



Gestalt NEWS Foundation

Informative and communicative six-month issue of the Center of Psychotherapy and Training Gestalt Foundation • April 2008 • 8th issue



As time goes by...

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Kamena Vourla, 2002



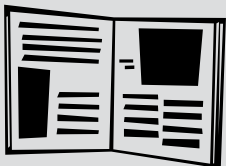
Pelion, 2006



Pelion, 1998



Halkidiki, 2003



Those of you who wish to contribute to future issues are most welcomed! Please contact Gestalt Foundation's secretariat office:

Telephone: 2310-283588
or 210-7254010

E-mail:

thessaloniki@gestaltfoundation.gr or
athina@gestaltfoundation.gr

Express your interest in participating or simply share with us your opinions or ideas!

We are always interested in hearing from you.

Publishers' Note

April 2008



We favorably reached our eighth issue and at the same time the fourth year of the publication of

the "Gestalt Foundation News". Following to the extra "tributes" to the 9th European Conference for Gestalt Therapy in Athens, we return to our regular rhythms.

This issue consists of texts you sent us and includes some of the articles that have not been published in the last two issues due to the tributes to the Conference.

I am glad that we receive more and more articles from you. I recall that in our last "editorial" we asked your feedback regarding your experience in the Conference. Instead, you sent us texts with your experience as therapists as well as issues that emerge from our annual four-day workshop. They were welcomed too! Aside the plans and diagrams, what we value most is that these texts arise from your experience and the spontaneous wish for expression and communication. And for that we warmly thank you!

As with every year at this time, the annual four-day workshop of Gestalt Foundation is approaching and we are getting "organized" to welcoming you and to (re)-meeting you in the beautiful vernal Portaria of Pelion mountain.

This year, once "time goes by..." we decided to dedicate the 10th workshop to "Time" in order to share together how we experience this dimension.

Let me wish on behalf of everyone of us a regenerating Easter.

Enjoy the reading, enjoy spring time!

Antonia Konstantinidou

Antonia Konstantinidou is a Social and Clinical Psychologist (Aristotle University of Thessaloniki), Gestalt Psychotherapist, Trainer and Supervisor, Member of EAGT. 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 practices her profession since 1994.



Gestalt Therapy and Bibliography

I suggest you read...

The two books by Jorge Bucay: "Let me Tell you" and "Stories for Thought". They come from far off Argentina and have been translated into the Greek language. The author himself, besides being a doctor, is also a Gestalt psychotherapist. An interesting fact for Gestalt therapy in Greece, which for the last few years is getting more and more acknowledged in our country, while the individual needs for self-knowledge, freedom and responsibility are increasing and getting more and more realized.

Gestalt psychotherapy argues many times that the reason for psychopathology is the organism's bad contact with its environment and social surrounding, and for that reason therapy's main focus is the on the psychological understanding and the quality of the "helping relation". The individual can "work" with the relations within a group for its contributory nature, where the Gestalt therapist remains focused consecutively on the participants in a personal way. On the contrary, in individual therapy they can "work" on a personal level, where the relationship between therapist and client is neither conventional nor predictable. The Gestalt therapist promotes and supports the client in order for the emancipated, the authentic, and the creative person that exists inside of each and every one of us to be emerged.

The main idea of the Gestalt psychotherapy is the individual as a wholeness who oversteps to a cycle of an incomplete Gestalt toward a more holistic Gestalt, where the Figure (Gestalt) of the free and responsible person arises, of a person that has been creatively adjusted (creative adjustment) to their own environment, in an interaction with it and in relation with the other individuals.

Drawing inspiration from the ancient tradition (just like the founders of Gestalt therapy did: Perls, Hefferline and Goodman), Jorge Bucay in his book "Let me Tell you" speaks to us through words coming from warlocks, kings,



Katerina Siampani
Counseling Psychologist,
Gestalt Psychotherapist

servants, farmers, enlightened persons, etc in order to teach us that:

"We get along in life rejecting with abhorrence for the characteristics of the others, or even for our own,

we think of as unworthy, threatening or useless... If we were sitting down a while though to think about it, we would understand how hard it would be for us to live without all those things we many times tend to despise".

The Acceptance, the Paradox of change, the Truth, the Whole, and other treasures, create the content of this book whose 146 pages remind us: What it is, it is and I am who I am.

In the book "Let me Tell you" an imaginative psychotherapist (I confess how much I envy and admire the "Fat man") talks to his client through various stories. They are stories relating to the issues, the anxieties, the engrossments, the fears of his client (Demian). They are stories that touch human issues which concern every one of us.

