

Editorial

In the spring issue of this year "bloom", as fresh versions, the most best-selling books in "Ianos" and the Gestalt therapy by two dear Greek colleagues of ours. We are really pleased that yet another book is released in Greek by Greek Gestalt therapists. We wish good and...multiple luck to an area that is in need of such creations. Here are the responses from the book reviews and the inspiration of the Gestalt therapists who use fairy tales and stories in their clinical practice. There were many events of the Gestalt Foundation this time of year and we picked out three of the most important to share with you. The open lectures at the bookstore "Ianos" in Thessaloniki, the continuing education workshop with Philip Lichtenberg in Athens, and our visits to Cyprus. The book is embellished, as always, with articles "in-depth" of your experience such as the "Epilogue" and the thank-you letter from the Refugee Reception Hostel of Thessaloniki for our Christmas donation. We would like to thank for the participation and co-creation those of you who offered in any way in this issue. Hopefully we will continue receiving your responses from our training

and experiential workshops, from the events we meet, but also from every occasion that you think you wish to share thoughts and experiences with the wider community of Gestalt Foundation.

Enjoy your reading!

*Respectfully,
Antonia Konstantinidou
e-mail: kant@attglobal.net*



Antonia Konstantinidou, M.Sc. Clinical and Social Psychology A.U.TH. Aristotle University of Thessaloniki, Gestalt therapy Therapist, Trainer and Supervisor. Co-founder of the Gestalt Foundation Centre for Psychotherapy and Training. Recognised member of the Association of Greek Psychologists)AGP(, the European Association for Psychotherapy)EAP(and the European Association of Gestalt Therapy)EAGT(. Founding member of the Greek Association of Gestalt Psychotherapists. I have been working as a therapist with adults and groups of adults for 16 years. For the last 10 years I have been involved in psychological support for people suffering from chronic illnesses, as well as the training of volunteers.

A tribute to Philip Lichtenberg [Part one]

By Konstantinos Kostas

Social Worker
Psychologist - Psychotherapist
(email: k.konstantinos@yahoo.gr)

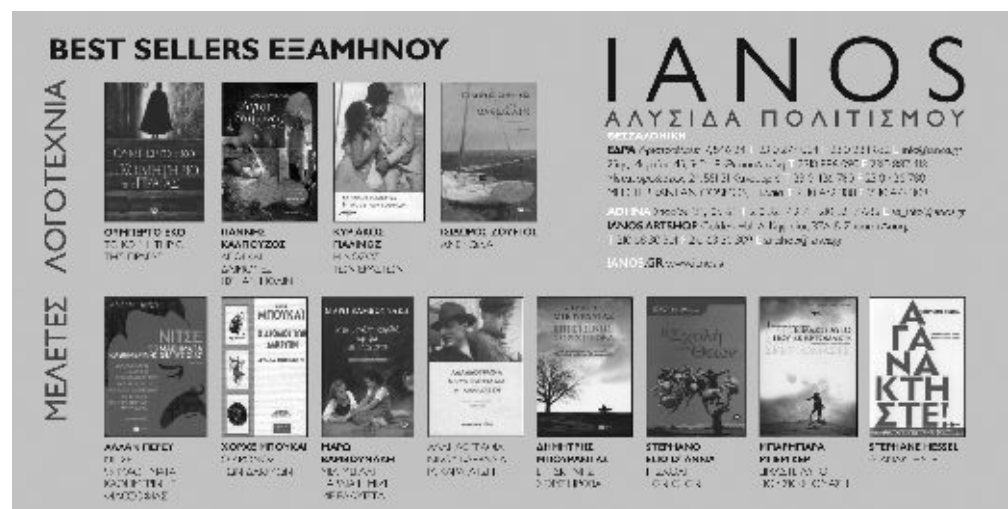
My first contact with Philip Lichtenberg was through an article on the role of shame in creating and sustaining a network of social relationships based on inequality (2006:269-296). In hindsight, that article is almost a summary of Lichtenberg's theoretical views. It focuses on the relationship between predator and victim, oppressor and the oppressed, the strong and the weak, and it acts as an axis around which theoretical analysis can rotate and expand. Central to his rationale is the process through which the weakest hand over their power and fundamentally contribute to establishing and maintaining relations of inequality.

