



Gestalt NEWS Foundation

Informative and communicative six-month issue of the Center of Psychotherapy and Training Gestalt Foundation • April 2005 • 4th Issue



- Publishers' Note2
- Gestalt Therapy and Bibliography.....2
- Gestalt and Child3
- Gestalt in the work field3
- The political response of Gestalt Therapy4
- Interview with Peter Schulthess.....5
- Gestalt Foundation: A peculiar presentation of a case study6
- New Board was elected for G.A.G.T.7
- Careful! Someone is watching...8

The conference in Chalki *Difference and Similarity*

On September 20-29th the experiential multi-cultural gestalt conference was held in Chalke Turkey.

The conference was organized by the Israeli Gestalt Therapy Association and our dear and well-known Nurith Levi was in charge of it. There were also other participants: Idit-Yehudit Levi, Harm Siemens, Dick Lompa, Ken Evans, Despina Baliou, Hanna Sherler...

The topic of the conference was extremely interesting since it was about cultural and/or background "differences" and "similarities". Let us remember Satir according to whom similarities bring us closer together but differences enrich us.

What follows is a retrospection of the Chalke conference by one of the participants.

M.V.

reach the railway, whether we would catch the train and after that was finished, there were embraces, voices, joy, laughter, familiar faces. The trip was long, many hours, but our common aim, Gestalt, made everything else seem trivial.

Our meeting point and final destination was Chalki, the third island of the Princes' Islands with a long and important history for us. The hotel seemed from the very beginning like the perfect space for a small group of foreigners who were trying to

of work, program and moments of relaxation. The organisation was perfect and as for the topic on difference and similarity I think that it had to remind something to everyone. Nurith was an excellent hostess, she embraced us all, she welcomed us, she was present in every need we had. As for the trainers, old and new ones, they were all there having as common figure Gestalt therapy. Our guided tour to the theological school of Chalki was a special moment and so was



I shall begin my flashback from the Constantinople conference sharing with you my feelings from the trip, the process and the work done.

- Plenitude, joy, discovery, acquaintance, embrace, familiarisation

The trip for the Greek group began with a gust of rain that made difficult our access to the meeting point, the railway of Thessaloniki. Anxiety whether we would

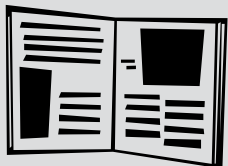
communicate their common, favourite, different and difficult points. Our acquaintance with the rest took place in a beautiful space where we shared the history of our names: Antonia, Dimitra, Sina, Nurith, Dick, Ewe,..., and many more touching and funny stories. That is how we started working.

The rest of the days went by with a lot

our wandering to the church of St. Sofia, in the vibrating life and culture of Constantinople.

On our return we were all full of images, smells, sounds, and expectations for the global Gestalt community that is ever growing. Personally I feel that this conference was the background where an unfinished business emerged as figure and then closed.

Dimitra Georgosopoulou is a psychologist and Gestalt psychotherapist. She lives in Volos. She works as a psychologist in the Centre for Child's Creative Employment in the municipality of Almiros. Since 2003 she cooperates with the Cancer Association in Magnisia as a coordinator of cancer patients' groups. She also works as a Gestalt psychotherapist in her practice. She is a member of E.A.G.T.



If you wish to participate in the following issues of the newsletter you are all welcome! You may contact the Gestalt Foundation (telephone: 2310 282588, 210 7254010, email: thessaloniki@gestaltfoundation.gr, athina@gestaltfoundation.gr) and express your interest in participating or just tell us your opinion or your ideas.

We are interested!

Publishers' Note



April 2005

Finally we present the 4th issue of Gestalt Foundation Newsletter! This year's spring brought many activities for the Centre.

The arrangements for the European Congress of Gestalt Therapy in 2007 in Athens, continue and have increased the activities for the organisation. All of you who desire to get acquainted with Gestalt therapy are welcome in this Congress! You can find all the useful information in our web page, at www.gestaltconferenceathens.gr, or you may contact our offices. Given this occasion, we remind you that the timely application of attendance, before 30 October 2006, has lower expenses!

At the same time, we continue the collaborations of Gestalt Foundation with public and private institutions as is indicatively shown in the article on our collaboration with tuition centres of medium education, as well as the educational trips in Istanbul! Additionally in this issue, we will complete the special issue for the residential Workshop of Gestalt Foundation at Pilion in 2005, with correspondences, interview with our collaborator Peter Schulthess and commenting of his article on the relation of the Gestalt therapist with political events, as well as a theoretical text that resulted from this workshop regarding Gestalt therapy and Aristotle.

At this point, I would like to thank the members of Gestalt Foundation community for your correspondence and for your interesting articles that you have offered with enthusiasm to the newspaper. I wish and hope for our effort to continue!

