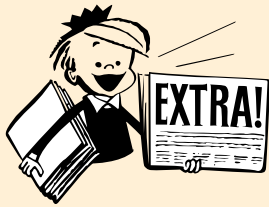


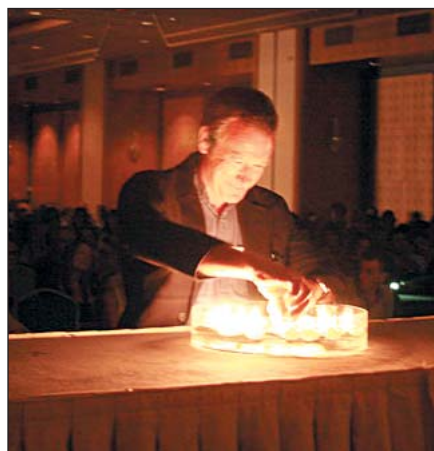


# Gestalt NEWS Foundation

Informative and communicative six-month issue of the Center of Psychotherapy and Training Gestalt Foundation • November 2007 • 7th issue



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## 9<sup>th</sup> European Conference of Gestalt Therapy

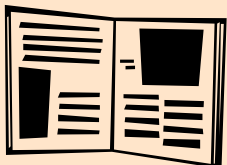
### EXPLORING HUMAN CONFLICT

6 - 9 September 2007  
Athens - Greece

Conference Center - Divani Caravel Hotel



UNDER THE AUSPICES OF



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: [ggestaltf@otenet.gr](mailto:ggestaltf@otenet.gr), [ggestyd@hol.gr](mailto:ggestyd@hol.gr)) and express your interest in participating or just tell us your opinion or your ideas.

**We are interested!**

## Publishers' Note

November 2007



**T**he harder days for me were those immediately following the Conference. I felt

almost like "floating" in an interim of emptiness. In-between the "closure" of Gestalt called "9th European Conference of Gestalt Therapy" and the new Figure that started appearing due to the new needs of Time...

Fortunately, our known creativity and the new paths we follow this year (see flyers with activities and our website) helped me to take the step and turn this page, closing the book on a chapter that had been writing for the last three years.

What we, as Gestalt Foundation, decided was to "freeze" time for a while, with the current and the next issue, to share with our readers our experience from those 4 days. This is our way to celebrate and honor the "foundation ritual" of Gestalt therapy in Greece.

This issue, to return to "here and now", was made mostly by the people who "worked" at this Conference. We hope that next issue will include more from you who participated!

So, I invite all of you who were there, if you wish, to share with something from your own experience with the rest of us. Just send us your stories, as soon as possible, (approximately 1- 1,5 typewritten pages) and we will be happy to publish them!

**Enjoy the reading and let us wish for a good winter!**

**Antonia Konstantinidou**

*Antonia Konstantinidou is a Social and Clinical Psychologist (Aristotle University of Thessaloniki), Gestalt Psychotherapist, Trainer and Supervisor, Member of EAGT, ECP Holder. She is one of the co-founders of Gestalt Foundation and one of the resident members of the training program. She lives and works in Thessaloniki and Athens where she is practicing her profession since 1994.*

# Thank you from my heart ...

**A** big "thank you" from the bottom of my heart...could be the title of this article. An article that I sign, but however write, on behalf of Antonia, Yianna and Despina as well.

A "thank you" accompanied by emotion, joy, satisfaction, justification, contact and share.

A big thank you to all of you, who, in one way or another, supported assisted, tried, and worked silently and quietly, apparently or not, in different and multidimensional ways at parallel levels and fields for the realization of the 9th European Conference of Gestalt Therapy "Exploring Human Conflict".

I likened the Conference, in the previous issue, to a "big dinner table", what comes in my mind this moment is the picture of a "loud beehive"; a beehive where everyone "knew his position" and did their best possible work, offering to all a result, which was "excellent".

A big "thank you" firstly to all of you, the more than 70 and "volunteers", friends – acquaintances, family members, trainees, graduates and collaborators who paid...to work!!! That itself shows virtue, life principle, vision and commitment. We hope that we won your trust. Together we hope and commit to continue our goal of creating a present and a future in the Greek and European field of Gestalt Psychotherapy based on the value of offer and support.

An honest "thank you" to Mrs. Eleni Kalle from the Contemporary School Avgoulea – Lindardatou" for her warm support to the process of donation and Mr. George Linardatos personally, the General Manager, for his gracious support and for helping provide the transportation needs of the participants to the Conference's Gala.

A cordial "thank you" to Panagiotis Vasmatzidis whose name, due to bad coordination and without any other...spiteful...intention, was not mentioned anywhere during the Conference, for his amazing effort for assuring sponsors for the Conference and for his effectiveness to convince "Liberi Publications" to contribute to this cause. Panagiotis thank you...and pardon us for "disremembering you"!

An apology, for the remiss of mentioning them at closure, we owe to Petros Theodorou and the "Meta Playback Theatre" group: Alessandra Ivaldi, Fausto Radaelli, Elena Roncoroni, and Francesco Valentini for their sincere and warm present during the Conference and for their professional work regarding the mise-en-scene of the place where the performance was put on. Thank you cordially for the unique "pulse" you gave to the Conference, for your perfect collaboration and your willingness to work through every difficulty or adversity that came up. We hope for and look forward to a future collaboration!

However, since this Conference was "excellent" but not "flawless"... as is human...we owe an apology and a thank you to George Dipla and Katerina Tsitse, whose names were not mentioned at the closing ceremony and who offered in good spirit, aliveness, courtesy and smiles, valuable hours from their own time



**Katia Hatzilakou**

*has a M.Sc. in Social and Clinical Psychology, she is a co-founder of the Gestalt Foundation, a Gestalt Psychotherapist, Trainer and Supervisor, Chair of the Extended Board of E.A.G.T.*

for being "there", with us, in various ways. We honestly thank you!