Maybe "the chained elephant" is me, maybe you, maybe all of us? How easily do we deny the powers we have inside of us with a simple "I can't"?

"The door-keeper of the brothel" is the story that touched me the most. I fell into tears because within the words of the door-keeper I recognized parts of myself, my own personal agony, and struggle. To carry on I hold to the words of the "Fat man" to Demian: "As long as you continue believing that you "must",...there is no chance of enjoying it. And as long as you do not demand for a little satisfaction, some parts of your personality play nasty games".

So, enjoy the books by Jorge Bucay; they will indulge you for sure.

Editorial Team:

Antonia Konstantinidou
Publisher

Marina Vamvaka
Editor
Desk Top Publisher

Zoe Bachtalia
Translation

In this issue worked:

• MARIA MAVRIDOU • ELENI HATZIGEORGIOU • ANASTASIA VARSAMOPOULOU • SEVI HATZOPOULOU • ALEXADRA KALTSOGIANNI • MARINA VAMVAKA • KATIA HATZILAKOU • KATERINA SIAMPANI • ANETA ALEXADRIDI • FOTINI MAROGLU • MAGDA PANTELIDOU • PANAGIOTIS VASMATIDIS • ZOE BAHTALIA • SOUVLITSA

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Tel.(0030)2461038417

(broad smile & heart-breaking cry)

Traveling or heading to the worthy:

A story in First Person

I used to go or still go to my therapist's office every time I get confused with relationships due to my wounded past, as an unfinished business asking me for handling.

All of my difficulties (frustrations – betrayals – failures – wrong parental attitudes...) engraved in me an elementary and deep symptom: the lack of faith, love and trust toward myself and others.

For that reason I seemed to appear with two entities, something that got my surrounding confused, as confused I had been as well. At that time I lacked the courage to face reality. I was afraid and got cold feet and I was opening a gap in the following way:

- In theory, I was appearing to be most brave, daring, free, adult and courageous.

- In action, I was feeling coward and receding.

"The inferiority complex is expressed as superiority complex", say the scripts. Every complex behavior and every form of inefficiency drove me to dead-end and this complex would loop around me and turned into a knot. This knot became a keen anxiety, due to the big inner conflict that was manifesting in my body as a lump in the stomach, in the solar plexus, in the throat, as a tightness of the heart, as an inhalation. And all the energy was being blocked.

When I first knocked on the therapist's door I had no knowledge as to the meaning of psychotherapy. I was expecting my therapist to free me from my burdens by offering to me recipes of happiness or success!

Certainly, those things have nothing to do with the reality; they did not and they will not have.

The Therapist at first offers acceptance and the safe framework for a rich therapeutic relationship to be developed. Through these processes with the clients have a chance to discover themselves by experiencing their true emotions.

Every time I courageously meet

aspects of myself, which I am afraid of, every time I take one step closer to my conciliation with myself.

This conciliation in its turn leads me to making peace with my environment by building bridges of contact where I used to raise walls and ditches, evoking alienation and isolation on either side.

Then, through my inner journeys, my inner quests, in combination with the knowledge and mostly with awareness, I left and still leave behind me the passivity, the resignation, the insecurity...I leave behind me the aggression, the compulsion, the exaggeration...and I step forward to life in an adult suit, walking hand in hand with my personal responsibility.

As a person that had therapy I overcame old terrors! I healed and I am still healing deep wounds, I am still confronting at the same time defenses and defense mechanisms... Surely no therapist can set me free of my personality's flaws, but knowing my weaknesses and my restrictions, I am able to dream and I simply wish to co-float with me in an authentic and peaceful way, channeling humility and compassion, without having any expectations, boundaries, exchanges and mainly "by listening better".

When I started my clinical practice as a trainee I was asked:

- What do people look for when coming for therapy?

- What keeps them from making it on their own?

So, based on my brief experience as a therapist and my rich, for sure, experience as client, I have come to the following conclusions: people know what is good, suspect what is real and proper, however they lack of the courage to put it all into action.

As a therapist then I am here present, co-acting and supporting my clients, to meet with their true feelings and with their pure heart to make the stones blossom and the ice to melt!

Olga Daskalaki,

Graduate of Gestalt Foundation

Gestalt in Organizations

Pelion approaches again and I am "Imagining"...

Hello again!