Finally, in this issue we inaugurate announcements that may be of interest to the Gestalt therapists as well as to the trainees of the Centre; in this way we fulfil a basic aim of our newspaper, that of briefing and communication.

I wish to us all happy spring and happy summertime! We renew our appointment for autumn!

Enjoy the reading!
Antonia Konstantinidou

A few words about Antonia Konstantinidou:
Antonia Konstantinidou is a Social and Clinical Psychologist (Aristotle University of Thessaloniki), a Gestalt Psychotherapist, Trainer and Supervisor.

She is the co-founder of the Gestalt Foundation and one of the permanent members of the training program. She lives and works in Thessaloniki where she holds her private



Gestalt Therapy and Bibliography

Aristotle and Gestalt therapy

When someone reads this article's title, he might ask himself about the connection between a 4th century a.c. ancient classical Greek philosopher and the theory of a modern psychotherapeutic approach of the 20th century.

Understandably the reader is puzzled since historically and scientifically there is no connection between these two ideologies. Nonetheless, there is an important similarity between these two different systems which is the importance of Action. This paper does not intend to compare these two theories or trace any further similarities. We aim to examine the importance given by Aristotle to Action as the most important element of our life and how respectively Action or experience is absolutely determinant within Gestalt theory.

One of the main traits of Gestalt theory is its experiential character and this is what differentiates it from other approaches. According to Yontef (1998), contrarily to psychoanalysis that focuses on analysis and behaviourism that stresses the control of behaviour, Gestalt therapy is based on the power of experimentation. The Gestalt psychotherapist does not content himself with the narration of events but encourages the client through experiments to experience instead of describing, to take action instead of recounting. Zinger claims that "experiments turn narrations into actions and old memories and theorisations into a person's full presence" (p. 123). In Gestalt theory the emphasis is not so much on the description of the experiment but on its enactment, that is the client does not speak "about" situations but experiences them.

The importance attached to

"Tragedy, then, is an imitation of an action that is serious, complete, [...] has a beginning, middle, and an end"

Aristotle's Poetics

Action by Aristotle is evident in his Poetics, a book regarding the writing-creation rules of tragedy. In this book Aristotle refers to tragedy and simultaneously expresses his views on life since he treats tragedy as "mimesis", that is, a representation of real life. Aristotle believes that the myth of a tragedy is defined not so much by the heroes' characters but by action, by their acts. He argues distinctly that a person is distinguished by his acts and not by his spiritual or mental qualities. Naturally the latter qualities characterize a person's actions but they do not suffice to determine a person's existence. It is not enough e.g. for someone to declare moral, jealous, happy, funny if these characteristics are not accompanied by equivalent actions. A thought or a declaration if not transubstantiated into action is simply a fantasy and, to use Gestalt "vocabulary", it is nothing but "communication with the self".

Polster & Polster (1973) argue that action is definitive in the learning process. After all, therapy itself is a learning process where the client is encouraged to experiment and to learn new ways of behaviour. The core of Gestalt therapy lies in the differentiation between "speaking vaguely" about something and taking action. According to O' Leary (1992) "when the enactment reanimates an event, the person participates more intensely, increasing thus the awareness and allowing new

discoveries" (p. 141).

Aristotle believed that a person exists by his action. A disposition is not an action, e.g. a funny person is not born funny but becomes one by his acts. For the ancient philosopher we are what we do (Sykoutris, 1936).

Respectively, the definitive role of action within Gestalt therapy is evident by the use of experiential experiments. O' Leary believes that people have more chances to discover things when they participate in experience, when they take action and not when they narrate it. In other words, action leads to awareness, which is the main therapeutic goal.

Action in Aristotle and in Gestalt therapy holds a prominent position even though these two theories seem dissimilar. Although the manner, the frame and the aims are different, these theories share something in common which was the source of inspiration for this paper, and this is the dominant, absolute, and defining role of Action for humans. Action after all, differentiates, defines and substantiates human beings.

Elena Antoniou,
4th year trainee

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Individual counselling goes to prep centres

In the year 2005-2006, we enriched the collaboration of Gestalt Foundation with a secondary education prep school in the prefecture of Chalkidiki. Three psychologists, Helen Karanassou, Fotini Maroglou and Maria Mavri'dou, met twice with the students for individual counselling. This collaboration constitutes part of a wider program, that began over the previous years and it concerns interventions in the particular prep school, in the form of professional orientation, groups of parents and speeches.

A prep school in the region therefore, 3 psychologists and a lot of students! In our first visit 29 students expressed interest for an individual appointment. The invitation was open for all the students. Those who were interested in speaking with us could declare their name in the secretariat of school. The announcement and the informing of the students took place a few days before our visit and it was observed that as the appointment day approached, the fewer students were interested in participating.

