANNE KEYES (MEXICO)

8-hour workshop (English) Intermediate (English and Spanish) (Inglés y Español)

Abstract: Mental health professionals work with diverse populations, and it is crucial to be sensitive and aware of cultural differences and similarities, in order to provide effective and responsive care. This workshop aims to provide health professionals, educators and leaders with an understanding of implicit bias, power dynamics, and the practices of cultural humility and cultural awareness in mental health impact our clinical and educational settings and the services we provide. This interactive workshop will provide strategies and tools to enhance the skills of participants with the goal of inciting empathy, awareness, and challenging existing beliefs and bias in relation to “different” ethnic groups and cultures, via experiments and real life scenarios.

Learning Objectives: Participants completing this workshop will be able to 1) understand and identify the ways privilege, power, bias, stereotypes, cultural beliefs and norms show up personally and professionally; 2) understand the concept of cultural awareness and humility and its importance in mental health practice; 3) Examine and identify the impact of implicit bias in clinical interactions and teachings as participants learn techniques to manage and reduce bias and the power dynamics in personal, clinical and professional settings; 4) Develop organic strategies to understand and work more effectively with clients and students of diverse backgrounds, particularly the global majority; 5; and Learn the impact of micro-aggressions when working with clients who are considered “OTHER” in clinical and personal spaces; and 6) Learn to acknowledge, experience, understand and identify coping skills to manage white fragility as it shows up in professional spaces and personal lives.

Biography: Nancy Andino a Licensed Clinical Social worker in the states of NY, NJ and PA, with 23 years in the mental health field, with specialties in Gestalt and EMDR. With varied experience in creating and developing programs, heading medical clinics and departments, facilitating workshops and trainings, and is the proud founder of Tailored for Change, LLC, a bi-lingual mental health practice whose mission is, “to tailor mental health services to the global majority, by enriching their mental, emotional and physical wellness needs, as we highlight and challenge bias in mental health”. This practice provides psychotherapy, groups, workshops, and wellness retreats.

Heather Anne Keyes is a Canadian-Mexican Gestalt Psychotherapist with 15 years’ experience working in private online practice internationally. She works with individuals and groups – especially neurodivergent adults, is founder and President of the AMPG (Asociación, Mexicana de Psicoterapia Gestalt Contemporanea), founder and coordinator of the “Humans of Gestalt” project and OpenGestalt.org, and has served as an academic advisor, program coordinator, faculty, guest faculty and consultant in numerous Gestalt training programs around the world. Her writing has been published in the BGJ and in Gestalt Review. She is passionately curious about issues of social justice, human rights, critical thinking, humor, decolonization, neurodiversity and enjoys food. She has coordinated and served as a bilingual interpreter for more than 15 international gestalt conferences and is a strong advocate for lifelong learning, community and mutual support for psychotherapists. Her current interests include narrative processes, standup comedy, organizational consulting, the creation of alternative learning communities, and taking down the patriarchy. She is a former gifted kid, a feminist, a full-time solo parent to two amazing children, and a survivor of domestic violence overcoming PTSD. She is a cisgendered, hetero presenting white Anglo woman.

Limitations: The context from where these ideas have emerged are from an East Coast United States, urban environment in connection to the Black and Brown communities served. The presenter shows up in the world as a Cis-gender heterosexual black presenting Puerto Rican woman.

Risks: This workshop may cause emotional and psychological vulnerability because of the role playing of real life scenarios, client vignettes and worksheets that will be completed during the workshop

GESTURES AND THEIR MEANINGS: EXPLORING SUBVERBAL INTERACTIONS IN THERAPY

RUELLA FRANK (USA)

CANCELLED / CANCELADO

8-hour workshop Intermediate

Abstract: Each facial and bodily gesture we make expresses an important meaning and demonstrates how we experience ourselves within our world. When fully felt and understood, they tell us something we had not known about ourselves or that we knew but now see more clearly. During this all-day presentation, we learn how our gestures form complex negotiations with others. They are the pathway to what has gone on in our past, stimulated in this passing present, and anticipated in the future. Aside from their communicative dimensions, gestures don't merely express thinking, rather they are thoughts forming in the phenomenal field. Once aware of their meanings, we have the capacity to change our habitual and rigid gestural patterns in relation – child-parent, patient-therapist – to more spontaneous and free exchanges.

Learning Objectives: Participants completing this workshop will be able to 1) Become familiar with their preferred gestural patterns; the one most often used in communicating their ideas and emotions to another and even to themselves; 2) Come to understand the meaning made by these gestural configurations; what they say to the individual and to the other; 3) Discover how repetitive gestures emerge in the immediate present with traces of past experience, and anticipations of future engagements; 4) Learn how gestural patterns always take shape in relation to another; and 5) Understand how gestures analyze the function of contacting in the passing present: a phenomenological and aesthetic approach.

Biography: Ruella Frank, PhD, Founder and director of Center for Somatic Studies, faculty at New York Institute for Gestalt Therapy, adjunct faculty at Gestalt Institute of Toronto, and guest faculty at Gestalt Associates for Psychotherapy. Ruella teaches throughout the United States, Europe, Eurasia, Mexico, South America, and Canada. She authored *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, (2001, GestaltPress, 4 languages), co-authored *The First Year and the Rest of Your Life: Movement, Development and Psychotherapeutic Change* (2010, Routledge Press, 3 languages), and authored *The Bodily Roots of Experience in Psychotherapy* (2022, Routledge Press, 7 languages). Video: *Introduction to Developmental Somatic Psychotherapy*, 3 languages.

Limitations: None

Risks: We always risk when we attend to our moving/feeling experiences. The explorations, however, will evolve incrementally and participants learn to attend to the building of their anxiety as they move into unfamiliar places. There will be as much anxiety as is necessary to learn something new and not so much that nothing can be learned. I will also have one or two assistants observing the group to make certain that no one is exploring beyond their capacity.



ENHANCING AWARENESS AND DIALOGUE BY UTILIZING DREAMS, FAIRY TALES AND IDENTIFICATION-PROJECTION EXPERIMENTS

EMMANUEL HERNANI (PHILIPPINES)

8-hour workshop (English) Intermediate

Abstract: This process-oriented workshop introduces the different facets and phases of gestalt therapy. Aside from presenting dreams, fairy tales, and other experiential dialogical exercises as therapeutic regimens, part of the demonstration will be on how to use gestalt processing. The workshop will revolve around issues on denial and resistance, power and control, selfcare, and socio-cultural milieu of gestalt therapy. **Learning Objectives:** Participants completing this workshop will be able to 1) After the activity, participants will be able to explain the difference between experiments, exercises and other therapeutic activities; 2) Demonstrate skills in grounding therapeutic activities to the situation; and 3) Demonstrate skills in utilizing dreams, fairy tales and other materials that may be used in Projective Identification exercises.

Learning objectives: After the activity, participants will be able to: 1) explain the difference between experiments, exercises and other therapeutic activities; 2) demonstrate skills in grounding therapeutic activities to the situation; 3) demonstrate skills in utilizing dreams, fairy tales and other materials that may be used in Projection-identification exercises; 4) compare, contrast and examine the similarities and differences of Gestalt application in the lense of socio-cultural milieu

Biography: He is a teacher-researcher-psychologist-psychotherapist and student who has long considered himself to have learned from experience rather than classroom instructions. He has presented over a hundred workshops and training programs. As a Gestalt Therapy practitioner-advocate psychotherapist, he has been conducting assessment and psychotherapy for victims of domestic violence, drug addiction and personal and family crisis for 18 years. Dr. Hernani is the director of the Psychosomatherapia Clinic. In his practice, he emphasizes dialogue, awareness, involvement, and respect for differentness; His orientation has always been to explore human potential. He is a Registered Psychologist and a Certified Addiction Professional (ICAP III).

Limitations: This workshop will be in English. This is applicable to all cultures and groups.

Risks: This is a process-oriented experiential workshop. There will be disclosure and feedback which may affect the person's emotional and psychological boundaries. Hence, participants who have issues with emotional or psychological vulnerability may experience discomfort during the process

4-HOUR MORNING WORKSHOPS/TALLERES DE 4-HORAS POR LA MAÑANA

A GESTALT HUMANITY CHALLENGE: EMBODIED CONNECTING IN THE POLARIZED RE- LATIONAL FIELD OF EXILE AND BELONGING

PHILIP BELZUNCE (USA), LALEI GUTIERREZ (USA), SHAREEFAH SABUR (USA)
& ELIZABETH WELCH (USA)

4-hour workshop (English) Intermediate

Abstract: To appreciate our collective challenge as a human race, participants join in an experiential exploration into the ground sequences of time, contexts, and systems to examine our personal, interpersonal, familial, tribal, societal, cultural edges of exile and belonging. We investigate the complexities embedded in the hidden yet present ground of our diverse, complex, cyclical unfinished business as it is embedded in our individual DNA and that of our human race. We gain appreciative awareness of both the roots of our alienation and the challenges of our exile as well as our human quest for safety, belonging and a higher purpose/meaning. In this workshop, we introduce participants to a connection with the "Ground Sequences of Inner Being." As participants share their different experiences in the experience of this human journey, we individually and collectively draw together as best we can a picture of the whole humanity "elephant." Participants learn a practice of triune (head, heart, and gut) embodied presence in order to mindfully navigate the sequences of ground. They are supported in body-energy-emotion-heart-mind-system-soul-spirit awareness for inter-connection in fields of multiple realities that are alienating and joining, including and excluding, healing and transforming.

Learning Objectives: Participants completing this workshop will be able to 1) Define Cultural Identity in the context of Cultural Ground Sequence Levels; 2) Explain Cultural Identity and the edges of belonging and exile in the context of Ground Sequence Levels; 3) Utilize GLS as a model for connection and listening to the contextual GSL of an interaction; and Explain the how embodiment and use of self as an embodied presence could be influenced by each of the following concepts: a. Cultural Identity; b. Ground Sequence Level; and c. Privilege

Biography: Dr. Philip Belzunce is in private practice as a holistic psychologist for more than 30 years. He is a Board Certified life/relations Coach, naturopath, marriage and family therapist, Board Certified Polarity Practitioner, international lecturer, diversity consultant, married Catholic Priest, workshop facilitator and an eternal student of life. He is a certified Universal Tao chi kung instructor, Reiki Master, is a senior professional faculty member at Gestalt Institute of Cleveland. A former clinical faculty member at Cleveland State University, Department of Psychology Masters Program on Diversity Management and Global Leadership Development from 1995 to 2020. 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*.

Dr. Lalei Gutierrez is a holistic psychologist in private practice for over 30 years working with individual, couples, families, and groups, integrating Gestalt therapy, body/energetic/heart-mind/soul/spirit and human systems processes, diversity consulting, growth and learning group process facilitation, life relationship-professional coaching and supervision. She is a Board Certified Coach, a Board Certified Polarity Practitioner, an author, educator, workshop leader and speaker. Her expertise involves a dynamic evolution and integration of gestalt principles with eastern practices of chi kung, yoga, energy medicine and pranic healing, mindfulness meditation, polarity therapy, hypnosis, EFT and EMDR, relationship development, diversity and intercultural relations. She is senior professional faculty at the Gestalt Institute of Cleveland and clinical faculty at the Diversity Management and Global Leadership Development Institute, Department of Psychology at Cleveland State University.

Shareefah Sabur is founder and president of Sabur Associates, former Executive Director of the Gestalt Institute of Cleveland from 2016-2021, and current faculty member. In addition to coaching, she teaches in the Gestalt Training Program and the Group and Teams Facilitation Program. She has held adjunct teaching roles at Cleveland State University and Kent State University. Her approach to coaching is to increase self-awareness that can be explored in a non-judgmental space through a lens of curiosity; then to partner with the client to become more of who they really are. She has 25 years of previous experience in various roles in health care and education which included coaching, leadership development, management training, organizational alignment, and strategic planning. Shareefah has also worked internationally in Sub-Saharan Africa providing training for nongovernmental organizations in board development, and strategic planning to support the delivery of palliative care and establish national palliative care networks. Shareefah is a Gestalt Professional Certified Coach and a Certified Diversity Professional who provides services through her consulting practice, Sabur Associates, steeped in support of diversity, equity, inclusion and belonging (DEIB). She currently serves on the boards of International Association for the Advancement of Gestalt Therapy and Association of Coach Training Organizations. BA Psychology, MA Psychology, and MNO Master's in Nonprofit Organizations.

Elizabeth Welch 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 teaches in the Gestalt Training Program.



Limitations: Aspects of participants' unconscious grounds may emerge into their awareness that may be uncomfortable and evoke areas of vulnerability. Given the shortness of the workshop, participants are encouraged to take note of their awareness. Support for grounding, breathing, normalization of collective human struggle and discomfort with polarities manage what can be named but not necessarily worked through. Invitation for process groups explorations and sharing will be made.

Risks: Aspects of participants' unconscious grounds may emerge into their awareness that may be uncomfortable and evoke areas of vulnerability. Given the shortness of the workshop, participants are encouraged to take note of their awareness. Support for grounding, breathing, normalization of collective human struggle and discomfort with polarities manage what can be named but not necessarily worked through. Invitation for process groups explorations and sharing will be made.

REIMAGINING (AND CO-CREATING) IDENTITY IN GESTALT GROUP THERAPY

PATRICIA TUCKER (USA)

4-hour workshop (English) Intermediate

Abstract: Is identity fixed, or is it a continually co-created story we tell ourselves and others and they tell us? Or could both be true? In this workshop we will explore these questions in a Gestalt group therapy format as we experientially explore together our conceptions of "I am" in our histories, in our current lives and in the moment. Framing our themes around building awareness of our identities and their meanings as our primary focus of attention, group members will co-create this unfolding together as we reach for authentic dialogue in the reimagining of ourselves in the moment.

Learning Objectives: Participants completing this workshop will be able to 1) LParticipants will be able to name 3 interventions that a Gestalt group therapist can make to enhance; 2) Participants will be able to name 5 common themes that emerge for people around issues of identity.

Biography: Patricia J. Tucker, LCSW, holds a BA from Bard College ('78), an MSSW from Columbia University ('81), and is a graduate of Gestalt Associates for Psychotherapy in New York City (1985). Patricia has been a faculty member at Gestalt Associates since 1987 and was Director of Training there from 1999-2011. Patricia was President of AAGT from 2014-2016. She has been an Adjunct Assistant Professor at the NYU Silver School of Social Work since 2012. She has been running groups and teaching group therapy since 2002 and she is thrilled to be delving deeper into conceptions of identity in Gestalt group therapy!

Limitations: The only limitations that come to mind are my own. Specifically, as a cis-gender white woman I know that I am limited by my own perspectives, sometimes in way of which I may not be aware. I strive to ever widen this lens and to assist others in this process as well.

Risks: It is possible that highly-charged emotional content may be presented or experienced by participants. They should be aware that this is an experiential group therapy workshop.



LA METÁFORA: EL PUENTE CO-CREADO ENTRE DARSE CUENTA Y LA CONCIENCIA REFLEXIVA

JORGE ALBERTO MANZANILLA MADRID

Taller de 4 horas (Español) Intermedio

Resúmen: Analogías, metáforas, trozos de poesía y retazos anecdóticos surgen entre nosotros, el consultante, el psicoterapeuta y el vasto campo. Ofrecerle nuestra presencia al otro para que se mire, resignifique o se contraste a través de las palabras que explican experiencias, diálogos que invitan a sentir el cuerpo. Aprenderemos a co-construir metáforas y otros recursos dialógicos que emergen en el encuentro terapéutico para potenciar el darse cuenta y la conciencia reflexiva.

Objetivos Didácticos: Los participantes que completen este taller podrán: 1) Identificar las figuras retóricas y su uso en la psicoterapia Gestalt; 2) Proponer recursos lingüísticos en sesiones de psicoterapia mediante la co construcción del encuentro dialogal; y 3) Desarrollar habilidades en el uso de la metáfora y la analogía como herramientas que potencian el darse cuenta y la conciencia reflexiva del consultante.

Biografías: Soy Jorge, vivo en Isla Cozumel, amo el café, las charlas profundas y los momentos simples. Me dedico a la psicoterapia y a la docencia desde hace 12 años. Tengo 38 años, vivo con mi esposa y mi hija de 15 años. Fan del existencialismo y aprendiz de la Gestalt de Campo.

Limitantes: Taller experiencial fundamentado en la psicoterapia Gestalt de Campo y el diálogo existencial, se sugiere tener conocimientos previos para relacionar la teoría con la práctica.

Riesgos: Riesgos emocionales moderados al realizar juegos de roles y modelamiento.

RE-IMAGING RELATING: GESTALT THERAPY WITH AUTISTIC PATIENTS AND CLIENTS

JENNIFER LEONG (USA)

4-hour workshop Intermediate

Abstract: Understanding the common attributes and vast diversity of autistic people is a cultural competence that is often overlooked in psychotherapy and psychotherapy training. The impact of this is that autistic patients often report psychotherapy is unhelpful and at times harmful. In order to facilitate psychotherapy that is supportive of growth for autistics, this workshop will provide foundational education on autism and workshop participants will re-imagine I-Thou relating as they explore ways in which common autistic communication and relational traits may affect the aesthetics and process of Gestalt Therapy. We will specifically consider dialogue, the phenomenological method, and experiments when working with autistic patients.

Learning Objectives: Participants completing this workshop will be able to 1) Give 2 examples of common Autistic communication traits; 2) Give 2 examples of common Autistic relational traits; 3) Analyze how Autistic communication and relational traits may impact the process of Gestalt Therapy.

Biography: Jennifer Jimenez Leong, LMFT, is an autistic Gestalt therapist and is certified in Gestalt Therapy by the Pacific Gestalt Institute. She is an adjunct professor at Antioch University Los Angeles where she teaches Gestalt Therapy, and in her private practice she specializes in working with autistic patients. Since realizing her own autistic neurotype, Jen has sought to learn not only about her own autistic experience but also the diverse and often misunderstood experiences of the broader autistic community. Dedicated to inclusivity, she challenges stereotypes while educating and advocating for autism awareness and acceptance.

Limitations: Therapist's experience is working with English speaking patients in the USA; lack of current research on autistic individuals who are people of color.

Risks: Potentially evocative; possibility of emotional distress

4-HOUR AFTERNOON WORKSHOPS/ TALLERES DE 4-HORAS POR LA TARDE

IMAGEN CORPORAL COMO CO-CREACIÓN EN MOVIMIENTO

ERIKA VÉRTIZ DEUHLER (MÉXICO) Y GABRIELA RODRÍGUEZ (MÉXICO)

Taller de 4 horas (Español) Introductorio

Resúmen: Nuestra imagen corporal se construye en relación, en ella se entretajan historias, narrativas, miradas, posturas y movimientos. Es dinámica y puede ser actualizable en el aquí y ahora. En este taller abordaremos la imagen corporal a través de la teoría de Desarrollo Somático de Ruella Frank. Cuando hablamos de una “mala imagen corporal” nos referimos a una imagen congelada que se quedó fijada como referencia única de nuestro ser somático. Al ponerla en movimiento despertamos infinitud de nuevas posibilidades.

Objetivos Didácticos: Los participantes que completen este taller: 1) Sabrán de nuevas posibilidades sobre cómo habitar su cuerpo; 2) Integrarán en su repertorio nuevos movimientos y dimensiones que enriquezcan su encuadramiento e imagen corporal.

Biografías: Erika Vértiz es psicóloga por la Universidad Iberoamericana con Especialidad en Desarrollo Humano y Maestría en Gestalt por el Instituto Humanista de Psicoterapia Gestalt, donde también cursó la Especialidad en Movimiento en la Frontera Contacto y en Psicopatología desde la Gestalt. Está certificada como Educadora en Movimiento Somático en Body Mind Movement y como Psicoterapeuta en Desarrollo Somático por el Center for Somatic Studies de NY. Actualmente se está formando bajo el modelo de Somatic Experiencing. En su práctica fomenta la consciencia somática con la certeza de que a través de ella se abre un universo de posibilidades.

Gabriela Rodríguez López. Comencé el estudio de las poblaciones mediante la licenciatura en Arqueología, de ahí hice una Maestría en Educación Humanista, lo cual me llevó a encontrarme con la Terapia Gestalt que ha sido un universo para comprender la experiencia humana, me entrené con Ruella Frank en Developmental Somatic Psychotherapy en Nueva York. Además, me adentré al mundo de la meditación con la Escuela Transpersonal Española en donde me certifiqué como instructora. Principalmente trabajo con adolescentes y adultos jóvenes. Actualmente doy terapia presencial y en línea, además de dirigir tesis en la maestría de Educación Humanista y Terapia Gestalt del Instituto Humanista de Terapia Gestalt de la CDMX.

Limitantes: Trabajaremos con exploraciones en movimiento, por lo que alguna persona tiene limitación en el mismo o prefiere una experiencia más teórica o estática. Estaremos pendientes de poner adecuaciones en ejercicios, sin embargo será un taller con contenido en su mayoría vivencial experiencial.

Riesgos: Puede ser detonante para personas que en este momento estén experimentando una etapa difícil dentro de un TCA, pues estaremos trabajando con la percepción que tenemos de nuestra corporalidad, sin embargo, también, puede ser un taller útil para la misma población. Iremos graduando los ejercicios y recordando a les participantes que pueden optar salir del ejercicio o no hacerlo si lo sienten más allá de su umbral de tolerancia.



