



## GESTALT FOUNDATION 20-YEAR ANNIVERSARY CELEBRATION

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From May 17-20, 2018, the 20th four-day Gestalt psychotherapy residential, organised by the Gestalt Foundation, was held at the Valis Resort Hotel, in Agria, Volos. This four-day stay was particularly important for our centre because it coincided with the 20th anniversary of its foundation.

The theme of the four-day course, on this occasion, could not be anything other than «Commitment». Commitment to education, commitment to growth, commitment to Gestalt psychotherapy!

The official guest of this event was Dr Nurith Levi, from Israel, who was one of the first collaborators of the centre and a great trainer! Both the trainees and the team of professionals had the opportunity to work with her and

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### IANOS ΑΛΥΣΙΔΑ ΠΟΛΙΤΙΣΜΟΥ

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**20th 4-DAY RESIDENTIAL OF GESTALT  
PSYCHOTHERAPY**  
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**ANNIVERSARY OPEN DAYS**  
page 13

1998-2018  
20 years ...  
Action, faith, commitment and presence in the world of psychotherapy in Greece, through education, clinical practise, volunteering in the community, intervention on a personal and

collective level.

We celebrated all this and we honoured the previous year in Larissa, Thessaloniki and Athens.

The deep felt gratitude we have towards colleagues, trainees, graduates, agencies and friends is hardly enough.

To move forward together for the next 20 years constitutes hope, commitment and joy. And as my dad used to say, "and here's to more in good health".



**Katia Chatzilakou**

M.Sc. Social and Clinical Psychology, Gestalt Psychotherapist, Trainer and Supervisor, member of EAGT (Ex-Chair of NOGT and External Relation of EAGT), Holder of ECP (European Certificate of Psychotherapy). Founder Member of the Gestalt Foundation, psychotherapy and training centre. Founder member of HAGT (Hellenic Association for Gestalt Therapy)

## LAUNCH OF A SUPERVISORY TRAINING PROGRAMME IN THESSALONIKI



Supervision offers «space» and «time» for feedback, orientation, support, enquiry and guidance for the therapist, both on a theoretical and a practical level. As part of its 20th anniversary celebration, the Gestalt Foundation has launched, in Thessaloniki, a two-year supervision training course open to Gestalt therapists as well as therapists of other modalities. The theoretical principles are taught in five 3-day training sessions which constitute 75 hours of theory and methodology and 45 hours of hypervision.

The facilitators of the programme are distinguished Gestalt psychotherapists from abroad, with vast experience and expertise in the subject, (N. Levi N., J. Hewit - Evans., S. Denham - Vaughan), as well as the founding members of the Gestalt Foundation: D. Balliou, K.Hatzilakou., A. Konstantinou., Y. Yiamarelou. The training programme is conducted in English at the offices of the Gestalt Foundation in Thessaloniki (2nd floor, 109 Mitropoleos Street).

### BEST SELLERS 2019

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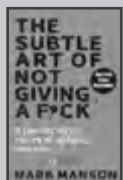


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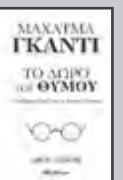
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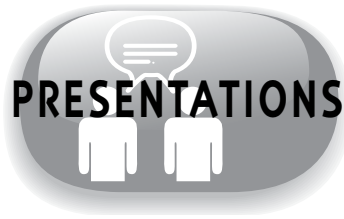
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ΔΕΚΑ ΛΕΠΤΑ...  
ΑΠΤΟ ΤΗΝ ΕΥΤΥΧΙΑ

## ΙΑΝΟΣ

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## ...at the Iano Cultural Chain

Feedback on **Y. Yiannarelou's** presentation entitled **"The Beauty of Words"** which took place in Athens on 11/01/2018.

Thursday evening at Iano with Elena. The aim of the presentation is to explore the meaning of Greek words. From Plato to Aristotle to Elytis, but also the Gestalt approach to psychotherapy.



A journey into the past with 'Captain Yianna'.

Words belong to the field and they become figurative when we understand and name what we are feeling and thinking. Their magic lies in the fact

that not only do they have the power to ground us but also to inspire us. They reduce the distance between us and help us come in contact with each other. And in some way this is how we have gone from the house to the city. From speech to dialogue. From the individual to society.

Leaving Iano, the phrases from Yianna's presentation had become lyrics in my head:

The words in the ancient theatres, when they are empty,  
Shatter on the stones  
And create an echo.  
But it's like they fill people  
Words wandering between bodies  
Exploring invisible worlds  
Of meanings and feelings  
And creating sound.

P.S. Yianna, thank you for the "freedom" that has connected us over these last four years...

**Fotini Pandazatou**, Psychologist, Psychotherapist and Gestalt Foundation graduate.

Feedback on **A. Vayia's** presentation entitled **"A different Kind of Responsibility"**, which took place in Athens on 15/03/2018.

Thursday evening, and once again the centre of Athens has been immobilized. But my need to be at the presentation "A Different Kind of Responsibility" spurs me on. Taking responsibility for my choice, allowing myself to be influenced, I am rewarded.

Starting out on the 'journey' we all write down on a piece of paper the words which dominate our lives "I am responsible for ..." with each of us then completing the sentence.

Based on what is shared in the group most of us feel

"responsible for the rearing of our children (23 years old)."

"responsible for the welfare of our parents."

"I'm not responsible for the pressure I have from my parents."

Anger, guilt, fear, introjections emerge. I've kept a few specific expressions which I carry with me because they resonate with me;

"I defined him as creator and user of my emotions."

"When I don't take responsibility for my own experiences, I don't have energy and I go into the role of the victim."

"I take responsibility, not by controlling others nor expecting others to ease my suffering."

