EUROPEAN ASSOCIATION FOR GESTALT THERAPY • ISSUE NUMBER 24 • MAY 2014

Letter from the President

ear colleagues,
I'm writing this report on the way back home after the seminar on research in Gestalt therapy we had in Rome, May, 2nd-4th. The memories of these so intense and inspiring days are fully in the foreground for me. So many meetings, stimuli, emotions, new horizons! I'm still in the process of assimilating this experience so it's not possible to have a comprehensive view on the experience itself yet.

Anyway, some points are already clear: in terms of number of participants we received a response from the field that exceeded our best expectations: 76 participants, besides the speakers, from many European Countries and from Mexico and Bermuda. In terms of excitement and inspiration I think we had a great opportunity to experiment many possibilities to cross the gap between research and practice. If our foundational book was written today, in the chapter on neurotical splits, we should include a split that our founders didn't mention: the split between research and practice, a split that as Gestalt therapists we can and have to overcome. This is an important process for the growth of our model, on different perspectives: political, theoretical, clinical, practical growth.

It's not only an issue to survive or to be better grounded in the actual world, it's also a matter of improving our dialogue among Gestalt therapists and colleagues of other modalities. One of the key moments of the seminar was the meeting with *Rolf Sandell*, researcher and psychoanalyst, that presented his phenomenological method of research, the CHAP: a moment of great dialogue, learning, contact and inspiration. I want to thank all the speakers for their gener-



ous contributions: Margherita Spagnuolo Lobb, Ken Evans, Peter Schulthess, Phil Brownell, Christine Stevens, Thomas Rihacek, Jan Roubal, Floriana Romano. Thanks a lot to Jan Roubal, Jelena Zeleskov-Djoric, Marga Berends that along with me organized the seminar.

We took a first step in this seminar and the next is to support the excitement that emerged. Some concrete proposals have been made: among others, some research projects will be coordinated on a European level, every EAGT member will receive an invitation to participate in them. Moreover, in order to make all the seminar's materials accessible we have video recorded all the speeches so they will be available to everybody in a couple of months.

I think that one crucial development and responsibility is to support not only the practitioners to do research, but also the training institutes to include research in the training programs. In the near future, the RC along with the TSC will support the awareness on this development by implementing research's requirements in our training standards.

Again on research, the EAGT has started a new editorial adventure: we are creating the *Gestalt Therapy Research Press*, a series of books on research that will be published by the EAGT. I want to thank and congratulate the editors: *Jan Roubal, Philip Brownell* and *Peter Schulthess*. They will be supported by a board of associated editors.

From the EAP side, The EAGT, as European Wide Organisation, has to be reaccredited every 7th year: I'm glad to announce that we were re-accredited last February in Vienna, without any recommendations or conditions and with the congratulations of the EAP board. Thank you to Jelena and Marga that along with me have prepared all the relevant documents! In Vienna we had also an expert meeting on specific competencies of dif-

ferent modalities. The EAGT is the first modality that has developed the draft of these competencies – the ones that are specific to a Gestalt therapist: we had a very good and respectful experience of dialogue with other modalities and I was very proud of the great job done by the EAGT PC&QS committee. Regarding this project, I invite all of you to download the document from our website and to send your feedback to *Beatrix Wimmer*, the chair of this committee.

Last March in Amsterdam, we had lively and fruitful meetings, with a very good atmosphere and many colleagues brought their energy and vision: thank you to all of you. The different bodies and officers are working with passion and commitment, you can read their reports below. We also had the pleasure, after one and a half years, of Marga's

company again!

The next EAGT meetings are planned in London, September 2014: thank you to the *United Kingdom Association* for Gestalt Practitioners (UKAGP) and to Jacqui Lichtenstern for organizing them and welcoming us!

Please, take note that in the next AGM there will be some vacancies to be voted. Furthermore, in London we will already know the decision of the AAGT about having a joint conference with the EAGT, organized by the Italian NOGT, in Italy, Taormina, Sept. 2016: an exciting project of meeting and learning from each other.

And finally, I want to thank my colleagues of the EC (we have already started working smoothly as a team, with the new entry of *Jack van Liesdonk* as treasurer), the GB and all people that are

supporting the spirit and the concrete work in the EAGT!

We are an international organization, a place where people from many Countries and cultures can dialogue, meet and grow. I'm aware how precious this international network is especially in this moment when some European Nations have such high tensions in their relationships. The HR&SR committee, representing our social-political commitment, one of the roots and horizons of our approach, is in contact with some Ukrainian colleagues in order to provide support in this difficult and traumatic situation. Hoping for the best!

Enjoy this spring and summer, I wish you some resting time and see you soon in London!

Gianni Francesetti

Report from the Treasurer

oday is *Liberation Day* in the Netherlands and I realize again how important it is to cooperate in Europe.

Conflicts always have a high cost. High costs for personal lives, for organizations and for countries. So I have the feeling that an investment in cooperation with other people is the best guarantee for happiness and for fulfilment of ideals and to provide the basic need of feeling save.

The EAGT is a complex organization to fulfil that need on a specific part of our professional lives. It is a challenge to keep the organization simple and open for contact. And our contact needs in investment on personal level and also on a financial level. Some of our members could not keep their promise for their yearly membership fee and I feel sorry for keeping our borders clear, and we had to end their membership. This



was done after searching for contact and asking more than one time to pay their membership fee. But it takes two to tango. In this way we lost some of our members this year.

On the other hand 76 EAGT mem-

bers experienced an interesting Seminar on Research, and because of the high number of participants this was also a financial healthy experiment. This encourages the EAGT to organize contacts in this way; maybe it is a new tool in the co-operation in the EAGT. I could not attend the Seminar and I have the feeling I missed something important.

The next AGM in September I will present an estimate on the EAGT budget for this year, and for the next year 2015. The estimate is a translation from plans to budgets in order to realize them. By making such an estimate we can be transparent in our plans, although we are not certain of what actually can be realized. The year 2013 had a small profit, especially in the 10% levy for HR&SR projects and other projects. The figures will be presented on the AGM in September.

Jack van Liesdonk



Letter from the secretary

ear friends,
It's always a big pleasure to
"paint" my report for our
newsletter. I came from a really exciting
event; "the Research Seminar" in Rome,
where a lot of you ask me about EAGT
and our procedures. With this in my
mind it means that "the curiosity" in
EAGT is increasing. Good! It's always
comfortable to show you what I have
done in this period for the EAGT. I felt
a good support from all of you in these
months, and I believe that there was an
interesting spread about EAGT.