GESTALT AND THE ENNEAGRAM: EXPANDING THE POSSIBILITIES FOR PERSONAL AND PROFESSIONAL TRANSFORMATION

LEANNE O'SHEA (AUSTRALIA)

4-hour workshop (English) Intermediate

Abstract: There is a history of long history of association between Gestalt and the Enneagram, largely due to the work of Claudio Naranjo. However, little attention has been given to this in the Gestalt literature and the ways in which the insights of the Enneagram might inform clinical practice are not well understood. This workshop will seek to address this question, as well as seeking to challenge some of the commonly held assumptions that have emerged with the growing popularization of the Enneagram as a personality typing tool. The Enneagram, like Gestalt, is grounded in a rich tradition that seeks to cultivate greater awareness and presence, all in the hope that we might live with greater responsibility for ourselves and the world in which we are situated.

Learning Objectives: Participants completing this workshop will be able to 1) Gain a solid understanding of the Enneagram approach and its value in supporting clinical practice; 2) Explore the dynamic interconnections between Gestalt principles and the Enneagram's insights; 3) Develop self-awareness and insight through experiential exercises that integrate Gestalt and Enneagram approaches; and 4) Explore ways to incorporate Gestalt-Enneagram insights into personal growth and professional practice.

Biography: Leanne O'Shea is a psychotherapist, supervisor, and educator. Having studied Gestalt in Melbourne and London, she brings a diverse range of insights to her work. As well as private practice, Leanne holds several teaching positions, including the Director of Training at Gestalt Therapy Australia. She has worked with Relational Change in the UK and is a trained Enneagram teacher. Leanne is driven by a desire to promote awareness and sensitivity to our relational responsibility across diverse areas of need and concern. A long-standing interest concerns the place of sexuality within the therapeutic relationship and the rehabilitation of an Erotic sensibility.

Limitations: None

Risks: None

ZEN AND GESTALT THERAPY

YUSUKE JINNAI (JAPAN)

4-hour workshop (English) Intermediate

Abstract: In keeping with the theme of IAAGT's 2024 conference, "Re-imagining and Co-creating," and the goal of holistically challenging and developing Gestalt therapy theory and its various applications, the lecture will discuss how Zen, one of the foundations of Gestalt therapy, has influenced the basics of Gestalt therapy. To understand what similarities there are between Gestalt therapy, which originated in the West, and Zen, the wisdom of the East. Also will address the similarities/differences of mini-satori (free from each one of unfinished business) and satori (enlightenment as outcome of Zen sitting), and discuss the processes of reaching to those status, which is followed by how Zen is integrated to Gestalt therapy

Learning Objectives: Participants completing this workshop will be able to 1) Understand the Paradoxical Change by Zen meditation; 2) Experience the difference between concentration and awareness techniques in Gestalt therapy work.

Biography: Board Member of Japan Association of Gestalt Therapy. A Gestalt therapy facilitator, applying the Gestalt method to coaching, leadership, organization development. A Zen teacher. Practicing Zen – Rinzai/Tenryuji school for over 40 years. Integrating Gestalt methodology and Zen practice, providing Zen-Gestalt workshops for the Gestalt community in Japan. Over 25 years of experience to manage teams to develop software products, team-oriented leader to develop IT products and organizations

Limitations: This workshop deals with Zen Buddhism. However, it is open to people of all religious traditions. No religious ideas, beliefs, or specific practices are mandated.

Risks: Meditation is generally considered a practice for cultivating peace of mind and enhancing focus, but it's important to recognize that it may not be safe or beneficial for everyone. In particular, some individuals with mental illnesses may potentially experience a worsening of symptoms due to meditation such as below: Excessive Anxiety or Fear, Mental Confusion, Depression, Worsening of Psychiatric Illnesses.



GROWING YOUR SUSTAINABLE SELF: WITHIN AND BEYOND

NICKEI FALCONER (NEW ZEALAND)

4-hour workshop (English) Intermediate

Abstract: How might we, as Gestalt practitioners, consider sustainability?

Environmental degradation is upon our planet. How does living within this field affect us personally and professionally, and what can we do? Rather than collapse into despair and helplessness, how can we be active, energized agents of wellbeing? How might we engage with an agenda of hope and reimagine? To co-create in growing more sustainability? In this time of great ecological and social crisis, it's vital to reimagine this, so humanity can shift from domination to partnership with other lifeforms.

In this 4-hour pre conference workshop we'll discover the three different-but-interdependent realms we can grow our sustainability within, including personal and professional perspectives. This workshop will include theoretical and experiential components

Learning Objectives: Participants completing this workshop will be able to 1) consider the possibility that they've disconnected from the physical as a consequence of the Cartesian influence within our developed world view, and that this has affected Gestalt as well; and 2) consider physical sustainability as an inter-related component of sustainability, and a crucial element to consider within the therapeutic frame.

Biography: Kia ora, hello from New Zealand.. I've worked with people since 1992 to increase wellbeing, as a supervisor, and with individuals and groups. I'm a registered Gestalt psychotherapist with the Psychotherapy Board of Aotearoa/New Zealand (PBANZ), currently in the role of Vice-president for the IAAGT Board and I contribute to the IAAGT CPC as co-convenor of the Ecological Edge Committee (EEC). For almost five years, from 2005, I was the co-editor of the Gestalt Journal of Australia and New Zealand. I'm currently in the process of pitching my book "Growing your Sustainable Self: within and beyond" for publication

Limitations: None

Risks: No potential risks anticipated. Any impact experienced within this workshop as a result of the content explored, will be supported with care and compassion



**RE-IMAGINING AND
CO-CREATING**

CONFERENCE WORKSHOPS

2024 | IAAGT | BIENNIAL CONFERENCE

CONFERENCE

SEPTEMBER 19TH

WORKSHOP DESCRIPTIONS

Thursday

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COME TO YOUR SENSES

JENNIFER BURY (USA)

2-hour workshop (English) Intermediate

Abstract: Contacting is co-created interaction. It is how we first orient to the world, and this phenomenological form of learning continues throughout our lives. This workshop focuses on fostering our kinesthesia through group movement experiments to increase our awareness of how we co-create our experience; How we are simultaneously shaped by our environment and are shaping it. When we attend to the aesthetics of our experience, we rediscover ourselves as vital beings, engaged in an ongoing dialogue with others, and as an integral part of a dynamic world. Giving merit to our lived sensory experience guides us and expands our choices of how to be with our clients, with each other, and how to move through an ever-changing world.

Learning Objectives: Participants completing this workshop will be able to 1) state the role of kinesthesia in contacting; 2) describe the role of aesthetic criteria in the forming of perception; 3) identify how kinesthesia develops and how it can assist both the practitioner and the client within the clinical model; and 4) identify the role of movement to the organizing of experience within Gestalt theory.

Biography: Jennifer Bury, BFA, CMT, movement therapist in private practice for 35+ 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™, and teaches at universities medical facilities, and leads Gestalt training groups, both online and in-person. Her background includes studies in pre-med, neurology, kinesiology, various forms of dance, and numerous somatic methods. Her practice includes military veterans, professional dancers, members of the LGBTQ+ community, and spans from assisting infants first orienting to life, to guiding people through their dying process.

Limitations: None.

Risks: None.

PSYCHEDELIC-ASSISTED THERAPY AND THE GESTALT MODEL OF THE SELF

TRAVIS FOX (USA)

CANCELLED / CANCELADO

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: The resurgence in research of psychedelic-assisted therapy for depression, PTSD, and substance hold promise for many who are unable to find relief from currently available treatments. With mounting evidence for the safety and efficacy of compounds such as psilocybin and MDMA, understanding the potential therapeutic mechanisms and appropriate psychological and relational container to implement these treatments safely and effectively is paramount. Drawing from clinical research experience with psilocybin and MDMA, the presenters will provide an overview of psychedelic research and methodology and describe how the Gestalt Model of Self (i.e. "Self as process") may further inform the clinical and research framework for the burgeoning field of psychedelic-assisted therapy.

Learning Objectives: Participants completing this workshop will be able to 1) describe the basic tenets of psychedelic-assisted therapy; and 2) articulate basic therapeutic mechanisms of psychedelic-assisted therapy; and 3) describe basic components of the Gestalt model of self.

Biography: Travis Fox, PsyD is a psychologist in private practice in Madison, Wisconsin and a faculty member of the Gestalt Institute of Cleveland. He works with a diverse array of individuals and groups and provides seminars, workshops, and supervision. Specialty areas of interest and practice are men and masculinity, healthcare professionals in the medical and mental health fields, and groups. He is also a researcher at the University of Wisconsin – Madison, where he is a therapist and assessor on a variety of FDA-approved clinical trials investigating the potential of psychedelic-assisted therapy for the treatment of trauma and addiction.

Limitations: The ideas expressed in this presentation are based on research, theory, and clinical experience born from a primarily Western medical and cultural perspective

Risks: Potential for some discomfort



LA ACTUALIZACIÓN DE LA EXPERIENCIA TRAUMÁTICA DESDE LA PSICOTERAPIA GESTALT

VIVIANA VALDÉS TEJA

Taller de 2 horas (Español) Intermedio

SIMULTANEOUS TRANSLATION

Resumen: El trabajo de Trauma cobra cada vez más relevancia en el contexto terapéutico, por ello, me parece importante hacer una propuesta de trabajo desde la psicoterapia Gestalt. En este caso, tomo como referencia los trabajos de Stephen Porges y Peter Levine y desarrollo una propuesta para comprender y abordar el trauma desde la perspectiva Gestalt.

En esta presentación expondré una definición gestáltica de trauma, posteriormente hablaré de las implicaciones y efectos que tiene el trauma en la experiencia, la autorregulación, la excitación, la dinámica figura fondo, el apoyo y las funciones del self. y finalmente, desarrollaré la propuesta de trabajo terapéutico para la actualización de las experiencias traumáticas. Como cierre de la presentación realizaré un breve ejercicio vivencial como parte de la experiencia.

Objetivos Didácticos: Que los participantes 1) Comprendan qué significa un trauma desde la perspectiva gestáltica, su implicación con el cuerpo y con el trabajo en el aquí y el ahora; 2) reconozcan los distintos efectos que tienen las experiencias traumáticas desde la teoría gestalt; 3) conozcan la propuesta de trabajo que como terapeutas pueden implementar en el contexto terapéutico.

Biografía: Viviana Valdés Teja es psicoterapeuta Gestalt y Desarrollo Somático formada por el IHPG, también es terapeuta certificada de Experiencia Somática fundada por Peter Levine. Realizó una licenciatura en Comunicación (UIA) y una maestría en Antropología Social (CIESAS).

Además de su práctica como psicoterapeuta, ha sido docente en diversas instituciones desde el año 2000 (UIA, UNAM, UVM, IHPG, UMQ). Ha impartido clases de psicoterapia Gestalt, trauma, fenomenología, investigación y teoría social. Ha facilitado talleres de desarrollo humano y creatividad para niños, adolescentes y adultos. Paralelamente se ha formado como maestra de yoga y meditación.

Limitaciones: Esta presentación es principalmente teórica, busca llevar la atención al tema del trauma y la Gestalt. La limitante del taller sería la falta de una demostración o trabajo práctico de los participantes para integrar la propuesta. (Es un trabajo profundo y delicado y considero que sería más riesgoso querer realizar algo práctico con tan poco tiempo de trabajo).

Riesgos: La presentación busca ser cuidadosa de la vulnerabilidad emocional y psicológica de los participantes. Si alguien llegara a activarse con la presentación realizaré un ejercicio final para volver a la regulación.

WHAT IS BUDDHIST PSYCHOLOGY INFORMED GESTALT THERAPY?

EVA GOLD (USA)

2-hour workshop (English) Advanced

Abstract: This didactic and experiential workshop will offer a brief overview of the essential theoretical and methodological convergences of these two systems, then focus on some important differences in focus and aims. This will create the ground for looking at how these convergences allow for a natural integration that maintains the integrity of each system while the differences offer an expanded theoretical perspective and new directions for psychotherapy practice. A Buddhist Psychology informed Gestalt Therapy (BPGT) approach points to how Buddhist psychology's deep understanding of mental and emotional health, healing, and well-being, and its methods of experiential exploration for increasing awareness can expand the Gestalt therapist's view and experimental repertoire, supporting more freedom and opportunity for exploration for both therapist and patient in the embodied relational dialogue.

Learning Objectives: Participants completing this workshop will be able to 1) describe the differing aims of Gestalt therapy and Buddhist psychology practices, and the relevance of this for Gestalt therapy work; 2) list three defining aspects of BPGT; and 3) apply the BPGT perspective and methods in their work.

Biography: Eva Gold, PsyD, is a psychologist in private practice in Portland, OR USA. Her practice includes mentoring, supervision, training and consultation with psychotherapists. As founding Co-Director and Senior Faculty of Gestalt Therapy Training Center—Northwest she created a curriculum integrating Buddhist psychology and meditative practices into Gestalt therapy training supported by her own years of meditation practice and study of Buddhist psychology. She held an adjunct assistant professor position at Pacific University School of Professional Psychology where she taught Gestalt therapy for 15 years. An international trainer and presenter, Dr. Gold has written extensively on Gestalt therapy theory and practice. She is co-author of the book *Buddhist Psychology and Gestalt Therapy Integrated: Psychotherapy for the 21st Century*. Her long career has offered the opportunity to work with a diversity of ages, genders, sexual orientations, racial, ethnic and gender identities and diverse abilities.

Limitations: Buddhist psychology content and methods have been extensively explored in a variety of cultures and contexts for thousands of years. Their integration into Western psychotherapy is only the most recent development in how these ideas and practices continue to evolve, and this has been extensively researched as well. My work has been limited to psychotherapy and training of therapists within the context of US psychotherapy patients and trainees.

Risks: Low risk level.

THE VITAL ROLE OF BODYWORK IN GESTALT THERAPY IN THE AI ERA: RECONNECTING WITH OUR BODIES IS INEVITABLE

LAURA RAGULSKYTE PAVLIUK (LITHUANIA)

2-hour workshop (English) Intermediate

Abstract: This presentation explores the importance of bodywork in Gestalt therapy in the current AI era. The rise of technology has resulted in increased disconnection from our bodies, leading to various physical and mental health issues. Gestalt therapy, which emphasizes the integration of the body, offers a solution to the problem through its use of bodywork. By reconnecting individuals with their bodies, Gestalt therapy can help improve their well-being and enhance their self-awareness. The presentation highlights the important role of bodywork in Gestalt therapy in facilitating this process and emphasizes the inevitability of reconnecting with our bodies as a means of achieving holistic health.

Learning Objectives: Participants completing this workshop will be able to 1) understand the emphasis on the importance of the mind, emotion and body connection and the role of bodywork in promoting well-being and connection with our bodies in the AI era; 2) learn about the principles and techniques of Gestalt therapy, including the use of bodywork, and how they can help us reconnect with our bodies and process emotions and experiences; and 3) identify practical ways to integrate bodywork and Gestalt therapy techniques into their own lives and practices to promote greater well-being and connection with bodies.

Biography: Laura Pavliuk writes, "I am an experienced therapist, trainer, supervisor and passionate about sharing my knowledge and expertise. I have been teaching Gestalt therapy theory and practice at Vilnius Gestalt Institute since 2019 and have facilitated retreats for women's groups in Spain as a group therapist. Also, I am a Gestalt therapy trainer at Tbilisi Gestalt Institute in Georgia, where I teach the art of bodywork in Gestalt therapy. I also supervise therapists at Vilnius Gestalt Institute. In my private practice since 2017, I specialize in addressing anxiety, stress, burnout and work-life balance through a holistic approach emphasizing mindfulness, self-awareness, and self-compassion. I am also a passionate yogi and meditator practicing for many years and regularly learn in advanced yoga and meditation programs at Isha Yoga Center, India."

Limitations: None
Risks: None



DEEPENING COACHING IMPACT USING CONSTELLATIONS

MELISSA KELLY-MCCABE (USA)

2-hour workshop (English) Introductory

ICF Core Competency (CCEs Pending)

ICF Resource Development

CCEs documentation available

Abstract: Family and systemic constellations is one modality that is particularly useful when clients bring situations involving parts of self and others in relationships (leadership, team, family, etc.) as parts of their presenting dilemmas.

Learning Objectives: Participants completing this workshop will be able to 1) Understand and apply the basics of using systemic constellations in coaching sessions; 2) Explore a personal dilemma as an experiential to understand the potential and possibilities with clients; and 3) Apply learnings to ICF Core Competencies for use in using Gestalt in coaching.

Competencies: Professional coaches will see, experience and coach to the ICF Core Competencies of

ICF CC 3: Maintaining Agreements using a straight forward contracting process

ICF CC 6: Listens Actively and

ICF CC 7: Evokes Awareness using systemic constellations as a metaphor to coach in the here and now for the deeper meaning of the presenting dilemma

ICF CC 8: Facilitates Client Growth in practice pairs to coach around anchoring learnings/discoveries about the WHO and the WHAT of the client's dilemma.

Biography: Melissa 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.

Limitations: None

Risks: Content and experiential aspects may be evocative for participants. Participants are expected to have self-support systems to work any personal discoveries from the session.



THE POSSIBILITY OF CONNECTION IN UNCOMFORTABLE CONVERSATIONS ABOUT RACE

NATALIE HAYNES (CANADA)

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: The discomfort that emerges in conversations about race, diversity and difference, is a nod to the emergence of what we may be unaware of in our relationship to our racial identity and how we may perceive other racial bodies in relation to ourselves. The possibility of connection is made available through the unknown spaces accessed through our attention and curiosity to what emerges in the space between ourselves and another. Gestalt theory and the use of self, offers a way to assess how the underlying construction of our racial identity was developed and provide an opportunity to re-imagine something new about ourselves, as racial beings, and the ability to connect and co-create a common language with those of difference.

Learning Objectives: Participants completing this workshop will be able to 1) learn how their physiological, emotional, psychological and relational responses emerge when we engage with difference; and 2) explore how their awareness of what “gets in the way” can ultimately, give them a “way through” to connecting and communicating with other races about race, creating an opportunity for equity, inclusion and belonging.

Biography: Natalie Haynes is a Registered Psychotherapist, Training Consultant and a Speaker. She has worked with individuals, couples and families for over 15 years. She graduated from the Gestalt Institute of Toronto in 2013. Natalie's desire to increase our ability to see and be with difference, led to the development of her online program, “The Comfortable Race Conversation Process”. This experiential program, was included in the “What Works Toolkit”, created for organizations that enrolled in the “50-30 Diversity Advantage Challenge” established by the Government of Canada. Natalie lives in Canada with her husband and two children.

Limitations: This workshop is for individuals who are interested in learning about how conversations about race become uncomfortable through the use of self.

Risks: Racialized participants may experience difficulty as other non-racialized participants explore their relationship to the racial identity for the first time. The emotional impact of these moments can be difficult to experience. I will manage this risk by identifying this at the beginning of the workshop. This is also what is already true in our unexamined relationships to other races and being with differences (of skins, thoughts, emotions, perspectives). This is what this workshop hopes to address.

JUEGO CON MONSTRUOS PARA EL ABORDAJE DE ANSIEDAD, MIEDOS Y PESADILLAS. UNA PROPUESTA DESDE LA TERAPIA DE JUEGO

ERIKA LIZBETH REYES MORALES (MÉXICO)

Taller de 2 horas (Español) Introductorio

SIMULTANEOUS TRANSLATION

Resúmen: Violet Oaklander propone que la fantasía puede ser empleada como una herramienta terapéutica sumamente valiosa y dado que el juego es el lenguaje universal de los niños y las niñas, se propone que jugar a proyectar sus miedos y angustias mediante la creación de divertidos monstruos puede ser realmente efectivo para ayudarlos a restablecer alguna función desubicada. Así, en este taller conocerás de manera vivencial una propuesta para el abordaje de ansiedad, miedos y pesadillas mediante la creación de monstruos empleando diversas técnicas expresivas y creativas como el dibujo o el modelado con arcilla. Esta propuesta ha sido ampliamente efectiva en mi consultorio, ya que permite a los pacientes proyectar su experiencia emocional, identificarse con ella y construir herramientas para combatir o vencer sus miedos e inseguridades de manera divertida.

Objetivos Didácticos: Los participantes que completen este taller podrán 1) Desarrollar habilidades estéticas que fortalecerán nuestro trabajo en la experiencia sensible del campo paciente-terapeuta; y 2) identificar atributos estéticos que guíen nuestro trabajo hacia la Frontera-Contacto que habiliten la posibilidad creativa en nuestro trabajo.

Biografía: Nací en la ciudad de Durango, Dgo. en 1991. Soy Lic. en Educación Preescolar por la Benemérita y Centenaria Escuela Normal del Estado de Durango y Lic. en Psicología, por la Facultad de Psicología y Terapia de la Comunicación Humana, de la UJED. Cuento con una Maestría en Intervención Pedagógica (ByCENED) y una en Filosofía (UJED). En esta última realicé una investigación acerca de la deconstrucción del concepto de infancia tradicional. Actualmente me encuentro en un proceso de certificación internacional en Terapia de Juego bajo el modelo Oaklander. Desde hace 7 años me desempeño como Supervisora de Educación Preescolar y hace un año y medio fundé el Emocionario, consultorio en el que laboro como psicóloga infantil. Soy facilitadora de Talleres de Filosofía para Niños desde hace 10 años

Limitaciones: Riesgos: Ninguno

Ninguna. El taller se llevará a cabo en español. Workshop will be conducted in Spanish. Non – Spanish speakers are welcome to find someone to add translation as we proceed.