Finally 22 students arrived. The number of students that initially expressed interest in an appointment seemed impressive to us. Equally important was the number of the students who finally showed up.

We connect the increased correspondence of students first of all with their need to speak with an expert. We can however suppose that the collaboration of the prep school with psychologists over the past years created a positive climate and a familiarization with professional counselling.

The aim of our visit was individual counselling for any issue

that might come up, about school, of sentimental or familial nature. The duration of each appointment was roughly fixed for half hour.

The students, mainly students of Lyceum, discussed subjects about school and school record, about self-esteem, the pressure of company, the relations with the other sex, the relations in the family and about the loss of beloved persons. Some students came out of curiosity, simply in order to see how a discussion with a psychologist is. It is characteristic that many of the students came with a demand that was not evident, or rather with a demand that was difficult to name and express from the beginning. Finally most of them left the meeting having spoken about very important and profound issues.

Some of the students had already expressed interest from our very first meeting for a second appointment.

The second visit was 3 weeks later. The students that had made a second appointment showed up in their majority. We felt the first and the second time that the students showed consistency in their attendance and took seriously whatever happened.

Generally the second time we saw 9 children. There were not any new appointments.

The collaboration for individual counselling was completed for this school year and the need for its continuation and preparation for the next year was pointed out.

Generally the interest of the prep school for collaboration with psychologists is important and the students' positive correspondence is also based on the owner's faith that the undertaking of such initiatives is worth the while.



Gestalt Child and

More generally as we experience our collaborations with other secondary education prep schools in the city of Thessaloniki over the last three years, we see that the prep schools are a space with dynamics and that there are many that take initiatives, are open to new fields, try and experiment.

We consider that it was an important start. For the continuity and the development of this initiative we propose stability of meetings within the year, that is to say, the meetings need to have a regular frequency. Otherwise there is the danger to intervene in a "fire-fighting" and fragmentary way and this would compromise the effectiveness of the counselling and the possibility of seeing, how such an action might develop. Also, we search to find a way in order for the students to evaluate in some way these meetings. Finally, the subject of privacy is a sensitive question of deontology when it comes to underage students. A second question of deontology is the guarantee of harmonious collaboration among the/students caretakers and the team of psychologists.

Closing this presentation we wish to keep the touching sincerity and confidence, with which the students came to us. We also treasure the warm collaboration of the three of us in the experience that we shared.

What remains is for us to see the results of a long-lasting collaboration with a prep school.

Helen Karanassou,
Psychologist, Psychotherapist Gestalt

Fotini Maroglou, MSc, Clinical and Social Psychologist,
Psychotherapist Gestalt

Gestalt in the work field

The experiential workshop Gestalt in the Working Field entitled:

"The key for the effectiveness in the working field"

was realised within the 8th Gestalt therapy residential workshop, "The Art of Psychotherapy: The Art of Life at Portaria Pilion, May 12-14th.

The workshop was drawn for professional and leading executives of enterprises; it was experiential and included practice of basic dexterities. The participants worked with cases and situations that occupied them and simultaneously many subjects that constitute the basis of this particular approach were presented and discussed



By Magda Pantelidou

The subject was one of the subjects that arose within the training program of Gestalt in the Work Field and seems to trouble most of us nowadays: we want to be successful in our work. Equivalently the organization we work for also struggles for success. Being successful means, among other things, being effective.

The Gestalt approach strengthens my awareness so as to recognize all those elements that will allow me to find the balance, between who I am and how I act. Thus recognizing what facilitates me and what impedes me, strengthens my effectiveness in my work.

The following subjects will constituted the basis of the workshop:

- How I become "functional" and how I develop my personal style in the enterprise and in the work groups.
- How I develop my Observation and how I make Creative Interventions
- How is the Field Theory helpful so that I define common objectives (individual and group ones) that lead to the highest possible effectiveness.

Sue Congram (Clayton) will be the coordinator, instructive member of the training program Gestalt in the Working Field. Sue teaches Organisational Gestalt in different countries the last 12 years. She dedicates big part of her work to the development of teams and leading executives in big organisations and enterprises. In her doctorate thesis her research focuses on Systems of Leadership, combining Gestalt and Depth psychology. She is the writer of four books. Her two new books will be shortly published with regard to the following subjects: "Education and Imagination" and "Enterprises and Art" based on a new approach. You can learn more at www.suecongram.co.uk

We await your participation so that we may discover together the applications of Gestalt within the work field. For more information you may contact the Gestalt Foundation in Athens and Thessalonica or Magda Pantelidou at 6932.53.22.33 and Giorgos Stamatis at 6942.401.940

Latest news from the group Gestalt in the Work Field

Experiential Workshops

The annual experiential workshops in Athens and Thessalonica were realised successfully in February 2006 with the Sue Congram (Clayton) with subject "Coping with stress in the work field", which is a very important subject that overloads the workers and even more the enterprises and the effectiveness of the work groups. The obvious symptoms of stress are usually dealt with by the management of enterprises because stress itself is not considered by the enterprises as a basic factor of the

executives' effectiveness. In the workshops we worked with our personal experiences concerning the above mentioned stereotypes, the symptoms of stress, the systems of relations, conscience and confrontation.