My intention to write this article arises from the following:

1. The topic of the experiential workshop which will be conducted this year by Frans entitled "The manager/coach and his team".

2. The fact that, as far as I know, the people who were interested and who registered for this workshop in Pelion are not familiar with what it is called "Gestalt in Organizations".

These two facts motivated me to write this article about what I rather imagine and which I am going to explain this further on:

The workshop's topic is old and has been much discussed. Someone could find many workshops, opinions and literature as well about it. Personally, I have attended various workshops in regard to the effective management of groups, about the way someone could potentially bring out the best results from their group, their colleagues, and at a personal level.

From my above mentioned experience, I came to the conclusion that people generally rely on formulas, which deal with human activity as a predictable machine. They try to give directions and lead to easy solutions in order to be adopted by people with authority inside each Organization, by pushing some imaginary buttons, in order to make the system work at heightened levels of efficiency. Often, there are nice diagrams, impressive statistics, planned profiles for conclusions and diagnostic questionnaires about the personal motivation that will make people work in zest.

The result I have seen and still see around in people who work in groups for their goals' achievement is that there are eventually plenty, theoretically proficient managers, who eventually function mostly by following their instinct. The results that will come depend on, one hand, on how much their instinct becomes functional and, on the other hand, on whether they have also the natural talent of applying it. (It is not just the instinct that counts; there is the difficulty of realization as well). "In fact we have no clue what to do" as characteristically mentioned to me a colleague, who manages a group of 6 persons in a multinational company.

So, I thought that people who do not know much about Gestalt methodology and I know they will attend this workshop, will get to know of totally different opinions based on applied theories which will be suggested in experiential ways.

So here is the point where my imagination begins to spur...!!!

I can imagine their surprise from the way of thinking they are about to getting acquainted with, the new way of work they are going to be experienced, or even the difficulty they might have while attempting to comprehend what exactly they are doing in this workshop.

I can imagine too how a counterpart within a company might be feeling, since he/she might even have had trouble getting his/her Friday off (his/her agenda is once more overloaded). They even might realize that maybe, instead of focusing on the result it might be more useful to reflect on their view on the group's process. (There is even a possibility of hiring someone the day before the workshop because they valued him/her as a personality being focused on the result!!!).

I can also imagine the surprise or the confusion that arises when one is taught to stay in the "here and now", as a preparative for "tomorrow's" decisions. Or even when they will be asked, possibly, to "stay with it" in order to go further, at the moment they feel like they are constantly moving further down in their daily life inside a company!

So I can imagine the look of confused faces, maybe a little bit unquiet at first, terrified by the lack of control, by the difficulty of comprehension, from the "new" factor that creates the basic foundation of Gestalt.

I can imagine...I can imagine a lot more and many more, as well as I can imagine that at the end most of those who will be there will be asking to learn more about us, our training program and about all the things we, as Gestalt, do in Organizations.

Finally, I would like to add, just for avoiding any misunderstanding that many workshops are in fact worthy and maybe worthier than those based on Gestalt. It is just that, I, probably, was not introduced to them!!

Finally, I responsibly declare, that for the projections or introjections you might have recognized while reading my great article, the only responsible is my mom!!

To those of you who I already know and mostly those of whom I have not met yet, with a smile from ear to ear I am hoping to see you all at Pelion.

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

AS TIME GOES BY...



Pelion 1999



Pelion 2000



Pelion 2007



Pelion 2001



Pelion 2005



Pelion 2004



Pelion 1998



Halkidiki 2003

In memory of my son Leonída

...instead of Easter wishes...

There had been many times in my professional life as a therapist that I have wondered why someone chooses me instead of another colleague? How life manages to find me "walking along" trying to make me "present" in the life, the pain, the joy, or the change of certain people.

The only thought that kept me peaceful through all those years and the only one that stood as an answer inside me, is maybe because I have "something to learn" out of their process. They are coming to teach me something.

So, a big thank you from the bottom of my heart, to you Dora, and through you to all those people, who as Winnicott declared "paid me to teach me".

Katia Hatzilakou

When people suddenly find themselves in front of death tend to lose it. There is rarely someone who is prepared to face death. The mind freezes, you cannot believe that this thing happens to you; maybe you do not even realize the gravity of the situation at first.

To us fortunately, it was given the time limit to understand that death was unavoidable. A gifted kid full of spirit, you do not want and you cannot imagine him fading.

So when we realized that the end was just a matter of choosing time, we did not think. We let our hearts open.

If we had or if we will have in the future a loved one, who is in need of help, wouldn't we wish for a chance of hope?