Last November, under the Gestalt Foundation's continuing education programme, we had the opportunity to meet Philip Lichtenberg in the flesh. An elderly, sweet and wise man who narrates a wealth of stories and examples from his personal and professional life, who comes to contact with affection, discreet daring, responsibility and humour; he urges us not to wait, but to share our truths with those we love. The overall contact with Lichtenberg has been an extremely rich experience

and this is why I want to highlight certain points that emerged from within me after encountering him.

1. The necessity of respecting and honouring our experiences. We could also call it *authentic metabolic function of experience*. Lichtenberg bases a theoretical analysis on the simplest of stories and situations, like the ones we encounter at work and in our personal lives, and he contributes to the theory and practice of psychotherapy, as well as general social thought. This means that one doesn't have to have had countless or "big" experiences in

order to learn and possibly even articulate original theoretical thoughts or to attribute value to their lives. Such a stance towards our experiences is also shared by a tradition going back to the very beginnings of Gestalt therapy, when Laura and Fritz Perls introduced the concept of "mental-metabolism" in psychotherapy, highlighting the value of focusing on, processing and "masticating" our experiences. Perls writes: "...One can gain more in knowledge and intelligence by reading a good book six times, rather than six good books once" (1992:147). This tradition continues with Arnold



The Gestalt Foundation visits Cyprus

Tenthusiastic interest in Gestalt therapy by organising the first experiential seminar for psychologists, presented by **Gianna Giamarelou**. The seminar took place in the beginning of April and 25 people attended. The topic was **"Intervention in crisis"** and concerned the following:

What characterises an individual during a period of crisis is that they experience an event or a situation with extreme difficulty, as the existing support mechanisms and sources available do not seem to suffice. Although the duration of a crisis is normally short, serious emotional, cognitive and behavioural dysfunctions often occur. Under the pressure the individual is experiencing, they are often faced with devastating choices, even the dilemma of life or death.

The seminar included the following topics:

- Diagnosis of the crisis and its gravity
- Support Schemes depending on the gravity
- Therapeutic skills
- The therapist's personal support
- Role-playing
- Supervision

An experiential presentation on the basic principles of the **Gestalt Psychotherapeutic Approach** was presented at the **UNESCO Amphitheatre of the University of Nicosia**, on April 14; it was entitled **"The Art of Contact and Dialogue"**, and was presented by **Katia Hatzilakou**.

The programme included a history and a general theoretical approach to the basic principles of Gestalt therapy, i.e:

- The Field Theory Perspective
- The Phenomenological Perspective
- Dialogue
- The therapeutic relationship
- The application fields for Gestalt Therapy

There were also examples of experiential applications through audience participation, and an open discussion. Student participation was quite enthusiastic.

The event was part of the Gestalt Foundation's presentation in Cyprus, exploring both the possibility of creating an educational programme as well as presenting the Gestalt approach to companies and organisations.

Through these activities, the Gestalt Foundation initiated its "contact" with Cyprus' finding positive a response and hospitality at the University of Nicosia. We aspire that the Gestalt Foundation's next moves in Cyprus will make Gestalt therapy even better known within the community of psychologists and therapists as well as in the general public.

Demi Moraitou
Business Communications Consultant

"Stories to make you dream... games to make you grow..."

*And I, too, was there...
at that presentation...in the small theatre...
so cold outside, so warm inside
among smiling, bright people
who warmed you up just by being there...
we were all there to unravel the meaning of the book
"Stories to make you dream... games to make you grow..."*

*It was a scene out of a fairy-tale...
colours, fabrics and balls of thread,
shadows from the many flickering candles...
everyone sitting around in a semi-circle, but on the
floor as well,
as if grandma was about to start a story
to her grandchildren patiently waiting...*

*And so it was... a sensual atmosphere...
with ordinary, authentic people,
clear but colourful words
started illustrating the content of the book...
so that its beauty could take form.*

*But our journey doesn't end there...at a mere
description...
Tunes, movement and creative expression
brought the story to life right before our eyes,
so much so...
That it was as if I was a child once again
travelling in worlds the grown-ups can't see...*

*This is how alive the presentation was.....
because a story comes alive through us...
This is what this book is like, too... full of ideas and
feelings...
because it is the quality of the people who wrote it
that makes this book precious...*

*Anta Mitsogianni
Clinical Psychologist
Gestalt Foundation graduate, psychotherapist*

Beisser and his *paradoxical theory of change* and it is concluded in Erving Polster's wonderful book *"Every Person's Life Is Worth a Novel"* (1985). This orientation can also be found in the lyrics of our own poet, Odysseas Elytis: "... there is a lot for you to learn yet / if you dwell on the Insignificant...", from *Axion Esti* (p.17) The Insignificant has no value in mainstream assessment or is Un-signified, that which has not yet been annotated, that has not yet been given any attention. Similarly, R.M. Rilke writes to the young poet: "... If your daily life seems poor, do not blame it; Blame yourself, tell yourself that you are not poet enough to call forth its riches; for the creator there is no poverty and no poor indifferent place." (1993:18).