For those of you who wish to join the list of contacts of Gestalt in the work field in order to receive in time information on workshops, seminars and events we request that you declare your name and electronic or postal address at the telephones of Gestalt Foundation - Athens or Thessalonica or at athina@gestaltfoundation.gr.

Gestalt Training program for consultants and enterprises' executives

The first year of the training program Gestalt in the Work Field continues with enthusiasm from participating that they wait for with distress the fourth meeting that has taken place in the residential workshop at Pilion with John Ewans Porting. John and his wife Jette, joined us once again at Pilion thrilled by the regular delays of the team members, the sun and our amazing dance at the gala.

SPECIAL ISSUE

The political response of Gestalt therapy

Peter Sculptress's **Experiential workshop "Social Response-Ability as a skill of Gestalt Therapists" (7th Residential Gestalt Workshop)** referred to the political dimension of Gestalt psychotherapy and to the need for the therapists to cultivate abilities in order to apply the therapy in full range, not only as another form of psychotherapy but also as a manner of activity within society. What do we mean by political dimension of therapy and what can a psychotherapist do other than his clinical practice and scientific activity in order to influence society? The following presentation is about the extremely interesting and original article *Gestalt Therapy and Politics* by P. Schulthess, where the writer systematically confirms the relation of Gestalt psychotherapy to politics.

Perls in antifascist movements. When he settled at S. Africa he met the Prime Minister, Jan Smuts, whose ideas on social change (Holism and Evolution) have influenced the Gestalt therapy theory. Later on, in the U.S.A. he continued to struggle for the humane emancipation and liberation.

Laura Perls used to characterize her work as political because through therapy, education and social work she supported people so as to live authentically in more or less authoritarian societies.

Paul Goodman, influenced philosophically and politically by the anarchist Peter Kropotkin, used to say that "society is the one who is sick not the people". He thought of therapy as a way of helping people change their environment rather than a way of curing certain symptoms.

It is interesting to note that political hypothesis lie within Gestalt theory:

1. We support the autonomy of people and we regard a person and the social system as self-regulating and organismic.
2. The holistic approach of Gestalt therapy, field theory, and the notion of figure and background have volatile political extensions.



The article begins by mentioning that the totalitarian regimes used to be afraid of any methods that promoted the citizens' independency and the cultivation of critical thinking. The political action of the most important founders of Gestalt therapy is described through a brief historical retrospection.

Fritz Perls, who experienced the horror of two world wars, before leaving Germany, was an activist with Laura

3. The cycle of contact also is applied on political, social and spiritual ground.

4. The notion of I-Thou relationship according to Buber is implemented not only interpersonally but also on a social-political level.

5. Finally, the notion of polarities like strong-weak, rich-poor, we-others are very important and demand our

attention on a political level.

According to Malcolm Parlett we need five abilities on our daily routine (Parlett 2003): Reciprocation, Interrelation, Self-recognition, Incorporation, and Experimentation. This model sums up Gestalt notions and displays Gestalt's political dimension.



Since as therapists we already know a lot regarding codependency in relationships (interpersonally and internationally), Peter Schulthess proposes that the Gestalt psychotherapists be heard more loud by the politicians and the public so as to move towards responsible decision making. Peter Schulthess besides being a therapist, a trainer and a supervisor he is also a leading member of the social democrat party of his region expressing thus his opinion on sociopolitical issues.

The assumption of political activity is not the end of our therapeutic activity. Psychotherapists take political action within a specific professional society when e.g. they express or exchange views with political leaders on various social or political issues, or with their publications in journals, and also when they communicate with professionals from other scientific fields without using jargon. The article urges us to reconsider even the psychotherapeutic training programs by giving emphasis on the critical and political dynamics of Gestalt therapy and wondering whether these teachings are incorporated into the behavior of the future psychotherapists.

There are many gestalt therapists, who already participate in sociopolitical programs e.g. human rights, racism, prevention against addiction. Most of them prefer to refer to themselves as "socially engaged" instead of characterizing their work as political. Why do we avoid the term "politics"? Peter Schulthess concludes his article

with this question.