After the theoretical, experiential analysis that provokes a lot of thought, suddenly the spotlight turns to illuminate the 'I'. The subject:

What I should be responsible for

What others want me to be responsible for

What I want to be responsible for

What I am responsible for

And then the words of Kazantzakis come to mind

"Love responsibility, say Me and only Me".



A sense of loneliness creeps in, I feel the weight of personal responsibility ... and along comes the speaker to expel my thoughts by presenting a short animation movie. The story is about how each individual accepts their personal responsibility and by uniting in their individual responsibility, they can salvage the 'we'.

I thank you Vayia Aryiro for this wonderful journey. A journey through a forest of wonderful scents, colours, with your warm, steady voice as a guide to help us face the fear or the anger that emerged when we got stuck on the dark, troublesome steps of our thoughts.

A very constructive meeting!

"I am responsible for my own happiness!"

**Nana Velali**



Feedback on **M. Mavridou's** presentation entitled **"All About Mother: when art is taught by life and informs psychotherapy"** which took place in Thessaloniki, on 16th November 2018.

#### Mother Protagonist

The mother in movies. Motherhood in art. In Klimt, Picasso, in Chagall. Woman, the maternal embrace, the affection and care, beauty and the different viewpoints in paintings with different qualities highlighted in each one. The encounter had an aesthetic feel. Just like all encounters have. With tenderness and beauty. And one central protagonist. The mother. 'Everything for my mother' Almodobar wrote, and she- the mother – was present all around the venue that evening.

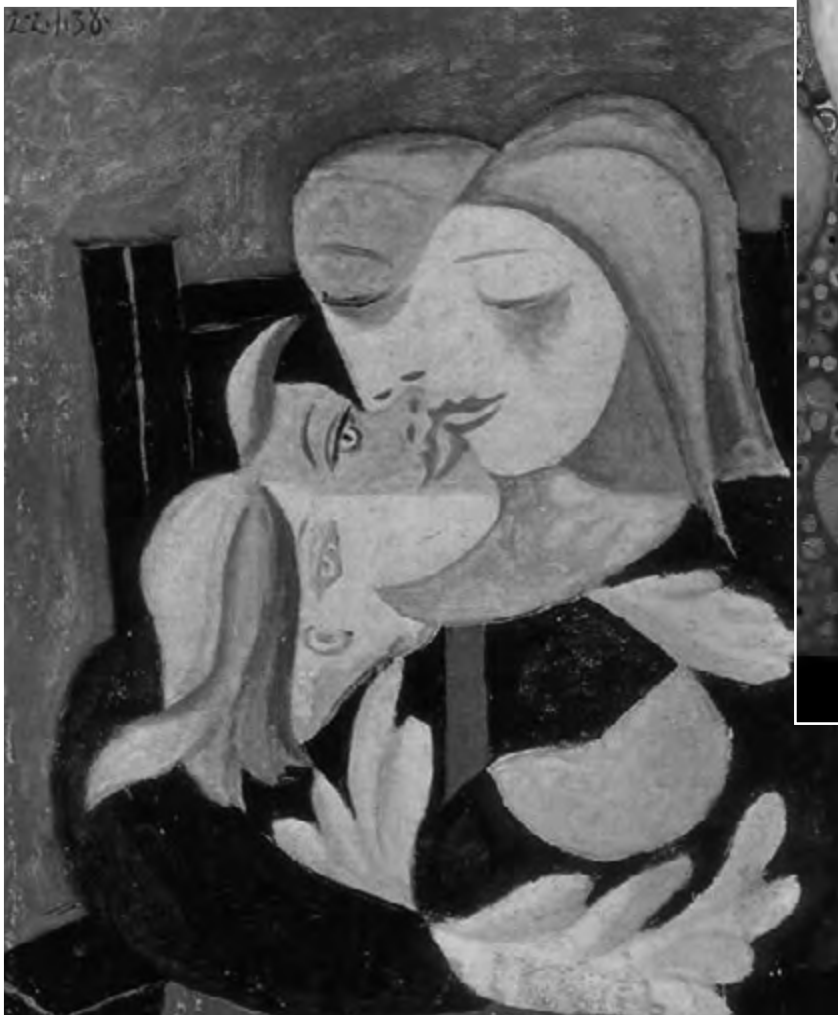
This meeting gave us the chance to see how her face comes to present itself in art generally but also in great movies like the masterpieces of Bergman and Woody Allen. Mothers absent, present, manipulative, emasculative, defining the path and restricting their descendants or, on the other hand, being tender and glorified like the mother from "High Heels". Lovely, robust, eternal, sinless and warm.

Whatever the case, each of us can see these mothers and be touched by that which is important to us. As it is with art. You choose and you take. What suits you, what hurts you, what touches you. Unbelievable mo-

tifs that unfold in cinematic scenes derived from truths, and repeated in therapy rooms. People being chased by power-loving mothers or by the prejudices of power and fear, confined to a circular orbit of persistence and abundance in their experience or covered by the cloak of their concern. Them or me or you?

It was an interesting idea for the speaker to bring the cinema into the therapy room and to work with it. We got a taste of this in the presentation room at Iano.

**Aspa Zygaki**, Psychologist, M.Sc. Social-Clinical Psychology in Addiction, Gestalt Foundation graduate.



## GESTALT IN ORGANIZATIONS

### Companies and Organizations as Individuals

Nowadays, everyone is talking about empirically validated therapy, but there is nothing more empirically validated as the quality

of the relationship that evolves between a therapist and client, a counsellor-employer-worker, and which always occurs in the here and now. It is certainly no coincidence that one of Gestalt's fundamental ideas was that which dominated the Daan van Baalen's seminar, entitled «Abuse and Harassment in the Workplace», which took place in March 2018 at the Gestalt Foundation in Athens.