2. The necessity of broadening our view towards the entire field.

Lichtenberg repeatedly highlights that what occurs at the micro-scale (the individual) reflects what occurs at the macro-scale (society, the entire planet) and vice-versa. Thus, globalisation - which threatens and destroys differentiation, diversity and variety, just like anything absolute - has its counterpart in the individual, in the form of one-sidedness brought about through systematically rejecting and alienating ourselves from some of our individual aspects and potential.

3. An issue of style. What has made quite an impression on me about Lichtenberg is something he does in both his speeches and his writing. He often uses the first plural, for example "Many of us have...or do..." He clearly includes himself in all those he refers to, the human community as a whole. The feeling of equality and inclusion in the human state of being (humanity) adds a certain quality to human contact, the therapeutic relationship, sympathy and general solidarity. It's like he's echoing Terence's words, which E. Fromm reminds us of (1978:84): "I am human and nothing human is foreign to me".

The tribute to Philip Lichtenberg will be completed in the next issue of Gestalt Foundation news with the presentation of two of his books.

Thessaloniki, 23 December, 2010

To
The Gestalt Foundation
73 Egnatias Street
54635, Thessaloniki

Honourable ladies and gentlemen,

We are writing to thank you for your financial support to the Refugee Hostel of Thessaloniki. As you know, in February of 2010, the Refugee Hostel was on the brink of shutting down when state support ended and the previous administration deserted.

It was then that the Anti-Racism Initiative of Thessaloniki, along with other charitable organisations, citizens and the tenants themselves took on the task of supporting and running the Hostel. This is how the Managing Committee was created, in which all tenants and supporters participate.

Since then the Hostel has been run as an open venture of social autonomy and camaraderie. It provides shelter and daily sustenance to the 17 tenant-families (approximately 70 people), meets the basic needs for infants and children, assists children at school and adults at work. All our actions have been supported by the citizens of Thessaloniki and other social bodies and we have been able to continue our work.

The members of the Hostel Managing Committee thank you for your two hundred euro donation, which will cover part of the tenants' heating bills.

With friendly regards,
on behalf of the Hostel Managing Committee,
(signed)
Efi Gelastopoulou

Information:
Immigrants' Hostel: 12 Siatistis Str. and 26 Filippou Str., Thessaloniki
Steki Metanaston Community Centre: 23 Ermou St., Thessaloniki
www.antiratsistiki.gr
Tel. 2310241015, 6973710771 (Maria E.) και 6977274287 (Efi G.)
Hostel Managing Committee
Thessaloniki Anti-Racism Initiative

Athens, Cultural Centre on Themistocleous Street
25 February 2011



**Presentation of the book
by Daphne Filippou - Paula Karantana,
KASTANIOTIS PUBLISHING**

*“Stories
to make you dream...
games
to make you grow...”*

A few words about the book...

The book discusses a very old subject fairy tales in a very new way. Stories have messages concerning our lives, and teach us in a pleasant manner. They make it easier for us to process psychologically difficult experiences through identification, projections and symbolisation of reality from a safe distance.

The book addresses group animators for children and adults psychotherapists, psychologists, social workers, lecturers, teachers appropriately trained in experiential animation of groups.

The topics and the stories' structured script, as well as the experiential techniques and exercises suggested in the book, transform children and adults from passive listeners to active participants.

Through the 113 stories/fairy tales and the 127 exercises, animators have the ability to enrich their intervention techniques with groups aiming at the development of personal, social and professional skill, such as: self-awareness, active listening, communication, conflict management, stress management, collaboration, development of creativity/self esteem etc.

The book is a result of our experience in education, psychotherapy and life... we hope that professionals will feel more effective in their work, using the methods and work tools provided.

A few words about the writers...