Gestalt therapy has a corporate theoretical frame and remarkable methods to handle social crisis. A psychotherapist has to fight in order to bring changes within the establishment, the organizations, the society and the state so that the citizens' needs may be met. The psychotherapists' voice and work is above all a cultural, social and political need, which, if not externalized, may lead to the consolidation of the system within society. In this case we become unconsciously allies of the lassitude existing in society.

By implementing the Gestalt approach with care and responsibility we help patients (individuals, groups, social systems) to restore a balance between the creative adjustments in situations that are difficult to change and the mobilization to act wherever possible.

Our therapeutic work, counseling, and the educational activity contribute politically. It is important to be aware of this fact in order to serve the holistic approach of Gestalt, the humanity, and the society where we live, work, develop.

HELEN HATZIGEORGIU

3rd year trainee,

Gestalt Therapy and Politics, Peter Schulthess.

British Gestalt Journal, 2003, Vol. 12, No. 1, pp 62-66

PILION 12-15 OF MAY 2005

“I felt very attracted by Gestalt’s practice, philosophy and theory”

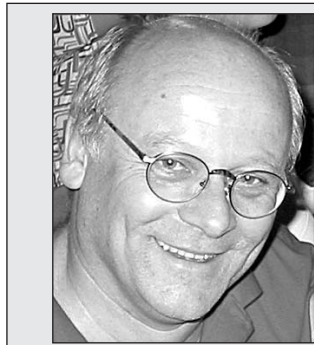
An Interview with Peter Schulthess by Konstantina Gioni

-How did you come to decide to become a gestalt therapist?

As a student (in the early 70ies) I met a teacher who was leading a seminary in a very alive way. I felt that here not only theory was taught but also we as persons were meant. He offered additionally a group in gestalttherapy. I felt very attracted to this approach, in practice and to its philosophical and theoretical ground. The meaning of being in the here and now, rising awareness for contacts to oneself as well as to the environment, learning to express emotions and giving to life a sense in behaving in a responsible way, this all had an existential message to me that fitted very well to my way of living and thinking, influenced by existential philosophy. So I chose the first possibility to start an educational program in gestalttherapy.

-You are a gestalt therapist from Switzerland and you often spend summers or some time in Greece. You also cooperate with a greek gestalt therapy training center. How would you comment on your so far cooperation with the greek gestalt foundation?

Well, I’m not only in summer in Greece, I spend some of my time at all seasons, even in winter in Paros. Thanks to EAGT I met the leaders of Gestaltfoundation first in Stockholm, where they presented two projects at the conference. I was very impressed by this and wrote in the Swiss Gestaltjournal, that in Greece there is coming a new generation of gestalttherapists, that are connected to the roots of gestalttherapy, which means not only to practice therapy as healing individual suffering but also be involved in social projects. During the EAGT writers conference in Alicante I met Katia and Maria again. I wanted to know more about gestaltfoundation and its activities and offered some cooperation, if wished, as I would be anyway about 4 times each year in Greece, so the idea was to combine my stays with teaching or offering independent supervision. I enjoy very much teaching in Greece. Its enriching



Peter Schulthess:

M.Sc. Psychotherapist, coordinator of the German Institute of Gestalt. Representative of Swiss Organization of Gestalt in E.A.G.T. Specialized in addictions.

to work in an other culture and another language and satisfying to see how the trainees appreciate what they get to learn.

-How would you comment on the last four- days workshop the greek gestalt foundation organised in Pilio (12-15 May 2005)? (How was it for you, what suggestions would you make etc)

I enjoyed Pilion very much. It’s the second time now that I was there and I love the atmosphere. I think it’s well organized with a good part of good improvising. Probably the program is almost too ambitious with all the different groups and tasks. I guess its not only for the organizers stressfull, but also for the participants, being involved in seminars with daily changing trainers and presenting something at the evening an own project to the others. What I loved, was that this time not only foreign trainers and the institute leaders did present, but also those who have already finished the program. It’s like a congress, inspiring and enriching. What I also liked is this working very serious during the day and at the evening having so much energy for expressive dancing full of live and joy. The dances that have been presented seemed to me like a non verbal group work: All to gether dancing as group oriented work, then giving space to someone for his very special own performance and interpretation of a dance, supporting him or her in a circle with the full energy of the whole group and after that continuing to dance all

together again. This was like a play with figure and ground allowing to emerge new figures. I loved this very much. I’m looking forward to the next time!

-Where would you attribute the fact that gestalt therapy isn’t very much expanded / well known in Europe as other therapeutic approaches?