“WE WEAR THE MASK”: GESTALT-INFORMED MUSINGS ON A DEVICE FOR REVEALING, CONCEALING, AND HEALING

YAËL LEWIN (USA)

2-hour workshop (English) Introductory

Abstract: Shapeshifter and protector, messenger and interrupter, the mask is an object/symbol/concept that we have been negotiating a relationship with for the past few years. While it has been perhaps most foreground for us during the pandemic, the mask has a rich history that spans many centuries and cultures and includes theatrical, social, political, spiritual, and medical uses. Adding a Gestalt therapy perspective helps to raise awareness of the intrapsychic and relational issues that emerge when a mask is worn – whether literally or figuratively. We will explore both kinds of masks, re-imagine our perceptions of them, and reflect upon their connection to ourselves and to our clients. Please bring a mask for some experiential work. (Costumes are optional!) The title refers to a poem by Paul Laurence Dunbar.

Learning Objectives: Participants completing this workshop will be able to 1) gain a greater understanding of the history and context of masks; 2) connect Gestalt therapy concepts to our experiences with masks; and 3) develop a deeper awareness of how masks impact us intrapsychically and relationally.

Biography: Yaël Lewin, MA, LP, BCPP, is a Gestalt therapist and dance historian. Her background includes over 30 years of somatic studies, plus a graduate degree in English and comparative literature that helps with obscure research if not income. Her interests include trauma (she worked with diverse populations in a 9/11 clinic), the creative process, and women's issues. She is the author of *Night's Dancer: The Life of Janet Collins* (Wesleyan University Press). She hopes to go to Venice for Carnevale someday.

Limitations: None

Risks: Possibility of experiencing emotional or psychological vulnerability. I will be available throughout the conference, as a licensed psychotherapist, to provide support. Confidentiality will also be requested from participants to establish greater safety in the space.

UNDERSTANDING CHRONIC SHAME AND EFFORTS TOWARD RECOVERY.

RICHARD DENNISON (UNITED KINGDOM)

2-hour workshop (English) Introductory

Abstract: Shame is a much-used word, but what actually is the phenomenological experience of chronic shame for each individual. In this workshop we will look at a theoretical view of shame. Further through experiential exercises involving work in pairs and groups, we will attempt to understand what chronic shame feels like. With a deep understanding of chronic shame, a phenomenology of possibilities toward a recovery will be presented and discussed; these will include theoretical approaches of Husserl's Horizon, Clarke's Predictive Processing, relational and behaviorist views. There will be opportunities to articulate different cultural experiences of shame across cultures and within cultures.

Learning Objectives: Participants completing this workshop will be able to 1) understand about the depth and sustaining effect of chronic shame; 2) articulate some of the possible methods of recovery from chronic shame; and 3) identify the role and confining aspect of a fixed world view as an expectation or prediction of what is to come.

Biography: Richard Denison writes, “Now over 70 years old and still working to find my potential. I would like to experience myself in environments that take me as far away as possible from my early years. These years consisted of me being subjected to years of abuse from a violent, bullying father that left me traumatized by shame. Through years of working to manage and recover from my shame mainly within Gestalt therapy, I feel able to attempt to lead a workshop and share my recovery journey and knowledge of shame and what may help in any recovery.” Diploma Gestalt Therapy, BSc Psychology, at present studying for a Masters degree in Philosophy,(graduation 2024)

Limitations: My experiences are specific to the UK; the theoretical input is western.

Risks: Exercises may evoke emotional discomfort. Participants are asked to participate at their comfort level.



CO-CREATING CONFIDENCE IN PERSONAL FINANCE BY RE-IMAGINING YOUR RELATIONSHIP WITH MONEY

FRANK WU (USA) AND JULIE LIU (USA)

2-hour workshop (English) Introductory

Abstract: Our workshop aims to cultivate participants' awareness about money – a much loved/hated figure in our lifeworld. We will provide a roadmap for revisiting and re-creating our highly individualized relationships with money by treating it as an organism and proactively integrating it in life events. We will address any “unfinished business” in a field-collaborative way and enhance money acumen with Gestalt approaches. Practicing proprietary personal finance tools during and after the workshop, Gestalt professionals will not only expand their skills in managing money but also be able to work with economically disadvantaged clients to radiate positive influence in their community, thus revitalizing the connection between their personal finance and their social ambitions.

Learning Objectives: Participants completing this workshop will be able to 1) become more aware of the living relationship between their attitude towards money and their core values in life; and 2) understand and use personal finance tools which will increase their self-confidence and become more resourceful, hence more likely to contribute more to their families and communities such as IAAGT.

Biographies:

Frank Wu, CPCC, MTS, is a bilingual Gestalt/Co-Active coach and coach-trainer passionate about bridging different cultures. Based in Beijing, China, and Indianapolis, USA, his coaching niches include executives honing up leadership skills, expats adapting to a new culture, local professionals seeking to be more recognized and appreciated by their employers, religious people determined to live out their spiritual values in workplace and daily life, and parents raising their children cross-culturally. Frank also dedicates himself to coaching in non-profit organizations, helping their middle rank employees maximize management efficiency while being firmly grounded on their spiritual values.

Julie Liu, Julie Liu is Executive Director of Intelligent Quality Tools and Methods in Cummins Inc. She enjoys increasing responsibilities in her 30-year professional career. Julie is committed to diversity, inclusion and community development, and is passionate about learning and developing. She regularly coaches employees' business skills and empowers them to reach their full potential. In 2016 she founded Fortune School which has provided personal finance training and self-awareness coaching for thousands of people around the world. Julie holds a Master's Degree of Professional Accountancy from Indiana University School of Business. She has been mentored by Gestalt masters, and is a trained Co-Active coach.

Limitations: None

Risks: None.

THE ENCOUNTER PROCESS: SUPPORTING SELF/DISCOVERING OTHER

BRUCE AARON (USA)

2-hour workshop (English) Introductory

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 own sense of integration and wholeness; 2) describe how being “encountered” by someone else highlights and clarifies their own phenomenological position in the world; 3) indicate which section of the Encounter statement reveals which of the 3 zones of Awareness; and 4) explain the connection between awareness and responsibility in the context of Encounter.

Biography: Bruce Aaron, LCSW, Bruce Aaron has practiced Gestalt therapy for over 30 years, during which he has maintained ongoing therapy groups. Aaron's interest in groups stems from a perspective that our self-concepts arise through repeated interactions in a social field, making groups an ideal setting for reorganizing such beliefs. He sees individuals and groups in his Chicago practice, and is the author of a chapter on Encounter in *The Relational Heart of Gestalt Therapy* as well as the audio series *Gestalt Training: The Psychology of Self-Regulating Success*, published by Nightingale Conant, and “Coming out as a lifelong practice”, published in *Gestalt Review*.

Limitations: The Encounter process is best utilized in the context of a “safe” environment. I would not recommend its usage with those I imagine to be unable to receive what is being offered with some sense of generosity or at least, curiosity.

Risks: Communication in this workshop is likely to be direct. Those who are not ready to learn how others candidly experience the may not feel comfortable working with this communication tool.

CO-CREATING THE EXPERIENCE OF DIGNITY IN GESTALT THERAPY

NATALIA KEDROVA (RUSSIAN FEDERATION), POLINA EGOROVA (RUSSIAN FEDERATION) & VERA YASNAYA (RUSSIAN FEDERATION)

2-hour workshop (English) Intermediate

Abstract: Our workshop concerns the experience of dignity. It is the personal formation of adolescents and young adults. The experience of dignity is basic for healthy development and social autonomy. For adolescents and young adults it is important to find their place in the world, to conquer the world and also to decide what to do with their own life energy and life time. We can see three main life space (K. Lewin) areas where they need to make this choice. 1) life work, 2) intimate personal relationships (friendship, love), 3) self-knowledge and giving shape to personal passions: sexuality, ambitions, anger, eagers, etc. The integration of these three lines creates a strong sense of dignity. Otherwise instead of the experience of dignity the young adult faces vulnerability, self-distrust, humiliation, fear of being judged and neglected, even anxiety and depression. Sometimes we can observe a lot of aggression in attempts of self-affirmation. In gestalt therapy we focus on every area supporting the awareness of personal choices, life energy, values, life-dreams, preferences, and the experience of authorship of one's life. During our workshop we will offer two practices to explore the sense of dignity and the therapeutic strategy to support clients' awareness.

Learning Objectives: Participants completing this workshop will be able to 1) become aware of their own experience of dignity (bodily sensations, emotions, image); and 2) learn a Gestalt strategy to support the sense of dignity during the session

Biographies:

Natalia Kedrova, born in 1957, dipl. clinical psychologist, Moscow State University (1982), postgraduate course in developmental psychology (1988), teacher in Moscow State University of Psychology and Pedagogic, department of Child and Family Psychotherapy is a Gestalt therapist (Fritz Perls Institute, Hamburg, 1993, French Gestalt Institute 1995), and trainer in the Moscow Gestalt Institute. She is a member of MGI professional board, Head of the MGI department "Gestalt-therapy with children, adolescent and families", and head of the Research group in gestalt therapy. Natalia is the author of books, works with children, adolescents and families in difficult life circumstances, migrant children, children with special needs, children with school failure, and she supports recent psychologists who work with children and their families in Nagorno-Karabakh.

Polina Egorova, PhD (2023), born in 1982, dipl. of psychologist, Moscow State University (2004), practical psychologist, gestalt-therapist (Moscow Gestalt Institute, 2009), supervisor, and associated trainer in MGI specialized in children, adolescence, and family therapy. Here research interest is focused on the issues of life-dreams, use of daydreaming in gestalt-therapy, the research in gestalt-therapy. Polina Egorova supports recently psychologists who work with children and their families in Nagorno-Karabakh.

Vera Yasnaya, born in 1982, dipl. of clinical psychologist, Moscow State University (2004), practical psychologist, family therapist, supervisor and trainer in Institute of Integrative Family Therapy (Moscow), psychotherapist in Scientific and Practical Center for Mental Health of Children and Adolescents (Moscow). Vera Yasnaya works with children, adolescents and families in difficult life circumstances, suicidal risk and self-harm behavior, she works with migrant children, children with special needs, children with school failure.

Limitations: None

CONFERENCE

SEPTEMBER 19TH

WORKSHOP DESCRIPTIONS

Thursday

Afternoon

DESCRIPCIÓN DE TALLERES

Jueves

Tarde



EVOLUTION OF THE CAPE COD MODEL

JOSEPH MELNICK (USA)

2-hour workshop (English) Introductory

Abstract: The Cape Cod Model rests on the belief that there is no such thing as a bystander. We are all part of the problem and solution. The workshop is based on such Gestalt principles as observation of relational patterns, intervening in a systemic way so that interventions are balanced and “stick” (presence). It will include lectures and a demonstration that will include all participants. There will be a discussion of limits of the model.

Objectives: 1) Participants will be able to articulate the principles of the model, including “seeing a system”. 2) Participants will learn how to intervene in a system in a balanced and grounded way, so that the intervention “sticks”, 3) Individuals will be able to spot and articulate countertransference issues.

Biography: Joseph Melnick, PhD, is a Clinical and Organizational Psychologist. He is co-chair of the Cape Cod Training program and former Board Member of the Gestalt Institute of Cleveland and the Gestalt International Study Center. The founding editor of the Gestalt Review, he is the author of over 100 publications including *Mending The World* (Melnick J. and Nevis, Edwin, (Eds), 2012, and *The Evolution of the Cape Cod Model* (Melnick J. and Nevis, Sonia), 2018. He teaches and trains worldwide.

Limitations: None

Risks: None

THERAPISTS AS FIRST RESPONDERS

CAROL SWANSON (USA)

CANCELLED / CANCELADO

2-hour workshop (English) Intermediate

Abstract: To be alive is to be responsive. To be alive as a human is to be responsive to the human other. One cannot speak of an infant without a mothering one; or of a mother without a child. The cry of the infant, the response of the mother is the origin of responsive relational aliveness. Bernhard Waldenfels, a contemporary German philosopher, who studied with Merleau-Ponty and Emmanuel Levinas, has further developed the phenomenology of Merleau-Ponty in which intentionality, a keynote of phenomenology, is transformed into responsibility—the demand of the other on our human response-ability. This workshop will focus on how Waldenfels’ responsive phenomenology can inform and ground us in our clinical work with the demands and claims on us by our patients.

Learning Objectives: Participants completing this workshop will be able to 1) Understand and describe the meaning of responsive phenomenology and responsivity; 2) Understand and describe the meaning of the phenomenology of the alien; 3) Understand and describe how the Other lays a claim or demand on one and the meaning of this; and 4) Understand and describe the paradox of how one “gives what you do not have” in responsive phenomenology.

Biography: Carol Swanson, LCSW, ACSW, has been in private practice in Portland, Oregon for over forty years. She co-founded the Portland Gestalt Therapy Training Institute and has trained therapists in Europe, Australia and the US. Her current interests are studying philosophical resources for humanistic clinicians. Although semi-retired, clinical work is still rewarding work along with living outdoors in her garden, on her bike, her kayak or hiking the trails.

Limitations: None

Risks: None

LA PRESENCIA ESTÉTICA. UNA MIRADA HACIA UNA GESTALT RADICAL

FRANCISCO JAVIER LÓPEZ HERNÁNDEZ (MÉXICO)

Taller de 2 horas (Español) Intermedio

SIMULTANEOUS TRANSLATION

Resúmen: La mirada estética es la experiencia de lo vivo entre nosotros. Nuestra teoría dice que ese es el lugar de la creación, la movilización y el desarrollo. Este taller tiene como finalidad desarrollar habilidades estéticas que fortalecerán nuestro trabajo en la experiencia sensible del campo paciente-terapeuta.

Objetivos Didácticos: Los participantes que completen este taller podrán 1) Desarrollar habilidades estéticas que fortalecerán nuestro trabajo en la experiencia sensible del campo paciente-terapeuta; y 2) identificar atributos estéticos que guíen nuestro trabajo hacia la Frontera-Contacto que habiliten la posibilidad creativa en nuestro trabajo.

Biografía: Francisco López Hernández es Maestro en Educación, con estudios en Comunicación y Terapeuta Gestalt. Lleva 25 años dando clases a nivel Superior y Posgrado en diferentes instituciones. Francisco es terapeuta desde hace 18 años en la modalidad individual, de pareja y grupal. Su interés, hoy más que nunca, está concentrado en el trabajo con la Espontaneidad y la Creatividad en psicoterapia.

Limitaciones: La única limitación es el conocimiento teórico previo de la Teoría

Riesgos: No hay riesgos visibles desde la perspectiva de Campo. El taller se llevará a cabo en español. Workshop will be conducted in Spanish. Non-Spanish speakers are welcome to find someone to add translation as we proceed.

PANEL: RE-IMAGINING AND RE-CREATING RESEARCH IN GESTALT

This panel explores innovative approaches to research within the Gestalt therapy framework. Esteemed experts will discuss rethinking traditional research methodologies and recreating them to align with the core principles of Gestalt therapy. Topics will include integrating phenomenological and experiential methods, incorporating the therapist-client relationship into research designs, and fostering collaborative projects that bridge the gap between theory and practice.

Key Discussion Points:

- The necessity of establishing an evidence base for our work.
- The value of systematic case studies in building this evidence and making our work visible.
- Methods compatible with the daily practice of Gestalt therapy: a brief outline.
- Encouragement for broad participation: involvement is possible in small, supported groups with friends and colleagues, following a structured protocol and contributing to an international Gestalt community project.
- Examples of ongoing initiatives.

Panel Members

Diego Brandolin

Psychologist, Professor of Psychology, and Doctoral Candidate at the Faculty of Psychology, National University of Rosario (UNR), Argentina. Full Professor of the Chair of Psychotherapies, Director of the Center for Studies in Psychotherapies, Interdisciplinary, and Community, and Academic Coordinator of the Diploma in Advanced Studies in Gestalt Therapy, all at the same institution. member and director of various academic research projects and is currently the director of the project "Gestalt Clinical Supervision in the Cities of Rosario, Córdoba, and Buenos Aires, Argentina." He serves as a clinical supervisor for the Mental Health Directorate of the Municipality of Rosario. Certified as a

therapist by the Gestalt Association of Buenos Aires, he has also been a former instructor at its Training School and former Scientific Secretary. He is the author of scientific articles, book chapters, and presentations at accredited conferences.

Julia Roddy

Julia Roddy, MA, PGdip, is a Gestalt, integrative, humanist therapist who leans towards a relational, embodied philosophical and existential approach. She is presently chair of the Human Rights and Social Responsibility Committee of IAAGT. Julia is a Gestalt psychotherapist who completed her Postgraduate Diploma with the Gestalt Institute of Ireland validated by the Institute of Technology Carlow in alignment with IHAP and ICAP regulations. She is a fully accredited psychotherapist with the IACP (Irish Association for Counseling and Psychotherapy) associated with IAHIP and abides by their codes of ethics. Her approach to Gestalt psychotherapy is individuated to meet each client uniquely and creatively in a relational field as to where they are at.

Sari Scheinberg

Sari Scheinberg, PhD, is a Gestalt & Organization Psychologist, Teacher, Researcher, and Activist – pioneering and leading action research & development programs at the intersection of well-being – human rights – and sustainability, around the world for 40 years. She does this by mobilizing stakeholders representing different sectors of society to jointly study, learn, and generate knowledge, innovation, and transformation – for individuals, relationships, organizations, communities, and countries. Sari has been dedicated to studying and working with improving concepts and approaches to Well-being – to be diversity sensitive across cultures, generations, religions, race, and genders. She is happy to finally be on the way to complete her book on ‘Energetic Well-being’. Sari is the Secretary in the IAAGT Board since 2022. Sari, has been a Board member for the Network of Gestalt in Sweden (NGS) and the Swedish Association for GT. Sari has worked as a teacher, supervisor & examiner in the Gestalt Academy of Scandinavia since 1992 & part of the team developing & driving the Master Program with Derby University

Christine Stevens

Christine Stevens, PhD, is the Editor of The British Gestalt Journal. She is a Gestalt therapist, supervisor, international trainer, and writer. She is a member of the EAGT Research Committee, and Research Liaison officer for the IAAGT. As Director of Clay Studio, Nottingham, she is involved in arts-based social engagement work. She regards her practice as trans-disciplinary, informed by social sciences, and engaged in artistic enquiry and psychotherapy practitioner research. She has experience in working cross-culturally, non-verbally using materials, and with diverse communities including refugees and asylum-seekers.

PANEL DE REIMAGINAR Y RECREAR LA INVESTIGACIÓN EN LA TERAPIA GESTALT

Este panel explora enfoques innovadores para la investigación dentro del marco de la terapia Gestalt. Expertos reconocidos discutirán cómo repensar las metodologías de investigación tradicionales y recrearlas para alinearse con los principios fundamentales de la terapia Gestalt. Los temas incluirán la integración de métodos fenomenológicos y experienciales, la incorporación de la relación terapeuta-cliente en los diseños de investigación y el fomento de proyectos colaborativos que cierren la brecha entre la teoría y la práctica.

Puntos Clave de Discusión:

- La necesidad de establecer una base de evidencia para nuestro trabajo.
- El valor de los estudios de casos sistemáticos para construir esta evidencia y hacer visible nuestro trabajo.
- Métodos compatibles con la práctica diaria de la terapia Gestalt: un breve resumen.
- Fomento de una amplia participación: la implicación es posible en pequeños grupos de apoyo con amigos y colegas, siguiendo un protocolo estructurado y contribuyendo a un proyecto internacional de la comunidad Gestalt.
- Ejemplos de iniciativas en curso.

Miembros del Panel:

Diego Brandolin

Psicólogo, Profesor en Psicología y Doctorando por la Facultad de Psicología de la Universidad Nacional de Rosario (UNR), Argentina. Profesor Titular de la Cátedra de Psicoterapias, Director del Centro de Estudios Psicoterapias, Interdisciplina y Comunidad, y Coordinador Académico en la Diplomatura de Estudios Avanzados en Terapia Gestalt; todo ello en la misma institución. Integrante y director de diversos proyectos de investigación académicos, actualmente es director del proyecto Supervisión clínica gestáltica en las ciudades de Rosario, Córdoba y Buenos Aires, Argentina. Supervisor clínico de la Dirección de Salud Mental de la municipalidad de Rosario. Terapeuta avalado por la Asociación Gestáltica de Buenos Aires, ex docente en su Escuela de Formación, y ex Secretario Científico. Autor de artículos científicos, capítulos de libros y presentaciones en congresos acreditados.