Daphne Filippou was born in Komotini. She is a psychiatric social worker, Gestalt psychotherapist, ex Associate professor of Social Work for the Technical Education Institute of Athens and author of the books 365 Days of Being a Parent and 205 Experiential Exercises for Group Animation. She was trained in psychiatric social work, group animation, teaching techniques and psychotherapy in Athens and Paris. Her psychotherapeutic training began from psychoanalysis and continued with the person-centred approach and Gestalt therapy. She worked in Greece and France in a psychiatric context and in social workers' training. In recent years her professional interests revolve around animating experiential parents' groups, self-awareness, psychotherapy, supervision and training of animators. She currently lives and works in Athens and Volos.

Paula Karantana has been working as a teacher in state primary education since 1985. She studied Political Science at Panteios School of Political Science, went on to study Education, and was trained through experiential seminars in art as an educational means and in inter-cultural education. She specialised in special education as well as in the Gestalt psychotherapeutic approach. She has studied and applied several innovative approaches in the practice of teaching, especially the experiential communicative approach. She has also worked with research programmes on inter-cultural education and has published works and manuals for group animators concerning inter-cultural education and art in education. During the past few years she has been animating experiential workshops on issues of personal development, both with her students and with professionals, focusing her interest on stories/fairy tales as a means of animation.



ATHENS: The event was introduced by
Gianna Giamarelou - M.A. Clinical Psychology, Gestalt psychotherapist,
Stella Protonotariou, teacher, Head Mistress of the 132nd Primary School
Coordinator: Petros Haravitsidis, teacher in the 132nd Primary School
of Athens.

Stories to make you dream... Games to make you grow...

The title that fully meets the content of the book: it contains both, and that makes it doubly exceptional. It contains all the beauty and magic you would find in a fairy-tale and, at the same time, it leads us step by step, in a clear manner, towards comprehending the meaning of the story, its message, what it imprints in us... simply, clearly, magically.

When I got my hands on the book, I was thrilled. I mean that, and let me explain why.

I work at the SOS-Eliza therapeutic hostel for abused and neglected children aged between 0 and 5. In working with the children, I realised from the very beginning that the best way for them to express their feelings was through dramatisation. Fairy-tales always excite children. That's how I began, and it was truly spectacular. I did, however, face challenges. I had never worked in such a setting: I didn't know how to sustain a group feeling with such young individuals so recently traumatised. But, to return to the topic at hand, studying the book helped me with these problems. The exercises and techniques suggested helped me so that, by following the course and steps described, the children maintained their group feeling. This is very important: it was a major issue to have them listen to the story, to have us name the roles all together, so that the children could choose and play them while dramatising the story.

The topic presented at the beginning of every story and the conclusion at the end complete the beauty and importance of the goal of each story, each fairy-tale. It is both authentic, beautiful and scientific. For me, it also represented the feeling of completion and of doing justice to the value of the tale, recognising its significance. Stories keep company to generation after generation of children; they teach, they improve relationships, stroke one's ears and, through this book, the splendour hidden behind the simplicity of the tales is revealed.

I would like to write much more; I feel that what I am saying is far too little. Still, let me conclude in the manner the book stories do: Paula and Daphne's knowledge, experience and love for what they do gave us the gift of this brilliant book. I warmly thank them.

Yiota Alexandridou
Gestalt Foundation graduate





THESSALONIKI: The event was introduced by Kostas Bakirtzis, Substitute Teacher, Department of Early Childhood Education, School of Education of the Aristotle University of Thessaloniki (AUTH) and on behalf of the Gestalt Foundation, by Katia Hatziaikou, MSc Social & Clinical Psychology, Psychotherapist, Gestalt trainer and Supervisor, Member of the EAGT & Association of Greek Psychologists, Holder of ECP, Founding member of the Gestalt Foundation and the Greek Association of Gestalt.

Daphne Filippou and Paula Karantana's book titled "Stories to make you dream... Games to make you grow..." (Kastaniotis Publishing House) was presented in the context of the cooperation between the Gestalt Foundation Centre for Psychotherapy & Training and "Ianos" Chain of Culture.

On Thursday 3 March 2011, at 7.00 in the evening, at IANOS bookshop, there was a presentation of the book "Stories to make you dream... games to make you grow..." The book, according to its writers, aims at helping animate experiential groups focusing on personal development. Its writers are two women Gestalt psychotherapists with a wealth of experience in the field of education: Daphne Filippou and Paula Karantana talked about how they created their book, but also about the power of fairy-tales as a means to be used so that a team may achieve their goals for self-awareness, interaction, knowledge and discovery.

The book was introduced by Katia Hatzilakou, on behalf of the Gestalt Foundation, and Kostas Bakirtzis, a long time, well-known personality from the School of Education at AUTH, who very eloquently and effectively spoke about myths and fairy tales and how they help us understand and express our feelings.