I scrutinized about:

- **20 new applications** and **17** became ordinary members (*this means they meet EAGT criteria*),
- -1 re-registration (after every 5 years we have to improve our continuous education by sending in a total of 100 hour experience as Gestalt therapist divided as following: 20 hours supervision, 30 hours refresher courses and 50 hours of intervision);
- 2 supervisor applications, holders of the EAGT-certificate, ECP or ordinary member of an accredited NOGT; (Absolvent of a supervisors-training program which covers minimally 50 hours of teaching about supervision of psychotherapists and 25 hours of hypervision (supervision on supervision of real supervisees that the trainee meets in her/his own practice). If a supervisor has not passed a special supervisors training program, s/he has to have at least 8 years of experience as a Gestalt psychotherapist.)

During our last General Board (GB) meeting me and Jelena showed a really good presentation about the evolution of our newsletter. We are trying to create an evolution of the newsletter above all for young gestalt therapists. It's very important to create a space where everyone, belonging to the EAGT, could express her/his own creativity or thoughts. We would like to follow these points:

- 1) Create a space with a mailing list or Skype or chat between members of this group.
- 2) Analyze the newsletter and decide what to hold and what to leave.
 - 3) Afterwards, we could share within



the GB the things we discovered (length of our reports, images, headlines, where to put articles or report, number of articles or creative notes).

- 4) To hold a little part in the newsletter for what is happening in each country, books and events, and add an overview of what publications are coming from countries. Invite young people to write articles and make a creative space for a text, image, comment, movie comments, picture or own art.
- 5) Connect the Facebook page with our official newsletter for example "News from FB page". The NOGT should be responsible for support and encourage their members to create something about specific number or specific issue in this new creative section of the newsletter "Creative moments for..." or
- "Special issue dedicated to..."
- 6) Create a good bridge with the Research Committee and future books. Like "Corner for research or book overview...". Something that we will collect or develop with our newsletter and FB page could be bases for future development of our web site.

So if anyone in the General Board is interested s/he can start to think and join me, Jelena and Jan. I think that it should be necessary to do this because this could be a very important space where everyone belonging to EAGT could express her/his own creativity or thoughts. Until now there are five members. So we are ready to go on with this project and also available to ac-

cept someone else!

We have started up with the use of Facebook to reach more people and create a close connection with our website. It's really nice to put inside pictures of our meetings, seminars and to see that in real time a window is created between us. Until now we have about 500 contacts. Also here you could help us to share our FB page!!!

Again like in the previous newsletter, in the end, with a hope that this will be a useful thing for all of you, I would show you a list of reasons/advantages for becoming an EAGT member:

- 1) being present on the EAGT website as a therapist for those who has a quality education recognized by European standards;
- 2) we sign for free for our ordinary members the EWAO form in order to obtain the European Certificate for Psychotherapy (ECP);
- 3) being part of an international network of contacts;
- 4) being an active part in the development (and research) of the European Gestalt community;
- 5) being part of the committees and working groups of EAGT;
- 6) receiving every six months the EAGT Newsletter;
- 7) getting discounts at EAGT conferences:



I hope that the aforementioned can be helpful for you when someone asks: "Why becoming member of the EAGT?" I would answer them: "Because you could become more handsome" but I know it's not enough!!!

I wish to thank Marga and the executive committee for their help; I feel a lot the missing of Bas, a very special

and precious man (not only for a credit i colors. "The air like the only possibility i cardJ)! But I'm sure that he will be al- i to feel our body..." ways in touch with us!

er one of my pictures about flights and i reach me for my personal support in

Thank you very much for your at- ilife. I would like to share with you anoth- ! tention and you know how you can

everything it's possible. My best wishes to all of you for each moment in your

Michele Cannavo

Report from the Training Standards Committee

ear friends and colleagues, Each new issue of our Newsletter is an opportunity to look back, accomplishments, and set new goals.

Our committee has been very busy with re-accreditations of veteran institutes, accreditations of new ones, advising institutes that are starting to establish themselves. We are also supporting those struggling with odd local situations caused by discrepancies between EAGT's standards and their national requirements.

Personally, I find it interesting and challenging to face and learn the diversity of our field, especially now as it expands into Gestalt "virgin territory" mainly in Eastern Europe. The most challenging issue, as we perceive it, is raising awareness to and educating Gestalt practitioners for careful and responsible ethical conduct. This is, among other reasons, why I regard our close co-operation with the Ethics Committee as a vital asset, and why I am satisfied with the latest additions on Ethics to our core curriculum. I regard it as our statement, and as such also as our commitment.

Since the field is changing in many ways, it is time again to have a fresh look at the standards themselves. I view the standards, which were last revised in 2008, as a reflection of the transformation that we undergo in our professional lives as individual therapists and as a community.

When Fritz and his comrades first conceived the initial ideas, concepts, principles, skills, and techniques of Gestalt therapy they were self-declared rebels, challenging the orthodox canon and negating any rule that seemed to restrict freedom and spontaneity. While patients surely gained from this nonconformity, and dared to explore the notions of Choice, Self-autonomy, Free Will and



lack of restrictions - this liaise faire approach was also misused and abused by charlatans looking for shortcuts, giving Gestalt a bad name.

That is where the training standards came in aiming to regulate the too-widely-open boundaries of the way Gestalt was presented, taught and practiced, and to suggest a core body of knowledge that is an agreed basic embodiment of modern Gestalt Therapy. Some of you, veteran members, surely recall the heated discussions about almost every item of the standards - the number of required hours for each component of the standards, the inner division between personal/group therapy and supervision, etc.

At present we are facing the need to re-evaluate these same standards just as we re-evaluate every institute. This does not mean getting rid of what we have established. Rather we aim to adjust the standards to the current needs of the field, theoretical developments, and innovations that offer new possibilities.

So the TSC has taken on the mission of a thorough updating. To do so, we need your co-operation. Training, as you may well agree, is the labor through which a new therapist is born, and where s/he thrives to become a professional. That is why, in order to make our research relevant, we ask for all the feedback you can give about what should be added, altered, modified, and innovated in all aspects of training such as topics, skills, literature etc.).

In the near future we will send out a questionnaire to all institutes and ask you for comments regarding the state of the art as you see it, and as you hope to see it in the future.