Julia Roddy

Julia Roddy, MA, PGdip, es una terapeuta Gestalt, integrativa y humanista que se inclina hacia un enfoque relacional, encarnado, filosófico y existencial. Actualmente es presidenta del Comité de Derechos Humanos y Responsabilidad Social de la IAAGT. Julia es una psicoterapeuta Gestalt que completó su Diplomatura de Postgrado con el Instituto Gestalt de Irlanda, validada por el Instituto de Tecnología de Carlow en alineación con las regulaciones de IHAP e ICAP. Es una psicoterapeuta totalmente acreditada por la IACP (Asociación Irlandesa de Asesoramiento y Psicoterapia) asociada con IAHIP y se rige por sus códigos de ética. Su enfoque de la psicoterapia Gestalt se individualiza para encontrar a cada cliente de manera única y creativa en un campo relacional acorde a donde se encuentran.

Sari Scheinberg

Sari Scheinberg, PhD, es una Psicóloga Gestalt y Organizacional, Profesora, Investigadora y Activista, pionera y líder de programas de investigación y desarrollo en acción en la intersección del bienestar, los derechos humanos y la sostenibilidad, en todo el mundo durante 40 años. Lo hace movilizándolo a las partes interesadas que representan diferentes sectores de la sociedad para estudiar, aprender y generar conjuntamente conocimiento, innovación y transformación para individuos, relaciones, organizaciones, comunidades y países. Sari se ha dedicado a estudiar y trabajar para mejorar conceptos y enfoques de bienestar que sean sensibles a la diversidad entre culturas, generaciones, religiones, razas y géneros. Está feliz de finalmente estar en camino de completar su libro sobre 'Bienestar Energético'. Sari es la Secretaria de la Junta de la IAAGT desde 2022. Ha sido miembro de la Junta de la Red de Gestalt en Suecia (NGS) y de la Asociación Sueca de Terapia Gestalt. Sari ha trabajado como profesora, supervisora y examinadora en la Academia Gestalt de Escandinavia desde 1992 y forma parte del equipo que desarrolla y lleva adelante el Programa de Maestría con la Universidad de Derby.

Christine Stevens

Christine Stevens, PhD, es la Editora del British Gestalt Journal. Es terapeuta Gestalt, supervisora, formadora internacional y escritora. Es miembro del Comité de Investigación de la EAGT y oficial de Enlace de Investigación para la IAAGT. Como Directora del Clay Studio en Nottingham, está involucrada en trabajos de compromiso social basados en las artes. Considera que su práctica es transdisciplinaria, informada por las ciencias sociales, y se involucra en la investigación artística y la investigación de la práctica psicoterapéutica. Tiene experiencia en trabajar de manera intercultural, no verbalmente usando materiales, y con diversas comunidades, incluidos refugiados y solicitantes de asilo.

RETROFLECTING: OPENING TO THE EXPERIENCE OF AUTHENTICITY

RUELLA FRANK (USA)
CANCELLED / CANCELADO

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: In this presentation, you will learn the value of retroflecting as support for the client's processes of self regulating within an uncertain situation. You will discover how both patient and therapist hold themselves in, back, and down to create a retroflected field. You will become more sensitive to the building of your bodily retroflecting through subtle isometric contractions, learn to observe them in your movement patterns and those of your patients, and come to understand how such bodily expressions are always statements of the field. Once discovered, you will learn how to "unpack" the client's retroflecting process to discover the anxious hidden introjects-projects within, and disclose the theme(s) of session. Doing so, we articulate the world of our clients as lived within the unfolding relational field.

Learning Objectives: Participants completing this workshop will be able to 1) understand the value of retroflecting as an attempt to support the individual in a variety of situations where environment support is not seen as available; 2) learn how to "unpack" the hidden-anxious introject and project held within the retroflecting experience, and thus find the theme(s) of the session; 3) discover how retroflecting is a co-creation within the unfolding relational field.

Biography: Ruella Frank, PhD, is the Founder and Director of the Center for Somatic Studies; Faculty of the New York Institute for Gestalt Therapy; Adjunct Faculty, Gestalt Institute of Toronto; and Guest faculty of Gestalt Associates for Psychotherapy. Ruella teaches throughout the United States, Europe, Mexico, South America, and Canada. She authored *Body of Awareness: A Somatic and Developmental Approach to Psychotherapy*, (2001, GestaltPress, 4 languages), co-authored *The First Year and the Rest of Your Life: Movement, Development and Psychotherapeutic Change* (2010, Routledge Press, 3 languages), and authored *The Bodily Roots of Experience in Psychotherapy* (2022, Routledge Press, 7 languages). Her video *Introduction to Developmental Somatic Psychotherapy*, is in 3 languages.

Limitations: None

Risks: There are always risks when inviting people to experience their bodily selves. I work in an incremental fashion so that support builds as we work. I always inform participants to respect their "no" if they would rather not explore through movement. I also will have one of advanced students join me and be another pair of eyes to peruse the group and inform me if someone appears to be distressed, in case I don't notice immediately.



LOVE AND BIOLOGY, PARENTS AND STEPPARENTS: MAKING SENSE OF THE RELATIONAL FIELD IN NEW FORMED FAMILIES

CLAIRE BARTRAM (UNITED KINGDOM)

2-hour workshop (English) Intermediate

Abstract: In these days of increased choice and possibility, traditional norms are challenged with previously assumed constructs brought into question. As part of this process the family has been reimagined into a variety of structures, in an explosion of creativity. Stepfamilies are one of these but they all bring specific challenges. In this workshop I will present my understanding of the primal emotions in the relational field and include my method of mapping the biological relationships in reconstructed families. I will offer a live demonstration and there will be time for discussion participants to share their own reconstructed family experiences, personal or clinical. Participants will have the possibility of getting support for their situations, or supervision for their clinical work in this area, witnessed by others.

Learning Objectives: Participants completing this workshop will be able to 1) Learn that constructed families are challenged by primal emotions in the relational field, through hearing and resonating with a variety of stories that show this; 2) See that the dynamics in the relational field of stepfamilies, can be understood in ways that support working in different types of groups, such as therapy groups and organization; and 3) Recognise that primal emotions exist in the body – they are fast responses, not accessible to reason.

Biography: I am an experienced Gestalt therapist and supervisor (clinical and academic), based in London. I work privately with individuals, couples, groups. My doctorate 'Narratives of Mothers in Stepfamily situations' was completed in 2012. Developed over many years, my interest is in the relational field of primal and visceral emotions, connected with biology, identity and boundaries. This field generates protective and possessive impulses which are at the root of much conflict. My specific focus is step/reconstructed-families and groups. My clients are diverse in many ways, including ethnicity, physical ability and sexuality and my style is dialogic and relational

Limitations: My focus will be on the nature of blood and non-blood relationships between adults and children in family households – or split between two or more. There are so any variations to family structures, that something is bound to be missed – or learnt about during the presentation. Stepparenting is not the same as adoption, although there is much related in the two situations, it is not my speciality.

Risks: The content can be distressing for those who have had painful experiences of their parents' separation and also those who are encountering difficulties in their own reconstructed families. I am an experienced psychotherapist and group facilitator and am able to support people in distress, and sensitively manage time constraints.

CONFLICT, CONFLICT RESOLUTION AND CULTURE: ACKNOWLEDGING AND REIMAGINING OUR STORIES

MARLENE BLUMENTHAL (USA)

2-hour workshop (English) Introductory

Abstract: Our cultural backgrounds enter into every aspect of our human experience. How we perceive, value, and manage conflict is no exception. During our time together, we will briefly explore the values influencing our early learning about conflict, learn of a Gestalt model of conflict and conflict resolution, explore our personal meaning-making and preferred style of contact in the presence of a conflict, and try on a reimagined story of managing that conflict. With personal reflection and experiment it is hoped that we will leave with heightened awareness of how culture has influenced each of us and with a hint to how we might manage interpersonal conflict in the future.

Learning Objectives: Participants completing this workshop will be able to 1) learn a gestalt model of conflict, as well as understand a prevalent definition of conflict; 2) describe how their own culture(s) have influenced what is perceived as conflict process and what values their own cultures place on how conflict is addressed interpersonally; and 3) try on a new way of managing interpersonal conflict as a result of self-reflection and hearing others' stories.

Biography: Marlene Blumenthal, PhD, received training as a conflict manager trainer by The Community Board in San Francisco, California, USA. At that time, she was working with a diverse population in public schools as a psychologist. After training a team of mental health colleagues in the school system, her team trained administrators, teachers, and students of all ages in conflict management. This led to a successful student facilitated mediation program throughout the system. She then supervised middle school student mediators. Her many years of experience as a gestalt therapist with her training in conflict managing made its way into her clinical work with families and couples, as well as into her work as faculty in training programs. Her interest in these processes led to her research on the relationship between gestalt contact styles and conflict managing processes. Marlene has published on these topics. Marlene is a senior faculty member of the Gestalt Institute of Cleveland.

Limitations: None

Risks: None



THE ARTIST OF LIFE

PETER PHILIPPSON (UNITED KINGDOM)

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: PHG called the self the 'Artist of Life' and identified self with acts of creativity in the field rather than as a pre-existing author of creative action. In this workshop, I want to explore this very radical notion both theoretically and experientially. I want to highlight both the beauty that we as human beings can bring to the world, and the destructiveness and environmental impact of our sense that the world is our artistic canvas to be remade at will.

Learning Objectives: Participants completing this workshop will be able to 1) describe the artistry and creativity implicit in our theory of self as field-emergent; 2) identify the dangers inherent in our artistry and creativity as a species; and 3) experience how they form and act in groups as creative process.

Biography: Peter Philippon, B.Sc., M.Sc., Teaching & Supervising Member, GPTI (UK), is a Gestalt psychotherapist and trainer, founder member of Manchester Gestalt Centre, Full Member of NYIGT, Senior Trainer for GITA (Slovenia), faculty member IpsiG (Turin), founder member of IG-FEST, and guest trainer for many training programmes internationally. He has been working a culturally diverse field for 36 years. He is Past President of IAAGT and the author of *Self in Relation*, *The Emergent Self*, *Gestalt Therapy: Roots and Branches* and *The Active Principle in Gestalt Therapy and Other Essays*, and many other chapters and articles. He is a teacher and student of traditional Aikido.

Limitations: None

Risks: Some people find the idea of the destructiveness of our creativity challenging and upsetting. This does not seem to me to amount to a risk.

VOICE USE IN SOCIAL PROCESS

SUSAN GREGORY (USA)

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: This is both a didactic and an experiential workshop in which we will explore the use of our voices as a basic route to human contacting, and as introduced by Paul Goodman in the "Poetry and Verbalizing" section of our essential text *Gestalt Therapy: Excitement and Growth in the Human Personality*. We will discuss the use of speech, sound making and singing in everyday life and in therapy sessions, and will use our voices together in a variety of creative ways throughout the workshop, looking at some of the ways that human beings co-create experiences in the moment, as well as long-running communities, using voice as a relational instrument to achieve these connections.

Learning Objectives: Participants completing this workshop will be able to 1) become aware of how their speaking voices may support or interrupt client/therapist contact in Gestalt therapy session and groups; and 2) hear underlying intention and emotion in the voices of their clients.

Biography: Susan Gregory, M.A. CLC, ALC, is a Gestalt therapist and supervisor in NYC, working both in person and via Zoom. She has been in practice for over thirty years and has published twenty-five articles and four book chapters in her specialties, which include Gestalt therapy theory and practice as integrated with voice, breath work, and movement style. She is a past president of the NYIGT. In addition, Susan has been a principal artist at the NY City Opera, and before that was a singer of jazz and theater songs. www.GestaltSing.org



PLAYING WITH FIRE: FEAR IS A TRAVEL GUIDE

LUISA DE AMARAL (CANADA)

2-hour workshop (English) Intermediate

Abstract: In this experiential workshop rooted in Gestalt theory and neuroscience, we will explore how socio-political systems intersect with Gestalt therapy using a trauma-informed bottom-up approach. With respect, curiosity and play, we will listen to the stories our bodies tell and enter into an embodied relational dance with one another. Drawing from the art of clown, explore new possibilities of co-creating dialog with wonder and honesty, from a ground cultivated with empathy and phenomenological enquiry.

Learning Objectives: Participants completing this workshop will be able to 1) Discuss “ISMs” – as in classism, racism, ableism, etc. as evidence of relational trauma and apply this to polyvagal theory; 2) Learn how oppression is in the body – and how one holds themselves, moves, speaks, etc., is important to address with care and respect; 3) Explore how fear is a travel guide: and how therapists are encouraged to listen to their own fears to enter into engagement with another while supporting themselves; and 4) Understand how judgments are unintegrated projections

Biography: Luisa’s passion for travel, adventure and bio/cultural diversity has taken her across many borders and led to her broad understanding of diverse cultures and issues of importance to her clients. After experiencing the magic of Gestalt, she gladly gave up a career in medicine and has not looked back since. Luisa has been in private practice in Toronto for 12 years, where she works with individuals, couples and groups as well as working as a supervisor. She’s a faculty member at the Gestalt Institute of Toronto. Having been a grassroots environmental/social justice activist, Luisa now focuses on applying Gestalt principles to support dialogue, in solidarity with people’s struggles. She has additional training in Art Therapy, Couples Therapy, Sensory Awareness and Theatre of the Oppressed. Her trauma-informed bottom up approach embraces the paradox of human existence with sensitivity and playfulness. Registered Psychotherapist, Medical Degree (Portugal)

Limitations: This work is limited by participants’ commitment to self-reflect and engage honestly and respectfully

Risks: The theme of this workshop can be triggering for some people. As this workshop incorporates movement, please let the facilitator know if you need any adjustments to prevent injury



READING GESTALT THERAPY BY PERLS, HEFFERLINE AND GOODMAN FORMATIVE TEXT FOR THE 21ST CENTURY

PERRY KLEPNER (USA)

2-hour workshop (English) Intermediate

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 pass. 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 introduce it as an ongoing formative text and 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) feel more comfortable with the PHG text with an understanding of it being designed to provide an experience of a "Gestalt mentality" along with theory/practice. They will understand it is designed as a hermeneutic type study as informational, aesthetic, experimental and experiential and that its dense presentation can be deconstructed meaningfully; and 2) become more informed of the unique qualities of the PHG presentation as a cooperative work of Fritz Perls and Paul Goodman, its organization, underlying philosophical orientation, primary conceptual theories such as contact, the contextual method of argument, creative adjustment, conception of the self and approach to practice as aesthetic, experimental and experiential.

Biography: 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.

Limitations: Presentation is subject to limitations of my personal opinions as to the meaning of the content of the PHG text and its utility to participants with their learning styles and preferences which may vary being compatible with the PHG text.

Risks: Risks of discussing and exploring personal feelings, life experiences, interactions with participating workshop members. Members will have the opportunity and challenge of exploring the personal meaning of the text that may include life histories, present experience, and case experiences. These will be managed by Identifying elements, discussion and support.



DRAWING ON OUR EMOTIONS: A YOUNG PERSON'S GUIDE TO REIMAGINING THE WORLD?

JON BLEND (UNITED KINGDOM)

2-hour workshop (English) Introductory

Abstract: Growing up in a world ravaged by pandemic, war and climate emergency remain existentially taxing for many children and adolescents. Dislocating events have upended contemporary norms, challenging planning for many as they step away from isolation towards a less certain future. What can therapists offer to support and gently challenge troubled youth? Drawing offers an 'experience near' vehicle for self-expression, facilitating young people's reimagining and de/reconstructing relationships with self, others and planet. This workshop explores two relational drawing exercises: A Safe Place and The Rosebush, used by Gestalt Therapist Violet Oaklander to support contacting and expression of deep feeling.

Learning Objectives: Participants completing this workshop will be able to 1) utilise a simple drawing activity in therapy with young persons, using shapes, lines and colours; and 2) experience the transformative power of the arts in aiding young persons' expression of and ability to communicate matters of concern within a trusting, dialogic relationship.

Biography: Jon Blend, MA, is British, of Austro/ Ukrainian heritage. He is an adult, child and adolescent Gestalt psychotherapist working in private practice in London, faculty member at Institute for Arts IATE), supervisor, trainer and resident musician with London Playback Theatre www.londonplayback.com. Jon has worked for forty years in many hospital and community settings, counseling adults, children and parents. An Approved trainer in the Violet Oaklander model, he has delivered workshops and presentations to institutes in UK, Bulgaria, Croatia, Poland, Romania, Russia and USA, working with people of diverse ethnic, faith and neurological backgrounds. For training and publication details see www.gacp.co.uk.

Limitations: None. Workshop will be conducted in English – Spanish speakers

Risks: None specific envisaged are welcome to find someone to add translation as we proceed.

CONFERENCE

SEPTEMBER 20TH

WORKSHOP DESCRIPTIONS

Friday

Morning

DESCRIPCIÓN DE TALLERES

Viernes

Mañana



WILL WE DO THE FANDANGO? A MUSIC AND ART INFUSED LIFE FOCUS COMMUNITY DEMONSTRATION OF DIVERSE AND MARGINALIZED INDIVIDUALS CO-CREATING INCLUSIVE COMMUNAL BELONGING

CAROLINE PALTIN (USA)

2 hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: An invitation to “Fandango” in a Life Focus Community demonstration. With poetry, art and son jarocho music of Veracruz, co-create brave space of inclusivity, and belonging. Engaging in collective creative expression provides a sense of community and creates agency in moving together in social justice and belonging. Participants will learn how Polster’s Life Focus Communities can address isolation, discrimination inclusion and belonging via arts and co-creation conversation, moving reflex into fascination with the lived life. Music and art mediums amplify embodied experience. Life Focus Communities provide fertile sanctuary for good contact. We gather in Life Focus because “Therapy is too good to be limited to the sick” Erving Polster.

Learning Objectives: Participants completing this workshop will be able to 1) Identify the function and purpose of Life Focus Community Groups; 2) Demonstrate two methods of facilitating diverse discussion and avoiding group think/marginalization in life focus groups; and 3) Describe at least 2 ways in which improvisational arts in communal work can mitigate experience of isolation and trauma in a Life Focus Community.

Biography: Gestalt practitioner/trainer and Licensed Psychologist (PhD) over 30 years. I integrate art music and expressive therapies in my Gestalt work. Chair of Saddleback College Dept. of Human Services. Practice and teaching focus with traumatized, homeless and abused individuals including pacific island communities, Latinx, LGBTQIP2SA youth and adults, & special needs populations including neurodivergent individuals & their families. I serve on the Saddleback College Culturally Responsive Teaching and Learning Committee. Together with Erving Polster I founded the Mindful Life Focus Community. (Pronouns: she/her)

Limitations: Content will be presented in English, with some music in Spanish and English. I adapt and modify my workshops to the attendees needs, therefore, should deaf or blind individuals attend, I make adjustments to what and how I present. I make the same considerations for those with mobility or sensory limitations, offering inclusive ways of experiencing activity so as not to restrict experience. I also invite attendees to choose how they interact in the experiential components to their own degree of comfort. An element of my work also includes exploration of the applicability and limitations of this work with various cultures, and there is typically open discussion regarding this.

Risks: Participants may experience unexpected emotions, and may encounter viewpoints, emotions, opinions and interactions with other participants which may evoke unexpected emotions. Participants are encouraged to interact at their own level of comfort.

A GESTALT INTEGRATIVE FRAMEWORK FOR COUPLE THERAPY

VISNES VIBEKE (NORWAY)

2-hour workshop (English) Advanced

Abstract: This is a presentation of a theory-building, qualitative case study in the field of couple therapy, based on a Gestalt phenomenological and relational methodology, that I conducted at Metanoia Institute in London during the years 2016-2022. I present a Gestalt Integrative Framework for Couple Therapy, comprising of a Relational Process Method and a Gestalt Integrative Model of Phenomena to support therapists to raise awareness and grade interventions in the complex field of couple therapy. The research was comprised of 12 clinical case studies, where I used an abductive method to inform the construction of theory. I will present the research project and findings and open for questions and a discussion. The presentation will be in English.

Learning Objectives: Participants completing this workshop will be able to 1) Experience a new framework within the Gestalt methodology for couple therapy; 2) Learn about practice-near research design and outcomes; 3) Gain therapeutic ethical awareness of the total field at work in couple therapy and the need for and how to grade interventions; and 4) Observe how a research finding is the sharing of therapeutic vulnerability and shame and the need for support in supervision.

Biography: Vibeke Visnes, Norway, Europe is a doctor of psychotherapy by professional studies from Metanoia Institute, Middlesex University, London, UK. She trained as a Gestalt therapist and supervisor from the Norwegian Gestalt Institute, a supervisor from Istituto di Gestalt, Italy and in Advanced Training in Developmental Somatic Psychotherapy by Ruella Frank, NY (Paris, France). Vibeke teaches at the Norwegian Gestalt Institute and arranges advanced trainings in couple therapy nationally and internationally. Vibeke has her private practice as a Gestalt therapist and supervisor in Oslo, Norway. www.visnes.no, vibeke@visnes.no, www.gestalt.no, www.researchgate.net/profile/Vibeke-Visnes.

Limitations: This is a research project conducted in Norway with Norwegian therapists and couples. I, the researcher, am a female Scandinavian and present a reflexive, experience-near research project within a Gestalt epistemology.

Risks: Couple therapy is a complex field of psychotherapy and participants may resonate at a personal level with the ideas put forward in the research project.