Aida Stratouris, as a true "deus ex machina", filled with smile, courtesy, humour, warmth and tactfulness, you captured "moments" of the Conference and you stood by us with decency, understanding and support. Thank you!

Christos Maglousidis, Litsa Koika, Grigoris Konstantinidis, Stella Konstantinidou, Fotini Karakanta, Theodora Ragousi, Konstantina Stamati, Sylia Davanolis a "thank you" would be too little for the unique moments of "fellow feelings" you offered us...Take care...

"A once in a lifetime experience"... is how I have heard many describe this Conference. The truth is that this is how I experienced it myself, for the last three years during the preparation, during the conference itself, and even now... in its echo.

"A once in a lifetime experience" filled with positive spirit, zest, good cheer, excitement, joy, laughter

and emotional tears, moments of contact, through interesting presentations, creative workshops, affectionate glances, warm touches, tender "shares"...wild dance!!!

All the above could not be possible without the fundamental existence of four people, who, at the closing ceremony, were mentioned as members of a numerous group, yet they by right deserve a personal credit and mention:

Elsa Aggelidis, the soul of the Conference's planning. Thank you for the knowledge, the patience, the commitment, the time, the ideas, and the assumption of responsibility. The "congratulations" of the organization belong in large part to you.

Christina Alexandrou, the "equilibrist" of the Conference. Thank you for the systematic work, the assiduity, the willingness, the flexibility, the discretion, the courtesy, and your easy smile during easy and difficult times.

Zoe Bachtalia, the pulse of "life" of the Conference. Thank you for the vividness, the brilliance, the knowledge, the readiness of wit, the efficacy, and the flexibility. A great deal of the success of the "scientific" part of the Conference belongs to you.

Emmanouela Bechlivanis, the "back-hero-room". Thank you for the patience, the positive attitude, the warm smile, the human presence and the assumption of a great part of the responsibility...under urgency and difficult circumstances.

Thank you all cordially!

*"To our health and prosperity!" as my father used to say...*

**Katia Hatzilakou**

*A big "apology" and at the same time a big "thank you" to whomever we might have forgotten or still forget and who helped us in any way to the realization of this Conference, to the "back-hero-room"; honestly, it is not intentional but out of ... simple remiss! Please remind it to us if that is the case!*

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Publisher

**Marina Vamvaka**  
Editor  
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**Zoe Bachtalia**  
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### In this issue worked:

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## The other side of Gestalt

"During our conference", the 9th European Conference of Gestalt Therapy in Athens, I faced a difficulty: I found myself in front of a world of offers for lectures, panels and workshops. I finally chose only what moved me, guided by my pleasure as my main criterion. Eventually, I found myself with two subjects from organizational; a field that I found "far off" me. For my "organizational" ingathering from the conference I am about to write today in this column from a psychotherapist's point of view.

To begin with, I attended the lecture of Barbro Curman from Sweden entitled: "The Power of Trust: True Stories about Profitability and Efficiency". The coordinator conducted a series of 12 interviews with equally senior counterparts of companies of our country with one main open-ended request: "Describe a successful period in your working life and let us stand not just on what whether on how". Some of this research's results that I'm holding are the attitudes of the counterparts: they have clear goals, they give a realistic feedback, they respect and trust the employees, they have the courage to defend their beliefs and they undertake a clear and quick action towards those who will abuse their trust keeping a hidden agenda. Several common characteristics of their personality: the passion and the joy for creation are their driving force, they are authentic, money comes as a result, their motives are stronger than their fears, prestige is not important and they honor personal contact. Finally, the lecture ended up to the various types of trust: trust in your own potential, capability, your intuition at any moment, of other people, in the picture you have of your work, in the creation through opposite poles, to the "nature's order" = process.

The day after, I participated in the whole-day workshop of John Ewans Porting from Denmark called "Conflict Resolution, Hidden Themes of Hurt and Creative Change Processes in Couples, Groups and Organizations". He developed in an experiential way the model he argued on conflict resolutions. He uses the picture of the "organizational iceberg", on the top of the iceberg centers logic blown by the

wind. There is the management. There are the goals, the results, and the processes. On the base there is the unreasonableness open to the air-flow. There is the leadership. There are the attitudes, the motives, the hopes, and the fears.

He spoke us about the dialogue of courage and care. For the cases that energy is available for productivity.

Finally, he showed, as an excellent maestro of the group, how we manage to block the 4 main feelings, according to his theory, anger, sadness, joy and sexuality, and how we have equivalent consequences to our taking, to our being, to our enjoying and to our playing.

What I kept from my navigation in the organizational field is that the leadership is a challenge for everyone, not just in the work place, but in life as well, as each and every one of us is the leader of our own life.

What I lost were some prejudices I still had for that field, that it is uninterested or that it also very technocratic.

I combined what I heard with the application they could have. In the work places I know, I value that an organizational Gestalt therapist has a lot to offer to the conflicts, the boundaries, the roles, the alliances, the cabals, the hidden angers, the absence of motivation and meaning. Lots of mental health services, for example, can profit with an organizational Gestalt therapist as a supervisor of personnel group.

So I met Barbro Curman and John Ewans Porting. Along with them I came in contact with their audience. In the organizational approach of Gestalt I found people with plain points of view, clear thought, oriented to the action and application and after having translated very sophisticated to understand very concepts of Gestalt in "plain Greek". In this spirit I keep for my own work and after the moment of awareness in therapy the "organizational" question; "From what you have comprehended now, what is the one thing you could change in your life today?"