On a more immediate, practical note: here are some amendments that we suggest to vote on at our next AGM (September 2014), they refer to:

A. RE-ACCREDITATION PROCESS

A. It has become too expensive, both in terms of price and time, to follow the procedure that includes a meeting with a representative of an institute with the TSC during the committees' bi-annual meetings. After experimenting with an alternative procedure for a year and a half and 7 re-accreditations done online (internet and Skype), we can now suggest this venue.

Here are the amendments that we propose (paragraph 4 on the re-accreditation procedure):

- 4. The expert makes a **short report** based on the documents and the dialogue with the institute recommending or not for the re-accreditation and passes it to the members of TSC for further questions/remarks. They can suggest recommendations or conditions.
- 5. The expert sets a skype meeting with the representative/s of the Institute, and where possible the representative of the NOGT where the institute runs training programs, and discusses with them the questions/remarks/recommendations of the TSC.

6. After the skype meeting, and based on its minutes, TSC makes a decision about the re-accreditation and, if necessary, put recommendations or conditions for it.

B. DEFINITION OF TRAINERS IN TRAINING PROGRAM STATUTES

7.1. A trainer is a Gestalt therapist with at least 5 years of experience as a Gestalt therapist.

He or she is an Ordinary Member of EAGT and holder of the EAGT-certificate.

7.2. A training program is led by at least 4 core trainers who are Ordinary Members of EAGT. They are together responsible for the quality of their program.

C. SKYPE SUPERVISION

Skype Supervision has become a reality that makes it possible for trainees to get regular supervision even if they reside in remote and/or secluded locations. There is some literature about this challenging development, and it's a hot topic also in the current discussions of EAP. Since we have been asked to approve of it we have discussed and explored the issue and came up with the following suggestion for regulations to be discussed and voted in our next AGM:

"Skype supervision can be one way of fulfilling the requirements of super-

vision. In general it is the responsibility of the institute to see to it that Skype supervision is applied in the most productive way. Here are the relevant guidelines:

- Skype supervision will not exceed 100 of the 150 required hours. The specific balance between non-virtual and virtual supervision will be tailored for each trainee according to his/her needs and possibilities.
- At least 20 meetings with the same supervisor can be recognized as a valid portion of supervision.
- It is recommended that each trainee experiences supervision with 2-3 supervisors.
- A minimal acquaintance between supervisee and supervisor is recommended prior to the beginning of the process.
- A clear contract will be agreed between supervisee and supervisor that will cover regular items such as: Frequency of meetings, fee, methods of payment, cancellation policy, mutual evaluation and feedback process, confidentiality and privacy regulations etc.

As for **Skype therapy** – we still look for literature and data, before addressing it and would welcome your thoughts and experience.

Last item on this report, and not at all the least:

On behalf of the committee, myself

and the whole community of EAGT, I would like to thank and bid farewell to Dr. Lidija Pecotic, a veteran on the TSC, who decided to retire after long, busy and fruitful years of contributing her experience and proficient knowledge. Lidija has supported the establishment of many training institutes and trained hundreds of Gestalt therapists throughout Europe. She was an accredited expert for EAP, so her expertise was appreciated outside of EAGT as well. Lidija worked with all chairs of TSC and knows something of the history and the evolving of our activity that served us as a ground for our work. Her assignments were always accomplished in a reliable, efficient and pleasant manner which gained her the respect that she deserves. Thank you, Lidija, for the years of investment in our community.

I also want to thank my colleagues Ester, Olaf, and Dick for our collaboration and the good spirits. It's a pleasure for me to work with you. And with Marga, who is really the heart and core of EAGT, the head and spirit, and much more.

Till we meet again, I wish you all a colorful spring and easy summer, and needless to say – we always welcome any contact and will do our best to answer and help.

Yours,

Nurith



6 ===== EAGT Newsletter #24

Letter from the NOGT officer



ear friends and colleagues,
Many positive things and nice
contacts happened in the last
few months within the field of NOGT's.
I would like to start with the two countries which are in the process of re-registration, Russia and Sweden.

We have started the re-registration process with Russian NOGT in December 2013 and with Sweden NOGT in February 2014 and hopefully during summer we will finalize this process for both countries. Moreover, as a NOGT officer I have had contacts with people from Slovakia and Croatia and I am sure that in the future we will have positive changes in these two countries with regard to the NOGT issue. Furthermore, one more country is very interested in officially establishing a NOGT, which is Malta and I am very happy about the situation in Malta having in mind that gestalt community there is very much present in the field of psychotherapy.

Also, Serbia is in the last phase of preparing the documents and will apply for becoming an Ordinary NOGT member during the summer. Poland and Spain are still in the process of becoming an OM NOGT, but until now the situation is the same as it was in December 2013. Besides, some changes occurred in the GB, we have some new representatives from several countries and I would like to welcome them again to the EAGT!

I would also like to highlight that for the first time in March 2014 in Amsterdam NOGT representatives had an informal meeting where they talked as well

as shared their experience and thoughts in their countries among each other. We agreed that this kind of event gives a good ground for NOGT's connection, so in the future we will continue with this activity.

With the awareness that I am writing this report while Research Seminar organized by the EAGT in Rome is taking place, I would like to express my thankfulness to all NOGT representatives for spreading the information about this important event for our community. Without your help and involvement I am sure that this event will not succeed!

Finally, I would like to inform you about my activities in the EAP as a Vice-President, where I am participating at the meetings together with Gianni. Firstly, in February in Vienna the EAGT became reaccredited by the EAP with all commendations as one of the very efficient organization. I was really very proud of belonging to the EAGT and happy that we developed in this way. Secondly, I was elected for a full member of the Membership Committee of the EAP, so now I am involved in three committees of the EAP which are ETSC, MC and RC. I am sure that together with Gianni's and Peter's involvement in the EAP we as an organization established very good position within the EAP as an umbrella organization for psychotherapy in Europe.

To finish this report and to wish you all a nice and unforgettable summer with the ones you love I found this poem by *Roy Croft*.

Looking forward to seeing all of you at the AGM and all other meetings in September in London!

Jelena Zeleskov Djoric, NOGT's officer, Vice-President

Love poem by Roy Croft

I love you Not only for what you are, But for what I am When I am with you.

I love you, Not only for what You have made of yourself,



But for what You are making of me.

I love you For the part of me That you bring out;

I love you
For putting your hand
Into my heaped-up heart
And passing over
All the foolish, weak things
That you can't help
Dimly seeing there,

And for drawing out Into the light All the beautiful belongings That no one else had looked Quite far enough to find.

I love you because you Are helping me to make Of the lumber of my life Not a tavern But a temple.

Out of the works Of my every day Not a reproach But a song.