I decided to attend the seminar not only as a complementary part of my participation in the «Gestalt Coaching in Organizations» programme but also because the subject itself was contemporary and interesting. I imagined that although it would be experiential, it would also be quite directive in the sense that we would learn about specific protocol in dealing with an incident of abuse in an organization or company. On the contrary, the approach was different to what all of us were expecting. Or rather the approach was the one in which most of us have been trained. I personally did not realize the extent to which the Gestalt approach applies in an or-

ganization; with shifting the balance back to the individual, his own needs and personal, specific values, none of which need to be sacrificed under the constant pressure that a working environment can exert.

What became quite clear, and that we saw through experiential exercises, is that the active and full presence of the counsellor is considered to be the fundamental aspect of an effective relationship. It is that which imparts quality and makes the essential difference, as opposed to interventions that focus on a rational, «laboratory» way of understanding an organization.

It is the presence in the here and now, which does not involve replacing a particular technique; it is an attitude and a framework for providing advice that encourages a deep connection between the counsellor and the employee in a number of ways, such as through awareness of bodily sensations, emotions and perception.

After the end of the seminar, it was no coincidence that F. Perls' words came to my mind - Gestalt is too good to be limited to «patients».

**Nasia Efthimiopoulou, Psychologist-Gestalt Pschotherapist.**



### Exploring the Grey Zone: Mild Cognitive Disorder

I chose this title, having in mind the people with Mild Cognitive Disorder who I have been working with as a Gestalt psychotherapist for several years, in the Greek Association of Alzheimer's Disease. Why 'grey zone'? If I were to paint a healthy brain, I would choose a different colour for each area of the brain that is responsible for one or more mental functions. If I painted a brain with MCD, I would paint quite a few areas with the colour grey, keeping in mind those individuals who have been diagnosed with this disorder and who come, for the first time, to the group psychotherapy sessions which I facilitate.

The majority consist of women approaching the age of 60 years old and who are experiencing a decline in some of their cognitive functions, such as attention, concentration and memory, often all at the same time. The majority of them also complain of suffering from anxiety and/or depression (Panza, Frisardi, et al., 2010), something which is confirmed by the neuropsychological tests they have undergone before joining the psychotherapy groups. The descriptions of their condition are those that I would choose to colour with different shades of grey: anxiety, fatigue, insomnia, obsessive ideas, emotional dependence, phobias, « half finished business», etc.

However, surveys show that a significant number of these people are potentially able to return to «colours». Research carried out by Lowenstein et al. (2009) showed that 12% of people with MCD can improve their mental state, while a significant percentage of 53% can remain stable in the grey zone. Finally, the same research has shown that a significant percentage of 35% will exhibit a form of dementia, i.e. they will pass into a dark (I might dare to say black) zone (Lowen-



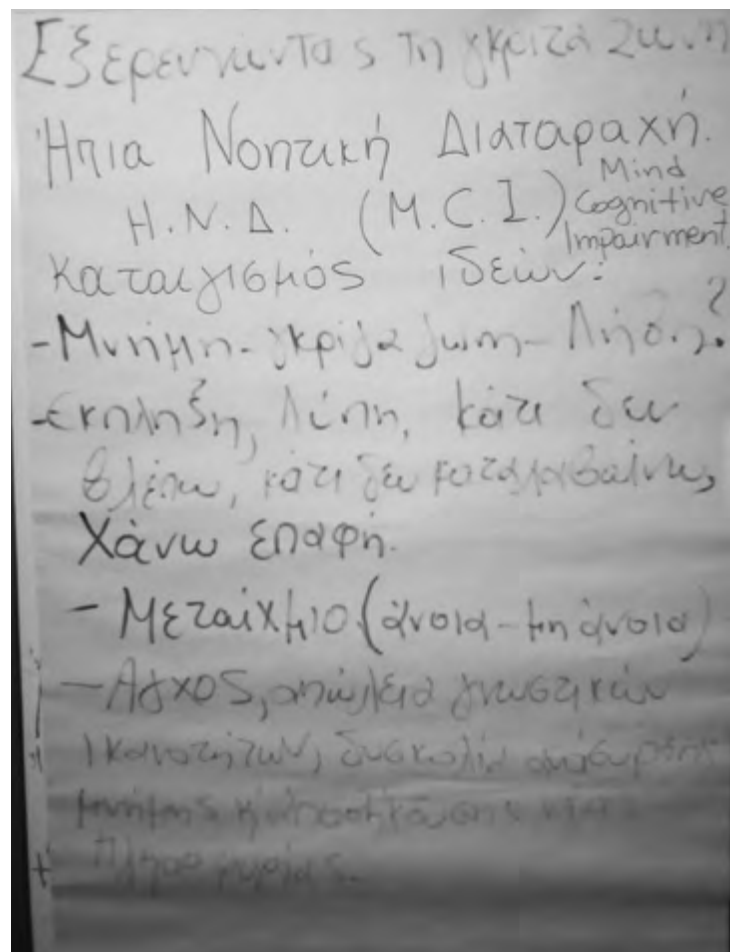
stein et al., 2009).

In this workshop we explored (and painted) the issues emerging in this particular population of people and discussed ways of dealing with them from the perspective of Gestalt psychotherapy. Honesty, acceptance, emotional sharing, and self-care are some of the key elements that we move towards as Gestalt psychotherapists involved with this particular population, the emphasis being on psycho-education (Siampani, & Tsolaki, 2014), self-awareness, "Working" with depression - destroying retroreflections - and anxiety - Strengthening awareness of introjections (Greenberg, Watson, & Goldman, 1998).