Gestalttherapists are practioners more than researchers and university teachers. Methods that are developed and taught at universities are more known because they are more described, which does not mean that they are more effective than gestalttherapy. I’m glad that were there always also some colleagues, that did care about theoretical work and about research, with qualitative but also empirical designs. There are very good results for gestalttherapy, so that one can say that gestalttherapy is a very effective approach. Recently some Swiss and German colleagues and me have published a book about gestalttherapy that describes it in a way that psychotherapists from other approaches might read it. One chapter is on results from research. I would be glad, if this book could be published also in Greek, so that the knowing of these empirical datas could help to promote gestalttherapy.

-Lately there is great evolution of neuroscience, psychopharmacology and psychogenetics, there is a turn to biological psychiatry. At the same time the public mental health services in Europe have limited economic resources, there is a constant demand for the least expensive therapeutic programs. What do you think are the dangers or the challenges that gestalt psychotherapy and perhaps psychotherapy in general is going to face, under these conditions?

I think it’s a big danger and a mistake in health policy to promote behavioural and biological models only. I have confidence that the psychodynamic and relational approaches will survive, because patients need and want psychotherapy, not only another behaviour and pills. The results of

neuroscience and brain research show how important the expression of emotions connected with behavioural patterns and the trying to change them are. We find there a lot that proves that the concepts and the practice of gestalttherapy are right. These results even explain, how the effects of change through gestalttherapy happen. I think gestalttherapy is a very modern approach and has a good future to be more and more honored and respected. But it will be important to present gestalttherapy also on congresses with non-gestaltists and continue to do research in different designs.

-According to the theory of critical psychology there are two levels in which psychology and psychotherapy can influence, the amelioration (intervention to support and empower people so that they can make it in their sociopolitical and economical environment) and the transformation (participation of the scientists to a movement of changing the social system which in the first place creates or sustains injustice that makes people vulnerable to mental diseases). How do you think gestalt therapy participates in these two levels?

I think it has to go both ways: Empowering people to do their own things to influence a bigger environment is a main goal of gestalttherapy and very much needed in a society that wants to be democratic, what requires adult and responsible members. And ofcourse scientists have to participate on social movements and help to let them reach what the society needs. Scientists but also we as psychotherapists have a very special responsibility as members of our communities: We are specialists of individual suffering on this society and we know a lot, what creates suffering. As members of the community we owe the society that we make use of our knowledge and participate to politics and social movements. This is basic gestaltphilosophy as Paul Goodmann has described often.

Konstantina Gioni
4th year trainee

"Gestalt Foundation": A peculiar presentation of a case study

This year, in the residential workshop at Portaria I had the best time ever. I learned, I related, I advanced, I had fun, and what is more, I graduated. In a bright moment of the gala, I expressed to Antonia Konstantinidou my reservations as to how the philosophy of Gestalt permanently tends to be combined with other fields of human experience, and about what follows when this happens superficially. I also referred to my dissertation that raises such questions.

When we discussed about a newsletter article, the idea of writing about the Gestalt Foundation (hereafter G.F.) as if it were a case study, where I am the therapist and the hypothetical script is that an Organisation - client (G. F.), invites me to see this organization through Gestalt philosophy (something that happens very often in the work field). Here is the article in the form of a "report".

The situation reminds us a lot of Yalom, since there are a lot of tears and also the client (the Organisation) has trained me (the current therapist), and today deals with this Organisation through Gestalt.

This alone, means that there are a lot of counter-transference issues because for me as a trainee, the G. F. takes inevitably parental dimensions. Admiration but also reservations, gratitude but also alleviation that I have completed this phase, are just a few of the issues that I need to be careful with.

And still, my expectations for the G. F. to be the "perfect" parent were often expressed. Let's just say that I used to see the effort of the G.F. to organise itself internally. The G.F. wasn't trying to achieve institutional recognition but rather to systematize its functional structures, so that anyone could know what this education requires, what it provides, and how strictly it does so, in a frame that would have both rules and elasticity. Often, in this subject, in the beginning I found holes and imperfections. At this point I had expectations, which I experienced as requirements that were sometimes satisfied and other times frustrated. As much as this approach might be natural from the point of view of a trainee, today, I would say that I did not leave my client to evolve independently, I had demands because if the client were as irreproachable as possible, I could fulfil my own needs.

Slowly however I felt the enthusiasm and mainly the honest intentions. I believe that G. F. fought honestly, with dignity and passion for its internal structure and its frame rules. I also believe that the G.F. is aware of its course and has learnt a lot. This honesty played an important role in the therapeutic relation of the time with my client, and it contributed a lot as I worked through my expectations.