The writers suggest ways of using myths, fairy-tales and games as a means of educating, teaching and communicating not only with children, but also with adults to facilitate experiential learning. Apart from the theoretical foundations presented in the book, the writers present stories, fairy tales and games they themselves use in their work. Furthermore, they suggest exercises which help professionals teachers, psychologists, psychotherapists use this material in a group context, whether they work with children or adults.

By the way, it might be useful to mention that my clinical experience, where I use stories, myths, games and fairy tales in my psychotherapeutic work, is related to groups of individuals suffering from Alzheimer's disease and other forms of dementia at the Day Care Centre for the Elderly.

For adults who suffer from dementia, some features of Greek fairy tales seem to trigger their memory: it is the language used, the tradition, the natural environment but also the actual character of the Greek people presented. In groups where individuals suffer from an advanced stage of Alzheimer's, or other forms of dementia, I choose shorter stories, such as, for example, "The owl and the Partridge", which describes that the partridge gave food for her chick to the owl who was going to the school to give her own little one a snack. When the owl asked the partridge "How will I recognise your child?" the partridge simply replied: "It's the most

THESSALONIKI - Thursday 3 March 2011 ,
IANOS bookshop - 7, Aristotelous str.



beautiful child in the whole school!" After a while, the owl returned the food the partridge gave her and said: "I couldn't find your little one. I sat at the school for an hour. No matter how hard I looked, I couldn't find a child more beautiful than mine."

I recommend the use of pantomime, changing voices and using props when narrating a story.

I encourage group members to recognise key words heard during the story telling. As an example, I mention some key words from the specific story: **forest, letters, school, punishment, etc.**

I then engage group members in dialogue, focusing on key words and suggesting they speak about them. Is there anyone who experienced punishment in school? What do you think about punishment today?

The word **punishment** I stress it here because it proved to be a very "strong" word in the group with individuals suffering from advanced stages of senility - Mini Mental highest score is 12 and lowest score is 0. It might be interesting to note here that in an experiential presentation I made at a conference for the Greek Association of Alzheimer's Disease and Related Disorders on the use of fairy tales with dementia, the key word which proved to be equally "strong" for the "normal" (in the sense that they don't suffer from senility) audience, was the word 'beauty'.

The reason I'm experimenting with different forms of communication such as physical exercises, games, drawing, collages, clay, Sandplay therapy, fairy tales, and others is that the individuals who come to the DCCE are at advanced stages of senility and many of them do not respond to verbal communication. Telling a folk story seems to mobilise them, "touch" them, move them and bring up some of their personal experiences and memories.

I will conclude this short presentation to a close using a poem by Giorgos Drosinis, since poets highlighted the topic of fairy-tales just like with many other modern psychological theories and beliefs long before psychologists and they seem to have been the first to recognise the power of folk tales [*translator's note: the poem is rhyming in Greek, but not in English*]:

«The truth is sown like wheat in this world
And tales grow from its pure seeds.
Fortunate those who can harvest the crop
And separate the grain from the chaff
For their little trouble they'll get this great gain:
Any truth to be found is hidden in lies! »

Katerina Siampani

Msc Counselling Psychology, Gestalt Foundation Graduate,
Gestalt Psychotherapist



I dreamt and I grew...

I've known Paula Karantana for almost four years; we met during our training in the Gestalt therapeutic approach at the Gestalt Foundation. I recently came to know about Daphne Filippou and Paula Karantana's book "STORIES TO MAKE YOU DREAM... GAMES TO MAKE YOU GROW" published by Kastaniotis.

Before I talk about my impressions of the book and its usefulness in my work as a psychotherapist, I would like to say a few things about Paula. I believe that a book's writers communicate their own knowledge and experience to the reader, and the reader retains and uses what they like, developing their own potential.

Paula's serenity and open mind made me feel secure and trustful from the very beginning. The ease of her adjustment to a training group already created reflected her years of experience with group-work. Her views and holistic approach vis-a-vis issues that emerged made me aware of her knowledge and and long-working experience. She is always modest, never using too many words or explanations; she is caring, deeply empathetic and respectful. With all that in mind, and knowing her work, I had been looking forward to this book.

When I picked the book in my hands and had a first glance at it, I saw how rich and well-structured it is. STORIES TO MAKE YOU DREAM... stories from every corner of the world, stories created by different people; stories that make us dream when we read them.