**Katerina Siampani**, *Counselling Psychologist, Gestalt Trainer and Supervisor - Trained in Art-Therapy and Sand-play Therapy, Member of EAGT and HAGT, Associate of the Greek Association of Alzheimer's Disease and Related Disorders.*

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**The Dance of Opposites-The Harmony of the Continuous Flow»**

Says Baso to a small haiku:

Old pond  
The leap of a frog  
The sound of water.

This is how Iraklitos speaks in his quote about the river: the "sounds of the river" take precedence. You cannot enter the same river twice. You are a poet, but you are not a common poet. Go deeper. Don't try to chose between opposites. This affirmation will be your hidden harmony. Trust that all these are fluctuations, changes of seasons, moods that simply come and go. And inside them you will see Gestalt.

Love is in our nature. Trust is our nature!» Osho (2005). The hidden harmony. Talks on quotes by Iraklitos. Athens. Publications: Rebel.

Through different types and styles of movement and dance, we experienced our bodies as 'witnesses' and 'poets' of our hidden harmony. ... for the participants in the dance group the concept of «performance» is «stand side by side» whatever happens, wherever necessary ... for this reason the show was dedicated to the «Supporting Network for Female

Prisoners and Ex-Prisoners».

Thank you all warmly for the «support» ...

*\* Haiku is a Japanese poetic form. Traditionally consists of three groups of 5, 7, 5 syllables, which are placed in three lines for emphasis or in one, separated by gaps. The haiku is with a total of 17 syllables the shortest form of poetry in the world. It describes an image of nature and gives details of season by seasonal words. There are also haiku poets who follow a more free form. The founder of modern haiku as an autonomous form of poetry was Masaoka Siki, who also shaped the term haiku (from the oldest haiku or hock). A haiku is read in a breath.*

**ΕΛΕΘΑΣ**  
ΕΥΑΓΓΕΛΙΣΜΟΥ & ΑΠΟΦΥΛΑΚΙΣΜΟΥ ΓΥΝΑΙΚΩΝ

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Θήβα, 14/6/2018  
Αρ. Πρωτ.: 26  
Προς την κ. Κατσίλδκου Κάτια  
Ιδρυτικό μέλος του Κέντρου Ψυχοθεραπείας και Εκπαίδευσης Gestalt

**ΕΥΧΑΡΙΣΤΗΡΙΟ**

Τα μέλη του δικτύου Στήριξης Φυλακισμένων & Αποφυλακισμένων Γυναίκων σας ευχαριστούν θερμά για την ιδέα να προτείνετε στους συμμετέχοντες στο Εργαστήριό σας να προσφέρете στις άεστες γυναίκες που βιώνουν εγκληματικό, πολεμικό φόρο να μπορέσουν να επικοινωνήσουν με τους δικούς τους ανθρώπους.

Η Χαρά που δώσατε, να γνωρίζετε ότι είναι μεγάλη. Είναι παραγερνά στους ανθρώπους που κυρίως για δικά τους λάθη βρίσκονται στη φυλακή. Με τη δική σας και τις δικές μας πράξεις τους δεχόμενε δράσεις Ελευθερίας, Συμπαράστασης και Αγάπης. Είναι δράση που δια προσπαθήσουν και αυτές να διαβούν, αφού αυτά τα «περσόμενα» χαρίζουν Χαρά και Ελπίδα.

Κλήμης Πυρουνάκης



Συντονίστρια του Δικτύου Στήριξης  
Φυλακισμένων & Αποφυλακισμένων  
Γυναίκων

Το δίκτυο Στήριξης Φυλακισμένων & Αποφυλακισμένων Γυναίκων είναι αστική μη κερδοσκοπική εταιρεία που κίνησ στόχο έχει την υποστήριξη των γυναικών που βιώνουν ή έχουν βιώσει εγκληματικό σε κατάσταση κράτησης. Βασική αρχή του δικτύου είναι το είσθημα αλληλεγγύης με όρους ισότητας σε πρόσωπα που ανήκουν σε αυτή την ευπαθή ομάδα πληθυσμού.



# 20-YEAR ANNIVERSARY

continue from page 1

enjoy her special and unique way of exploring, analyzing, coordinating, and supervising!

In a particularly sensitive and emotional climate, the celebratory, anniversary Gala dinner took place. The evening opened with a greeting from the founding members to Dr Nurith Levi, a loyal collaborator of the centre since its establishment, followed by the all the attendees listening to quotes about commitment (selected and read by Antonia Konstantinidou) from a presentation by Harm Siemens, a great therapist and mentor of Gestalt therapy who is no longer among us. Next was Despina Balliou with a flashback, moving and full of gratitude for all those who have supported and have been fellow travellers on this 20-year journey. Finally, there was a video presentation, edited by Christina Chatzilakou with the help of Ioanna Goutziotis and Fotis Teloglou, that included familiar faces and enjoyable moments throughout these twenty years.

Then some of older graduates, today's associates of the centre, spoke about their own journey and development from being young trainees to professional Gestalt therapists, and they thanked the founding members and trainers who guided and continue to guide them. But they also sent a greeting to the current trainees of the centre, who have now taken the baton of education! The evening evolved into an amazing celebration with delicious dishes, plenty of wine, lively music and dancing.

As a commemorative gift of this anniversary, the first issue of the publication entitled «Di-Ergasias»\*, edited by the Gestalt Foundation, was presented to the attendees. After 20 years on the road, as a centre for psychotherapy and training, it was decided that the wealth of the written material produced by our centre's trainees should be made available to all those interested in Gestalt psychotherapy! Works in which learners not only clearly describe the basic concepts and principles of Gestalt psychotherapy theory and methodology but also submit their own personal, scientific viewpoint! This first issue focuses on a review of the historical development of Gestalt therapy, as well as on presentations on topics such as holism, phenomenology, field theory, dialogue and commitment!