Something important that I wish to point out regarding my current

client is that the G.F. has many and rather effective support systems. Gestalt Foundation had the courage and the intelligence to propose collaborations to its trainees (or graduates), and it always impressed me with its organisational skills. Furthermore, it pursued the contact with other Organizations, Institutes remaining at the contact boundary, something that strengthened further its support systems. At the same time, I find the quality of its contribution very high, which ameliorate constantly

All of the above form an effective ego function which may be confirmed by the 4 trainers' professionalism despite the challenging and unexpected events in their lives. The four trainers have formed a rather

rich Id by providing the Organization's background with variable temperamental elements and individual qualities. (I have already referred to the "personality" by mentioning the Organization's effort to systematize functionally its "persona").

Something very characteristic in this case study is the Thesaloniki-Athens polarity within the training program. It is a geographic polarity which often leads to difficult or unpleasant situations. My client though is a clever Organization. Instead of trying to bridge the poles, it trusts the process and lets them interact with positive results.

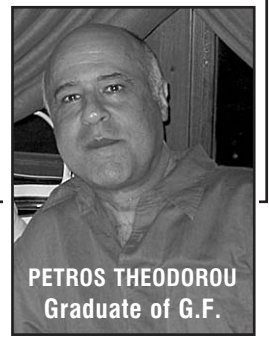
Finally, my client doesn't seem to have estranged parts. Its four main parts seem to be aware of one another, to cover each other functionally, and not to be unpredicted to each other.

I believe that in the highest rank of existential issues belong issues such as the awareness of the general futility and nonsense, the responsibility of choices and decision making. I also note that my client grows fast, since time seems to fly for an organisation! Thus, every year, because of its graduates, Gestalt Foundation experiences many losses. It seems though to manage within all the deaths and changes without hushing up the events or blowing everything out of proportion.

Unfortunately we will not refer to figure emergence issues or to changes of the field that influence my client.

I wish to remind that during those 5 years I haven't been seeing my client from the beginning as a therapist because I started out as a trainee. I remember my experience in those years through a constantly changing filter which I have been building.

Well, the present always counts and I believe that I have a satisfied client who has benefited from his therapy with me and as far as I am concerned, I have a lot of material for supervision. Besides, this "report" has no practical purpose. Maybe I just need to say goodbye to a beautiful, difficult and important period of my life. I welcome the vivid uncertainty of a new possible relationship with an Organization that swims wonderfully in the cunning sea of Greek reality.



PETROS THEODOROU
Graduate of G.F.



New Board of directors was elected for Greek Association of Gestalt Therapy

Everything began in 2002 with the first graduates of the training program "Education and Gestalt psychotherapy". Through a process of personal quest, contact with ourselves and the others, undertaking of personal responsibilities, we found ourselves facing the need to utilize the material we had gained and wondering about our future. Consequently, many questions arose:

- How may we assure the quality and prestige of our degree that we worked so hard for?
- How may we develop our basic training?
- How and where may we implement everything we have learnt?
- How may we share with other professionals this specific psychotherapeutic approach both in our professional activity and in our personal growth?
 - How may we prolong the support from our training into our professional life?
 - How may we communicate with other mental health organizations or associations?
 - How may we respond to the increasing needs that occur during our professional life?
 - How may we acquire a dynamic presence within the Greek scientific community and more importantly, how may we be dynamically present if we, as Gestalt therapists, do not know each other?

All of the above urged us to take action and to found the "Greek Association of Gestalt Therapy", in June 2002 in Thessaloniki which is of scientific and non-profitable character.

The Greek Association of Gestalt Therapy is the official and the exclusive representative of E.A.G.T. in Greece.

Aims of the association are:

- Diffusion of Gestalt psychotherapy and its implementations in research and theory both in Greece and abroad.
- Promotion of theoretical practice and academic collaboration among Gestalt therapists.
- Promotion of collaboration among educational organizations, mental health professionals regarding gestalt therapy.

On March 11th, 2006 in Thessaloniki a new board of directors was elected:

President	Farmaki Maria
Vice President	Kiletsi Irini
Secretary	Maroglou Fotini
Treasurer	Georgosopoulou Dimitra
Member	Triantafyllou Sina

We invite all Gestalt therapists to join and to participate in the association's activities. In this way we shall continue the efforts we initiated by choice in Gestalt therapy for personal, social and professional growth.

Maria Farmaki
President of G.A.G.T.



9th European Conference of Gestalt Therapy EXPLORING HUMAN CONFLICT

WELCOME MESSAGE

All started with a conflict...

Athena, goddess of wisdom and war, and the sea god, Poseidon, were competing for possession of one of the cities of ancient Greece. The other gods decreed that the city should be awarded to the one who bestowed upon its inhabitants the most useful gift. In response, Poseidon struck the ground with his trident and brought forth a miraculous saltwater spring. Athena, putting her faith in a more practical offering, planted an olive tree beside the spring. The people found the olive a better gift, and the city was named for its winner: Athens.