LOVE CALL US HOME: EXPANDING HEART OPENING, EXPLORING HEARTBREAK AS RELATIONAL IQ FOR THESE TIMES

ROSIE BURROWS (IRELAND)

2-hour workshop (English) Intermediate

Abstract: You are welcome to expand our capacity to love by exploring heart opening and heartbreak dynamics. This workshop will explore our heart for and with ourselves and others, using leading edge trauma informed practices, as well as live improvisation, poetry, music, and song. The workshop is founded on a strengths based, thirty two year practice-research healing and resilience frame. There will be a live stream of demonstration. Alongside its tragedies, Covid offered some of us an opportunity to re-imagine and co-create our lives via deeper connection and attunement, as well as navigating experiences of disconnection and misattunement.

Learning Objectives: Participants completing this workshop will be able to 1) gain increased capacity for attuning to, and navigating experiences of heartbreak and heart opening; 2) process emotions and sensations, that support increasing curiosity, compassion, aliveness, wonder, pleasure and joy as well as anger, fear, hurt, shame, guilt, fear, etc.; 3) understand a practical theoretical research framework for Supervisor/Consultant, Client, and Self-development; 4) experience possibility of leaving with – supported energetic capacity, health, wellbeing and humor, expanded creative self-expression, evolved relationship to self and others, a practical theoretical research framework for Supervisor/Consultant, Client, development of Relational IQ, expanded creative and intuitive self-expression, evolved relationship to self and others, and/or supported trauma/loss healing

Biography: Rosie Burrows, PhD, is an international Gestalt Psychotherapist, Supervisor, Trainer, and Researcher. She has 32 years experience working in the north and south of Ireland, the Netherlands, England, Sri Lanka, South Africa and Scandinavia. She specialises in practice-research based Creative Self, Complex Trauma Healing and Field Transformation. Her authored practice and research interventions have in collaboration with others, supported recognition and services on transgenerational trauma. Her PhD (1993) was on 'Holistic Approaches to Health and Well Being'. She learns with and through diversity. Interests: love and limits, relational dynamics, diversity, creativity, community, effectiveness, ecology, ethics.

Limitations: This workshop has been developed from specific experience in Ireland, informed by thirty two years of international relational practice-research. The intention is to be radically inclusive.

Risks: Potentially provocative; facilitator is highly experienced in working with all kinds of trauma/loss. Supports will be identified.



BEYOND DIALOGUE: RE-CREATING RELATIONAL CONTACTING IN A SHATTERED WORLD

DAN BLOOM (USA)
CANCELLED / CANCELADO

2-hour workshop (English) Advanced

TRADUCCIÓN SIMULTEANA

Abstract: Dialogue is the center of relational contacting. Dialogue follows the arc of intentionality of relational contacting, which knits together networks of ruptured selves, supports the emergence of more sustainable wholes, resolves clinical suffering, and facilitates commitment to social and environmental injustice. Gestalt therapy always dreams of healing, justice, and ethics. But do we still have the ability to dream those dreams? Does the basis of our theory/practice of dialogue still entirely support us in this world in which the earth is shattered and on fire? No.

To find a more sufficient ground, we have to pass through what has limited us, re-imagine, and move beyond dialogue to re-discover its pre-dialogical origins — an ethics, a way of being together — that supports the hidden wholeness of this splintered world. This workshop looks at these themes from a phenomenological perspective and re-creates a pre/post dialogical gestalt therapy of the field-emergent self. The intentionality of contacting is discovered in as an ethics of responsivity. The workshop is both didactic and experiential.

Learning Objectives: Participants completing this workshop will be able to 1) understand the contacting process in terms of the field-emergent self; and 2) experience the process of pre – and post-dialogical contacting

Biography: Dan Bloom JD, LCSW (www.danbloomnyc.com) is a psychotherapist, supervisor, clinical trainer and writer in New York City. He studied with Laura Perls, Isadore From and Richard Kitzler. Dan teaches at the New York Institute for Gestalt Therapy and is adjunct faculty at gestalt therapy institutes worldwide. He leads webinars in gestalt therapy and phenomenology. He is president and fellow of NYIGT (www.newyorkgestalt.org) and past president of International Association for the Advancement of Gestalt Therapy. (www.iaagt.org). He is an accredited member and supervisor of the European Association for Gestalt therapy. (www.EAGT.org) Dan is co-founder of the International Study Group on Field-Emergent Self, (www.Ig-fest.com). He is an associate editor of the Gestalt Review and a member of the Scientific Board of the Gestalt Therapy Book Series. Dan is widely published. He has extensive experience with the LGBTQI+ community.

Limitations: None

Risks: None. The material will be challenging in that I will question basic assumptions. At all time and in all ways, I am attentive to available support for contacting. This is bedrock.

SHAMEBUSTING: WOMEN SPEAKING THE UNSPEAKABLE

GAYLA FEINSTEIN (USA)

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: Shame takes its power from being unspeakable. Research shows that shame thrives in silence, secrecy and judgment. Let's shine the light on shame, get to know it more intimately and how it resides in us and in our cultures. With courage and compassion we call it out, name and speak it and share our stories knowing that when we speak shame it begins to wither and we reclaim our power. In an environment of caring, connection and the warmth of empathy we will use gestalt practices of awareness, relational mindfulness, sound, breath, movement and touch to do this meaningful work. Let us re-imagine healing the shame of womanhood and embodying our sufficiency that is grounded in worthiness, belonging and wholeness.

Learning Objectives: Participants completing this workshop will be able to 1) learn how shame is expressed in their bodies; and 2) understand the influence of empathy on the shame experience.

Biography: Gayla Feinstein, LCSW, is devoted to cultivating a culture of deep embodied relatedness and resonance that shifts us from a place of separation and domination to one of sacred partnership and radical collaboration that emphasizes the interconnection between personal and planetary well-being. She is a lover of slowing down, the flows and forms of nature, ritual, rhythms of reciprocity, awakened mutuality and holding space for others to come into their full flourishing and revel in their freedom.

Limitations: None
Risks: None

EXPERIENCIA OBSESIVA Y FACTORES PSICOSOCIALES EN LA TERAPIA GRUPAL

NAILA MARTINEZ POVEDA (ESPAÑA) Y JOSÉ FERNANDO ÁLVAREZ-ZAMUDIO (MÉXICO)

Taller de 2 horas (Español) Intermedio

Resúmen: En la experiencia obsesiva hay una capa de sufrimiento añadido: los factores psicosociales. El agotamiento que conllevan las compulsiones, el juicio, el tabú, la vergüenza, el estigma, la soledad y la resignación, entre otros. Por ello, este trabajo explora cómo brindar apoyo a los diferentes factores psicosociales, entendiéndolos como campos que orbitan alrededor del sufrimiento, lo que permite sentir el apoyo necesario para deshacer la experiencia retroflectada, y encontrar nuevos ajustes creativos. Contrariamente a la terapia cognitivo conductual (TCC) con su técnica de Exposición con Prevención de Respuesta (TEPR), esta propuesta apoya los ajustes conservadores (habilidades de contacto) que ayudan a sobrevivir a la persona hasta que se siente preparada para co-crear nuevas formas de contactar y “hacer visible lo invisible”.

Objetivos Didácticos: Los participantes que completen este taller podrán 1) Desarrollar habilidades estéticas que fortalecerán nuestro trabajo en la experiencia sensible del campo paciente-terapeuta; y 2) identificar atributos estéticos que guíen nuestro trabajo hacia la Frontera-Contacto que habiliten la posibilidad creativa en nuestro trabajo.

Biografía: Naila Martínez es Psicóloga y terapeuta Gestalt, especializada en trastornos de Ansiedad y TOC en modalidad Terapia individual y grupal a adolescentes y adultos. Naila es graduada en Psicología (2015) en la Universidad de Girona con mención clínica y postgraduada en Inteligencia Emocional (2016) en la Universidad de Girona. Su formación en Terapia Gestalt (2019) la realizó en Escola Gestalt Catalunya y su formación en Psicopatología Gestáltica (2021) en el CTP de Madrid con Carmen Vázquez Bandín. Naila está en constante formación y supervisión.

www.nailamartinezpoveda.com

Fernando Álvarez-Zamudio es terapeuta en modalidad individual y grupal, docente e Investigador. Fernando se formó como Lic. en Psicología (2011) por Facultad de Estudios Superiores Iztacala de la Universidad Nacional Autónoma de México (UNAM) y cursó Maestría en Psicoterapia Gestalt con especialidad en terapia de grupos (2014), Formación en Psicopatología Gestáltica (2023) por CTP, Madrid con Carmen Vázquez Bandín.

Actualmente es docente e investigador en Instituto Humanista de Psicoterapia Gestalt (IHPG, México), Centro Gestalt Guatemala (Guatemala) y con diferentes colaboraciones en diferentes instituciones educativas de posgrado en Latinoamérica. Ex colaborador por más de 8 años el programa de psicología del envejecimiento, tanatología y suicidio de la UNAM.

Limitaciones: Ninguno

Riesgos: Ninguno

*El taller se llevará a cabo en español. Workshop will be conducted in Spanish.
Non – Spanish speakers are welcome to find someone to add translation as we proceed.*

PERCEPTION? REALITY? WORLD OF OUR IMAGINATION?

SHAREEFAH SABUR (USA), MELISSA KELLY-MCCABE (USA), & ELIZABETH WELCH (USA)

2-hour workshop (English) Intermediate

ICF Core Competency (CCEs Pending)

ICF Resource Development CCEs documentation available

Abstract: Have you wondered how your ground influences your perceptions and relational possibilities? What stands in your way of connecting in ways that deepen your relationship with others – especially those who are different from you? This workshop offers the opportunity to explore multiple perspectives of environmental, relational, and personal objects, constructs and people in ways that reveal our own subjectivity in response to our ground and biases that manifest in how we operate in the world. This is relevant for participants because we proceed in the context of developing relationships with the figures and stories that we make up and operate as if they are true...which in turn, influences our behavior in everyday life. This session provides an opportunity to perceive and deconstruct our stories and biases in a safe and supportive container that allows for real dialogue and exploration in the here and now. The insights deepened offer insight and possibilities for the participant to enact and embrace the “what is” and design opportunities and possibilities for future behavior. Join us to inquire into your own stories and meaning making to reveal how accurate they may...or not...and practice “checking out” your stories with others.

Learning Objectives: Participants completing this workshop will be able to 1) understand how meaning making and view of the world is resourced from their ground out of awareness; 2) reveal their own biases; 3) test the conclusions they reach and avail themselves of the opportunity to make different choices.

Competencies: Professional coaches will see, experience and coach to the ICF Core Competencies of

ICF CC 1: Demonstrates Ethical Practice: The coach will be respectful and curious about the client’s ground and represent themselves as a coach/intervener, rather than a therapist diagnosing or fixing. The coach will be transparent about their own biases.

ICF CC 2: Embodies a Coaching Mindset: The coach will maintain a stance of curiosity, while owning their own subjective experience as they learn about their own meaning-making and how that influences the coach/client relational field.

ICF CC 7: Evokes Awareness: The coach will practice with their partner client to explore new awarenesses and learnings about the client discovery process and unconscious biases. The coach will practice skills/behaviors to facilitate the client to imagine and put into action new possibilities for themselves.

Biographies:

Shareefah Sabur is founder and president of Sabur Associates, former Executive Director of the Gestalt Institute of Cleveland from 2016-2021, and current faculty member. In addition to coaching, she teaches in the Gestalt Training Program and the Group and Teams Facilitation Program. She has held adjunct teaching roles at Cleveland State University and Kent State University. Her approach to coaching is to increase self-awareness that can be explored in a non-judgmental space through a lens of curiosity; then to partner with the client to become more of who they really are. She has 25 years of previous experience in various roles in health care and education which included coaching, leadership development, management training, organizational alignment, and strategic planning. Shareefah has also worked internationally in Sub-Saharan Africa providing training for nongovernmental organizations in board development, and strategic planning to support the delivery of palliative care and establish national palliative care networks. Shareefah is a Gestalt Professional Certified Coach and a Certified Diversity Professional who provides services through her consulting practice, Sabur Associates, steeped in support of diversity, equity, inclusion and belonging (DEIB). She currently serves on the boards of International Association for the Advancement of Gestalt Therapy and Association of Coach Training Organizations.

BA Psychology, MA Psychology, and MNO Master’s in Nonprofit Organizations

Melissa Kelly-McCabe is Senior Coaching Faculty and president of Clear Intent Strategy, Inc. As an executive coach, business strategist and a dynamic public speaker, Melissa coaches top leaders to accelerate their business goals and imprint their personal style on their company. Her coaching focuses on body process and using creativity and nature. As a Certified Mentor Coach, Melissa works with seasoned coaches to sharpen their skills and deepen their impact. Melissa was part of President Obama’s National Export Initiative and is now part of President Biden’s Select Women in Technology initiative. Early in her career, she was an assistant to Dr. W. Edwards Deming. Melissa is passionate about saving water, growing clean food, and providing equitable opportunities for all. Learn more about Melissa on LinkedIn.

Elizabeth (Beth)Welch 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. She is a faculty member at the Gestalt Institute Cleveland.

BA English Literature, MA English Literature, MA Psychology, CDP Certified Diversity Professional, Gestalt Professional Certified Coach

Limitations: Participants should be able to manage new awareness and be able to offer empathy and compassion for others.

Risks: If someone is unduly triggered, one of the facilitators would work with them outside the room.

EMBRACING AGING, ILLNESS AND LOSS AS THERAPIST AND HUMAN

JAMES BATTAGLIA (USA)

2-hour workshop (English) Advanced

Abstract: Therapists, like others, experience aging, illness, and loss across their lifespans. Their effects of each are experienced in both their personal and professional lives. But, rarely is an opportunity given to examine or share the impact of aging, illness or loss in our clinical work. It is essential for a fully human and ethical therapist to develop a mindful awareness of the unique impact of aging, illness, and loss on one's own personal journey and professional one. This workshop presents a general overview of how aging, illness and loss impacts clinical work, explores opportunities to make clinical work more effective with that awareness, and provides an opportunity for participants to explore their own experiences with colleagues.

Learning Objectives: Participants completing this workshop will be able to 1) identify examples of aging, illness and loss across four age ranges: 20 to 30, 31 to 50, 51 to 70, and 71 and above; 2) identify three ways in which increased awareness of aging, illness and loss may negatively impact clinical work; 3) explore their own awareness with respect to aging, illness and loss and opportunities for further growth.

Biography: James Battaglia, PhD, trained at GATLA and at the Pacific Gestalt Institute (PGI). He has been a member of NYIGT since 2013 and has held leadership positions at AAGT since 2016. In 2021, Jim turned 60 and was diagnosed with prostate cancer. In addition, he has experienced the painful loss of important friends and mentors, some in the gestalt therapy community. Jim has been reflecting on how his own aging, his own illness and his own losses impact his sense of self and his clinical work. And he is curious about how experiencing aging, illness and loss affects other practitioners and their work.

Limitations: The presenter is in the USA and draws upon his clinical experience in a large urban center. The ideas discussed may not easily be generalizable to other countries or cultures.

Risks: Aging, illness and loss are sensitive topics. Those who have recently experienced significant diagnosis or the loss of a loved one may find this workshop to be triggering. For this reason, an experienced therapist will be made available in the event that an attendee experiences requires emotional support.

REIMAGINING, RECREATING AND RESONATING USING CLAY: AN EXPERIMENTAL WORKSHOP EXPLORING KNOWING THROUGH TOUCH

CHRISTINE STEVENS (UNITED KINGDOM)

2-hour workshop (English) Intermediate

Abstract: Clay is a resistant but pliable material that offers a safe way to explore touching and being touched. Without language, it allows us to access and become aware of aspects of ourselves and of the boundaries between ourselves and others and/or the more than human world. In this small group workshop, a supportive space will be held by an experienced Gestalt therapist with simple suggestions for exploring and processing who we are and what we can be.

Learning Objectives: Participants completing this workshop will be able to 1) gain an experience of the possibilities of using clay as a therapeutic assistant; and 2) explore their embodied responses to the themes of the conference and share this with others.

Biography: Christine Stevens, PhD, is Editor of The British Gestalt Journal. She is a Gestalt therapist, supervisor, international trainer and writer. She is a member of the EAGT Research Committee, and Research Liaison officer for the IAAGT. As Director of Clay Studio, Nottingham, she is involved in arts-based social engagement work. She regards her practice as trans-disciplinary, informed by social sciences, and engaged in artistic enquiry and psychotherapy practitioner research. She has experience in working cross-culturally, non-verbally using materials, and with diverse communities including refugees and asylum-seekers.

Limitations: None

Risks: Skin sensitivity to handling clay. Some disposable gloves will be available. Participants may become more emotionally open and vulnerable than they were expecting. I am an experienced therapist and would monitor levels of arousal and offer support, drawing on the resources of the group as appropriate.



WHY ENERGY MATTERS IN GESTALT THEORY AND PRACTICE: DEEPENING OUR PHENOMENOLOGICAL NOTICING & PRACTICE OF HOW ENERGY INFORMS THE GESTALT APPROACH

SARI SCHEINBERG (SWEDEN)

2-hour workshop (English) Intermediate

Abstract: Energy has been my guide since I was very young. It helped me navigate in unsafe environments, as energy was ever present with its shifting potency, focus, and direction. I appreciate that so many Gestalt concepts and approaches are built on / informed by the phenomenon of energy and are used as an essential source to support awareness building. I have been inspired to apply and study Gestalt concepts and approaches related to energy for over 30 years. Applying this learning has been meaningful when I work with the well-being of individuals including refugees, engineering students, people who burn out, and various organization and societal stakeholders in the process of great shifts, searching for ways to be more conscious in their way of living, working. It is exciting to find ways to make the invisible visible. In this workshop, you will be invited to experiment and observe how energy informs and is integrated into a number of Gestalt concepts and approaches. You will have a chance to share how you use energy in your own work context and to reflect on what and how it is useful for you. I will share insights from my research and work with energy. And we will jointly consider how our competences and ways of applying our gestalt approaches can be developed further.

Learning Objectives: Participants completing this workshop will be able to 1) deepen their understanding and competence to make observations and experiment with how Gestalt concepts and approaches are informed by and practically apply energetic perspectives and dynamics; 2) reflect on how to apply these insights in their own work; 3) enhance awareness in how they are observing, naming, and applying the phenomenon of energy in their own work and context; and 4) explore shared and separate experiences, and the meaning in exploring energy as a phenomena in Gestalt and what we need/learn to improve our competences and confidence.

Biography: Sari Scheinberg, PhD, is a Gestalt & Organisation Psychologist, Teacher, Researcher, Activist – pioneering and leading action research & development programs at the intersection of well-being – human rights – sustainability, around the world for 40 years. She does this by mobilizing stakeholders representing different sectors of society to jointly study, learn and generate knowledge, innovation and transformation – for individuals, relationships, organizations, communities and countries. Sari has been dedicated to studying and working with improving concepts and approaches to Well-being – to be diversity sensitive across cultures, generations, religions, race, and genders. She is happy to finally be on the way to complete her book on 'Energetic Well-being'. Sari is the Secretary in the IAAGT Board since 2022. Sari, has been a Board member for the Network of Gestalt in Sweden (NGS) and the Swedish Association for GT. Sari has worked as a teacher, supervisor & examiner in the Gestalt Academy of Scandinavia since 1992 & part of the team developing & driving the Master Program with Derby University.

Limitations: No limitations foreseen. My research and development work has been and continues to be conducted with the aim of being diversity sensitive, across generations, cultures, races, genders, backgrounds and sectors of society.

Risks: Possibility of evoking painful memories and insights. Safe environment will be created with support available.



SOMOS PRESENCIA Y ENCUENTRO: LA RELACIÓN CAMPO-TERAPEUTA-CONSULTANTE

YOSELIN HAYAMI CHULIM AGUILAR (MÉXICO) & JORGE ALBERTO MANZANILLA MADRID (MÉXICO)

Taller de 2 horas (Español) Introductorio

Resúmen: Estar en proceso de psicoterapia es un encuentro, no sólo con un especialista formado y entrenado en psicoterapia, sino con una persona que goza, sufre y se cuestiona como quien acude al servicio. Para la Gestalt de campo lo que ocurre en las sesiones afecta a todos los miembros, esto debido a la relación campo-organismo-entorno y a que el terapeuta es una persona, no una apariencia. Es por ello que su presencia, el diálogo, lo que se construye representan elementos sustanciales para el cambio del otro, del consultante. Y éste último está siendo impactado por las palabras, afectos, micro gestos e incluso silencios de su terapeuta: está siendo otro cada sesión que en el nosotros, descubre elementos para su bienestar.

Objetivos Didácticos: El taller busca: 1) Describir la experiencia de los consultantes ante el impacto de la relación terapéutica bajo el enfoque Gestalt; y 2) identificar los 3 aspectos relevantes de la relación terapéutica que favorecen el crecimiento en psicoterapia.

Biografía: - Soy Yoselin, tengo 38 años, actualmente vivo en Cozumel. Disfruto los atardeceres, el mar, nadar. Cada que descubro y aprendo algo de mí quiero compartirlo con quienes amo. Me dedico a la psicoterapia por las tardes, estoy aprendiendo el enfoque Gestalt de Campo, me está apasionando.