**Fotini Maroglou,**

MSc Clinical and Social Psychologist,  
Gestalt Psychotherapist

## Gestalt in the Working Field

### GIO News

On the 9th of November starts the 3rd year of the training programme, GIO 'Gestalt In Organizations'. This year is also the graduation year of the first training group of GIO. A year that starts with lots of hopes for the future of an effort whose goal is the promotion of Gestalt approach through consulting and training inside the business world.

The conference was valuable to this effort – it provided members of the national society with experience and knowledge of organizational, valuable to our beginning.

In Pelion, Frans Meulmeester will conduct a workshop. We are looking forward to you becoming familiar with us.

**Magda Pantelidu**

*B.A in Social Sciences, M.A. in Applied Social & Market Research, Gestalt In Organizations Consultant. Programme Coordinator of Gestalt In Organizations.*



**By Magda Pantelidu**

## Gestalt European conference Some impressions

It has been a long time already since the completion of the European Conference of Gestalt which took place in Athens, for having set views on it, which I will connect with GIO (Gestalt In Organizations) to which I have long felt indissoluble bounded.

1. Perfect organization and execution on Gestalt Foundation's behalf. Well done! An exceptional Organization that worked cooperatively and with faith in its task. I also see how important the Organizations in our everyday life are and how important that frequently becomes.

2. I was impressed with the number of topics that were presented, whether they were experiential or theoretical, regarding Gestalt in Organizations. Furthermore, what impressed me as well was the turnout from both from Greeks and from foreign participants. The message I receive is that the interest is strong and that the application of Gestalt in the Organizations in Europe rather holds a high place among the Gestalt professionals. That gives me the strength to continue my training and fills me with optimism for the future of GIO in Greece too.

3. A (foreign) therapist asked me about a workshop I attended with the regard to the conflict in Organizations. When I described the way we worked, which was familiar to her from her own experience as therapist (there were given roles and words in feelings) then, surprised she said "So you also do such things in GIO?"

I make a closure here with my impressions, with my own surprise for what I was asked about, excitement for what I do within the Gestalt framework, peace for the beautiful days of the conference, promise for a strong presence of the Greek GIO in the next European conference and with a smiling kiss to all of those who organized the conference.

**Panagiotis Vasmatzidis**

*Graduate of the School of Agriculture of A.U.Th., MA in Marketing, Product Specialist of Haematology/Cardiology for North Greece, Bayer Hellas, trainee in the 3rd year of the GIO Training Program of Gestalt Foundation.*



**By Panagiotis Vasmatzidis**

## SPECIAL ISSUE

## 9TH EUROPEAN CONFERENCE OF GESTALT THERAPY

**"Conflict or Dialogue?"**

**I**t all started with a conflict: In 2004, in Prague, the Greek delegation with Despina Balliou in charge and the Israeli delegation with Nurith Levi in charge "dueled" for the claim of the next conference of Gestalt therapy.

Greece won, but for the affirmation of the decision, wine would be... drawn!

With a wonderful gesture that was reminiscent of the ancient Greek ritual of libation, Nurith presented a bottle of wine to Despina along with a wish for "good luck". Her wish came true and 3 years later, the hostesses of Gestalt Foundation returned her gesture with a toast with the same wine during the opening ceremony of the conference. It seems that time does not date but matures things...

All that happened in the 9th European Conference of Gestalt Therapy which took place in Athens 6-9 September 2007 under the organization of Gestalt Foundation and the auspices of EAGT, the Hellenic National Commission of UNESCO and the Hellenic Ministry of Culture.

There are moments in life that remain embedded in the memory for the power and the beauty of the self-realization they embosom. This conference was one of these "happy moments" for the Greek history of Gestalt therapy.

At the effluence of summer 532 participants from 33 European countries gathered (Austria, Australia, Belarus, Belgium, Croatia, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, F.Y.R.O.M., Germany, Italy, Latvia, Lithuania, Luxemburg, Malta, the Netherlands, Norway, Poland, Russian Federation, Serbia, Slovenia, Spain, Switzerland, Swiss, Ukraine, United Kingdom, etc) – but also from the United States, Israel and North Africa.

The 90 theoretical and experiential presentations were divided in 5 subcategories: Psychotherapy, Society-Politics-Human Rights, Education-Child, Organizational and Research-Training-Professional Status, while their rich variety in topics was about Conflict.

The 7 panels of the conference had guests, specialists in matters such as Human Rights, Education and Conflict Resolution at school grounds, global problems (wars, environmental destruction etc) and aroused special interest. At the focal of the conference was the issue of social responsibility from the gestalt's point of view, a fact that was accepted with enthusiasm.

A special moment had been the speech of Ken Evans who got us all thinking about the share of our personal responsibility in our practice of any kind of discrimination and violation of human rights. He was careful to emphasize, "Everyday life is a battlefield in which we are able to kill the soul and the personality of another human being, by not



By Maria Mavridou  
Psychologist,  
Psychotherapist Gestalt

respecting his differentiation".

During the touching silence that was held in honor of a Palestinian father who unfairly lost his child in between exchanges of fire, I kept thinking of his motto, a new principal of moral law, that Ken Evans suggested to the current Gestalt psychotherapist and individual:

**"You are, Therefore I am"**

The conference was indeed true to the principals of Gestalt and of pragmatism by bringing out the wider social field and its problems through the smaller field of psychotherapy, taking action with "here and now" gestures, such as the collection of money for the fire sufferers of Peloponnesus and composing a committee under the name of «Human Rights and Social Responsibility».

I will concentrate on the feedback of the participants themselves during the closing of the conference. The "democratic" way of its organization and conduct was touching. That allowed everyone to express their "expertise" from their side, and also to participate actively in the process, as Eva Metzger declared.