Dreaming is magical, because anything is possible in dreams: flying over the world, having supernatural powers, escaping wild dogs, saying things and feeling things boldly, intensely. The stories in this book make you dream and become games, GAMES TO MAKE YOU GROW... and games are magical, as well. We forget playing as we grow and we forget that children learn through games: they grow and get to know themselves and the people around them.

The publication of the book coincided with the start of the second year of an open self-awareness group for adults which my colleague and I prepare and coordinate. These meetings take place in a context of self-awareness, on a different topic each time. Every meeting is organised by the coordinators who suggest ways of working and topics for exploration. Some preparation is required before the start of the group, which I also need as my own preparation. So I had been looking forward to the book to use it in this process.

It came up to my expectations and, indeed, the book proved to be very useful. Primarily, its structure helped me find topics I am interested in, and I read the corresponding stories. Then, choosing the story and keeping in mind the phase the group is in, I plan the exercises to suggest to them: exercises for opening the meeting, for the work of the meeting and for closing the meeting. Having the book in my hands, I find very interesting suggestions for exercises and I'm given ideas and ways of working on each meeting's topic. Many combinations are possible and open up a vast horizon.

My own contact with the book, as a coordinator, has helped broaden my own mind, discover new ways of processing topics in a group, enabled me to organise better and opened new communication channels. By reading it, I felt safer in the role of the coordinator; it tickled my creative potential. Having a specific plan each time, a structure, I saw that in the group process the plan might change and turn into something else. According to the needs that arose, we creatively adjusted to the process. Based on the security and stability the structure gives me, I creatively open up to the new, to the unknown, to fresh experience.

The feedback we got from the group was that through the stories they came to contact with previously invisible aspects of themselves, and were enabled to trust, with less guilt. The conditions of this open group make building security and trust difficult, as new members may be present and old members may be absent, at any given meeting. The stories made the process easier, giving sessions a "playful" tone, which unblocked and eased things.

Safety, trust and creativity: this book is certainly a useful tool for me.

Thank you, Paula.

Amalia Kapoulea
Gestalt Foundation graduate, Psychologist - Psychotherapist



IANOS CHAIN OF CULTURE

Let's talk about GESTALT THERAPY

Thessaloniki, Friday 18 March 2011

Speaker: Katia Hatzilakou

M.Sc Social & Clinical Psychology A.U.Th, Gestalt Psychotherapist, Trainer and Supervisor. Member of the AGP & EAGT (ex-Chair of NOGT and External Relation of EAGT). ECP Holder. Founding member of the Gestalt Foundation Centre for Psychotherapy and Training & of the Greek Association for Gestalt Psychotherapy.

It was Friday, the March 18, 2011, a beautiful day, in the well-known bookstore in the heart of our city, at Ianos at Aristotelous square, that the collaboration between the Gestalt Foundation and the Ianos chain of culture commenced. The topic of the opening lecture was "Let's talk about Gestalt Therapy", and the speaker was Katia Hatzilakou.

The audience arrived gradually and kept turning up even during the presentation. In the end, I turned around and saw that some people were standing, leaning against the railing of the staircase leading to the room... In the crowd were many dear Gestalt therapists, co-workers, trainees, Katia's family, as well as new faces: an embrace for Gestalt, a gathering of people who wanted to know "What Gestalt is".

Katia, with her well-known vigour, stood up and spoke as if she was speaking with everyone and for everyone. While listening I felt as if I was once again at our seminars; I was touched to see the familiar rooster from the introductory lesson (taken from Liv Estrup's video "What's behind the empty chair?", 2000) growing smaller and further away so that it could show us how the field is transformed and how subjective our perception is.

The historical recursion from psychoanalysis to behaviourism and "third way therapies", as well as Gestalt, helped the audience understand what Perls, the founder of Gestalt, used to say: "We present nothing that you cannot verify for yourself in terms of your own behaviour". Timing, though, is also of essence. It is how we honour both the past and the present, as well as the needs of modern people who no longer want a dominant and absolute teacher. They only need to be accepted and trusted that it is only they themselves who know what their issues and the solutions to them are.

Gestalt's principles touched hearts and minds, aroused curiosity, brought relief through the acceptance they emanate and touched many who needed to feel their efforts were justified.

The questions began and Katia, with her skilfulness and expertise, turned every one of them into a statement. She listened to every single person as if we were all part of one of her groups, and I believe everybody felt it.