We hope this road will have continuity, development, creativity, loyalty, dedication and above all commitment ... !

\* The 1st issue of «Di-Ergasias» is available for purchase at the bookstores, «IANOS» and «BOOKSPUS»





# ANNIVERSARY DEDICATION





Nurith Levi's Speech  
For the Gala

Twenty years? Are you sure?  
Such a long time, and such a  
short moment in time.

So much has happened in-between, to you, to me...

Jerusalem and Athens have always maintained a very distinctive relationship that is characterized by a dance of mutual respect, curiosity, admiration and competition. Along the history of civilization ample amounts of wisdom and beauty poured out from these two wells and nourished the cultures that stemmed from them. Very humbly I feel proud of be a tiny marble in the mosaic, that depicts the chain of the ancient bond.

As I stand here, in the present, in the presence of so many excited faces, some of who I know from the time when we were all much younger, I can look into two time zones:

Looking back to the past, (Suddenly It feels like much longer than 20 years), I observe the development of the foundation with lots of care and admiration. I think your leaders, namely Antonia, Despina, Katia and Yianna, set a good example of what can be achieved through determination, belief and love. From a modest idea of wishing to utilize their newly acquired skills and share them with other professionals, they have created an ever-growing circle of trainees and patients, and at the same time, a parallel ever-growing support system of friends of the Foundation, who come to work for and with you as supervisors, trainers, lecturers and counselors.

Looking to the future I see the Foundation entering more fields of professional activity where Gestalt therapy can make a Difference:

in the health system,

in the educational system,

in the promotion of leadership in economic, cultural, legal organizations.

I also can see a vector of development that goes deeper inside the Gestalt therapy circle: training supervisors, by introducing Gestalt into the Greek academic world, promoting research and publications, a Journal that will grow out of your newsletter, exchange of trainees and faculty from other countries – the sky is the limit.

For me the work in Athens and in Thessaloniki is always a most rewarding experience:

I appreciate the eagerness, the tenacity and the sincerity with which trainees attend the courses and the workshop.

I enjoy the humour, the good spirits, the friendly atmosphere, and the creative mood, always planning something new.

I admire the courage and the strength with which you deal with grief and pain in your work and celebrate life in the evenings, with delicious food and wine, with the most animating music and the rhythm of your dances.

Most of all I am always touched and humbled at the trust with which you encounter me and allow me to make meaningful contact with you.

Today I can share a secret with you: You made me Gestalt trainer. When you first invited me to give a workshop – the trainer in me was born.

And,

It was here, at the end of one of the training cycles, that I was given a title that I am most proud of: «HOLLY MONSTER»!

I carry it with me since, as an honorary badge!

Now, I have problem:

what kind of present does one give on a 20' birthday?

A book?

The best of all classical literature was written here more than 2000 years ago...

A piece of jewelry?

The beauty all around you does not allow any more ornaments...

Flowers?

Bringing flowers to Volos is like carrying coals to Newcastle

Finally, I have an idea:

A present that is a paradox in itself

Here are Revitalizing Beauty products,

made of the dark, thick mud,

that was carved from the heart of the dead sea,

the deepest place on earth.

I hand it over to you with loving blessings. YASSU!!!!

Commitment Is Born Out of Hope

In order to really make a commitment one needs a certain mélange of optimism, self-confidence, trust in the environment, a vision, a dream or an aim, direction, energy, strength, skills, support, courage... or in other words - hope. These and more I saw when I was first approached by the quadrate - KYDA – later to be known as the «Gestalt Foundation», some 20' years ago. This was what drew me to them and enhanced my standing commitment to be there when they call on me that is still standing.

My proposal is to look at a commitment as a developmental event/experience and to try to encode the dynamics that characterize it with special regard to HOPE as an essential



ingredient.

Despina's speech

I asked Elsa at some point ... «Do I need to prepare something for the celebration? What have we decided?» Of course, I was hoping I'd be spared the sense of exposure I feel every time I am here ... how absurd, you might say, a fear that preserves the illusion of an expected «image»? As if I'm not exposed every single day? Like you don't see who I am?

Of course, Elsa tells me «something warm and tender» ... That was it ... I started to «think» about something warm and tender ... but can this «warm and tender» come if I don't listen to my heart? If I don't allow myself to be free in my process?

Let me focus on the id function, I said ... on the world of the senses and undifferentiated emotions, on unfinished business but also on the background of history and heritage ...

Immediately figures-images emerged ... fragmented, buried images ... very quickly I passed to our mentor ... and I heard his voice ... «Go for it» ... I saw his eyes, blue, sparkling ... «There are other stars in the sky» he said ... «These are you ... Yianna, Katia, Antonia, Despina ... let yourselves shine ... let's call it Gestalt Foundation.» And he was there in difficult, easy, funny, and serious times ... He gave us his guidance wholeheartedly. This is what he called commitment, and it is, and I call it so, just as

my friend the poet did.

Not even in my wildest dreams ... As a young girl I dreamed of living, growing up and becoming self-confident in a collective context that encourages diversity and functions with respect, freedom and authenticity both in terms of personal and social responsibility ...

And here at the Gestalt Foundation we have achieved this, and we and we are worthy of it.

And now?

Now another figure emerges ... the need to look you all in the eye: colleagues, collaborators, family and friends ... and there are many of you here ... old and young ... and to express my immense gratitude for your belief in our dreams as well as for the shelter you gave in supporting our anxieties and our difficulties.