That was it! No words were necessary.

The difficulty came up at the moment, even though we knew it will all be over, we hoped for a miracle. That maybe something will happen to change this sealed course. And then we realized that we have no time. We had to decide.

It is strange that when we arrived to a decision we felt peaceful. We were not terrified, scared or angry. We knew we were doing the best thing. And that it was something that our child would like too. Fortunately we got lucky.

A few days after there was the proof of that, when we found his essay of the 6th grade entitled "What we can do for our world to be better". He wrote "...we could go and offer blood more often and to become organ donators to be able to help the people and the children who are in great need of them".

Wasn't it a message? And yet from a child 12 years old.

Everything happens for a reason. Nothing is accidental. We might not be able to understand that now, but we will try.

We will try to become better people; to learn how to turn pain into creation. Pain is undeniable. The matter is how everybody, who is in a similar situation, handles it. The easy thing is to give up, to "take a seat on the couch". To say "I can't", I cannot stand this.

That is all lies. Nothing that is given to us is unbearable. Not as long as we want it. Not as long as we believe it. Not as long as we fight it. There is a purpose in that.

I know that Leonidas wanted the best for us. We promised to him that we will try. We will try at all levels with all of our efforts. And believe me, that has not been easy. I do not know what we will accomplish after all. Through the difficulties we learn, change, and go forward with our minds and souls. In the universe there is more wisdom than we can ever understand.

It is in our own hands to see differently the difficulties and the tragedies. To stand up with compassion towards our neighbour, to give our best self to what it is called LIFE, to say THANK YOU.

At this point I would like to say THANK YOU to all those who were and still are standing beside us in this most difficult phase of our lives, where we build our inner self with new inner quests.

To those who shared our pain with us, our thoughts and our feelings. Who believed that the organ donation of a loved one of yours is not an act of heroism but an act of deep and true love towards the fellow being, and who felt like we did that our child is not lost, he continues living and he encourages them to do the same.

I wish no parent, no person to be found in our place.

But if someone does, with the eyes of his/her soul open and sleepless towards the world who has thirst for the expression of love from men to men, to open his/her heart and to decide.

It is not as difficult as it seems. It is a comfort for many people. Life goes on but the bleeding wound does not heal. The loss does not get filled in rather creates the sense of death's defeat.

Dora Fotiadou – Zevgaropoulou

Note: The text is published under the name of the author on her request.

The Gestalt psychotherapist's "foundation" A different approach

On Sunday the 8th of July, a sudden rush of mine brought me to the church of Anthousa, in Attica. The Sunday ceremony was different. The priests of the church and the metropolitan were wearing white vestments. Festive ones. During the vespers of the previous day, took place the consecration of the church.

In fact, the face of the Metropolitan of Mesogea and Lavreotiki himself was the reason I went to the church, on this

specific Sunday. The holy eminence Nikolaos Hatzinikolaou is for me the reconditioned experience of the liturgy of the church. My personal opinion remains the same in regard with the aggregate of the church, I mean the one expressed historically, politically, financially, and socially in its entity. However, like the good parent, the good therapist, the good teacher, in that way the good spiritual father offers an inch of heaven in my heart. Hey! That is not a little thing, if you consider that not even

the less from the forested Parnitha remains still...

The appetite, the openness, and the receptivity I am experiencing are that big when I am around him, that his words echo and get impressed at many levels. I want to accept... and it is offered to me.

In his sermon, the metropolitan marked three important points, in relation with the ceremony for the consecration of the church: the foundation of the church is done with,

1) The placement of the holy relics –

of saints or unknown martyrs- in the Holy Table.

2) The ceremony of the wax-resin that symbolizes the unshakable faith.

3) The consecration, the purification ceremony, the entrance and the liturgy of the church.

The foundation of the church; the foundation of the therapist. My foundation as a therapist and my function in that role is based and rests on those three points.

Continued at page 7

First session

Ten minutes to...:

The bell rang once and after a while once more. Obviously there was no one inside. He took a deep breath, unlocked the door and moved inside. Before he even manages to take two steps, he saw them looming behind the table. He got cold feet. Two chairs stood there, merciless, empty, one across from the other.

It was the first time in his life that he would be sitting in the place of the therapist! But which one should he choose? Should he live the choice up to Mrs. M., his (up-coming) client? That way he would be showing her, from the first moment, that he would not be thought of himself as an expert, but rather as an equal partner in the therapeutic process. Or should he choose first giving her that way an example of boundaries? That is, that he knows where he stands or even better where he sits!