Furthermore, the team spirit, the warm welcome and the concern that was felt by every participant, became the subject of numerous positive comments at the end of the conference, while there were many who personally thanked the organizing committee and the volunteers for undertaking the responsibility of the organization.

By general confession those 70 (!) volunteers, trainees, graduates, psychotherapist professionals, and friends of Gestalt Foundation, formed the "heart of the conference", as Kirk Campbell admitted, and the burst of applause at the end was totally justifying!

Speaking of... applause, I do not think that any of us will ever forget the Gala and the unbelievable dance marathon, which lasted from the very beginning until the very end with everyone on the dance floor. Referring to the comments that were heard, I pick out the following: "This is the first time I ever saw a waiter using his mobile phone for taking pictures of a dance floor!"

It makes you think that there is a reason after all for the word "kefi" (≈ good cheer) and why it cannot be exactly translated .....

It has already been quite a while since the completion of the conference, and the oil branch – its trademark -, still occupies its own vivid space in my office..., that and a sense of satisfaction, and along with that, the need to say, daring to do that on behalf of all,

Antonia, Katia, Despina, Yianna,  
Thank you for the experience you gave us!

**Chewing time through...**

*Knowing that it is necessary a while after the end of an exhausting day for "chewing" what we "got" in-between, in order to be able to "embody" them easier, the hostesses introduced a new way for "closure" , during this conference, on Friday and Saturday, which they called "chewing time" since the goal of this hour was "chewing".*

*That way every one of us had the opportunity to "close" his day by choosing what it was that suited them better: yoga, massage, art, dancing, or sharing.*

*The participation was big and the comments very positive.*

*Next, follow the impressions and the experience of the coordinators of this process.*

**Marina Vamvaka**

**DANCING**

When I decided to participate in this wonderful idea of chewing time, I felt the desire to do something different from the usual dance classes. I wanted to build a class to which every participant could attend, to relax actively through the refreshing influence of the percussions' rhythm and above all to obtain pleasure from all this. For all those reasons I decided to experiment with short exercises and elements from dance therapy through primitive expression, which came from a technique that was imported in 1970 to France by HERN Duplan. This technique adopts the indicia of tribal dances, that can be met in all the civilizations and are called "primitive" because they depend on: the importance of the group, the dynamics of rhythm and the energy of "impulse" – which is communicated by the "pulse" of the steps-, simplicity of the movements, the symbolisms and the grounding, and through repetition, symmetry and use of the voice, the emerge of experiencing ecstasy.

For me was magical, not just that I truly enjoyed the pulse and the, at the end, ecstatic energy of the group, but also the fact that 40 totally different persons and unknown to each other let themselves loose and joined a group not in a assimilative way. Since they were shown that every movement or sound was for everyone, it was also something very personal and special at the same time ...

**Eleni Chatzigeorgiou**

## EXPLORING HUMAN CONFLICT

## Chewing time through... Chewing time through...

## ART

Friday (7/9) 17:00 – 18:00 and Saturday (8/9) 17:00 – 18:00

On Sunday morning of 9th September, closing day of the Conference, I was drinking my coffee having a discussion with colleagues on impressions from the conference and hesitantly a Belgian psychotherapist approached me and in an indecisive manner asked me to follow him because, as he was explaining to me while I was walking beside him, he wanted to give me something. So I ended up to the place where the works of the members of the 2 Art chewing time of Friday and Saturday were displayed. My Belgian colleague offered me his work that he made on Friday during the project entitled "Around a Smudge". With tears in my eyes, he gave me his creation overwhelmed and uttering a thank you, because through this process he managed, as he confided in me, to find something of himself that filled him with joy, emotion and hope.

I honestly did not expect that within an hour could emerge something that powerful and important. I cried from joy and compassion in the arms of a person whom I knew deeply and essentially during those 2 minutes. 2 minutes were enough to become that close! Isn't that the power of art after all? Isn't that the power of psychotherapy? Or is it maybe the power of the energy that people possess when they feel ready to look deep inside to their souls that transforms us to magical beings ready to give and take love, respect, compassion, joy, friendship and affection?

I would like to finish my experience from chewing time with a big thank you to Gestalt (Katia, Antonia, Yianna and Despina) for their trust they generously put on me through all these years. Also, both of my colleagues, Sofia Bozini and Anastasia Varsamopoulou, thank you both. Sofia, thank you for responding to my proposal for co-conducting the group of Chewing time: Art entitled "Around a Smudge". Anastasia, thank you. You gave me once more the joy of working with you. On Saturday Project "Journey to the Center of Earth" was for me as well a journey to the center of contact and self. Just like the whole Conference.

*Katerina Siampani*

## ART

I heard the call for the open dialogue with my differentiability, within the framework of the 9th European Conference of Gestalt Therapy. At the same time, I accepted an invitation to conduct a workshop at the same conference, "Chewing time through...Art", they called it! Always one to face all the challenges of my life, for the knowledge and the experience, I accepted! Felt-tipped pens, colored pencils, blank sheets of paper, magazines, glue, and scissors. Art supplies that would lead us to "chewing" whatever emerged like a need from inside of us throughout that day of the conference. I felt anxious and curious to begin the process! I have coordinated a lot of art therapy groups, but what about now? The participants were as diverse as the differentiability we were exploring throughout the conference itself!

The workshop started and with the innate creative capability that everyone had as an ally, we all became one, a team, coordinators and participants, everyone chose their own corner, their own materials, and began their own journey. A journey to the center of earth, with geographic coordinates that define the center of their selves! Thus, we visualized our needs; we gave shape to our differentiability! Collages, colors, shapes on blank sheets; everything we had was summoned up and used to create the serenity and the mental closure that always comes after the pursuit, the awareness and the assimilation of our thoughts and feelings! When we laid all our artistic creations on the floor, one next to the other, listening to the members of the group present and describe what they painted or constructed, I felt that several unfinished businesses were closed for that day!