I love you Because you have done More than any creed Could have done To make me good. And more than any fate Could have done To make me happy.

You have done it Without a touch, Without a word, Without a sign.

You have done it By being yourself. Perhaps that is what Being a friend means, After all. EAGT Newsletter #24 = 7

Letter from the Ethics Committee

Raising a question

ast month's EAGT Ethics Committee has been occupied with the codes of ethics of Minsk Gestalt Institute and ARGI, the Russian NOGT. Also we exchanged ideas with one of our French colleagues about designing a special code of ethics for GPO, and a lot of progress was made by our GPO-officer. I am sorry to say that our work has been delayed pretty much because of major personal circumstances of some of our members, but I am glad to say that our work was continued nevertheless.

Now I come to mention our subject for this Newsletter (not at all apart from our recent experiences):

A few years ago, in a personal conversation, a colleague brought up the following question: do we have a responsibility as Gestalt therapists to make arrangements in case we get ill? Or even and also: in case we die? What responsibility do we have here for our clients?

At that time I never had thought about this matter, but many years and many personal experiences later, I feel that this is something to be discussed. I remember my psycho-analytic therapist, becoming 65 and getting pensioned, decided not to accept patients anymore for psycho-analysis, since that almost always



takes a few years.

Let us state for a start, that all of us being clients or patients in regular health care, most probably expect that our doctors, therapists and dentists have made arrangement in case they get ill or die. Whether they work in a private practice or an organization, we do not expect to be victimized in situations like this, because as a client/patient we need to be sure that continuity of care is guaranteed.

Of course organizations cannot deny their responsibility here, but what about doctors and therapists in private practic-

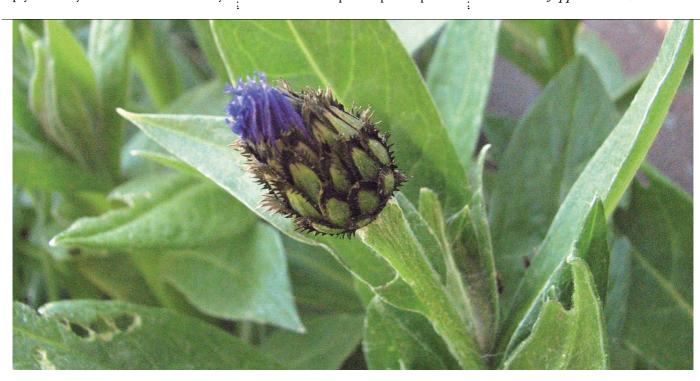
es? Being Gestalt therapists, we probably may be inclined to emphasize also the client's responsibility, as we seek a horizontal relationship. But we could state that the therapist in any case has to bring up this matter.

If we answer these questions with a yes, and probably we cannot do anything else, the next question could be: do we have to settle this kind of things in our code of ethics? For instance: do we need recommendations or articles that deal with therapists in private practices and urge them to arrange for illnesses and even death? Do we need to advice for older therapist not to start with new therapy? Another question: who will have access to our files when we get ill and will not be able to work for some time?

Discussing this matter by email we, members of EAGT Ethics Committee, concluded that it would be most helpful to learn from our colleagues what arrangements they have made already and/or which ones they want to make. And we will bring up this matter in our meetings.

On behalf of the members of our committee, *Beatrix Wimmer, Jan Roubal* and *Matteo Maria Bonani*,

Joppie Bakker, EEC chair

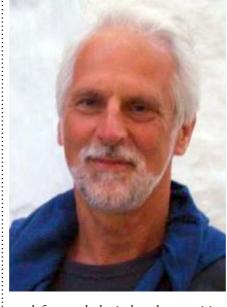


Report Human Rights and Social Responsibility Committee

all will remember the dramatic situation in Kiev, Ukraine, due to the brutal policy of Yanikovi's regime against the Maydon movement. Many people were killed, heavily wounded and traumatized by the loss of their relatives.

Our committee replied to a call from a Kiev' psychotherapist, through EAP, for support by psychotherapists with practical experience of work with PTSD and emotional disorders in traumatic situations. At the time of writing of this article we are in dialogue to go there and to explore the specific needs and what kind of psychological support we can offer as HR&SRc on behalf of EAGT.

We also received a call for support from Babel, a day care centre of tortured :



need for psychological and supervision refugees in Athens Greece. There is a big : for professionals and volunteers who

> are daily confronted with traumatized people, have lost their homeland, their families and properties, there identity. Burnout for social workers is a big risk.

> A pre-meeting has taken place already in Athens and we have planned to go there in autumn for training and supervision of professionals and volunteers.

> Joanna Kato brought this project in our awareness and we are very happy that she has become an active member of our group. Welcome, Joanna!

> These programs are in line with our intentions to support small local projects in countries where our

members are active in social political situations, outside the therapy room. Thanks to the social levy given by many of our members in the past two years we are able to carry out these programs. We are very grateful for your financial support to make these projects possible.

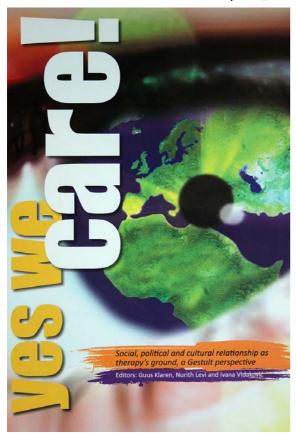
Our ideas of psychological support in a wider social political context are described in the edition of our book Yes we care!. We encourage you to order this book at our EAGT office for a better understanding of the principles of our

Bringing the social political dimension of Gestalt therapy in the awareness of Training Institutes and Gestalt therapists is one of the objectives of our committee. Our above mentioned book is one of the ways to do this. In workshops and lectures we want to go in dialogue about this issue. We will be present with a workshop and lecture at the World Congress for Psychotherapy in Durban, South Africa, end of August and the one day conference of UKAGP in London in September, the day after the AGM in London.

I want to thank all members of our committee (Nurith Levy, Dieter Bongers, Peter Schulthess, Michela Gecele, Ivana Vidakovic, Joanna Kato, and Ken Evans) for their inspiring, friendly and effective cooperation and all EAGT members who contributed financially and with fruitful suggestions for our work.

Wish you a sunny and peaceful summer!