To the minute...:

He is left standing there for a while, motionless, rooted like a sculpture in its spot. He then decided that he would sit on the wall's side, giving his client the spot closer to the door. "For her to be able, if needed, to come out running!" he thought. He opened the window, got himself a glass of water and sat down. Should he put a glass of water out for her as well? Nah...She can ask it for herself. He had learned this exercise on assertion from his own therapist!

He placed his notebook and pencil on his hands, set his clothes and looked at the watch. Everything was ready. But was he ready? The anxiety he had never felt until that moment, was all stacked up in his stomach. He knew that he was not ready yet. He would never be as ready as he would like to be... Fortunately he made it to read the "Gift of Therapy" by Yalom! At least there he was able to gather a few pieces of good advice!

Ten minutes past...:

He looked at his watch again. There was a difference of three minutes between the watch and his cell phone. He used this chance to put this cell phone in the silent mode. But what if someone was trying to call him, to tell him that the appointment was cancelled? He remembered that he used to be late to the first appointments of his own psychotherapy and breathed a sigh.

Despite his effort of not thinking about it, one thing was already clear: his client was late to the appointment. But what might be the reason for that? Maybe she was used to be expected for? Maybe she does not have the time to realize all of her life's aims? Maybe she deep inside, she did not really want to come? "Probably I reckon without her host", he ended up. "Maybe this whole thing means nothing to her! Or maybe she simply got a flat tire..."

Twenty minutes past...:

He looked at his watch once again. An unthinkable idea began slowly to take a shape in his mind. He began to wonder, "Is there a chance that she may not show up at all?!" Hmmm...His supervisor in a less expected time told him once, that the clients often yell that they urgently need help, they seem all enthusiastic and they pressure you to arrange an appointment with them as soon as possible. But when time comes they...run away! He listened but he did not expect that something like that would happen to him!

"I guess I do mind, just a little bit, after all that she is late", admitted to himself. He stood up from his chair. "But why?". Yes, theoretically he should not be bothered, once he was being there to help his client. If she were late or did not come at all, she would be the one losing her chance! However he began already to understand that he needed her too. He needed to be accepted by her, to feel needed by

her. Without her he could not become what he wished for: a therapist!

Half past...:

Yet why did he want to become a therapist? He curled his lips. He remembered something that he had recently read. It said about those who become therapists, do so because they are looking to heal their own traumas of their childhood. "Is it possible that I am trying to cater for my own needs through the clients? Is it the right professional choice for me after all? Maybe...I am thinking about it too much?" he smiled. "It is enough liking and wanting it that much!" he ended up in triumph.

And for how long should he wait for her? When the client pays, the time is his. However he was a volunteer. Why should he be afflicted more with the heat and not leave right now? A tempting thought! "What the heck, I am not able to be alone, even for an hour?"

Twenty minutes to...:

The only thing left for him to do was to find something to occupy himself for the rest of his hour! Aha! He could think of the subject of his next session! Should he call her, to find out if something happened to her? But even so, it would not be wise to become pushy. Furthermore, his lost appointment could turn out to a good subject: the reason she did not appear and how he feels about it. "Oh my, the first hour has not ended yet and I am already planning my next session!"

He laid back his head, closed his eyes and focused on the sound of his breath... He felt himself in there, on the lonely chair of the therapist. That was a unique moment; a moment to remember. He relaxed, cleared his mind from any thoughts, and let go... And, to his amazement, the door opened and Mrs. M., with a hesitating smile on her lips, entered the room! The most unexpected happening had just

happened! He dropped off his chair to welcome her.

Ten minutes to...:

After his heartbeats calmed down, he calmly looked and smiled at her. "How could she be feeling after her delay" he wondered. "Nervous, shame, worry?" How could he gently put it? "How come you have arrived at this time?" Mrs. M. smiled apologetic. "Yes, I know that this is my weak point, but I feel bad, when I am late, so I always take care to go to my appointments fifteen minutes early!" Early?!

Everything was loud and clear now. It did not matter whether who was wrong, he or Mrs. M. or the secretary, but rather the fact that everybody tried to be punctual. It had been a misunderstanding! He removed that carefully from his mind and started his session with her. The conversation was easily moving on and he felt quite comfortable and secure. It seemed like a dream!