Soy Jorge, vivo en Isla Cozumel, amo tomar y preparar café, dormir en hamaca, jugar juegos de mesa y estar con mi familia. Tengo

Limitaciones: Es un taller dialogal y experiencial basado en la escucha Riesgos: Detonadores emocionales de baja intensidad. y el intercambio de ideas y experiencias; podría ser una barrera para personas con alguna discapacidad.

El taller se llevará a cabo en español. Workshop will be conducted in Spanish. Non-Spanish speakers are welcome to find someone to add translation as we proceed.

LAS INTERRUPCIONES EN LA SECUENCIA DE CONTACTO EN UNA ORGANIZACIÓN EMPRESARIAL DESDE LA GESTALT

STEVEN SAIDE (MÉXICO)

Taller de 2 horas (Español) Intermedio

SIMULTANEOUS TRANSLATION

Resúmen: Partiendo de la pregunta: ¿Cómo se facilita la interacción de los colaboradores de la organización empresarial para el logro de sus metas, a partir de las interrupciones en la secuencia de contacto, resultado de la aplicación de un proceso de intervención desde la Gestalt? Es importante conocer el funcionamiento de las organizaciones y partir del existencialismo, de la fenomenología y de la teoría de campo identificar las interrupciones de contacto entre los colaboradores, con la finalidad de facilitar sus interacciones para el logro de sus metas.

Objetivos Didácticos: Los participantes que completen este taller podrán 1) Aplicar el marco teórico de los conceptos de la terapia Gestalt en una organización empresarial; y 2) aplicar la metodología para la obtención de resultados en las interrupciones de contacto.

Biografía: Steven Saide es un psicoterapeuta, con enfoque Gestalt y psicocorporal, orientado a adultos y parejas. Egresado del Doctorado en Psicoterapia Humanista por la Universidad Nexum de México; de la Maestría en Gestalt, del Diplomado en Desarrollo Humano, de las Especialidades de Parejas, Sexualidad y de Grupos por el Instituto Humanista de Psicoterapia Gestalt. Como terapeuta psicocorporal Steven es egresado de Core Energetics de Nueva York, sede en México, y formó parte de los programas sobre Trastornos Contemporáneos en el Instituto di Gestalt HCC Italia, de Desarrollo Somático con Ruella Frank en Nueva York y de Fenomenología con Dan Bloom. Es docente en la Maestría de Gestalt en el Instituto Humanista de Psicoterapia Gestalt, sede en Monterrey. Además Steven es consultor de organizaciones empresariales sobre Modelos de Transformación desde la Gestalt, forma parte de Consejos de Administración de Empresas y ha sido expositor en diversos foros Nacionales e Internacionales.

Limitaciones: La intención de la presentación es exponer la aplicación de las técnicas

Riesgos: No existe ningún riesgo de la Gestalt en organizaciones empresariales desde la teoría de campo considerando la secuencia de contacto.

El taller se llevará a cabo en español. Workshop will be conducted in Spanish. Non-Spanish speakers are welcome to find someone to add translation as we proceed.

CONFERENCE

SEPTEMBER 20TH

WORKSHOP DESCRIPTIONS

Friday

Afternoon

DESCRIPCIÓN DE TALLERES

Viernes

Tarde

CREATIVE NEUROSCIENCE FOR THE GESTALT PRACTITIONER

JULIA RODDY (IRELAND)

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

The relational Gestalt therapist will experience anxiousness and stress responses to traumas that present in the therapeutic process. This human process can benefit from a Gestalt practice that engages in creative practice to support calming nervous systems by way of articulating language through creativity. Creative practices that focus on the right hemisphere (RH) can relatively calm and empathize with trauma differently than that of the left hemisphere. Pathologies and disorders are often characterized by suffering in relationship, which the relational Gestalt therapist can attend to via nervous system theories through nonverbal dialogue. Neural systems that foster a fight-flight-freeze via the unmyelinated vagus nervous system can regulate through creative focused practice attending to being present in the wounded relational process. Learning Objectives: Participants completing this workshop will be able to 1) understand the neurological perspective behind relational creative Gestalt practice; 2) apply knowledge to bridge a Gestalt creative practice with science. Biography: Julia Roddy, (MA, PGdip, BA) is a Gestalt, integrative, humanist therapist who leans towards a relational, embodied philosophical and existential approach. She is presently Committee chair of Human Rights and Social Responsibility of IAAGT. Julia is a Gestalt psychotherapist who completed her Postgraduate Diploma with the Gestalt institute of Ireland. She is presently in her second year of MSc Adolescent therapy with Bronagh Starrs. Julia has completed level one facilitation training with family constellations. She is a fully accredited psychotherapist with IAHIP and IACP and abides by their codes of ethics. Her approach to Gestalt psychotherapy is individuated to meet each client uniquely and creatively in a relational field as to where they are at.

Biography: Julia Roddy, MA, PGdip, is a Gestalt, integrative, humanist therapist who leans towards a relational, embodied philosophical and existential approach. She is presently chair of the Human Rights and Social Responsibility Committee of IAAGT. Julia is a Gestalt psychotherapist who completed her Postgraduate Diploma with the Gestalt institute of Ireland validated by Institute of Technology Carlow in alignment with IHAP and ICAP regulations. She is a fully accredited psychotherapist with the IACP (Irish Association for Counseling and Psychotherapy) an associate with IAHIP and abides by their codes of ethics. Her approach to Gestalt psychotherapy is individuated to meet each client uniquely and creatively in a relational field as to where they are at.

Limitations: None

Risks: None

EXPERIENCIACIÓN DE LA ESPIRITUALIDAD EN LA PSICOTERAPIA GESTALT

FRANCISCO JAVIER PAZ MOLINA (MÉXICO)

Taller de 2 horas (Español) Introductorio

Resúmen: La espiritualidad, en su esencia más profunda, va más allá de las creencias religiosas y se refiere a la exploración y la cultivación de una conexión significativa con varias dimensiones de nuestra experiencia humana. La psicoterapia gestalt, como enfoque terapéutico integral, reconoce y valora esta dimensión espiritual, entendida como la conexión con uno mismo, con los demás, con el mundo, con el momento presente y con lo divino. La psicoterapia gestalt invita a los individuos a explorar y nutrir su relación con lo sagrado, lo trascendental o lo divino. La experienciación de la espiritualidad en la psicoterapia gestalt, a través nos brinda una vía para la sanación, el crecimiento personal y la trascendencia. Al reconocer y cultivar estas conexiones en nuestra vida, podemos experimentar una mayor armonía, plenitud y sentido de propósito. La psicoterapia gestalt nos ofrece un enfoque persuasivo y poderoso para explorar y vivenciar la espiritualidad en todas sus dimensiones, abriendo así nuevas posibilidades de autodescubrimiento y transformación.

Objetivos Didácticos: Los participantes que completen este taller 1) conocerán la experienciación de la espiritualidad en la psicoterapia gestalt, a través de la conexión con uno mismo, con los demás, con el mundo, con el momento presente y con lo divino, nos brinda una vía para la sanación, el crecimiento personal y la trascendencia; y 2) reconocerán como la psicoterapia gestalt impacta tanto el paciente como al psicoterapeuta en el proceso de contacto de la sesión.

Biografía: - Francisco Javier Paz tiene mas de 20 años de experiencia en Desarrollo Organizacional a nivel Nacional e Internacional como Director de Atracción y Desarrollo de Talento, Global Trainee Program and Capacitación en Tenaris. Francisco tiene experiencia en la vida religiosa en la congregación de los Misioneros del Espíritu Santo. Es CEO y fundador de Work In Love, Centro Gestalt de Desarrollo Humano y Talento en donde lidera las unidades de Therapy, Talent y Spirit a nivel nacional e internacional. Tiene mas de veinte años en la práctica terapéutica aplicada en adultos en esquemas de grupos, individual y parejas y ha dirigido grupos de desarrollo humano y espiritual para personas adultas. Francisco ha realizado investigación doctoral enfocada en la experienciación de la espiritualidad en la psicoterapia gestalt.

Limitaciones: Ninguna. El taller se llevará a cabo en español. Workshop

Riesgos: Ninguno, will be conducted in Spanish. Non-Spanish speakers are welcome to find someone to add translation as we proceed.

KNOWING THROUGH MOVEMENT: DEVELOPING PRACTICAL WISDOM

HELENA KALLNER (SWEDEN)
CANCELLED / CANCELADO

2-hour workshop (English) Intermediate

Abstract: Working as a psychotherapist requires the ability to evaluate how to act in relation to the uniqueness of each situation – the aesthetic criterion. Sometimes this is called tacit or silent knowledge, as it can be difficult to articulate and becomes evident primarily through action.

When aspects of knowing that reside in lived body experience are not articulated and valued as real knowledge, there is a risk that they become silenced. Rather than being recognized as a core element of professional wisdom, these aspects are then referred to as mysterious and unreliable. This workshop will explore movement as an essential foundation of knowing. We will inquire into that which we know before we know it and attend to how emerging body-to-body dynamics reveal existential themes and inform therapeutic interventions.

Learning Objectives: Participants completing this workshop will be able to 1) understand the concept of practical wisdom (Phronesis) and its relation to Gestalt therapy; and 2) describe what kinesthesia is, and understand the value of attending to kinesthetic experience and its relation to emotional intelligence.

Biography: Helena Kallner, MA, MSc, UKCP registered psychotherapist, practices Gestalt psychotherapy in Stockholm. She is a senior teacher and supervisor of Developmental Somatic Psychotherapy™. She is a PhD student at Metanoia Institute/Middlesex University, researching psychotherapists' practical knowledge of working with movement and kinesthetic resonance.

Limitations: The approach to Gestalt that will be presented in this workshop is inspired by the theory developed by Ruella Frank: Developmental Somatic Psychotherapy™. The ideas that I will present are informed by Gestalt therapy theory, Phenomenology and the Theory of Practical Knowledge (a growing research tradition developed in Scandinavia).

Risks: The workshop will include movement experiments. These can, of course, bring up feelings and emotions for participants. I will describe the experiments before we do them, and clearly inform participants that they don't have to participate in the experiments if they don't want to. There will be space in the group to share and discuss after the experiments. I will do my best to attend to what comes up and intend to create an environment which allows for authenticity. I will further ask a colleague to be present at the workshop and help me to look out for participants who might need support.



RE-IMAGINING PEER CONSULTATION AND SUPERVISION GROUPS

CHARLES BOWMAN (USA), JACK AYLWARD (USA), PETER COLE (USA) & BRUCE AARON (USA)

2-hour workshop (English) Introductory

TRADUCCIÓN SIMULTEANA

Abstract: Peer Consultation and Supervision Groups can provide therapists with a wide range of possibilities including support in dealing with therapeutic difficulties encountered in one's practice, in becoming more familiar with other treatment modalities and clinical interventions, as well as forming the psychological ground encouraging close relationships between the members. The workshop will be composed of four members of a sixteen year ongoing group, three members of which have been there since its beginning. We will deal with variables that have emerged as being important including the positive impact the group has had on issues relating to the deepening of our various connections. Particular emphasis will be placed on structural concerns related to how such groups can be formed, how often to meet, time determination, and what rules could be introduced to build a mutually agreed upon format. We will also share specific concerns of our group related to dealing with the death of a member, issues related to finding a new member, and the development of additional in-person get-togethers throughout each year.

Learning Objectives: Participants completing this workshop will be able to 1) describe the GPCG model; 2) explain how to develop a GPCG in their own practitioner community; 3) experience integrating personal concerns and consultation concerns in the broader sociopolitical field; 4) discover, experience, and share the similarities and differences between workshop participants as sensitive issues come to the foreground during case descriptions and "mini-consultations."

Biographies:

Charles Bowman, MS, is Co-President of the Indianapolis Gestalt Institute and a Past President of the Association for the Advancement of Gestalt Therapy. He has led gestalt supervision groups for many years and has mentored gestalt trainers and students nationally and internationally. He teaches Gestalt therapy nationally and internationally and has numerous related publications. He is a Gestalt trainer and psychotherapist in Indianapolis, Indiana, USA.

Jack Aylward, EdD, is a practicing psychologist and Director of the Plainfield Consultation Center in New Jersey. He has led many gestalt therapy training and supervision programs. He has published two books and many articles on gestalt therapy with an eye to the sociopolitical implications of gestalt therapy theory.

Peter Cole, MSS, is the co-director of the Sierra Institute for Contemporary Gestalt Therapy and serves as an Assistant Clinical Professor of Psychiatry with the UC Davis School of Medicine. He is the author of *New Directions in Gestalt Group Therapy: Relational Ground, Authentic Self*. Peter is in private practice in Oakland and Sacramento CA.

Bruce Aaron, MSW, has practiced Gestalt therapy for over 30 years, during which he has maintained ongoing therapy groups. He sees individuals and groups in his Chicago practice, and is the author of a chapter on Encounter in *The Relational Heart of Gestalt Therapy* as well as the audio series *Gestalt Training: The Psychology of Self-Regulating Success*, published by Nightingale Conant, and "Coming out as a lifelong practice" published in *Gestalt Review*.

Limitations: None

Risks: None



DECOLONIZING GESTALT: BEING SEEN IN THE IN-BETWEEN

EDEN BROWN (AUSTRALIA), KIRTI SINGH (CANADA), MARTHA POTTS (USA), MARGARET YAO (USA) & MAYA SIMEK (USA)

2-hour workshop (English) Introductory

TRADUCCIÓN SIMULTEANA

Abstract: We are always and already situated in a complex phenomenal field. We invite all into a co-created decolonizing process, where we will engage, explore and discover paths of knowing – being – doing in an inclusive, experiential liberatory way. The workshop elevates the lived experiences and wisdom of Gestaltists who frequent the liminal spaces at the margins. It builds upon various decolonizing models and praxis. We offer opportunities to make contact with (1) critical consciousness and reflexivity (2) embodiment of decolonizing and liberation praxis (3) dialogical seeing and listening to “Other-ness”, and (4) envisioning a shared decolonized gestalt future.

Learning Objectives: Participants completing this workshop will be able to 1) Describe the concept and different perspectives of decolonizing; 2) Envision ways to decolonize yourselves, your gestalt practice, and/or systems within your context or situation; 3) Gain a deeper understanding of how you hold and share power in the relational field; and 4) Observe and experience being in a space that is actively seeking to be a liberatory space.

Biographies:

Eden Brown (they/them), MGestTherapy, BInternStds(Dev), PACFA, GANZ is a registered psychotherapist in private practice. They are currently living and working on unceded Wurundjeri and Wadawurrung lands in Australia. Eden’s practice integrates indigenous knowledge & healing modalities with Gestalt psychotherapy. Their private practice attracts individuals and families who identify as belonging to the BIPOC and LGBTIQ+ communities. Prior to entering private practice, they worked in NGOs, Aboriginal Community Controlled Organisations, and community agencies in the fields of community development, advocacy, youth work, social work, and counseling. Eden’s interests include indigenizing and decolonizing projects related to gender, sexuality, bodies, and people’s relationship with their environments.

Kirti Singh (she/her), MA, GPCC, PCC is a certified executive coach and group facilitator who brings with her a decade of knowledge and understanding of self and different systems, along with 6 years of experience in coaching mid to senior levels leaders. She is the Teaching Faculty for the Gestalt Coaching Certification Program at the Gestalt Institute of Cleveland. She also designs and delivers leadership workshops and group facilitation. Her approach is human-centric, strength-based, and relational with an anti-oppressive lens. She pays close attention to systemic barriers, social identities, and larger sociocultural conditions and how they interact and intersect with individual experiences.

Martha Potts (she/her), PhD left a career in public transit to pursue a doctorate in organizational behavior at Case Western Reserve University. Her research conducted in Rwanda, Africa, focused on human systems transformation. Upon completion of her travels, she worked in the non-profit sector where her passions continued to evolve. She recently ended retirement to join ThirdSpace Action Lab where she functions as the Awareness Building Manager. She is currently immersed in understanding ways in which Gestalt theory can support and nurture the multidimensionality of Black identities in a society in which systems, institutions, and policies are designed to disenfranchise them.

Margaret Yao (she/her), MBA, ICF ACC, GPCC coaches executives and emerging leaders who seek to live their values and bring their whole identities and talents to bear on work worth doing. Margaret also does group facilitation and teaches at the Gestalt Institute of Cleveland, where she trained. Recent coaching clients include leaders in democracy-related spaces, climate action, diplomacy, and human rights. Prior to serving as Chief People Officer of Democracy Fund, a private foundation that she helped establish, she led or facilitated organizational change in nonprofits and government and has published on leadership and inclusion.

Maya Simek (she/her), ESQ, LISW-S, MSSA, serves as a Clinical Law Professor/Director of Case Western Reserve School of Law’s Human Trafficking Law Project. Ms. Simek further serves as the Legal Director at Equality Ohio, where she developed, launched (2019), and is now supervising a state-wide legal clinic for the lesbian gay bisexual transgender queer (LGBTQ+) community. Ms. Simek focuses her practice on the interdisciplinary issues impacting the LGBTQ+ community and human trafficking survivors, community lawyering, and the intersections between law and social work.

Limitations: The work is based on integrating Liberation Psychology – Decolonizing work, with contemporary Gestalt. The work also builds upon the perspectives and lived experiences of the presenters. Not all, but most of the presenters are currently situated in North America. The work may focus more on the challenges of nondominant groups in North America and Australia. There may be some limitations in directly applying the content in differing cultural contexts. We recognize and acknowledge that we do not fully express an embodiment of differing abilities, age, neurodivergence, socioeconomic status, or trauma exposure. This presentation will require a want for a call-in for critical consciousness and an open willingness and embracing of the want for an evolution of a more inclusive Gestalt community.

Risks: We will be holding a Brave space – which is affirmative and safe for many folks, especially people with systemically oppressed and marginalized identities. We will be engaging in dialogue around some difficult conversations related to identity that might cause some discomfort for some participants. This level of discourse not only invites but requires a joining-with—even if by witnessing—which may be triggering. We ask for folks to come prepared with their vulnerable authenticity and openness so that we might learn and grow together.

THROUGH A CHOREOGRAPHIC LENS

EMILYN CLAUD (UNITED KINGDOM)

2-hour workshop (English) Intermediate

Abstract: This workshop draws parallels between post-dance choreography and Gestalt practice. Choreography expands outwards from making dances 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). This workshop introduces choreography as arrangements of objects, phenomenologically, in space and time, in ways that make ‘the whole greater than the sum of the parts’ (Burrows 2010: 40). Narratives are revealed that demonstrate who we are as organizers of our cocreated intersubjective fields of experience. The practice offers parallels with the ever-changing organization of field, figure and ground familiar to Gestalt therapy. Reflecting on the ways we choreograph deepens knowledge of who we are therapists, our cultural backgrounds, field/figure choices, intersubjective creativity, and suggests ways to re-imagine our relations with environments.

I invite participants to bring a variety (between 6 – 12) of small objects to the workshop, personal and/or found, with which to experiment choreographically.

Learning Objectives: Participants completing this workshop will be able to 1) describe how personal narratives 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 reimagine being present in a relational world.

Biography: Emilyn Claud, MSc Gestalt Psychotherapy, Diploma supervision, PhD Choreography, is a Gestalt psychotherapist, supervisor, dance artist, choreographer, writer and Emeritus professor at Roehampton University UK. She published *FALLING through Dance and life* (Bloomsbury 2021), a book that draws on somatic sensations of body, gravity and ground to question Western culture’s fixation with uprightness and supremacy. She was at the forefront of the experimental UK dance scene (1970s) and made a series of iconic lesbian solo works (1990s). As a queer older therapist, she actively seeks out diverse communities of people whose lived experience of gender, sexuality, aging, and cultural background energize our work together.

Limitations: This is an experiential, experimental workshop exploring parallels between choreography and Gestalt. As a white Western woman my ideas and work are informed by, but not limited to, white Western cultural choreographic contexts.

Risks: No physical risks. Emotional/psychological risks are minimal. Issues of low confidence and uncertainty may emerge if choreographic creativity, or considering Gestalt as choreography, are new experiences. There is no hierarchy of judgment and the workshop will be structured to accommodate all levels of competency.

Risks: The workshop involves physical movement. Participants are required to show up and be willing to join with us in a co-creative process.

GESTALT THERAPIST AS BLISSFUL AESTHETE

MIGUEL ISLAS (MÉXICO)

2-hour workshop (English) Intermediate

Abstract: In this experiential and didactic workshop, we will revisit some fundamental principles of Alexander Baumgarten’s aesthetics, based on his opening of aesthetics as a philosophical discipline and a sensible phenomenological task. We will get into some individual & relational aesthetic explorations. Gestalt therapy practice is, at its core, a primeval aesthetical approach to experience, now enriched by the recent contributions of somatic research, neuroscience, and philosophy. Regular training on the sensorial dimension is fundamental to gaining the “improvement of sensible knowledge” in the service of clinical settings.

Learning Objectives: Participants completing this workshop will be able to 1) Identify the basic aesthetical concepts set by Alexander Baumgarten in his philosophical work in the context of the clinical gestalt process; 2) Understand the relevance of keeping sensorial knowledge awake throughout the sequence of contacting; and 3) Differentiate the aesthetical knowledge from cognitive knowledge and the importance of integrating them better into the therapeutic process.