> Guus Klaren, Chair Human Rights and Social Responsibility Committee



Yes we care! social, political and cultural relationship as therapy's ground, a Gestalt perspective (162 pages), book price (€ 20,-) + shipping costs are:

for The Netherlands € 23,- | for Europe € 28,64 | for all other countries € 29,-

The book is available by sending an email to the office manager of EAGT eagtoffice@planet.nl indicating the number of copies, your name and shipping address. After receipt of your payment (which can be done by bank transfer or through PayPal which is linked to our website www.eagt.org/membership.htm) we will send you the book(s).

Letter from Chair GPO committee

y dear friends and colleagues, we are happy to announce that we have five new members from Belgium and we will accredit another five practitioners in June in Paris.

Furthermore we have a group of practitioners who are attending the Gestalt in organizations program in Italy, who also would like to go for GPO membership.

It is not going in a stormy way, but still there is progress and like Perls famous saying: we cannot push the river or at least it does not make much sense, to do it.

However, we do continue to make people enthusiast by spreading information, connecting to institutes and trainees and by being in touch with other: was invited and elected for the Executive networks.

As we wrote before, we are also in touch with the ICF, but unfortunately, somehow, we get stuck somewhere in the pipeline.



are now approaching them through other channels.

I am also happy to tell you, that I committee of the INTAGIO network. As you maybe remember, this is another international network for practitioners, who work with gestalt in organizations.

My goal is that by being the chair of Still, we are optimistic, because we the GPO committee and being member

of the EC of this network, it will be possible to cooperate with each other and hopefully also inspire each other and operate in a complementary way.

Finally, I'd like to mention that in cooperation with the ethical committee of the EAGT and the French Association for Gestalt Coaches, we are going to develop an ethical code for Gestalt Practitioners in Organizations. We will use the ethical code of the EAGT for Gestalt Therapists and transform it into a code for coaches and consultants. We will keep you informed about the progress.

If you have any questions regarding the GPO membership, or if you are interested in joining us, please go to the website of the EAGT or contact the office manager of the EAGT (eagtoffice@ planet.nl).

We wish you a wonderful spring and summer and hope to meet you in one of our gatherings.

> On behalf of the GPO committee, Frans Meulmeester Chair



'ENRICHING OUR COMMUNITY' UKAGP 2014 CONFERENCE & PRE-CONFERENCE EVENING SOCIAL

A UNIQUE GESTALT EVENT OPEN TO ALL

AT THE WESLEY, EUSTON, LONDON, THE UK'S FIRST ETHICAL HOTEL 7PM SAT 20TH - 5PM SUN 21ST SEPTEMBER 2014

> Early bird rates for tickets and hotels until 1st July Special trainee discounts until 30th August

•We are delighted to welcome members of the European Association for Gestalt Therapy (EAGT) to London, and have grasped this unique opportunity for our communities to meet by organising a dinner and social event, followed by our one day conference. All inclusive tickets start at £105.

•We have negotiated special accommodation rates for delegates at selected venues. Details are on eventbrite and our website, or contact our administrator, Natasha Wilson, with any queries.

•UKAGP is the UK's National Organisation for Gestalt Therapy (NOGT), an independent umbrella organisation representing Gestalt therapy in the UK.

tickets eventbrite.co.uk - join us ukagp.org.uk - queries to Natasha Wilson admin@ukagp.org.uk

Report from the EAGT Research Committee

ear colleagues, I am writing this report to you just after the Educational seminar on research in Gestalt therapy in **Rome**. I am very happy to let you know that 76 participants from 25 countries came to learn research methods and share a common interest in establishing a research tradition in Gestalt therapy. It seems confirmed now that there is a growing shared need of research among Gestalt practitioners. Participants of the Rome seminar could taste a number of qualitative and quantitative research methods and some promising research projects are starting from this input. The EAGT Research committee will serve as a coordinating centre for these further research projects.

Gestalt practitioners, who could not attend Rome seminar and are interested in research can also join these research activities (please ask me for details on jan.roubal.cz@gmail.com). The video recordings of the Rome seminar presentations will be later on available at EAGT Research committee web page (within EAGT web page).

One year ago I have reported here about a successful Gestalt Research Conference in Cape Cod. There will be



a continuation of this tradition in 2015 and 2017. The first conference, co-organized by *Phil Brownell* and *Joe Melnick* is called **The Challenge of Establishing a Research Tradition for Gestalt Therapy, Part Two** and will take place in *Gestalt International Study Center*, Wellfleet, MA, USA (May 27-30, 2015). Two world leading psychotherapy researchers will be there as mentors-in-residence: *Leslie Greenberg* and *Scott Churchill*. The second conference is planned for 2017 and will take place in Paris.

I want to thank EAGT General board to agree to support financially (using the voluntary levy) one another Research committee activity, which is Gestalt **Research Press**. The aim of this project is to publish books about research in Gestalt therapy. Gestalt Research Press has three editors: Phil Brownell (who is the initiator of this project and whom I want to welcome to the position of a scientific board member of the EAGT Research committee), Peter Schulthess and Jan Roubal. Some other Research committee members are in position of associate editors. We are planning to publish a book consisting of a wide range of contributions from research conferences with a working title Towards a Research Tradition in Gestalt Therapy and also to translate into English an important Uwe Stumpfel's book overview of research already done in Gestalt therapy.

I would like to encourage Gestalt therapists to take part in the **Conference of Society for Psychotherapy Research** in Copenhagen, Denmark, in June 25-28, 2014 (http://www.spr2014.com/).

Warm regards,

Jan Roubal Chair of EAGT Research Committee



"76 participants from 25 countries came to learn research methods and share a common interest in establishing a research tradition in Gestalt therapy".

Report from the PC&QS Committee

ear colleagues, once more I want to draw your attention to our project of describing professional competences for psychotherapists of all modalities and for our modality *Special Competences of Gestalt therapists*. Our committee has prepared an extensive document trying to cover as detailed as possible what we are doing and rooting this well in our relational and phenomenological ground.

Luckily quite a number of colleagues from other countries have volunteered to translate the document from English into their own languages and these translations will be soon available on our website within the download area.

What we are now currently discussing is in what way our community could make best use of this document and how to use it as a kind of self-assessment tool for any colleague, as a means of supporting and monitoring a training process for students as well as for tainers, and as a presentation of Gestalt to the public.

Our experience with that document so far is that at the latest EAP meeting in Vienna in February 2014 discussing and presenting the specialist competences of different modalities, starting with domain 2 about the therapeutic relationship, our group of Gestalt therapists was



the first to present a written description of what we can do and actually are doing and understanding speaking of the therapeutic relationship. We got quite some positive feedback on that from our colleagues around EAP, who showed some interest in what Gestalt has brought forward. Additionally to that the topic of professional competences is finding growing interest in the field of psychotherapy research, as they seem to be important to ensure good outcome results and give psychotherapy a better standing

within health services across Europe.