To the minute...:

He slowly opened his eyebrows and looked at the empty chair across him. It was really a dream... He rubbed his eyes and stretched. He then remembered again the creation of his imagination and smiled. How clear was he describing his deepest desire! He felt a bittersweet feeling filling up his heart.

As he was collecting his things and clearing out the room, he thought of all the time that had passed. Lot of thought and no action... "It does not matter though. I won a bit of self-awareness", he took comfort in that. Shortly before he locked the door, he took a last look at the two chairs that accompanied him in such a special experience. They did not seem that scary any more...

George Giaglis, graduate of the first cycle of the training program in Gestalt therapy of Gestalt Foundation



Gestalt Child and

PROGRAM ON HEALTH PROMOTION

With great pleasure we see that after the realization of the program (under the title "Experiential workshop with the purpose to sensitize on issues of conflict resolution at school on the axis of human rights") on the initiative of Gestalt Foundation, the Hellenic National Commission for UNESCO, and the Ministry of National Education and Religion Affairs, there has

the Third Grade took part in a Preliminary Game of collaboration and afterwards, in the Games "Graffiti", "That is who I Am", "In my Grandmother's chest...", "Give the Balloon", "the Quest Hunt", "Find your match", "Go find someone who...", "I touch...", "Blind walk", "Painting in collaboration" and "Mirror", get to know each other better by being "bound" in groups (Guvra, Kyredes, and Mavrikaki,

Papadopoulou, Siutis and Tiktopulu, 2006), in Mathematics of Nature and Life (Lemonidis, Theodoru, Nikolantonakis, Panagakos and Spanaka, 2006) in the Study of the Environment (Kokkotas, Alexopoulos, Malamitsa, Mantas, Palamara and Panagiotaki, 2006), History (Maistrellis, Kalivi and Mihail, 2006) and Sacred History (Zuras, Thermos, Panagakis, Vukanu and Mastromihalaki, 2006).

On the 24/4/07 we also watched at the Theatre of Athens, "Animal Farm", George Orwell's play that refers to Animal Rights, representing allegorically the human society.

At the end we ran, in a simplified way, Two Activities by Unicef, the (a) "Desires and Needs" and (b) "Statistical Classification" (Fountain, 1994).

The Evaluation of the Program was Preliminary, Configurative and Final. The evaluation took place many times through the Plenary Session after each Activity.

At the last feast, on 14/06/07, each child from the Third Grade presented in the form of a novel the fairy tales (a) "The Happy Field" (Nikoludi, 200), (b) "Elmer the Patchwork Elephant" (McKee, 2000) and (c) "Something Else" (Cave and Riddell, 1997).

We would like to believe that our early goals were achieved even though -due to limited time- unfortunately, did not make it to act for the Advocacy of Human Rights, something that will be done next academic year, when we will continue our Program on the same topic.

Nikoletta Mantziara, Primary School Teacher at the B' Research School of Marasilion, M.Sc.

We would like to thank the Responsible for Health Promotion Mr. Katsuno, our Schoolmaster, Mr. Papanikolaou, Mrs. Tsiotra, Papayianni, Dilari, Makri, and of course all the pupils of the Third Grade and their parents.



Δύο μαθητές της Τρίτης Τάξης ενώ συνεργάζονται για να ζωγραφίσουν με το ένα χέρι.

been a proportional response by the teacher *Nikoletta Mantziara*.

During the academic year of 2006-2007 at the B' Research School of Marasilion, we worked out, together with our pupils of the Third Grade of the Elementary School, who had not been taught the Social and Political Civics, a Program entitled "Group Games - Skills for Children of the Elementary School - Human Rights - Children's Rights - Equality between Boys and Girls". This Program lasted for four months.

The Education for the Human Rights aims at the acquisition of knowledge, the understanding that all of the Human Rights are necessary for the human growth and prosperity, the alertness in relation to the Human Rights, the learning of prejudice and tolerance, the sensitization on injustice, the development of skills and attitudes and the action, which are necessary for the support of the Human Rights (Basic Human Rights and Responsibilities - A Human Rights Education Module for First Year).

At first, the children of

2004; Notes/ Discussions on Seminar for Health Promotion with Mrs. Tsiotra, 2006-07).

The First Part of our Program, took place in the form of a Conversation about Human Rights.