*Anastasia Varsamopoulou*

## YOGA

My first reaction entering the yoga class at the end of the workshops was ... shock! The hotel's space was packed.

There were not enough yoga mats and those who did not get one, took the initiative and rolled out the sheets that were meant for the relaxation at the end and waited quiet for the class to begin. Some people were trying yoga for the first time, others were veterans; however, all of them seemed to surrender to the experience, and even they were not sure whether they were doing the exercises "right". Many had their eyes closed and were enjoying the connection between their breath and their movement. At the end most of them seemed to be more relaxed and smiling and the impression were positive. Aside from the general comments about how good yoga is, and the good it provides, many commented that it was the best way for closing the day of the conference.

*Anetta Alexandridi*

## Yoga a la ... English!

Yoga in Sanskrit means union from the verb «join», and if we wish to analyze

it more, it means the union of the mind with the body and the emotion. Gestalt approach serves this holistic perception and for that reason happens this marriage between Yoga and Gestalt.

In the Conference in Athens there was Yoga in Chewing-time included and I must admit that this had been a unique experience for me. The fact that I would present Yoga's program in English, felt nothing like a "union" to me, since the English language is not my strongest point! So I experienced my inner "conflict" and taking the risk I carried out the program in English indeed. At first it felt strange and I used every ounce of my energy to correct my accent and to speak my English with good articulation. But later on I let my energy flow and used my experience from Yoga unfold, I forgot about English and accents, I trusted the "HERE & NOW"! It was amazing! When I finished the program, in fluent English, and with me combining words, colors, images, it felt like a revelation to me...And on the other hand the result of my own "union" with the English language and Yoga, seems like it touched those present, who were "awaking" at the end after the relaxation and were coming back to the reality of space and time with faces filled with peace and satisfaction... And that is what I kept as the most important! The contact and the willingness to hear at each other beyond words tied to an accent, beyond unknown meanings, to "meet" in that familiar place that does not understand limits, just the common need for relaxation and activation!

*Alexandra Kaltsogianni*

## SHARING

At first I felt interested when I was suggested to be responsible for the conduct of a group with the subject above. I felt my interest becoming anxiety when later I was informed that it would be the first time ever this idea would be materialized within the framework of a conference.

My anxiety did not last long though... My familiarity with chewing and sharing from the Gestalt's gulfs made me trust the suggested process and to anticipate for whatever comes along with the new... And it sure was worth it... As I chose to observe the group from a position away from the center – observing the process and not having any contact with the content of what was being said due to the distance- I suddenly saw almost at the finishing a group to become more vivid in motion, in sound, in rhythm, in color...and the contact in-between the members seemed essential. Standing with the puzzlement and expressing my phenomenological observation at the end I felt surprised and moved when I heard the group members saying to me that during that final alive part of the group they were in dialogue but by talking in their mother tongue...That is what I wish to keep from the conference... that when I am in contact with myself (mother tongue) I am in contact with the others who surround me (dialogue)...despite all conflicts (different languages)...

*Sevi Hatzopoulou*

## VOLUNTEERS OF ATHENS AND THESSALONIKI

As a small acknowledgment for their valuable assistance we publish all the names of the volunteers of Athens and Thessaloniki who contributed to the realization of this conference.

ACHLADA LIA  
ALEXANDROU CHRISTINA  
BACHTALIA ZOE  
BIKIROPOULOU SOFIA  
BOUSKIKOUDI CHRISTINA  
BOZINI SOFIA  
CHATZOPOULOU SEVI  
DOUNA ELENA  
GEORGOSPOULOU DIMITRA  
IOANNIDOU MARIA  
KAFKOPOULOU ALKISTIS  
KALOTA YIANNA  
KALTSOGIANNI ALEXANDRA  
KARANASOU ELENA  
KIROU MARIA  
KOIKA LITSA  
KONSTANTINIDIS GRIGORIS  
KONSTANTINIDOU STELLA  
KOUTOUSI POPI  
MAKRIDOU MELINA  
MAVROMICHALIS ANASTASIS  
PANTELIDOU LENA  
PAPADIMA DIMITRA  
PAPADOPOULOU ANASTASIA  
SERIFI MARIA  
SHADMON RAMA  
SIAMPANI KATERINA  
PANTELIDOU MAGDA  
THEODOROU PETROS  
THEOFILOU MARINA  
VAMVAKA MARINA  
VARSAMPOULOU ANASTASIA  
VASMATZIDIS PANAGIOTIS  
ZIOGA DIMITRA

ALEXANDRIDIS ANETTA  
ANAGNOSTOPOULOU ATHINA  
ANTONIOU ELENA  
BALLIOU DESPINA  
BECHLIVANI EMMANOUELA  
BOUGAS DIONISIS  
BOUTRI ALKMINI  
CHANTZIARA DIMITRA  
CHATZELA RIA  
CHATZIGEORGIOU ELENI  
DASKALAKI OLGA  
DIPLAS GEORGE  
ELLINGER BIANCA  
FARMAKI MARIA  
GAVRIIL OLGA  
GIONI KONSTANTINA  
KARAKANTA FOTINI  
KIRIAKOPOULOU LILA  
KOHANOVITCH MARIOLA  
KOSTALLOU AGGELIKI  
MAGLOUSIDIS CHRISTOS  
MERTIKA ANTIGONI  
MICHAELIDIS KOSTAS  
ORFANOU ANTIGONI  
RAGOUSI THEODORA  
TSILIBARI ANTIGONI  
TSITSE KATERINA  
VALMA VICKY  
YIAMARELOU YIANNA

### ...only with the heart one can see rightly...

I think that every attendant of the Conference saw and experienced lots of new things: presentations, theories, moments, faces and many more and what makes me most happy is that after the completion of the Conference most of them had something to share with us. Now it is my turn to share with all of you something. Something that you did not see, but it not only supported, it kept me smiling as well: The assistance and the positive attitude from all of my collaborators (from the hotel staff to the audiovisual technical support personnel) and of course all of the volunteers, whom I now count as new friends... "It is only with the heart that one can see rightly; what is essential is invisible to the eye" (extract of one of my most favourite fairytales "The Little Prince")... Thank you all for your assistance, support, warm smiles, patience, contributions, and all those moments of laughter throughout the Conference.