Lately not only the EAGT research conference has taken place in Rome, gathering a lot of interested colleagues around the topic of research, I am sure Jan Roubal will report about that. Another research conference on adverse effects of psychotherapy hosted by the School of Health and Related Research of the University of Sheffield/UK (ScHaRR) also highlighted the topic of professional competences. Describing and finding ways of measuring them has been identified important for further development and not at least politically supporting our profession! I reckon in any of your countries there are different development to the psychotherapeutic profession, but what might be similar for us here, is that the development goes toward professionalizing and this document is a step into that direction originating from our own community and meant to support Gestalt therapy to be seen and recognized by the public!

We are aware of how delicate this topic is and support a phenomenological and relational stance in this discussion and are interested in you feedback and ideas about this!

Beatrix Wimmer Chair PC&QS Committee



Reports from European Countries

AUSTRIA

Beatrix Wimmer, OEVG (Austrian Association for Gestalt therapy)

ear colleagues, So, what's going on in Austria? As mentioned before we are glad to connect with our colleagues in Bratislava, capital of Slovakia, our closest neighbouring country from Vienna. In February 2014 we were hosting a joint meeting in Vienna together with our colleagues from SAGT (Slovakian Association for Gestalt Therapy) to welcome EAGT representatives Gianni Francesetti and Jelena Zeleskov-Djoric in Vienna, they were also accompanied by Peter Schulthess, former EAGT president. Our aim was to support a platform where our colleagues can get in contact with the EAGT and get a picture of what is going on in our international organisation. We are glad that two of our colleagues from Bratislava took the opportunity to come to Vienna, and had quite a few interested colleagues from Vienna. Jelena presented the latest version of a video about EAGT and we had an informal talk about EAGT, it's structure, criteria regarding training, memberhip etc.

Another important upcoming this month prepared by an international team of Austrian, German and Swiss Gestalt Therapists is the 4th Gestalt conference of German-speaking countries. It's topic is: "Gestalt Therapy – Fascination and Effectiveness in Challenging Times". This conference will be held in May, 2014 in Kassel, Germany. More information about that you can find at: www.gestalttherapie-tagung-2014.de

The process of translating the recently published book on psychopathology "Gestalt Therapy in Clinical Practice. From Psychopathology to the Aesthetics of Contact" edited by Gianni Francesetti, Michela Gecele and Jan Roubal into German within a cooperation between DVG and OEVG supported also by FSIGT is coming to an end. Now the process of proof-reading and publishing sets in, thanks to our colleagues from DVG. The publishing date is not yet set,

we will let you know asap.

Regarding our program on continuing training we are very glad to welcome Jan Roubal in November 2014 in Vienna for a workshop on "Gestalt Psychopathology: Depression". Yet another possibility to connect with the international Gestalt crowd and bringing the international Gestalt world to our country as we have news that our colleagues from Slovakia will be part of that seminar held in Czech and German language.

Coming up in June, there will be the traditional OEVG outing day with hopefully a lot of friends and colleagues to hike in the wonderful landscape south of Vienna.

With the best wishes for a very enjoyable spring and summer, 2014!

GERMANY

Veronica Klingemann President of the DVG

Germany is looking forward to meet the German-speaking Gestaltist at the DACH (Germany, Austria, and Switzerland) conference in Kassel. We shall have the possibility to experience and be part of: "Gestalttherapy, fascination and effectiveness in challenging times" from 30th of May until the 1st of June (www.gestalttherapie-tagung-2014.de).

The small DVG exhibition about the German life of Fritz and Laura Perls, which was presented at the EAGT conference in Berlin 2010 found a new home in Pforzheim, the native city of Laura Perls on the occasion of renaming a center of mental health in "center of mental health- Lore Perls".

The opening ceremony developed into a real gestalt oriented event, although there were only two professional gestalt therapists. Different speakers: representatives of the City, the Jewish community, her former school, the German NOGT, etc. shared a phenomenological view putting together an image of Laura Perls from very different aspects. A really gestalt oriented way of

remembering together. We were looking at the field (Pforzheim and her family, a girl on a gymnasium for boys) exploring Laura Perls ways of relationship and all of us looking at that, in the here and now. The present director of her former school searched the basement and discovered records about her last exams (she was very good in Latin..). Norbert Pöhm, gestalt therapist from Pforzheim invited her to work in her birthplace and accompanied Laura Perls during her last days. He gave us an idea of the special dialogic style of Laura Perls and his experiences with Laura. The political representatives of the city got an idea of a very special person who was until then not that present in her native city and if at all she was known as a psychoanalyst not as a founder of Gestalt, so it's still a lot of ground work to be done in her hometown.

And I spoke about Gestalttherapy and the German NOGT DVG (and the distance Laura Perls had to standards and schooling forms of learning Gestalt...) and especially the remembrance work of the DVG in the last years, the movie Lore Perls, the exhibition, the memorial for Fritz Perls in Berlin. (special thanks to Christof Weber former representative of the German NOGT in the General Board of the EAGT: he was the driving force for these projects.)

The organisation running the "Center of mental health Lore Perls" (www.bw-lv.de) in Pforzheim published a little brochure of this opening and there is the idea to prepare an English version as well. We are sure that the city of Pforzheim is now much more aware about their famous daughter and will continue the remembrance work and hopefully realize her development from psychoanalytic to the founding of Gestalttherapy (Gestalttherapy is often forgotten in Pforzheim this reflects the situation of psychotherapy in Germany.)

In September 2014 the "Association of Humanistic Psychotherapy" (www. aghpt.de) AGHPT will host the second conference in Berlin: "The disease of the time: Depression up-dated outlook of

humanistic Psychotherapy". The DVG is founding member and together with the organisations of person-centered Psychotherapy, Psychodrama, Body therapy etc. we are working to be an accepted part of the public HealthCare system in Germany.

During the last year we had intensive discussions in the gestalt community about the present understanding of aggressions and the identity of Gestalt-therapy today. Our Journal "Gestalttherapie" is an exciting forum for this.

Beatrix Wimmer presented the EAGT work of the professional competencies and standards in the last issue.

And with this impression from the German NOGT I wish you a wonderful summer.

HUNGARY

Ilona Erős HUG

he board and members of *Hungarian Gestalt Association* (*HUG*) are happy to be a newborn NOGT. Our representative is *Ilona Erős*, who is one of the funders and was the first chair of HUG.