Biography: Miguel Islas is a Gestalt psychotherapist and supervisor with 20+ years of experience in private practice based in Mexico City. He has been a trainer and supervisor on Doctoral Gestalt programs both in México and internationally. Miguel is also certified as Somatic Educator by Body-Mind Movement (Pittsburg) and in Developmental Somatic Psychotherapy™. His practice includes trauma, somatic, couples, LGBTQ+ community. He is concerned with creating pathways to integrate somatic movement research, trauma, and the 5 biological laws approach into gestalt therapy practice. He is a long-term yoga, dance, and meditation practitioner.

Limitations: None

Risks: None



SOMATIC GESTALT: APPLICATION OF ZEN AND FELDENKRAIS IN BREATHING AND MUSCLE RELAXATION FOR ANXIETY AND PANIC

MASATSUGU MOMOTAKE (JAPAN)

2-hour workshop (English) Intermediate

Abstract: Anxiety and panic are associated with breathing. Shallow breathing causes hyperventilation. People with stiff bodies unconsciously tense specific muscles, not just breathing. It is also in the humanities. Zen focuses on breathing to calm anxiety and anger. In addition, Feldenkrais causes muscle relaxation by touching the respiratory muscles .

Learning Objectives: Participants completing this workshop will be able to 1) Learn the symptoms and tension are related, and the stress and breathing are paired; 2) Learn how to breathe deeply and quietly in order to become more sensitive to stress and tension, being able to calm emotion by being conscious of subtle changes in breathing; 3) Handle yourself in an easier way when your body become stiff due to stress or muscle tension; and 4) Teach your clients what you have learned.

Biography: Masatsugu Momotake was born in Japan in 1945. In 2001 he established GNJ in Japan; in 2010 he established JAGT.

Through the Gestalt Therapy workshops he has organized nationwide, he has been instructing industrial counselors, health-care workers, and nurses. His recent activities include giving nationwide lectures on “Care for Caretakers”, a relaxation program to ease the stress of those who have a care-requiring family and also to develop relaxation therapy programs to support breast cancer patients at Kanagawa Prefecture Cancer Center.

Limitations: Zen is a spiritual training method that originated in Japan. At first, participants experience it by turning your attention to the body and breathing like a monk. Feldenkrais way of touching the body is experienced after watching the facilitator’s demonstration to the client. Buddhism focuses on breathing to calm the mind. Feldenkrais, on the other hand, uses rational methods to relax the respiratory muscles. Both prioritize experience over theoretical understanding. Participants begin by experiencing breathing. Zen and Buddhism are religions, but this session focuses only on the relationship between body and breath.

Risks: Some participants with anxiety or trauma are more nervous when focus on emotion. If you are currently undergoing treatment, should check your condition. Participants are not required to participate in a hands on demonstration, if you don’t feel comfortable touching people.

EXPERIENTIAL WRITING FOR THERAPISTS

IRIS FODOR (USA)

2-hour workshop (English) Intermediate

Abstract: Drawing on my experience in memoir workshops with people from diverse cultures, undergoing stress, loss and dislocation, I will present techniques to teach therapists to utilize experiential writing as an extension of Gestalt therapeutic work. As humans, we need to come to terms with our life experience, losses, our stories and their meaning. As therapists, so much of our work with clients serves as is a catalyst for our ongoing processing of experience. Writing facilitates our meaning making. In the experiential segment, we will do personal writing, focused on our experience of being a therapist. We will read some of the writing in the group and discuss how the showing, writing, telling and letting others see, hear and respond grounds our work as Gestalt therapists.

(Participants should please bring writing pads and pens).

Learning Objectives: Participants completing this workshop will be able to 1) describe narrative theory, story-telling and memoir as tool for working with people with diverse life experiences from different cultures; 2) use prompts to facilitate one’s own personal writing; 3) feel comfortable in reading one’s own personal writing and reacting to other’s writing; and 4) consider use of writing in therapeutic work.

Biography: Iris Fodor, PhD, Professor Emerita, Department of Applied Psychology, New York University and former program Director of the Doctoral Programs in School Psychology. She is a Gestalt psychotherapist known for her teaching, workshops and writings about feminism, women’s mental health, mindfulness and integrative psychotherapy. Born in the Bronx, Iris is a life-long social activist and is also a photographer. She has traveled, taught, and done workshops world-wide. She has also participated in digital story telling projects with adolescents from diverse cultures in India, Peru and South Africa. Recent work focuses on memoir and experiential writing for therapists. She lives in NYC and Woodstock, New York, USA.

Limitations: None. Can write in any language.

Risks: None. The writing will be private. Participants has option to read, write or not to a partner or group. Likely to be emotional content. Everything discussed in group confidential.



CO-CREATING CLIENT-THERAPIST ALLIANCE: RE-IMAGINING OF AFFORDANCE

KIRILL KHLOMOV (RUSSIA)

2-hour workshop (English) Intermediate

Abstract: The contact boundary in the client – gestalt therapist relationship during an individual session becomes both a place of action and a testing ground for life research. The client applies for psychotherapy from his reality, in which his relationships with other people and with himself, with his interest, pain, frustration, anxiety, excitement and desire for development encourage him to enter a relationship with a gestalt therapist. A client acts and speaks differently with different psychotherapists. When changing the psychotherapist, the client may change both the content and the process of psychotherapy. Such aspects of life, such suffering and such development opportunities, that have not been disclosed before, may be revealed. The concept of affordance, which was proposed in field theory by Kurt Levin (Aufforderungscharakter – the nature of the requirement), developed in the biological sense by James Gibson, and discussed in the theory of gestalt therapy by Jean-Marie Robin (2002, 2015), is now being revealed in a new way in cognitive sciences (Rietveld, Kiverstein, 2014; Chemero, 2009). The updated concept of affordance – in particular, the idea of the landscape of affordances (and the ecological niches) and the psychotherapist's social affordance, which creates a separate ecological niche together with the client, allows us to see the process of psychotherapy in a new way.

Learning Objectives: Participants completing this workshop will be able to 1) Learn the modern theoretical approach to the field theory; 2) Consider the affordances and skilled intentionality in the application to gestalt therapy; 3) Find out one's own personal affordance and its impact on the therapeutic process; and 4) Try a therapeutic tool/technique of separation of skilled intentionality.

Biography: Kirill Khlomov, PhD Psychology, Senior Researcher at cognitive investigation laboratory, and the head of the psychological health department at psychology faculty at The Russian Presidential Academy of National Economy and Public Administration. Head of psychological center for children's and adolescents 'Perekrestok'. Gestalt therapist, senior trainer – Moscow Gestalt Institute, Moscow, Russia. Born in Moscow in 1979, graduate clinical psychology at Moscow State University in 2001, PhD in clinical psychology in 2009, Gestalt therapy education was graduated in 2009 at Moscow Gestalt Institute.

Limitations: Sufficient experience in gestalt therapy is necessary. It requires a willingness to assume both the role of therapists and an interest in the therapist's meta position. It also requires a willingness to generalize and discuss the experience gained through the proposed prism of theory.

Risks: Participants should be ready to regulate the degree of their disclosure and the depth of immersion in experiences by themselves. The moderator will provide available support, but the workshop time is limited.

INTEGRACIÓN TERAPÉUTICA GESTALT RELACIONAL SOMÁTICA CREATIVA PARA LA INTERVENCIÓN CON EL ADOLESCENTE EN EL MANEJO DEL TRAUMA COMPLEJO

LORENA MARTÍNEZ AVENDAÑO (MÉXICO)

Taller de 2 horas (Español) Intermedio

Resúmen: Taller teórico-práctico basado en la integración de la Terapia Gestalt Relacional Somática de Ruella Frankl y las Teorías sobre el Trauma Complejo desde la perspectiva de Peter Levin y Van Der Kolk. Integrando estrategias gestálticas somáticas creativas y artísticas para la resignificación del trauma.

Objetivos Didácticos: Los participantes que completen este taller podrán 1) Comprender los fundamentos teóricos en relación a la intervención con adolescentes dentro de la Terapia Gestalt Relacional desde una perspectiva somática, del trauma complejo y la vergüenza; y 2) Integrar estrategias terapéuticas creativas para reconstrucción del autoconcepto y la resignificación de las experiencias del adolescente para generar resiliencia..

Biografía: Lorena Avendaño tiene 23 años en la práctica terapéutica y educativa. Es Doctoranda en Psicoterapia Humanista Gestalt (CHM), con Maestría en Psicoterapia y Desarrollo Infante Juvenil (IUCR). Además es Especialista en Hipnosis Ericksoniana (I. Milton Erickson), Terapia Breve, Formación en Terapia Somática (CFRK), Formación en Trauma y Vergüenza (APHIN), Licenciada en Psicología (Ibero). Se ha enfocado en el trabajo terapéutico con adolescentes principalmente. Ha realizado investigación sobre la Resignificación de la vergüenza en la adolescencia y su impacto en la vida adulta. Lorena ha sido ponente y tallerista en congresos nacionales e internacionales. Se dedica a la consulta privada y la docencia universitaria y en postgrados.

Limitaciones: Dicho taller permite adquirir conceptos y técnicas terapéuticas

Riesgos: Es un trabajo experiencial porque lo que los participantes para el abordaje con adolescentes, sin embargo se requiere ampliar la información requieren disposición para trabajar de forma personal en relación con lecturas y práctica sus vivencias de adolescente. El taller se llevará a cabo en español. Workshop will be conducted in Spanish. Non-Spanish speakers are welcome



THE GESTALT LEGACY OF PAUL GOODMAN

JACK AYLWARD (USA), SUSAN GREGORY (USA), & PERRY KLEPNER (USA)

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: This workshop intends to focus on Paul Goodman and his contributions to the development of gestalt therapy theory and practice. We hope to accomplish this through an in-depth presentation highlighting Goodman's life as poet, social activist, novelist, philosopher, anarchist, and psychologist and demonstrating how all of such endeavors have been synthesized in his writings in the 1951 tome: *Gestalt Therapy: Excitement and Growth in the Human Personality*. In addition, we hope to show how such input can be taught and examined by those interested in its application in one's clinical practice. We will close the workshop with a group discussion as to the importance of connecting therapeutic interventions to the principles already inherent to the rich and unique contributions of gestalt therapy.

Learning Objectives: Participants completing this workshop will be able to 1) develop a more comprehensive understanding as to the contributions of Goodman to both the theory and the practice of gestalt therapy; and 2) connect Goodman's insights and philosophy into their own psychotherapeutic work thereby increasing clinical options for themselves and their clients.

Biographies:

Jack Aylward, EdD, writes "I have been practicing gestalt therapy since 1980. During my career I have published several articles in various gestalt journals as well as authoring two books. I have presented at various conferences over the years as well as co-leading pre-conference intensive group therapy experiences. Over the past several years, I have developed a strong interest in the writing and philosophy of Paul Goodman, particularly those issues reflected in his contributions to gestalt therapy in the Perls, Hefferline and Goodman's *Gestalt Therapy: Excitement and Growth in the Human Personality*."

Susan Gregory, M.A., CLC, ALC, has been a Gestalt therapist in private practice in NYC and via Zoom for the past 33 years. She served as president of the NYIGT 2007-2009, and as vice president from 2021-2023. Susan has written more than 20 peer-reviewed articles and four book chapters, and has taught as guest faculty in Gestalt institutes in Australia, New Zealand, England, North of Ireland, Norway, and Brazil. Susan is also a concert singer and teaches singing as well as Elsa Gindler's approach to movement and breath work. www.GestaltSing.org

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

Limitations: None

Risks: None

CONFERENCE

SEPTEMBER 21ST

WORKSHOP DESCRIPTIONS

Saturday

Morning

DESCRIPCIÓN DE TALLERES

Sábado

Mañana

ONLINE PANEL EMBODIED ENCOUNTER IN A DIGITAL WORLD: AN EMERGENT CONVERSATION AMONG GESTALT THERAPISTS

We invite you to join a hybrid dialogue among colleagues, including a discussion about AI, working online, and an overview of a phenomenological Doctoral Research that was co-created with other international Gestalt Practitioners about remote working.

This may include exploration of some of the following questions:

- How do we enter bodily in a digital world?
- How do bodies speak online?
- How do we engage with each other using technology?
- How do we find each-other online?
- How do we make the 2-dimensional online experience into a 3-dimensional one?
- How do we experience and describe a digital aesthetic?
- How do we bring ourselves to the contact-boundary through technology?

Our panelists are connecting from Germany, Poland, South Wales UK:

Julianne Appel-Opper

She is a psychologist, psychotherapist, supervisor, and trainer with 35 years of clinical experience. She offers online therapy and supervision internationally from her private practice in Berlin. Her approach of 'Relational Living Body Psychotherapy' focuses on body-to-body communications and ways of developing embodied interventions within an Integrative Gestalt frame. She has presented her work in articles, book chapters, interviews, conferences, invited seminars/webinars/lectures for example at various Confer programs and recently at an online panel at the White Institute/Wilhelm Reich Center New York. She has developed and offered international training programs since 2005. Her publications include: "English smiles, Italian shoulders and a German therapist". (International Body Psychotherapy Journal, 2019), "Relational Living Body Psychotherapy: From physical resonances to embodied interventions or experiments" (USA Body Psychotherapy Journal, 2010) and "Two living bodies online" will be published in 2024). Julianne is an Editorial Board Member of the European Journal for Qualitative Research in Psychotherapy, a founding member of IGFEST, International Gestalt Therapy Study Group on Field-Emergent Self and Therapy. Her website is: www.thelivingbody.net

Claire Spiller

She is a Gestalt Psychotherapist and current Secretary of the New York Institute for Gestalt Therapy. She is a full clinical member of the United Kingdom Council for Psychotherapy, and a member of EAGT and IAAGT. She holds an MSc and Clinical Diploma in Gestalt Psychotherapy. Claire is a graduate of the Center for Somatic Studies, NYC, and a doctoral candidate at the Metanoia Institute, UK, researching the practice of gestalt therapy online, in an international mixed-methods study. Claire has particular interest in a field-emergent approach to gestalt as a clinical phenomenology, and lives in South Wales, UK, working in private practice with adults, as a supervisor and clinical trainer.

Maciej Łukaszewicz, M.A. M.Sc Gestalt psychotherapist (in training)

Since 2020, Maciej has been in training at the Wielkopolska School of Gestalt Psychotherapy in Poznań accredited by EAGT and in 2021 started his clinical practice. He is a student member of: New York Institute for Gestalt Therapy (<https://newyorkgestalt.org/>), European Association for Gestalt Therapy (EAGT www.eagt.org), and the Polish Society of Gestalt Psychotherapy (<https://gestaltpolska.org.pl/>). He is a graduate of the Adam Mickiewicz University in Poznań (MA in Theology and Philosophy) and Birkbeck College, University of London (MSc, European Policy and Management).

For over 15 years, he worked as a culture manager, educator and theater animator in Poland, the United States, England and France, with various social groups, including seniors, adults, high school students, and prison inmates. For 4 years he has also worked for theater director Robert Wilson in his Watermill Centre, NY, where he gained a deep experience of combining art and mental life. Maciej works in Polish, English and French. In so-called "free time", he leads a theater group and directs performances or spends hours staring at miniatures in medieval manuscripts.



EXPLORING THE LINKS BETWEEN NEUROSCIENCE AND GESTALT

ANTHONY "TONY" JACK (USA)

2-hour workshop (English) Introductory

Abstract: The latest neuroscience research provides remarkable validation for key aspects of Gestalt and suggests a promising new direction for Gestalt theory and practice. This workshop, offered by a leading neuroscience researcher with extensive Gestalt training, provides participants with an opportunity to understand the scientific findings and create meaningful interpretations that relate to their individual practice. Workshop time will be divided between (i) brief and accessible explanations of key concepts; and (ii) small group discussion of applications. Key concepts include: (i) Cognitive Network Neuroscience, a new approach to brain imaging (ii) division between Analytic and Empathic thought; (iii) neuroscience of coaching, embodiment, and mindful awareness. Participants will be granted exclusive access to electronic educational materials, including further reading and royalty-free visual illustrations.

Learning Objectives: Participants completing this workshop will be able to 1) Experience an overview of recent key findings from neuroscience, including Cognitive Network Neuroscience, brain's division between Analytic and Empathic thought, neuroscience of coaching, embodiment, and mindful awareness; and 2) Learn how the neuroscience relates to key aspects of the general Gestalt approach and the individual's own practice

Biography: Anthony Jack, PhD, BCC, is the Beamer-Schneider Professor of Ethics with appointments in Departments of Philosophy, Psychology, Neurology, Neurosciences, and Organizational Behavior at Case Western Reserve University in Cleveland, Ohio, USA. He has a BSc in Psychology and Philosophy from Oxford University, a PhD in Experimental Psychology from University College London, and completed postdocs in brain imaging at the Institute of Cognitive Neuroscience, London and Washington University in St. Louis Medical School. Dr. Jack has also trained extensively in Gestalt Therapy, Coaching, Mindfulness, and Breathwork. Dr. Jack's Brain, Mind and Consciousness Laboratory has conducted research into the neuroscience of coaching, empathy, spirituality, and behavior change.

Limitations: Some neuroscience findings are known to relate to basic biology and hold true across cultures, whereas others have only been demonstrated for specific populations. This will be indicated. There will also be discussion of how different cultures have different attitudes towards and ways of deploying analytic and empathic thinking styles.

Risks: The workshop will not place a strong emphasis on personal disclosure. However, this may occur in small group discussion. Participants will be encouraged to keep any such disclosures confidential.

LA NOCIÓN DE INTEGRACIÓN EN LA PRÁCTICA CLÍNICA GESTALT CONTEMPORÁNEA

MARIA TRINIDAD CÁRDENAS PONCE (MÉXICO), LAURA ELENA COLORADO SOLANO (MÉXICO), EDGAR ANTONIO VELARDE SICAÍROS (MÉXICO), ANGEL ALBERTO GERARDO ELÍAS (MÉXICO), & ALICIA COLORADO SOLANO (MÉXICO)

CANCELLED / CANCELADO

Taller de 2 horas (Spanish) Intermedio

SIMULTANEOUS TRANSLATION

Resúmen: La noción de integración en la práctica clínica Gestalt busca acoger y reconocer la diversidad de formas de hacer terapia Gestalt alrededor del mundo. La integración se sostiene en las bases del libro fundador de la terapia Gestalt y en los avances en investigación de nuestro campo, en específico la escala de fidelidad de la terapia Gestalt. En este taller se revisará una propuesta de fundamentos teóricos de la noción de integración para apoyar la formación de los estudiantes de terapia Gestalt y se ilustrará esta noción a través de un ejemplo. Nuestro Modelo de Supervisión de Terapia Gestalt emplea el recurso didáctico del Verbatim (del latín, palabra por palabra) para: identificar el grado de fidelidad de una práctica clínica de acuerdo con la escala de fidelidad de la terapia Gestalt; desarrollar competencias para hacer una lectura teórica del proceso, tomando como base a las teorías del libro fundador; y ampliar posibilidades de intervención a través de explorar el fondo de la experiencia. Esto facilita que el alumno detecte momentos clave del proceso de contacto y tome consciencia de sus fortalezas y posibilidades de intervención clínica.

Objetivos Didácticos: El taller busca: 1) Favorecer una experiencia en la cual se reconozcan las diversas formaciones, historias y experiencias como terapeutas Gestalt de lxs asistentes; 2) fundamentar la noción de integración en la práctica clínica gestáltica con-



temporánea; y 3) reflexionar en torno al ejercicio ético de la clínica gestáltica y la necesidad de una formación continua que busque ampliar horizontes de encuentro.

Biografía: – Maria Trinidad Cárdenas es Doctora en Psicoterapia Humanista. Rectora fundadora de la Universidad Nexum de México. Docente de Maestría y Doctorado en asignaturas de Entrevista en Psicoterapia, Modelo de Terapia Gestalt de Pareja, Supervisión Psicoterapéutica en la Universidad Nexum de México. Docente del Colegio Humanista de México, Instituto Desafío y Centro Peruano de Terapia Gestalt de Perú.

Laura Elena Colorado es Doctora en Psicoterapia humanista con estudios de maestría en terapia gestalt; licenciada en psicología y licenciada en ciencia política, certificación internacional en práctica clínica gestáltica por el CTP; 21 años de experiencia docente nivel licenciatura, maestría y doctorado en NEXUM; 22 años de experiencia Clínica gestáltica relacional, pareja y familia; formación continua en Psicoterapia gestalt de campo en NEXUM y docente en supervisión terapéutica clínica.

Edgar Antonio Velarde es docente de la Universidad Nexum de México en nivel licenciatura, maestría y doctorado. Docente de la Universidad Autónoma de Sinaloa. Psicoterapeuta y director en Clínica Upekka. Durante 4 años director y fundador del Centro de Educación Incluyente y Salud Emocional de DIF Sinaloa, en donde se atendía con psicoterapia y psiquiatría a bajo costo a población en condiciones de vulnerabilidad, además de desarrollar proyectos comunitarios e intervenciones sociales en el ámbito de la salud mental. Con experiencia en el sector público en áreas directivas, dado que su formación inicial es como Licenciado en Derecho y Licenciado Políticas Públicas.