Afterwards six non-homogenous groups were created. So, we talked and had various Activities, as individuals and in groups, from the Units (a) "Learning New Skills": "Learning to Communicate Properly", (b) "I, a Special Human Being": "my Uniqueness" - "Reinforcement of Self-respect" - "People I Love (I)", (c) "One of the Many": "Similarity and Difference" and (d) "Emotions and Feelings": "recognizing and expressing Emotions" all of which are included in the Educational Material for Prevention "Skills for Children in the Elementary School" of the Therapy Centre For Dependent Individuals (Educational Material for Prevention, Skills for Children in the Elementary School - Main Program, 2003).

We also directed our Program with the classes of the Third Grade in the Greek Language (Intzidis,

The Gestalt psychotherapist's "foundation" A different approach

Continued from page 5

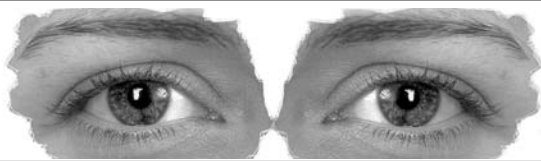
1) The placement of the holy relics in the Holy Table of the Church. Symbolizing the trials, the pain, the route to survival, the development and the improvement. The memory that my heart has for my own wounds and on whom my therapeutic role functions. In the pre-Christian years but in many religious ceremonies, the sacraments take place on the graves of ancestors, of martyrs... in the same way when I liturgies on my own wounds, then the trial transforms, purifies. The foundation of the holy relics in the Holy Table are my own awareness of my wounds, the church liturgy of the sacraments on the Holy Table are my own meaningful action, the handling of the past and its creative transformation in the Here and Now.

2) The ceremony of the wax-resin, which symbolizes the unshakable faith, the established attitude. The attitude is the ascribed trace of the emotional, the mental and the physical dimension of the experience. I have a positive attitude, I have a negative attitude...are nothing more than the heritage that the "before" has left in the "now", that the "now" lefts to the "after". The unshakable faith that when I function as a therapist, it is my commitment towards to what I have pledged to do that does not shake from any doubt, fear or self-interest. Surely I do not mean that I do not test or I do not have doubts about the way I am doing it or if I am sufficient enough for doing it. I mean that I commit to and firmly believe in therapy as an attribute. Like the hope for the good, becomes unshakable faith to God, the same way I as a therapist commit, believing in therapy, without regard to which course I take or which course my client has already covered in therapy, as a process. Here therapy is meant with its dual dimension, as an attribute and as a process. My unshakable faith is in the therapy as an attribute, and my commitment is my personal responsibility for the therapy as a process.

3) The consecration. The encaenia. The intromission into the new. En+caenos (=into + new). It is the risk, the challenge and the invitation to new, to fresh. To be in the new while it is happening. During the ceremony of the consecration the parishioners come out of the church, the priests purge towards all the sides of the horizon, send away the evil, the diabolic action, the bad influences. Afterwards they open the doors, letting the parishioners to come in. In the therapeutic process, I must keep a distance, to work on the contact boundary in order to purify my mental space and only then I can accept the client. I purify my mental space means that I function as an observer; I follow the common voice, which is so important in my life in all of my roles. I come out of my personal involvement, I purge, I purify, and I make personal analysis and supervision. Only then I open the doors and offer the New entrance of the believers in the Church. The new entrance gives cause for my own awareness. And that is indeed a big deal! The openness to the new, the fresh, the different which happens in the Here and Now! An inch of Heaven in my heart.

My dear colleagues, co walkers in the lonely course I wanted to share this with you: science provides me with the knowledge, Spirituality is for me the Spirit Level and the Yarn which allows me to orient in life. My knowledge is in my eyes, and the Spirit Level is the concentration. Laura Perls had suggested "concentration therapy" the Gestalt approach to be named after.

Angeliki Kyvelou,
Graduate of Gestalt Foundation, Nikaia 2007



CAREFUL! SOMEONE IS WATCHING...!

☺ Time flows like the mighty water!

☺ Everything flows, as Heracletus says.

☺ Time gives me this moment and straight afterwards takes it from me; time gives me force; drags me with it.

D.Tsaknis

☺ "...If you make a dive into your self you will not find your self but all the others, the small and the big ones because time is one and nobody died and lets again a beard grow, "eni meni ntountoumeni", like this lyrist who has not came out of his egg yet..."

D. Savopoulos

I am in a philosophical mood. I took the occasion out of the title of this issue. Gestalt Foundation, 10 years, which is enough to make me feel nostalgic.

I still remember it like it was yesterday, when I hit my way with a huge bag, bigger than me, for my first day at school!!!

Oops!!! Sorry! I went back too far. So, let us

take it again from the beginning.