In the end, most of us went up to share something with her. I think many books on the bibliography she gave us were sold that day. Gestalt's spirit wrote its first page in the history of our collaboration with Ianos in their new, beautiful and cosy auditorium. I, too, left with a smile and a mellow feeling. Thank you, Katia, and may we all keep up the good work.

MARINA THEOFILOU
Gestalt Foundation graduate



GESTALT FOUNDATION LECTURES

*"From distraction to Concentration*Thessaloniki,
Friday 8 April 2011

Speaker:

Antonia Konstantinidou

... from the ground to the Figure"

M.Sc. Clinical and Social Psychology A.U.TH. (Aristotle University of Thessaloniki). Gestalt therapy Therapist, Trainer and Supervisor. Recognised member of the Association of Greek Psychologists (AGP), the European Association for Psychotherapy (EAP) and the European Association of Gestalt Therapy (EAGT). Founding member of the Greek Association of Gestalt Psychotherapists.

The evening of Friday, April 8, saw Janos' events hall filled with senses, thoughts, smiles and words right from the soul.

It was one of those April evenings where it's hard for one to cast aside Spring's sweet aura in order to attend a lecture at the little "loft" in the well-known bookshop...Unless the lecture is presented by Antonia!

Antonia Konstantinidou and the topic "From distraction to Concentration...from the ground to the Figure" attracted me to the event like a magnet. There was I and many others, co-workers I hadn't seen in a while, but also people seeking, exploring new ways of communication and self-improvement.

There was no better venue for this lecture than a bookshop whose name was borrowed from the Roman god Janus, the god symbolising beginnings.

The word beginning also implies the transition from a prior state

of being, the transition from an old Figure to a new one. It was the concentration of all people, but also each person's individual concentration onto their own thoughts and senses in the personal "here and now" that met the collective.

In these few lines I'm conveying the process rather than the content of the lecture I attended. Antonia's lyrical voice and the detailed presentation of her topic inspired within me a sense of strength, vigour, purity, fulfillment and unity; qualities of good figures emerged from within me. Antonia, thank you for showing me another way to concentrate my cognitive, emotional and physical forces at every moment.

Finally, I was very pleased you brought the lecture to a close with Jorge Bucay's story about the 'Explorer' and I wish that the true time you, I and all friends live may be truly long!

DIMITRA ZIOGA

Gestalt Psychotherapist, Gestalt Foundation graduate..

*"Epilogue"*

After 3 years in Hestia Home for the Elderly in Istanbul, I want to share a personal experience concerning the magical power of the moment, and the charm of time passing, defining our existence:

A long corridor where the smell makes you think of an old, shut-up room. Yet the windows are open. Whilst walking, I see a worried woman who left her room to see where the voices are coming from. Before I have time to ask, I hear a voice, weak but loud, like somebody's in pain... Getting closer, I can clearly hear... "Wateer"... The smell of traditional coffee sweetens the atmosphere when I pass by the kitchenette, but I go near the last room in the corridor feeling rather confused and anxious. The door is open, the room is full of light, the curtains are drawn open! He's seated in his chair, holding the glass of water somebody has already given him... "What happened? Are you alright?" I ask. "I wanted my glass." "Should I give you some more?" "No." He has another sip. "Do you need anything else?" "Yes. Bring me that clock, it needs winding."

A heavy red alarm clock is on the nightstand, opposite the armchair. He holds it. The clock is telling the wrong time. It has been left unwound and it shows a different time. With slow movements, he winds it. "I don't have any strength", he says. Steadily though, almost persistently, he keeps on winding. He sets the right time, rather pleased. "Good. Put it in its place. Now I just want to sit here, shut my eyes and sleep."

It has been two weeks now since his body's weakness forced him to stay in his room I notice his shocked eyes. He seems confused at his body's "unwinding", in this, his 94th year! "I don't know what's happening. I have some pain. It won't stop." And it's as though it truly matters that the time passing is correct.

As he's sat, astonished and weak, facing the time passing, I wonder. What is he waiting for? He shocks me... It's as if he's not certain about what is to come. And I think of Livaditis' verse: "And I, once crazy for tomorrow, now anxiously staring at the hands of clocks." And I, leaning on the bed, allowing him the space to look at his clock, observe every detail... With my back turned to time... But now that he's wound the clock I hear the ticking... Do I hear time passing? One can keep constantly moving so as to avoid staying put, stuck, tormentingly, opposite a mercilessly well-wound clock. But what I fear is reflected in these two big blue eyes... (4/11/2010)

"It's not my fault I'm growing old; time stabs you in the back." And I still hear the well-wound clock ticking behind me, steadily counting each minute. And time for him has stopped... Those minutes go through me though, again and again. "It's as if I've not lived through it...", I say, like a memory I sink in... As if I'm sinking into a tornado whilst lying calmly and comfortably on a cloud. The last few minutes with him were a gif. What am I holding on to through this memory?"