*Zoe Bachtalia*

### Press Release

#### SUPPORT TO THE FIRE SUFFERERS – SUPPORT TO THE ASSOCIATION FOR CANCER PATIENTS OF KATERINI & PIERIA

The immediate and warm support of the participants of the 9th European Conference of Gestalt Therapy "Exploring Human Conflict" was moving. In Gestalt Foundation's attempt to raise funds for the financial support of our fellow beings, which were affected by the disastrous fires and of the Association for Cancer Patients of Katerini and Pieria. Friends, collaborators, volunteers, trainees, graduates and colleagues of ours, both from Greece and foreigners came off with the correspondingly collection of \_ 1011, 44 and \_ 175.

Gestalt Foundation would like to express its utmost gratitude to all of those who were sensitized to its appeal and to those who contributed to its successful outcome.

### Activities Program Gestalt Foundation 2007 - 2008

The detailed program with the activities of Gestalt Foundation for the academic year 2007 - 2008 has been published. You can obtain the copies from the offices of Gestalt Foundation both in Athens and Thessaloniki.

For more information and detailed program you can visit the official website of Psychotherapy & Training Center Gestalt Foundation [www.gestaltfoundation.gr](http://www.gestaltfoundation.gr) or to come into contact with the Secretariat Office to the following telephone numbers and e-mail addresses:

Athens: Monday – Thursday 11:00 – 19:00 & Friday 11:00 – 17:00.  
210 – 7254010, [athens@gestaltfoundation.gr](mailto:athens@gestaltfoundation.gr)  
Thessaloniki: Monday – Friday 10:00 – 18:00.  
2310 – 283588, [thessaloniki@gestaltfoundation.gr](mailto:thessaloniki@gestaltfoundation.gr)

## Special Acknowledges and Appreciations

This Conference would not be possible without a big group of people, like a big hug, having the capacity to share a vision.

- Beside us, all those 3 years, is standing all the Greek Gestalt Community; colleagues, graduates, trainees, and the National Greek Association for Gestalt Therapy, which among other ways of support, considerably offered 600 euros.

- The Hellenic National Commission for UNESCO who kindly put the conference under their auspices and along with the Hellenic Ministry of National Education and Religious Affairs, International Organizational Division, adapted and supported Gestalt Foundation's proposal for the programme entitled "Experiential Workshop on sensitization to exploring Conflicts in School environment, based on Human Rights Approach". Cordial thanks to more than 40 teachers of Primary and Secondary Schools of Athens and Thessaloniki, who participated with enthusiasm in this programme, as also to Myriam Karela and Vera Dilari who initiated and supported this idea.

- Hellenic Ministry of Culture who also put the Conference under their auspices and kindly offered the "History Museum of University of Athens" for the Playback Theatre Performance.

- The NVAGT (Nederlands Vlaamse Associatie voor Gestalttherapie en Gestalttheorie) for their important donation of 2400 euros.

- Evangelos Tsantalis S.A., Liberis Publications, the magazine "Life in Capital A" for their sponsoring.

- The Meta Playback Theatre and Petros Theodorou (Gestalt psychotherapist and Playback trainer/ conductor) for performing at the social event on Friday.

- The dancing association "Erene" from N.Heraclion Attiki for offering the dancing performance at the "Gala Dinner".

- Aggelos Venetis, Director & Producer, for offering the audiovisual presentation of the Opening Ceremony.

- Emmanouela Mathioudaki, our graphic designer, for her support beyond her duty.

- Danai Gianoulatou for helping us with her instructions, to make our initial steps in the organization of the conference.

- Thank God for finding the website of 8th EAGT conference in Prague still "on internet"! It helped us as a guide to design our own.

- All of the trainees, friends, colleagues and relatives who offered hospitality at their places.

- The presenters from all over the world who contributed to a colorful and high-quality programme.

- All of you, participants for your presence to enjoy this healthy and nutritious meal.

Without your valuable help and support, it would be impossible for us to have the opportunity to give the possibility to approximately 150 participants from Eastern European Countries to join us today and for all of us to have the opportunity to join together our differences and similarities in a "big, healthy, nutritious dinner", finding the "time to chew" and assimilate moments of contact.

Thank you all!

Balliou Despina, Hatzilakou Katia, Konstantinidou Antonia, Yiamarelou Yianna

**9th European Conference of Gestalt Therapy**  
**EXPLORING HUMAN CONFLICT**  
6 - 9 September 2007  
Athens - Greece  
Conference Center  
Divani Caravel Hotel

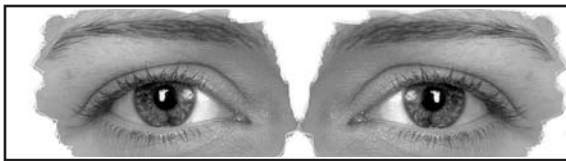
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## CAREFUL! SOMEONE IS WATCHING...!

☞ A few years ago Greece was living with the vision for the Olympic Games. For the past 3 years the family of Gestalt Foundation was living with its own vision for the 9th European Conference in Athens.

Almost everything was spinning around this fact. Not that everything else that was to be done was not, but in every breath, in every chance, the conversation turned to the Conference.