But allow me to extend a huge and special thanks to those people who have supported and looked after our home every day ...

A deep thanks to our Elsa, the pillar of our organization, who provides us with the solid and secure foundation for creativity ... with faith in us and in our organization, she offers her strength, perseverance, intelligence and care with her heart and soul.





To our Christina ... our other pillar, this low profile, hardworking, hospitable and dedicated hero ... I can not describe her endurance and commitment (sometimes we overdo it).

To our Marialena, svelte, swift, who gets things done before she's even asked ... who keeps us grounded with her humour ... and who can deflate a situation with her flexibility.

Every single one ... but all three together in close and harmonious cooperation that reassures us, supporting us as we move forward.

To our Antigone, who has always been there for us from the beginning and whenever we need her. She represents the aesthetics of commitment.

To George Diplas, who we miss today, a steady, loyal partner and a dear friend.

And now what? After all these thanks ...?

I want to look at you students, our children, our future colleagues, our continuation... to thank you not only for the fulfilment of our vision, the dissemination and recognition of Gestalt therapy, but also for the

opportunity to leave our heritage.

«Go for it» I want to tell you ...

Trust and create a genuine and ethical network of commitments, in terms of your capabilities and choices, to support your professional identity.

Build solid ground that enables you to participate creatively and contribute to the community.

Spread your wings...

Despina Baliou,

May 2018, Volos

20th four-day Gestalt psychotherapy workshop



## OPEN DAYS

**Anniversary Open Day in Larissa**

With great success, on Sunday, October 21, 2018, in Larissa, in the «MILO TOU PAPPAS», a workshop on «GESTALT THER-

APY & VOLUNTEERING” took place.

**«20 YEARS TOGETHER» ACTION IN THE COMMUNITY**

The programme of the open day began with a greeting from Katia Chatzilaikou followed by an Introduction to Gestalt Therapy entitled «Leaving the Gestalt of Peris ... Walking on the Gestalt of Today» by Elizabeth Partheniotis and Alexandros Boutzotis.

The next topic and first of the day's themes was GESTALT THERAPY AND CHRONIC ILLNESSES. A presentation entitled: 'The Gestalt Therapy Approach in the Care of chronically ill Patients', by Yianna Kalota and Katerina Moutou highlighted the involvement of the gestalt community in the Larissa Association for Cancer Victims, People with Eye-sight Disabilities in N. Magnesia 'MAGNITES TYFLOI', and the Parents' and Youth Association for Diabetes.

The presentation was addressed by Ioanna Karavana, President of the Association of Cancer Patients in Larissa.

This was followed by the topic entitled: 'The group that supports me so that I can be supportive' presented by Sevi Chatzopoulou, which addressed the activities of the Association of People with Multiple Sclerosis, Information and Support Office of N. Magnesia. The presentation by Maria Koutsikou, President of the Panthessaliki Association of People with Multiple Sclerosis also made a welcome address in the presentation.

The second theme GESTALT THERAPY AND GENDER EQUALITY ISSUES began with the presentation of the topic «Supporting Women through Gestalt Therapy» in relation to the actions of XEN in Larissa. A greeting by Stavroula Tsiamura, President of XEN in Larissa, followed.

The third theme entitled: GESTALT THERAPY & EDUCATION began with the presentation of «Gestalt Therapy in the Student Community» on the actions at the TEI Counselling Station in Larissa and the University of Thessalia. The talk was delivered by Liana Daktyla and Asimina Eryceziki. Efi Argyrakoulis, director of the 6th General Lyceum of Larissa, former Head of the TEI Counselling Station, Larissa, made a welcome speech. Then the topic «When Gestalt Goes to School...» was presented by Sevi Chatzopoulou on the involvement in Primary Education of Magnesia as well as in the parents' group. Vasiliki Papaioannou, an English language teacher from the 10th General Lyceum of Larissa, former School Counsellor of English Language of Magnesia, and Vasiliki Argyri, former School Advisor of Primary Education in Magnesia, both made a welcome address.

This was followed by «GESTALT THERAPY AND INFORMATION - COMMUNITY AWARENESS” with reference to the cycle of presentations - informative activities carried out at bookshops in Larissa & Volos.

The event ended with a video presentation on the importance of the contribution of Apostolia Xermerissiou, a graduate of the centre.

Participants then had the opportunity to mingle, with a glass of wine.

It was a very warm and moving encounter. A huge heartfelt thank you goes out to Liana Daktyla who helped and supported the organization of this conference, as well as Yianna Kalota and Sevi Chatzopoulou, who have supported the centre's activities in Larissa for almost 20 years now. This effort could not have been successful without the participation and assistance of all the Centre's trainees and alumni residing in the region of Larissa and Volos.



## Anniversary Open Day in Thessaloniki

On Sunday November 4, 2018, it was with great success that the anniversary open day GESTALT FOUNDATION: «20 YEARS TOGETHER» took place.

In the Mayoral Hall of Thessaloniki, the day began with the presentation, «Leaving the Gestalt of Perls ... Walking on the Gestalt of Today» by Elizabeth Partheniotis and Alexandros Boutzotis.

This was followed with a presentation entitled «We, the first graduates» by Lena Karanasou, Irini Kiletsi, Antonia Konstandinidou, Fotini Maroglou, Maria Farmaki, Katia Chatzilakou.

The workshop continued with a panel presentation «20 years together», facilitated by Katia Chatzilakou.