With great courage, calm, and deep will he stood looking at his time running out. And, at the same time, he lived what was his due to the last accurate second. An accountant, strict with finances, he spoke with pride about how he managed it all. He was strict with time, too... He fought to the last minute for the life he was entitled to. Fair... He fought and wound his clock well... It wasn't yet the time to stop. (15/11/2010)

I stand here, facing the clock: its hands are always pointed to now.

Alexia Ioanna, Gestalt Foundation Trainee

CORRESPONDENCE...

CORRESPONDENCE...

REPORTING ON TRAINING SEMINAR OF CONTINUING EDUCATION
WITH PHILIP LICHTENBERG IN ATHENS

SATURDAY SUNDAY 26-28 NOVEMBER, 2010

PHILIP
LICHTENBERGa Gestalt father, a Gestalt
grandfather

He came from America just for us. He now lives with his wife and friends and his travels are seldom. He is a paternal figure, a Gestalt guru who believes in equality and teaches about it. "All relationships start with inequality and head towards equality. All we have to do is to see how they equate. Therapy starts with inequality and it is concluded when the relationship between therapist and client has become one between equals. Non-healthy relationships also head towards equality, whereupon the victim may internalise shame and the predator's guilt and find themselves in confusion. This is the wrong way for a relationship to find equation."

Philip Lichtenberg has spent his life engaged in, recording as he says - the conditions that allow real contact with one's self and others. We need to recognise our own role in our troubles and how we maintain a model that suffocates us.

Philip Lichtenberg has introduced the Theory of the Four Corners. If I tried to tell you about this theory in a nutshell, I would say that Lichtenberg advocates that what promotes true contact and equality is the dialogue that goes beyond I (the first stage) and Thou (the second stage). There is the third stage: "How are you feeling with what I'm saying?" and the fourth: "Would you like to know how I feel with what you're saying?"

It had been a long time since I conversed on social ideology in connection with individual ideology with such clarity.

Lichtenberg is a serious therapist who doesn't talk much until the client starts coming to contact with themselves. He then becomes "open-hearted" with a wide smile on his face, his eyes sparkle, reflecting the tears that flow in the face devoutly watching him. He touches with a gentle stroke, wipes the eyes and lovingly and gratefully embraces those who have opened up their hearts.

What beauty in such simplicity, contact, trust: a heaven for one to open their souls. We spoke of his shadow, which he leaves, which penetrates, which carries our father, our mentor; which will remain with us, just like he promised he would take us with him.

we were there too, with our teachers, our therapists, our supervisors, complete equals. Like members ready to work on the most existential seminar, somebody said; a seminar which connected us with Gestalt's social principles, said another; members born at the exact moment Gestalt found its way and at the time when people's consciousness invited it. After two destructive wars, when people were tired of being led and of entrusting their principles and values to others, when they turned to strengthening themselves; they came out of the economic and social destruction purified and destitute to create new, meritocratic societies. Back then, they believed in equality and difference whilst simultaneously setting the building blocks for the new society focused on assisting and developing every person. This is the very society we've destroyed today, which is slowly falling apart and which we'll need to rebuild soon.

We promised to honour this great man - knowing that, most probably, we will never see him again in our lives due to the long geographic distance separating us - through teaching his principles and speaking about his work. There was a strong feeling of rebirth among us. We felt intense socialisation and the serenity of equality.

MARINATHEOFILOU

Gestalt Foundation Graduate



And I realise that he wasn't alone,

Editorial Team:

Antonia Konstantinidou
Publisher

Zoe Bachtalia
Christina Chatzilakou
Secretarial support

K&D Webber
Translation

Sofia Mamalinga
Lay out
www.mamalinga.gr

In this issue worked:

ALEXANDRIDOU YIOTA /ALEXIA IOANNA /KAPOULEA AMALIA
KOSTAS KONSTANTINOS /MITSOGIANNI ANTA /MORAITOU DEMI
SIAMPANI KATERINA /THEOFILOU MARINA /ZIOGA DIMITRA



IANOS.GR

VISIT OUR SITE

www.gestaltfoundation.gr