Dash, anxiety, anticipation! And the final day had finally arrived. 6-9-2007.

Everybody took their positions. The volunteers stood by, the same for all the hostesses, the administration office etc, etc.

What a joy! The participants started to arrive from almost all over the world.

The hotel was packed with a multitude of different people and all of them had a warm smile on their face. Just like a big family fest with closer or less relatives who have not met for years and this gathering seems like a good chance for contact and communication.

All of them with their conference's mailbags on and the program in hand to see how to make best use of their time.

☞ This is a bitter story about time. It was too little time for managing to attend that many workshops and lectures. These were the hard choices we all had to make. The participation forms were many; the waiting lists were even bigger. There was a little panic that occurred. However everything turned out well. The coordinators showed understanding and were willing to accept as many people as possible and that kept the participants eager to attend as many workshops and lectures as possible.

But you do not want to learn from about that, and for that reason I am going to move on immediately to the more juicy details.

☞ The chosen hotel was deep in luxury. The



Luxury!!! Indeed!

chandeliers were crystal and splashy. There were fitted carpets from corner to corner. There were big, bright windows, and heavy curtains. There was air conditioning in all of the spaces. The air conditioning was in fact so cold that we even needed jackets. Come on guys, let us not exaggerate!

☞ The first night the Welcome Buffet took place in the Roof Garden. For arriving there though we had to "climb" seven floors. We were welcome in the basement of the hotel. When we say basement do not think of barrels and spiders. We talk about huge Hollywood like staircases, fitted carpets, crystals and things like that. But the hostesses and the coordinators themselves were all shiny and dressed up. Katia, who opened the ceremony as well, wore a black and white polka dot dress with matching high heels. An impressive presence, who stood out at least a head higher

than the others in her high heels.

☞ The welcome ceremony was really moving. After said a few words about the theme of the conference (Exploring Human Conflict), one representative from each participating country, lighted a candle in memory of all those victims that human conflicts have caused during the history of humanity. The atmosphere was emotionally intense. Many eyes wiped and it was a cry that brought us all so close to each other, without minding the ancestry, the language, and the religion because pain, sadness, and love are universal!

☞ But enough with the moving stuff. The welcome



The Roof Garden...

ceremony finished and we had to go to the Roof Garden. And from that point starts our "Herculean climb". The elevators were jammed. Too many people and an endless queue. Some of us bravely decided to get there on foot. An unusual multilingual shoal of people headed to the stairs. We talk about a lot of stairs. Countless. We saw the "hidden" parts of the hotel. The chambermaids who were taking their break to stare at us as something intriguing, spaces where the offices of the personnel were, the laundries, the wardrobes, and generally all those that exist in a hotel but nobody ever sees. And at some point, oh, what a joy! The stairs came finally to an end. We arrived up to the "sky", the Roof Garden!

We were staring at Athens from overhead and beside a pool. In one hand a drink and in the other, a dish filled with snacks, from sushi to roast. There were mainly finger foods with a tense to Eastern cuisine. Some barely understood what they were eating. They were tasty even though spring rolls did not say much! The decoration was impressive; you felt

almost full only by seeing it! You could see clusters of people here and there and people coming and going like if we were in a V.I.P. party.

☞ At some point the party was over. Everybody began feeling tired from the journey of that day we slowly said goodnight and went to sleep. The next day would start early in the morning and would continue until the afternoon. Do not worry I will not go into details. Everything went according to schedule. For those of you who did not come it was a pity because you lost the chance to see people that you see only at conferences like this (I talk about the Gestalt gurus) but do not worry because several of them we will all have the joy of meeting them at the 4-day workshops in Pelion.

☞ I close this parenthesis and continue on with the lunch break. The dining rooms were nicely decorated like the rest of the hotel. The personnel were all stylishly dressed and

ready to serve us. The food, again, was amazing. There were appetizers with salmon, shrimps, and other seafood. The salads were delicious and in a great variety. There was a food for every taste. There were dishes for meat-eaters, fish-eaters, vegetarians,

everyone. You could choose what and how much food you desired. Finally there was some fruits and desert. There were pies with fruits, with chocolate, with whatever your heart could wish for! Fortunately the conference lasted only 4 days because, otherwise, I should probably need to get on a diet to lose all those pounds I would gain there!

☞ The following day was, in the confidential way, one of the same. I do not say something more for I am hurrying to go to Gala Dinner. And as it seems everyone was anticipating it after two long and exhausting days.

☞ So it is Saturday night. Busses picked us up from

the hotel, all of us who did not have a car anyway, and took us to the Gala place, in Cavouri.

Glorious! You should see how glamorous it was there! We tasted big life. The descriptions pale before what happened there. The dining tables were all settled according to Savoir Vivre. Zabouni's best! The plates, knives and forks, the glasses etc. everything settled to perfection. And the food was perfect as well. It was a true nouvelle cuisine, meaning big dishes with small portions and lot of décor. They made sure that we would not get too heavy while we indulged, which we all did.

Pretty soon the mood cheered really up and the dance floor was full and not for a moment empty again. The tiredness of the day was forgotten. We gave to the foreigners a taste of what "good time" means and we induced them with dancing sounds. Some were sort of prepared for what it was about to happen yet others were astonished and enjoyed it even more than a small child when visiting an amusement park.

The biggest proof of that were the comments heard the day after, during the closing ceremony of the conference. A lady said that even though she attended a lot of conferences, this was the first time she faced such a happy atmosphere and saw people standing up in a beat to dance before they even finished the main course. Another guest commented that it seems like the conferences are the excuses for the Gala Dinner, which is the essence of any conference.

☞ Everyone was shinning at the Gala. At the dinner table of the hostesses – coordinators every lady was sparkling!