We have about one hundred members, and several hundred people on the Newsletter email-list. This year HUG finishes the second Gestalt therapy training group, and already started the third one. These last two have been organized with the professional contribution of the Norwegian Gestalt Institute.

Recently there was a workshop on chaos and order, facilitated by Talia bar-Yoseph, and in May there will be another workshop on shame, this will be facilitated by *Jay Levine*.

ITALY

Matteo Maria Bonani SIPG

ear Friends, In Italy, you know, there is a lot of energy during the spring; storm and sun give power each other, so it happens in the Gestalt field of the Italian N.O.G.T., the S.I.P.G.

I want to share with you just five big issues where the Italian Society of Gestalt Psychotherapy is deeply involved:

- 1) The expert meeting "RESEARCH IN GESTALT THERAPY, Educational seminar introducing, research methods to Gestalt practitioners (Rome, May, 2nd—4th, 2014)". Jan Roubal as chair of the research committee explained to us what does it means for all of us during the last General Board in Amsterdam. It is really a wonderful occasion for Gestalt practice and theory to be involved in the scientific world and so on in the academic ground.
- 2) The research project "CORE-OM, (Clinical Outcome for Routine Evaluation),", coordinated by Silvia Tosi and Roberta La Rosa, that's an evaluation of the results already versatile and widely used in England in both the public service and in private practice, used by various therapeutic approaches to measure the effectiveness of psychotherapy (Stevens et al., 2011). A presentation of the first results of this evidence based's method will be done in Rome during the expert meeting.
- 3) Another effort that S.I.P.G. is carrying on in this time is the dialogue with F.I.S.I.G., the Italian Federation of the Gestalt Institutes and Schools; we want

to enlarge the representativeness of Italian Gestalt therapists in Europe.

- 4) There are ready the proceedings of the third SIPG's conference, "Pain and Beauty. From psychopathology to the aesthetics of the contact", that has been held in Palermo, December 9th –11th, 2011. Inside there are many contributions, one by Gianni Francesetti and another by Frank Staemmler, also the majority of the Italian directors of Gestalt Training Institutes participated and wrote on.
- 5) At the end, but just for the special taste it has, I want to share with you the next N.A.O.'s conference by F.I.A.P. Riva del Garda, Trento, from 2th to 4th of October 2014.



The emergence of the self in psychotherapy

Neuroscience, psychopathology and phenomenology of the self. A pre-conference workshop will be held by Antonio Damasio.

S.I.P.G. is very well represented in to, with Gianni Francesetti as President of F.I.A.P., but also in the organizing committee, with Margherita Spagnuolo Lobb, Elena Guerri, Roberta La Rosa, Monica Bronzini.

So, with this news from Italy I wish you a nice spring time,

Warmly,

Matteo Maria Bonani



EAGT Membership

New Members from December 20, 2013

Tea Gogotishvili	Georgia	AM
Dimitri Nadirashvili	Georgia	AM
Ria Gollcher	Malta	OM
Marie-Veronique Clancy	France	OM
Anica Dudvarski	Serbia	OM
Stefan Berzel	Germany	OM
Daria Klein-Schmidt	Poland	OM
Avi Goren-Bar	Israel	OM
Hermance Verloop-de Vos van Steenwijk	Switzerland	OM
Ingvild Hakkaart	The Netherlands	OM
Theo van der Berg	The Netherlands	OM
Poul Jákup Thomsen	Faroe Islands	OM
Alan Medić	Croatia	OM
Beata Reinfeldt	Austria	OM
Ana Čović	Croatia	OM
David Rosenfelder	Israel	OM
Boris Nikiforov	Russia	AM
Guido Mazzucco	Italy	OM
Ivana Ćelić Vukić	Croatia	OM
Brigitte Holzinger	Austria	OM
Alexandra Gimpiriti	Greece	OM
Amalia Kapoulea	Greece	OM
Ioanna Koutsopoulou	Greece	OM
Sotiris Zabaras	Greece	AM
Annemieke van Mulligen-Bakker	The Netherlands	OM
Ethel van Wageningen-van Hendriks	The Netherlands	OM

Hilde Claes	Belgium	OM
Mira Dezuttere	Belgium	OM
Eline Dhaenens	Belgium	OM

New GPO Members

Sara Hendrick	Belgium
Lieven Godderis	Belgium
Annemie Celis	Belgium
Dirk Clement	Belgium
Marianne De Wulf	Belgium

Altered membership status

(from AM to OM – individuals & organizations)

Kinga Safrany	Hungary
Andrea McCabe	The Netherlands

New Membership Training Institute

Association of personality-oriented psychotherapists (APP)/Minsk Gestalt Institute (MiGI) AM

New accredited Supervisors

Daria Kleina-Schmidt	Poland
Barbara Pompe-Gelissen	The Netherlands

Abbreviations explained:

 $OM = Ordinary\ Membership\ (formerly\ called\ full\ membership)$ $AM = Associate\ Membership$ $GPO = Gestalt\ Practitioner\ in\ Organisations$



EAGT Newsletter #24 = 15

Agenda AGM

Dear EAGT member,

On behalf of the General Board I invite you to the *Annual General Meeting* for Members. This meeting will be held on **September 20**th, **2014** from **13:30** till **17:30** hours. *Location:* **Hotel The Wesley, 81-103 Euston Street, NW1 2EZ, London.**

Hereafter follows the agenda:

- 1. Welcome.
- 2. Minutes of last meeting (Krakow)*.
- 3. Matters arising.
- 4. Reports of:
 - a. President;
 - b. External Relations & NOGT's officer;
 - c. Treasurer;
 - d. Secretary;
 - e. Chair of TSC;
 - f. Chair GPO;
- 5. Reports from Committees:
 - a. Ethics committee;
 - b. Human Rights & Social Responsibility (HS&SR);
 - c. Education & Children;
 - d. Professional Competencs &Qualitative Standards (PC&QS) committee;
 - e. Research Committee;
 - f. Complaint committee.

6. Voting on:

- Double memberships (GT&GPO);
- Change in accrediting Individual members (recommendation letters);
- Changes in bylaws*;
- Procedure for approval projects;
- Profit coming from projects;
- Changes TS paper*;
- Election member of Complaints committees;
- Election of TSC membera;
- Election of GPO Committee members;
- Re-election of 2 members of Ethics committee;
- 7. All other business.
- 8. Date and place of next AGM (September 26th, 2015, Taormina, Sicily)

We look forward to meeting you in London! With best wishes, Marga Berends

Office Manager on behalf of the Executive Committee

Note: The documentation on the topics marked with * can soon be downloaded from our website, www.eagt.org/bulletin_board.htm. If you will attend the AGM we request you to print and bring the attachments with you. We appreciate your cooperation!