Some...years ago, and I am not going to tell you how many (it is not elegant), I too took my first steps shyly as a trainee at Gestalt Foundation. I found a whole new family embracing me and I embraced them as well. Through all those years I feel our connections to stabilize and grow stronger. I met magnificent people and I gained new friends.

People come and go through all those years in "Gestalt" and so do I.

The family began to slowly grow. Not just from the participants of the training program and the other activities but literally.

Some got married, and not just a few. 16 people got married to be more specific and there are also a few more that are getting ready to get married in the near future.

The most recent marriage is Antonia Konstantinidou's that took place in a close family circle on Holy Wednesday. The name of the lucky guy is Christos. We wish

them all the best! The couple, socially sensitized, decided instead of wedding gifts to open a new bank account for the support of mothers in prison. Touching! More details are to

be announced from Antonia herself during the four-day workshop at Pelion. This is where she is going to invite us to the wedding party they are going to throw for all of us on the 23rd of May. What a big time we are going to have! Everybody who has attended the Gala at Pelion knows exactly what I mean.

Outside the weddings we had some births as well. 12 sweet little bugs were born through all these years, from members of the "Gestalt" family and there are more to come. Well done guys! Increase and get merrier!

My best wishes to all of those who are still single!!!

P.S. I do not want to sound grumpy but I have a feeling that you do not pay any attention at me at all! My mail box is empty, without any comments of yours. Watch out because I can see myself going on strike for the next issue, if you will not send something. After Pelion there will be a good chance to send (at thessaloniki@gestaltfoundation.gr with the indication Souvlitsa) your gossips so I will be able to pay attention at you as well!

Souvlitsa

CORRESPONDENCE...



CORRESPONDENCE...

In Jane Austen's novel, the "sins" of the two main characters were those of pride and prejudice. Since the word sin refers to polarities like "good-bad" that as human beings and members of the Gestalt community tend to avoid, here I will simply describe my experience at Pelion, and how pride and prejudice come on the foreground and made me want to share my thoughts with you.

PRIDE: There are lots of times that I have felt pride for being a member of this community, but at Pelion, it got more intense due to my contact with other training groups, with people from Thessaloniki and the trainers from abroad. I had the feeling that I belong to something big, active, fluid and essential, and so, emerges the pride, just when I expect it the least. Especially this year though, my pride increased listening to the presentations, seeing the posters and watching the activities of all the different

PRIDE AND PREJUDICE

By Katerina Karasava, 3rd training year of Gestalt Foundation

training groups.

As far as my group (the second training year of Athens) is concerned, I cannot even start describing the pride and the satisfaction that this happening we presented had on all of us. We hang back a lot, we faced difficulties, I kept saying: "We are going to make ourselves look ridiculous". Although at the same time we had unbelievable fun, and some of us believed in it and did not give up not for a moment. Honestly, at the moment I saw the expressions on the faces of those attendant, all laughing and applauding, I felt an unprecedented joy and I wanted to live in that feeling for as long as I could. And you are about to tell me "come on, you did not put on the play at the Odeon of Herodes Atticus!" – That is true! However the joy emerges from the creation, from the fact that we came out of our shell and in return got out a piece of ourselves, which we drew strength from. I personally defeated a big enemy, even just for a while: shame. And even if I have a lot of holdbacks, I will always remember that this time, I defeated shame, and that means I can do that again!!!

PREJUDICE: Following to the all these pleasant parts that I mentioned above, I shall talk now about the difficult part at Pelion. I came in contact with a

human side of me that was particularly difficult and unpleasant. When I chose the topic "The birth of prejudice", I believed that I chose it because I simply wanted to see Nurith once more, and inside of me I felt that prejudice is something that does not concern me. Pretty fast it became obvious that things are not exactly like that. So I saw how deep rooted inside of all of us prejudice is, that is to judge the others before even you get to know them, based on the stereotypes and generalization. I saw how easily prejudice can be called up, even when the knowledge and the positive attitude exists –how much we block it from coming on the surface through dishonesty and flatteries, and eventually how much it lessens our experience and our contact with others.

Two things got me nervous. A) The acceptance that prejudice exists inside of me. B) That a very dear person, who has offered a lot, was a victim of such a prejudice, due to her ancestry or her religion. At that moment I felt, pain, injustice, but as well as enormous admiration. Admiration because even at a difficult moment, Nurith, was able to become a pattern of honesty and acceptance and to actively show that in the war against prejudice, the first thing we must fight is the taboo that makes us cover it up.

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