Angel Alberto Gerardo es docente de la Universidad Nexum de México. Doctorante de Psicoterapia Humanista. Psicoterapeuta de adultos y adolescentes. Especialidad en Desarrollo Humano. Especialidad en Enfoque Gestalt y Especialidad en Frontera Contacto. Experiencia clínica con población neurodivergente, diversidades sexoafectivas y de género (identidades no binarias). Cuenta con publicaciones en la revista Figura Fondo sobre la construcción de la identidad gay y la perspectiva humanística. Cuenta con formación en Psicopatología y Desórdenes Contemporáneos desde la Terapia Gestalt. Licenciado en Psicología e Ingeniería Industrial y de Sistemas.

Alicia Colorado Solano es Doctora en Psicoterapia Humanista. Con estudios de Maestría en Psicoterapia Humanista; Licenciatura en Psicología Humanista con Acentuación en Evaluación y Psicoterapia. Entrenamiento en Psicopatologías y Trastornos contemporáneos abordaje desde la Gestalt Relacional. Alicia tiene 10 años de experiencia docente nivel Licenciatura y Maestría en Nexum; 13 años de experiencia en clínica en Psicoterapia Gestalt y enfoque Relacional (pareja, familia e individual). Formación actualmente como docente en Laboratorio Clínico de Nexum con enfoque relacional.

Limitaciones: Dirigido a terapeutas Gestalt y estudiantes de psico –

Riesgos: Ninguno

Terapia de nivel intermedio. El fundamento teórico comprende una visión de integración incluyente de tres modelos de intervención en Terapia Gestalt: personal, dialogal y la perspectiva de campo, con base en la epistemología propuesta en el libro fundador (PHG). El taller se llevará a cabo en español. Workshop will be conducted in Spanish. Non-Spanish speakers are welcome to find someone to add translation as we proceed.

ESSENTIALLY EROTIC: THERAPY AS VITAL ENGAGEMENT

LEANNE O'SHEA (AUSTRALIA)

2-hour workshop (English) Intermediate

Abstract: It is perhaps the erotic that keeps the client coming back to therapy; the sense, however tremulous, that something else is possible, the disruption of 'business as usual', the hope for connection to something of substance, a reaching for that thing that makes the heart sing. Rarely is this longing explicit, but I believe it underpins what compels many towards therapy, representing a reach for the last fragile threads of hope in an otherwise despairing world. It is what we most need, and often, of what we are most afraid. This workshop will address these points as well as arguing that this is needed ground to work effectively not just with Eros, but with sex more generally and the complex dynamics of the therapeutic relationship.

Learning Objectives: Participants completing this workshop will be able to 1) explore critical issues relating to sexuality that support an ethical and much needed focus of attention in clinical work; and 2) better understand the relationship between Eros and Vitality and that this supports both our work and our greater social and ecological concerns.

Biography: Leanne O'Shea, BTheol, MSc, GradDip Supervision, Psych., is a psychotherapist, supervisor, and educator. Having studied Gestalt in Melbourne and London, she brings a diverse range of insights to her work. As well as private practice, Leanne holds several teaching



positions, including the Director of Training at Gestalt Therapy Australia. She has worked with Relational Change in the UK and is a trained Enneagram teacher. Leanne is driven by a desire to promote awareness and sensitivity to our relational responsibility across diverse areas of need and concern. A long-standing interest concerns the place of sexuality within the therapeutic relationship and the rehabilitation of an Erotic sensibility.

Limitations: None

Risks: None

CREATING A SAFE SPACE FOR MY ANTAGONIST

RAFAEL CORTINA (MEXICO)

2-hour workshop (English) Introductory

TRADUCCIÓN SIMULTEANA

Abstract: Utilizing the principles of the Compassionate/Relational Gestalt Trauma Model, this experimental workshop will support participants by co-creating a safe environment to make space for their own disruptors of contact. The compassionate/relational trauma model is a series of moments of the therapeutic relationship to be aware of to promote opportunities for healing. In this model, the role of compassion is highlighted as an integral part of trauma processing. In this process of developing contact through a relational/compassionate lens, we are often met with internal disruptors or antagonists. They serve the purpose of protecting the individual but have become maladaptive. The goal of this workshop is to promote a functional relationship with this antagonist.

Learning Objectives: Participants completing this workshop will be able to 1) learn the basic concepts of the antagonist as a way of adapting to painful experiences; and 2) experience the creation of a safe space to explore the values of antagonist in their story.

Biography: Rafael Cortina, LMFT, is a licensed and bilingual (English-Spanish) therapist. He has over 22 years of experience working with individuals, couples, families, and groups. Rafael is a Master Addiction Counselor, Certified Clinical Trauma Professional, Certified Gestalt Therapist, and a Certified Gestalt Couples Therapist. He has specialized training in EMDR, TRM, addiction treatment, and trauma work. He is currently an Adjunct Faculty Member at National University and a Newsletter Editor/Board Member at the International Association of Advancement in Gestalt Therapy. He has experience working with Mood Disorders (Depression and Bipolar), Anxiety Disorders, Addiction, Grief and Loss issues, Dual Diagnosis (Substance abuse and a mental health disorder), Trauma work, LGBTQ+ clients, HIV/AIDS Counseling, Dreamwork, Couples therapy, and Gestalt oriented psychotherapy. As presenter and facilitator of several workshops, training, lectures, international conferences, and supervision, virtually and in-person, in Mexico, USA, Australia, Canada, Africa, Asia, and Europe.

Limitations: This is an experimental workshop in which our adaptation to pain and trauma will be explored. Thus it is important participants are aware that taking part in this workshop might be required to be in contact with painful experiences.

Risks: Risk of triggering trauma responses or memories

LAS CREENCIAS SOBRE LA VOLUNTAD DE CAMBIO DEL PACIENTE COMO FACTOR DE APEGO A LA NO DIRECTIVIDAD EN PSICOTERAPEUTAS GESTALTICOS

SORAYA ALICIA FLORES BENAVIDES (MÉXICO)

Taller de 2 horas (Español) Introductorio

Resúmen: La psicoterapia Gestalt, si bien Delacroix sostiene que es un sincretismo exitoso, debe ser considerada como uno de los enfoques no directivos de psicoterapia. En los años recientes se han popularizado técnicas como la Programación Neurolingüística, la Hipnosis Eriksoniana,

Constelaciones Familiares entre otros, entre los practicantes de la Gestalt. Aunque es importante considerar que en este enfoque se pueden integrar propuestas metodológicas y técnicas provenientes de otros enfoques teóricos, estas incorporaciones necesitan respetar los principios filosóficos fenomenológico-existenciales. Desde esta propuesta se hace un análisis de cómo los psicoterapeutas gestálticos respetan estos principios y cómo esto influye en el apego a una práctica no directiva.

Objetivos Didácticos: El taller busca: 1) Promover entre los participantes la inquietud por el rescate del estudio de los principios filosóficos que orientan el trabajo del terapeuta gestalt; y 2) motivar el apego a una práctica de la Gestalt que respete la autonomía de



las personas y la propiedad de sus procesos.

Biografía: – Soraya Alicia Flores inicialmente se formó como ingeniera química y después de años de labor se reinventa y se forma como guía Montessori por lo que adquiere una gran experiencia para el trabajo con niños, lo cual desemboca en la necesidad de estudiar psicología donde desarrolla una práctica de intervención infantil que integra la filosofía Montessori con los principios de la Neuropsicología de la Escuela Rusa y la psicoterapia Gestalt infantil de Oaklander. Recientemente obtuvo el grado de Maestra en psicoterapia en CESIGUE de Xalapa, Ver. Soraya Alicia es Cofundadora del Centro CREO de Durango.

Limitaciones: Ninguna. El taller se llevará a cabo en español. Workshop

Riesgos: Ninguno will be conducted in Spanish. Non-Spanish speakers are welcome to find someone to add translation as we proceed.

THE EFFECT OF GESTALT THERAPY IN TRANS AND GENDER NON CONFORMING INDIVIDUALS

PARVY PALMOU (GREECE)

2-hour workshop (English) Advanced

TRADUCCIÓN SIMULTEANA

Abstract: For the past 13 years I work as a Psychotherapist, and GSRD expert for the Greek Transgender Support Association, where I have been given the chance to work with transgender people individually and in groups. All the data that I will be presenting is taken from these sessions. The case study that will be presented is chosen to support the positive effects that Gestalt therapy has on gender non-confirming individuals (Alman, Gillespie, Kolmannskog, 2023). Gestalt therapy is a psychotherapeutic approach that works with the body; therefore, in this presentation, I will also include many references to the body. Specifically, evidence and personal testimonies will be presented showing how: a) Gestalt therapy bodywork helped the participant with anxiety, panic attacks, and other bodily symptoms like chest pain and headaches, resulting from the psychological pressure of transition, b) the focus on the body combined with Gestalt work with polarities (gender binary), helped the participant to become more comfortable with her body, c) this type of Gestalt bodywork supported the transition of the participant that decided to undergo reassignment surgery in achieving “lasting personal comfort with the gendered self to maximize overall psychological well-being and self-fulfillment” (World Professional Association for Transgender Health, Standards of Care, 2017).

Learning Objectives: Participants completing this workshop will be able to 1) familiarize other therapists with GSRD-Gender and Sexual Diversity Therapy; 2) support the effectiveness of Gestalt Therapy for Gender Non Confirming Population; and 3) challenge heteronormative ideas that are an obstacle to authentic communication in therapy.

Biography: Parvy Palmou, MA, PhD Candidate University of Bolton, are an accredited E.A.G.T Gestalt Therapist, a clinical psychologist and activist, working privately in Athens Greece. In 2010 they joined the Greek Transgender Support association and worked with trans activist Marina Galanou on depathologization and legal gender recognition of trans identities until her recent passing. For the last 13 years they are Head of the Department of Health for Trans and Intersex Families at the Greek Transgender Support Association where they practice group and individual gestalt therapy with transgender, intersex and non-binary people and their families. In 2021 they were a lecturer at the University of the Aegean for the LGBTQI+ Gestalt Affirmative Counseling Program that they co-created together with Anna Apergi, president of GT.S.A. For the past 6 years they are a country expert for the ILGA Europe annual review. Currently they are a PhD candidate at the University of Bolton performing research on inclusive trans healthcare.

Limitations: None

Risks: Possible triggering by stories of transition for people with similar experiences. Support will be provided during the session.

EMBODIED DSM: A LIVELY AND CREATIVE EXPLORATION OF PSYCHOPATHOLOGY

MARIO LOURENCO (CANADA)

2-hour workshop (English) Intermediate

TRADUCCIÓN SIMULTEANA

Abstract: In a caring space deeply grounded in empathy for people’s suffering we will explore psychological types through the lively and creative approach of theater-movement. Theater-movement has been used to educate different subjects in embodied, dynamic ways. The DSM defines human suffering by listing symptoms. In contrast, the theatrical approach offers a vibrant, dynamic, and em-

bodied awareness of personality types. In contemporary Gestalt, psychopathology is addressed as part of relational dynamics, and in theater-movement relational dynamics are movement patterns in space. Movement patterns invoke physical characters; characters created by relational dynamics and shaped by psychological urgency. In this workshop, instead of reading the DSM, we will embody and play characters based on personality disorders (e.g., paranoia, narcissism, avoidant, etc.) and explore the relational dynamics that create them.

Learning Objectives: Participants completing this workshop will be able to 1) support awareness and learn about psychopathology through a movement based theater paradigm based on embodiment, lively and creative; and 2) identify and explore, in play psychological types and diagnostics as movement dynamics in space.

Biography: Mario Lourenco, is a Gestalt therapist, clinical supervisor and performer based in Toronto, Canada. He graduated from the Gestalt Institute of Toronto. In addition, he holds an M.Ed. in Counseling Psychology and Psychotherapy from OISE (University of Toronto). Originally from Portugal, he is a graduate of the National Conservatory of Theatre in Lisbon and Ballet theater. In Canada, Mario divides his time between working with individuals in private practice, providing clinical supervision, and offering workshops focused in supporting self-discovery through Clown therapy and Gestalt Theatre. Ah, and he performs Clown shows at theater Festivals!

Limitations: Given the insufficient research studies on this topic the content of this workshop must be interpreted cautiously

Risks: Moderate for physical and emotional/psychological distress; facilitator guidance available upon request in order to avoid exacerbation.

THE COMPLEXITY OF COACHING TEAMS VS GROUPS: CRITICAL LENSES TO INFORM YOUR WORK

ANDY POWELL (USA)

2-hour workshop (English) Introductory

ICF Core Competency (CCEs Pending)

ICF Resource Development

CCEs documentation available

Abstract: Using Gestalt Concepts when coaching teams can lead to outcomes that exceed all expectations. However, taking your 1:1 Gestalt Coaching and Group Facilitation skills into a Team environment successfully requires the use of a set of models and lenses that are unique to Teams – particularly in an organizational context. In this session you will be learn to apply three “new” models / lenses unique to team coaching, as well as how to leverage a few key Gestalt concepts in a team context. You earn CCE credits to apply toward an ICF certification in Advanced Team Coaching.

Learning Objectives: Participants completing this workshop will be able to 1) Take on Team Coaching engagements with confidence; 2) Apply 3 Team Specific Tools to effectively apply Gestalt Concepts to Team Coaching; 3) Understand the full arc of a team coaching relationship; and 4) Learn how to modify known Gestalt Concepts in a Team Coaching Environment.

Competencies: Professional coaches will see, experience and coach to the ICF Core Competencies of

ICF CC 1: Demonstrates Ethical Practice – all sub categories

ICF CC 3: Establishes and Maintains Agreements

ICF CC 4: Cultivate Trust and Safety

ICF CC 6: Listens Actively

ICF CC 7: Evokes Awareness

ICF CC 8: Facilitates Client Growth

Biography: Andy Powell leads Rule 6 Consulting, a Coaching and Organizational consulting practice with a particular focus on coaching teams in systems undergoing significant change and challenges. He couples Gestalt coaching and group facilitation skills with a background in change management and culture change. Based in Cleveland, Ohio he has over 30 years of experience in senior HR and Organizational Development roles with multi-national organizations working with diverse R&D and Executive Leadership Teams. Andy is faculty at the Gestalt Institute of Cleveland for their ICF accredited Coaching Certification program, Relational Team Coaching and Working with Groups and Teams.

Andy: BS, MS Organizational Psychology, ICF ACTC: Advanced Certification Team Coaching, ICF Professional Certified Coach, GPCC – Gestalt Professional Certified Coach, Master Certification Team Diagnostic Survey-Six Team Conditions

Limitations: The team coaching concepts and models and related research shared here, have been largely developed based on North American and Western European contexts. Asian and Pacific Islanders have been active participants in subsequent training programs arising from this research and development. Data from Latin America, Africa, and the Middle East is primarily anecdotal.

Risks: None

LIVE YOUR DREAMS: THE 'FAIRY TALES' WE CO-CREATE REENACTING AND RE-IMAGINING OUR DREAMS IN GESTALT THERAPY

ALBRECHT BOECKH (GERMANY)

2-hour workshop (English) Intermediate

Abstract: Dreams show us the open Gestalts of our lives and often the possible solutions. In Gestalt therapy we can reenact and re-imagine our dreams taking the role of all parts of the dream in a joint dramatization of the dream (if we work co-creating in groups), developing meanwhile new solutions by integrating separated parts of ourselves.

Learning Objectives: Participants completing this workshop will be able to 1) Realize the correlation between theory of methodology of dreamwork and theory of the self; and 2) understand methodology of dreamwork: Identification with parts of the dream, dialogical work with polarities in dreams.

Biography: Albrecht Boeckh, Dr. rer. soc., graduate sociologist, Gestalt therapist, supervisor, and pianist participated in research in different Projects of Development Planning in Mexico from 1976 – 1983. He trained in Gestalt therapy 1982-86 and has been a Gestalt therapist DVG and Supervisor DGSvin his own practice since 1986, in addition to being a Gestalt trainer at different institutes. Albrecht is a Leader of a DGSv-certified supervision training at the University of Tübingen (ABiP/UKT), a Member of the working group "clinical Gestalt therapy theory" of the DVG since 2000 and Editor in chief of the journal Gestalttherapie since 2015. He is the author of different books and a lot of articles on Gestalt therapy and supervision.

Limitations: None

Risks: None

TUNING THE SOUL: DEEPENING PATHWAYS TO PRESENCE BY ENGAGING AND ENHANCING CREATIVITY

ALEXANDRA MACCRACKEN (USA)

2-hour workshop (English) Intermediate

Abstract: Engaging with art and music, participants will be invited to have a felt sense of their stories and the interpretations of those stories, yielding new dimensions of self-knowing and awareness of how they have constructed and interpreted their lives. Focusing on attunement, resonance, harmony, pacing and other aesthetic considerations, I will employ Gestalt experiments, somatic awarenesses, and spirituality as vehicles for exploring, discovering, and working with the creative adjustments that a client has composed to

provide meaning for their self. Working from the theory that the arts have a unique path into the inner world of human beings, I plan to show how arts can illuminate the soulful aspects of our existence, and therefore be a vehicle for re-imagining realities.

Learning Objectives: Participants completing this workshop will be able to 1) identify and deepen resonance in their own bodies, an experience which enhances Presence with others; and 2) use the arts as another path in assisting clients in self – actualization.

Biography: Alexandra MacCracken is a violinist, Gestaltist and a lover of life. Raised in a small town in Illinois, she earned a Master of Music degree from the University of Illinois and has been in recovery for 39 years. Over the past 15 years she completed training with Tilda Norberg in Gestalt Pastoral Care and received Certification from the International Coaching Federation after studies at the Gestalt International Study Center in Massachusetts. She now offers an amalgamation of all this training and experience in an approach she calls “Gestalt Soul Care”.

Limitations: My aesthetic and soul work have been developed primarily in the USA, with a white middle-class population along with a significant minority of BIPOC and LGBTQIA people.

Risks: This is deep work, and not advised for those who may have some destabilization or dissociation.

REDEFINIENDO EL CONCEPTO DE RESONANCIAS DESDE LAS BASES TEÓRICAS METODOLÓGICAS DE LA PSICOTERAPIA GESTALT: UN PEQUEÑO PASO PARA LOS GRANDES DESAFÍOS QUE ENFRENTARÁ LA PSICOTERAPIA GESTALT POST COVID.

NIVARDO SILVA (MÉXICO)

Taller de 2 horas (Español) Intermedio

Resúmen: Desde mi formación aprendí conceptos que hasta la fecha me sostienen. Con la llegada de la pandemia todo escaló a nivel mundial: ¿qué pasará con la psicoterapia Gestalt? ¿Qué podemos hacer para enfrentar la presión regulatoria que está surgiendo a nivel mundial para validar nuestro estilo y forma de hacer psicoterapia? (Beja, 2020). Al buscar responder todas estas interrogantes me di cuenta que teníamos en el concepto de resonancias, Robine (2002), Spagnoulo Lobb (2017) Beja (2020) un instrumento que podía ser de gran utilidad pero que sin embargo muchas veces quedaba como fondo en la instrucción de nuestra disciplina. ¿Qué pasaría si se hiciera figura desde nuestras bases teórico metodológicas (Fogart, 2019)? ¿Podría acaso justificar nuestra existencia como escuela ante la llegada de modelos que sostienen que lo que importa es el terapeuta y no la modalidad?. (Wampold, 2015) Mi apuesta es que sí y de eso tratará esta ponencia.

Objetivos Didácticos: Los participantes que completen este taller conocerán: 1) el fenómeno presente en la relación campo organismo/entorno: resonancias entre paciente y psicoterapeuta; y 2) una forma diferente de documentar nuestras historias: una en la que el psicoterapeuta se muestra en cada una de sus intervenciones y usa de manera creativa y en el aquí y el ahora de la sesión las resonancias en el campo que surgen en la relación con su paciente.

Biografía: Soy Nivardo, Doctor en Psicoterapia Gestalt. Además, tengo el grado de Maestría en Psicología Clínica y la Especialidad en Psicoterapia de Pareja y Familia con enfoque Gestalt. También me he formado como psicoterapeuta Sistémico y he estudiado la Terapia Racional Emotivo Conductual, así como la Bioenergética, PNL, Terapia Narrativa, Hipnosis Ericksoniana, Constelaciones familiares y otros enfoques de desarrollo humano que utilizo diariamente como herramientas en mi práctica clínica. Te quiero aclarar que mi formación académica es multidisciplinaria. Así entonces también tengo una licenciatura en Ciencias de la Comunicación con especialidad en Publicidad y Mercadotecnia por la Universidad Autónoma Metropolitana. Ahora en mi papel de coach la utilizo para ayudar a mis clientes a encontrar nuevas formas de ser y estar en el mundo. Especialmente cuando la vida les pide reinventarse. Por experiencia propia sé que las crisis son una oportunidad para ser creativos y que todos tenemos las facultades y el derecho a hacerlo. Sin embargo, también sé que reconstruirse desde cero, no siempre es fácil. Es por eso que la guía y el acompañamiento que puede proporcionar el coaching se hacen tan necesarios.

Limitaciones: Ninguna. El taller se llevará a cabo en español. Workshop will be conducted in Spanish.

Riesgos: Ninguno

Non-Spanish speakers are welcome to find someone to add translation as we proceed.





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