The work of the Gestalt Foundation was presented to the organizations:

- GREEK ASSOCIATION FOR ALZHEIMER AND RELATED DISORDERS
- XEN COMMUNITY SERVICE THESSALONIKI
- THE ORGANIZATION «KROUSMATON»: VOLUNTEER COUNSELLING STATION FOR ADOLESCENTS AND THEIR AND FAMILIES IN THE MUNICIPALITY OF THERMAIKO

-VOLUNTEERS ASSOCIATION FOR THE SUPPORT OF MINORS AND YOUTH "ENTOS#EKTOS»

-THE ASSOCIATION FOR CANCER VICTIMS IN EDESSA AND SURROUNDING AREAS

The baton was handed over to the graduates who presented excerpts from their dissertations, coordinated by Antonia Konstantinidou.

More specifically, «Gestalt Approaches to Psychological Support of People with Cancer» by Amalia Apostolou Amalia and Aikaterini Soueref, «The Inner Child and Gestalt Therapy», by Victoria Askaridou, «Chronic Pain: A journey of the Soul» by Evangelos Georgakopoulos, «Narcissistic Personality Disorder: The Well of Loneliness», by Alexandra Gimbriti, «1000 + 1 exercises for the Gestalt Practitioner and Trainee: Creating an application model for Gestalt therapy and its use in the art of stage setting» by Petros Theodorou, «Existential Issues in Gestalt Cancer Group Victims» by Marina Theophilou and Valli Chatzimpougia, «Panic Disorder with or without agoraphobia, in terms of Gestalt Psychotherapy. A study based on G.Francesetti's work: ATTACHI DI PANICO E POSTMODERNITA» by Aristotelis Karabatzi, «Borderline Personality Disorder: Trauma at the Contact Boundary: A

case study in Gestalt therapy», by Kalliopi Koutoussi, «Issues emerging in the psychotherapeutic relationship with LGBTQI clients», by Naoum Liotou (Aspa Zigaki delivered the presentation on her behalf), «Gestalt Psychotherapy and Buddhism» by Helen Mussleh, «Gestalt Psychotherapy and Dementia: Theory and Application (A Case Study in the Three Stages of Dementia)» by Katerina Siampani.

A presentation was delivered on «The Value of Double Commitment to Therapy in Times of Crisis» by Maria Mavidou. This was followed by a panel discussion entitled: «The Field in Action and Gestalt Applications», facilitated by Yianna Yiamarelou. The following topics were presented: «Research



and Gestalt Therapy: How, What and Why» by Dr. Giorgos Giaglis, «The value, importance and usefulness of the Gestalt Approach in Professional Life» by Giorgos Stamatias, «Gestalt and the Child» by Antigone Orphanou and Maria Farmaki (the presentation was delivered by Maria Farmaki).

The panel entitled «The Challenge of Authentic Existence in Time», facilitated by Katia Chatzilakou, followed with the topics: «20 Years Together: Responsibility and commitment to the 'in between' as people, as therapists and as citizens in the present political and cultural conditions of our society» by the one of the co-founder's of the Centre, Yianna Yiamarelou, «When Pain becomes Figure: The Phenomenological Dimension of Gestalt Therapy in Diagnosis and Psychopathology» by Antonia Konstantinidou, «Relationships in Society» by Despina Balliou.

It was a warm and joyful event of coming together, where memories became alive and new moments became etched on the minds of all the attendees.





## Anniversary Open Day in Athens

The Open Day organised by the Gestalt Foundation as part of its 20th anniversary celebration took place in Athens on 9 December 2018, in the Andonis Tritsis amphitheatre at the OPANDA cultural centre. The theme of the open day was 'Phenomenology in Gestalt Therapy' and the event was a huge success, with a wealth of speakers and attendees from different scientific and professional backgrounds taking part. The initiative was warmly received by Lilian Houliara (vice-president of the Hellenic Association of Psychotherapy), Vivian Sachazi (president of the Hellenic Association of Counselling) and Kostandinos Kostas (president of the Hellenic Association of Gestalt Psychotherapy).

The event was opened by one of the main speakers, Mr. Panos Theodorou (Associate Professor of Philosophy, Department of Philosophy and Social Studies at the University of Crete). It was a honour to have Mr. Theodorou take part with his in-depth development of the theme: 'Phenomenology in Gestalt Therapy: Framework, Perspectives, and the Case of the Phenomena of Emotions.'

The first part of 'Phenomenology in Gestalt Therapy', which was facilitated by Konstandinos Kostas, was introduced by Yianna Yamarellou, who addressed the concept of 'Phenomena in Greek Philosophy'. This was followed by Mr. George Diplas, who presented the subject 'Freedom of Speech and Phenomenology', before passing the baton on to

stalt Therapy'.

The second subject area, 'Society, Research, Organizational', facilitated by George Diplas, began with Ioanna Kato on the theme of human rights in relation to gestalt therapy followed by Antigone Mertika who delivered her speech on 'Research in Gestalt: Approaches and Variations in Clinical Practise with Scientific Research'. To close part two, Mr. George Stamatis highlighted and emphasised the importance of gestalt coaching and in-

tervention in the world of businesses and organizations.

Part three, 'The Phenomenological Field in Action', was facilitated by Katia Chatzilaou and included the presentations of: Exarmentia Pappa 'Contradiction as a Phenomenon of the Field'; Maria Farmaki 'Savouring the Pleasure of Closure'; Kostas Michalaidis 'The Field takes Shape'; and Antigone Orfanou: 'The Aesthetic of the Presence of Other'.

The fourth and final subject area, entitled 'The Phenomenological Approach in Group Therapy', was facilitated by Despina Balliou and commenced with a speech by Amalia Kapoulea on the subject of 'The Phenomenological Field in the Formation Process', followed by Elena Antoniou, who talked about 'What the Body Tells us in the Therapeutic Process'. Marietta Paraschou carried on from here by addressing the important function of speech in the context of the therapeutic process, and the speeches came to a close with Konstandi-

na Gkioni, who discussed how therapeutic interventions are fed in a group context by the phenomenological concept of Prolongation and Dimitris Chantziara who presented the subject: 'Approaching Phenomenologically the Ethical Issues that Arise in the Therapeutic Process'.