We are honored to host in Athens the 9th European Conference of Gestalt Therapy from 6 – 9 of September 2007: "Exploring Human Conflict". Conference Center: Divani Caravel Hotel.

Since 2004 the conference became an important and vital part of our institute and our lives. Slowly, with the arrangements of time and place, a form of where, when and what started to emerge. Now we are ready to give you the lead!

All the important information concerning the program of the conference or registration and accommodation are included in this brochure. For registration and/or accommodation complete carefully the relevant form and submit it to the conference secretariat office.

The official website of the conference is www.gestaltconferenceathens.gr. You can find there all the information relevant to the 9th EAGT Conference, including the online registration form.

We invite you to explore "together", as Socrates said, how "from doubt to doubt, from objection to objection one can arrive at the definition of meaning, of an idea", in different fields: psychotherapy, social and human rights, education, organizational and research.

Warmly

Balliou Despina
Hatzilakou Katia

Konstantinidou Antonia
Yiamarelou Yianna

Gestalt Foundation Psychotherapy & Training Center

NATIONAL ASSOCIATION OF PSYCHOTHERAPY

Announcement

3rd conference: "Psychotherapist's supervision methods: practice and theory".

This conference just like the previous ones will be an opportunity for a better acquaintance, knowledge and experience exchange among psychotherapists coming from different approaches as well as an education within the psychotherapists' continuing training.

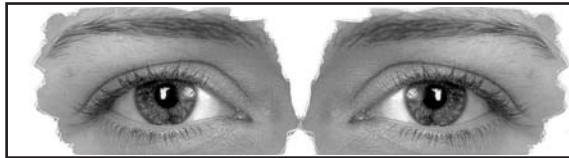
The conference will be held in Athens, Saturday June 3rd, 2006, 9 a.m.-5p.m, at the hotel Novotel Athens.

The program includes theoretical presentations from many psychotherapeutic approaches regarding supervision, many supervision workshops that will implement various models. A certificate will be given.

Because of the fact that the conference includes an experiential part, the number of participants will be limited.

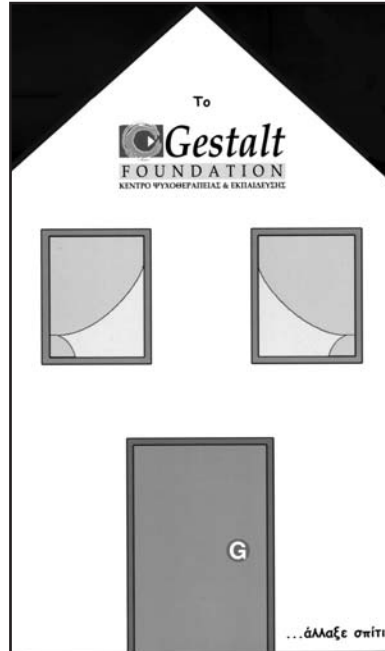
You are kindly requested that you register as soon as possible. The cost of participation is 40 euros and a light lunch during is included.

For further information and enrolments please contact 210 6435 980 and 210 6447 533.



CAREFUL!

SOMEONE IS WATCHING...!



Since I don't like watching all by myself, I decided this time to become a photojournalist! Take a look at the pictures and read about the events.

Katia and Antonia inaugurated the new office of Gestalt Foundation in Thessaloniki January 22nd, 2006.

The invitation for the inauguration was a card in the shape of a house. They opened the door to their "house" and we entered!

Since we are all good friends, trainees and co-operators we thought to cut a Christmas cake to celebrate the New Year, 2006. But we were so many that just a cake would not be enough. So, Katia and Antonia had this great idea to order small individual cakes and they put in one of them a lucky charm. We cut the cake with a pomegranate on it for luck, dried fruits for abundance, and then we shared the individual cakes.

Anastasis (3rd year trainee) found the lucky charm and won the opportunity to participate in a seminar of his own choice gratis.

The hostesses though took care of the rest of us.



These two lovely children drew a ballot and three gifts were given.

The first was a day at Lotus Spa and the lucky gal was Sina Triantafyllou. For the next issue I will have all the details about her day at the Spa, but I cannot promise you any pictures!

Gestalt, being a holistic approach, takes care of our minds and our bodies!

The second gift was a book by Susan Clayton, *Simply People*, which Sofia Bikiropoulou won and the third gift was a set of aromatic candles that a neighbour of Gestalt Foundation won who arrived the last minute. That's luck...!

Unfortunately I didn't win anything although I was very close to winning because I was standing right next to Anastasis and Sofia! But I don't give up! I shall wait for the next cake...

Have a happy new year!

(Ok, I know the wish is out of date but it always works...!)

*Yours truly...!
Souvlitsa*



VISIT
OUR SITE

www.gestaltfoundation.gr