Vacancy for a member of the Training Standards committee:

Function profile Training Standards committee member:

The post of a member for the Training Standards committee will fall vacant during the Annual

General Meeting which will be held in London on September 20th, 2014. This vacancy concerns a voluntary job.

The Training Standards officer is responsible for the coordination and handling of accrediting and re- accrediting Training Institutes and other tasks related to the EAGT training standards paper and procedure and implements EAGT policy regarding on dealing with members/ organizations reactions in the organization.

Profile:

- s/he is willing to be working following our training standards paper, bylaws and statutes;
- s/he obtained experience through training and/or experience;

s/he is precise and accurate;
s/he has good verbal and written
communication skills;

s/he has an upright personality; s/he is an ordinary member of EAGT.

Tasks and competences of EAGT committee members:

- It is expected that committee members stay at least for a period of 3 years, to give to the committee continuity, but with a maximum 9 years;
- It is expected that committee members are active participants of the 'Think Tank' function of the committee s/he is seated in;
- Informs him/herself by reading all EAGT information there is and especially our training standards paper;
- Is actively involved in collaboratively mapping out policy and executing the training standards paper;

- Is informed of developments in the field of Gestalt therapy and/or GPO at national level as well to content as to politics;
- Is the 'face' of EAGT;
- Promotes EAGT to gestalt therapists and inspires them to become a member of EAGT;
- Is an ordinary member of EAGT.

We offer you:

A dynamic environment;
A possibility to enlarge your network;

Information:

Detailed information can be found in our ethical code which can be downloaded from our website through this link: www.eagt.org/downloads.htm

If you are interested you can send your motivation and CV together with 2 recommendations of 2 EAGT ordinary members – before August 30th – to eagtoffice@planet.nl

Candidacy for the Training Standards Committee



I'd like to present my candidacy and motivation for the Training Standard Committee:

I was born in Milano in 1965 where I live. I graduated in Psychology at the *University of Padova* in 1989 and in Gestalt Therapy at the *Societa' Italiana di*

Gestalt in Rome, 1998.

I'm a full member of the SIPG (Italian NOGT) and I'm chairing the Lombardia's group of the association and co-chairing the Italian research in Gestalt therapy with the CORE-OM.

I collaborate with the *Istituto di Gestalt HCC* Italy on different levels: I organize trainings and seminars, I'm a trainer, I do research and participate in a project of accessible clinical practice I have been working as a Gestalt therapist in private practice with individuals, couples, families and groups since 1998.

From 1999 to 2013 I worked in the *Public Health Service* in Milano, especially with children, adolescents and families.

The last two years I participated in an International Training on Gestalt Therapy approach to Psychopathology organized by Istituto di Gestalt HCC Italy, and I met a lot of colleagues belonging to the EAGT and I started to became more and more interested to be involved in this international community. In May I attended the Rome Seminar on Research and I enjoy a lot not only to learn about different methodologies but also the feeling of being part of this international network. My background as a psychotherapist and trainer involved in a training institute and my wish to experience more the EAGT life convinced me to apply for this candidacy. I'm very interested to work on the issues related to the training standards in Gestalt Therapy and to collaborate with colleagues coming from different part of the world.and to enjoy to belong to this community.

Milano, 15th May 2014

Silvia Tosi

Vacancy for a member of the Complaints committee:

Function profile Complaints committee member:

The post of a member for the Complaints committee will fall vacant during the Annual General Meeting which will be held in London on September 20th, 2014. This vacancy concerns a voluntary job.

The complaints officer is responsible for the coordination and handling of complaints and other comments related to the EAGT ethical code and complaints and appeals procedure and implement EAGT policy regarding on dealing with member/client reactions in the organization. The complaints officer will work closely together with the ethics committee member when needed.

Profile:

- s/he handles complaints (settling, collecting, recording and report-ing);
- s/he translates the complaints and appeals policy into procedures and requirements;
- s/he notices bottlenecks with respect to the complaint process;

- s/he obtained experience through training and/or experience;
- s/he has knowledge in the field of complaints reception, complaints mediation and complaints handling;
- s/he is precise and accurate;
- s/he has good verbal and written communication skills;
- s/he has empathy and diplomatic action to bridge opposing interests;
- s/he has an upright personality;
- s/he is an ordinary member of EAGT.

Tasks and competences of EAGT committee members:

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- It is expected that committee members are active participants of the 'Think Tank' function of the committee s/he is seated in;
- Informs him/herself by reading all EAGT information there is and especially our training standards paper;

- Is actively involved in collaboratively mapping out policy and executing the training standards paper;
- Is informed of developments in the field of Gestalt therapy and/or GPO at national level as well to content as to politics;
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Abbreviations in the whole newsletter explained

AGM	= Annual General Meeting	HR&SR	= Human Rights & Social Responsibility
AM	= Associate Member	IM	= Individual Member
CM	= Cooperative Member	NOGT	= National Organizations for Gestalt Therapy
CoC	= Chamber of Commerce	OM	= Ordinary Member
EAP	= European Association for Psychotherapy	OrM	= Organizational Member
EC	= Executive Committee	PC&QS	= Professional Competences
GB	= General Board (Executive Committee and		& Qualitative Standards
	Representatives of European NOGT members)	EEC	= EAGT Ethics Committee
GPO	= Gestalt Practitioner in Organizations	TSC	= Training Standards Committee
		1	Č

Vacancy for a member of the Gestalt Practitioners in Organizations (GPO) committee:

Function profile Gestalt Practitioners in Organizations committee member:

The post of a member for the Gestalt in Organizations committee will fall vacant during the Annual

General Meeting which will be held in London on September 20th, 2014. This vacancy concerns a voluntary job.

The Gestalt Practitioner in Organizations officer is responsible for the coordination and handling of authorizing GPO Training Institutes, Certifying GPO Individual members and other tasks related to the EAGT training standards paper and procedure and implements EAGT policy regarding on dealing with members/organizations reactions in the organization.

Profile:

s/he is willing to be working following our Gestalt Practitioner in Organizations handbook, bylaws and statutes; s/he obtained experience through
 training and / or experience;

s/he is precise and accurate;

s/he has good verbal and written communication skills;

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European Association for Gestalt Therapy

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