Despina was wearing a claret-rosy-golden-red dress accented with golden high-heels. She looked like she was taken straight off the cover of some haute couture magazine. Yianna in a more classical elegance wore a grey "argent", that fell down to her ankles, and a pin – embroidery on her left bosom, was very chic.

Antonia on the other hand captured hearts literally! Ethereal and very pretty in a white outfit that lit up her face and her eyes, attracted looks of admiration and a lot more...



## CAREFUL !!! SOMEONE IS WATCHING...

☞ But this night came to its end, like every good thing always does. We were all carrying a sweet tiredness and such good mood like we just got out of a weekly treatment in a spa.

The next morning you could see the same smiling faces but with sleepy, red eyes. There is not that much demand for coffee even in Brazil!

The program was to begin at 9:30 but we could not manage to get gathered before 10:00. There were several "losses" as well from people who already had to go.

☞ The scheduled lecture by Ken Evans

began with a brief delay due to some technical difficulties with the computer. Though, his British sense of humor managed to turn the irritating situation of waiting to one of laughter and fun.

His speech was amazing. The title was "Living in the 21st Century: A Gestalt's Search for a New Paradigm". This man has the gift of speech. He spoke in a magical way

and managed to move us. You can find his speech in Gestalt Review journal. It is worth it. And since we are talking about Ken I will take this opportunity to inform you of the latest gossip. He got married a few months



The arrivals on the "red carpet" in Cavouri and the gathering of the crowd in the outdoor area of "Divani Apollon Palace & Spa"



ago and he introduced to us his wife at the end of his lecture. Thin, blond, likeable and grounded in Gestalt, of course. I have not learned any other biographical details yet!

☞ Then there were the remarks of the participants in the conference. Emotionally with humor and much enthusiasm everyone had only but kind words to say about the conference's organization and especially about the four ladies of Gestalt (Katia, Antonia, Despina, Yianna) who accomplished in making it a reality. They talked about human contact in this conference, about the Gala Dinner and the high quality of the program in general.

☞ A small ceremony took place for thanking all the volunteers, who were the heart of the conference, as Antonia said. One of them was yours truly. They handed out to us t-shirts who on the front had the word conflict and when we all turned around with our backs to the audience we showed the solution to conflict, it was written on the back, "dialogue".

☞ The following conference, in 3 years, will take place in Berlin in Germany. This was the candidacy that won. Between us, it was the only one as well, but that does not make their task any less difficult. Do not forget that they have to "compete" with Athens too.

And things are not that simple. I have found out from a dependable source that Mrs. Kitsa (the accountant of Gestalt Foundation) made a donation of 500 Euros to the conference. Imagine what this woman faced in the balance sheet to get as far as that.

☞ In an atmosphere of joy and sadness there were the farewells with hugs, kisses, tears and smiles.

The 9th European Conference of Gestalt Therapy began to seem like a sweet memory already.

All the participants and all these who contributed in its realization deserve a big BRAVO. We have proven that we can organize not just the Olympic Games but European Conferences as well.

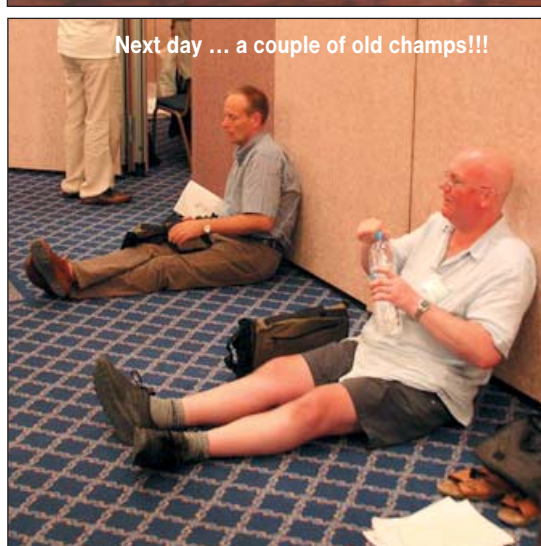
Efkaristoume Ellada. Efkaristoume Athina, as Jacques Rogue said.

### Souvlitsa

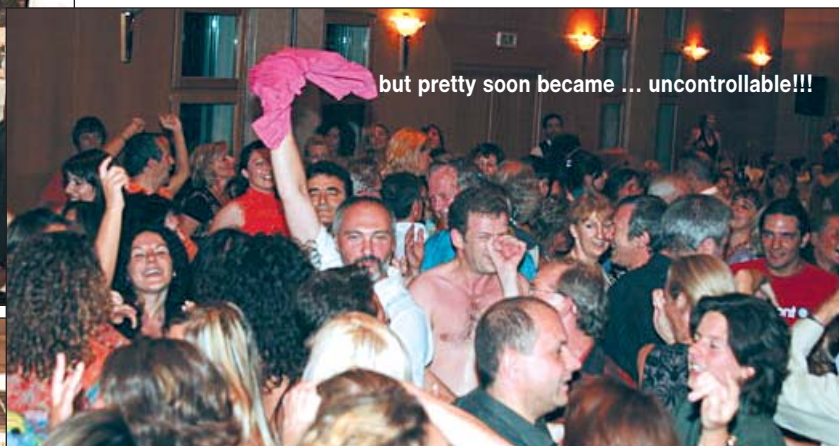
\* The pictures are taken from the site [www.gestalt.lv/foto/EAGT2007/index.htm](http://www.gestalt.lv/foto/EAGT2007/index.htm)



It all started reserved and traditional...



Next day ... a couple of old champs!!!



but pretty soon became ... uncontrollable!!!



From the Thank You ceremony for the volunteers

VISIT  
OUR SITE

[www.gestaltfoundation.gr](http://www.gestaltfoundation.gr)