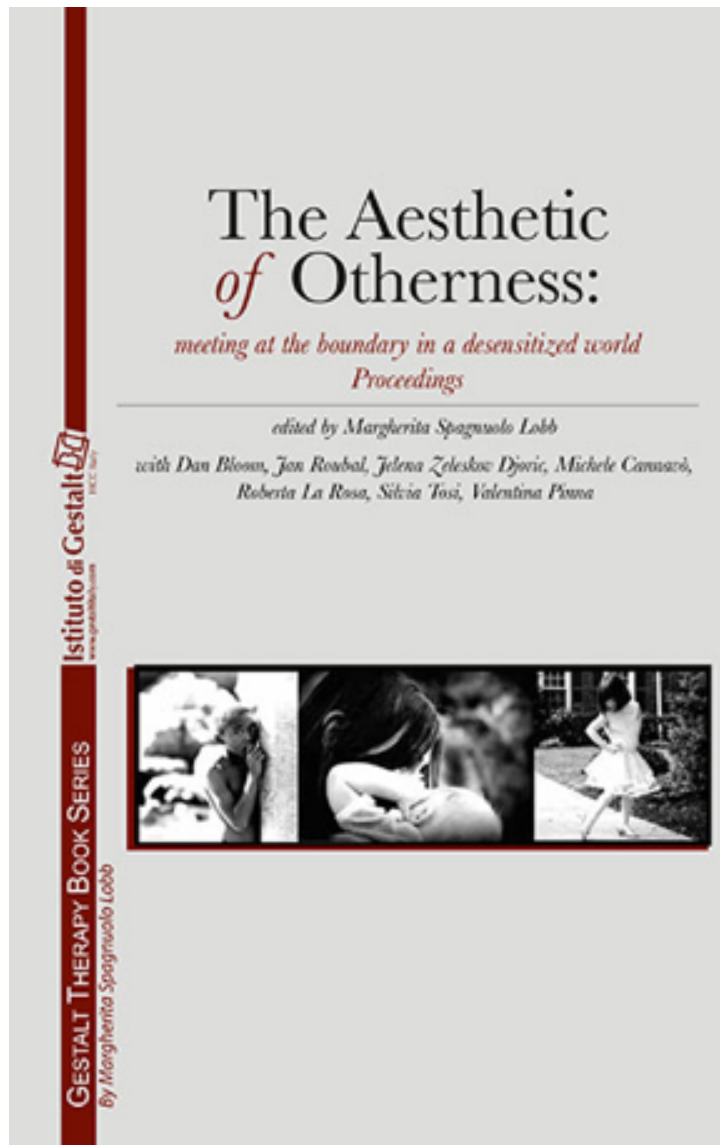
There followed a lively and interesting open discussion with the audience which was enriched by the diversity of questions posed by those who participated in the exchange. The Open Day came to a close with a small, celebratory gathering in the foyer of the amphitheatre, which was 'illuminated' by the warm and moving comments and good wishes extended by many with regard to the road that the Gestalt Foundation has now carved.

\*The poetry collection 'square floor: Poetry meets Gestalt Therapy' is available for purchase at bookshops IANOS, POLITEIA & BOOKS PLUS.



Antonia Konstandinidou, who explored the subject: 'When Pain becomes Figure: The Phenomenological Dimension of Gestalt therapy in Diagnosis and Psychopathology'. Despina Balliou, followed, with her presentation 'Mother Nature is Suffering: The Eco-Phenomenological Approach in Ge-

## The Aesthetic of Otherness: Taormina Conference Proceedings



The Aesthetic of Otherness, edited by Margherita Spagnuolo Lobb, has been published in digital and print formats. It presents the workshops delivered by the delegates at the September 2016, twelfth Pan-European Gestalt Psychotherapy Conference in Taormina, which was attended by more than 1000 participants from all over the world. The publication was completed in collaboration with Dan Bloom, Jan Roubal, Jelena Zeleskov Djoric, Michele Cannava and Roberta La Rosa, Silvia Tosi and Valentina Pina. It is the first joint venture of the AAGT (Association for the Advancement of Gestalt Therapy) and the EAGT (European Association for Gestalt Therapy) - with the organizational support of the Italian Association, SIPG (Società Italiana Psicoterapia Gestalt). The theme of the conference was: 'The Aesthetic of Otherness: Meeting at the Boundary in a Desensitized World.' This publication includes the presentation of Yianna Yiamarelou, entitled 'The Beauty of Words', (No.44, pg 511) and the workshop of Despina Balliou and Exarmenia Pappa, entitled 'Please Mind the Gap' (No. 3, pg 109).

**Yianna Yiamarelou**, M.A. Clinical Psychology; Psychotherapist; Gestalt Trainer and Supervisor; Member of EAGT; Holder of ECP (European Certificate of Psychotherapy).

**Despina Balliou**, M.Sc. Counseling Psychology, Psychotherapist, Gestalt Trainer and Supervisor; Member of EAGT; Trained in EMDR Trauma Therapy; Holder of ECP (European Certificate of Psychotherapy).

**Exarmenia Pappa**, Psychologist (MSc), MSc Mental Health Studies, PgCert Gestalt Body Process (Trained by James Kepner); Gestalt Psychotherapist and Trainer; Member of EAGT and HAGT (Hellenic Association of Gestalt Psychotherapy),

To link for the book is:

<https://www.gestaltitaly.com/taormina-conference-proceedings/>

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