

## Letter from the President

Dear colleagues,  
I'm glad to have the chance to reach you in this moment of the EAGT life: we have some novelties going on, opportunities and interesting developments.

The Krakow conference was a rich meeting, a chance to dialogue, learn and be inspired by the contacts with many colleagues and friends. A big thanks to the Polish Association that organized it in such an effective and creative way! In order to refresh your memories and support your post contact or to take a glance at the atmosphere of the conference you can go to:

<http://dysk.onet.pl/link/ESmHZ>

Following our tradition, the participants of the conference chose the place for the next congress: there were three proposals and Italy was chosen. The next conference will be in *Taormina*, a wonderful place in Sicily, in 2016. The proposal was to organize an EAGT and AAGT joint conference, a chance for the two main Gestalt organizations in the world to learn from each other. The AAGT will decide about this proposal next September, during its conference in *Asilomar*, California. I want to thank very much Latvia and The Netherlands/Belgium NOGTs for having brought their proposals in Krakow and I hope that their energy can support the next conference and maybe bring our community in the North of Europe in 2019! For the moment, let's look at this opportunity to meet so much novelty in very few years! It's exciting and a promise of growth.

In September the AGM voted on some relevant issues for our organization, well prepared by discussions in the GB and newsletters in the previous



year. As I wrote in the last newsletter, some committees are very active and from them some interesting projects are emerging. We needed a way to connect the committees to the GB, the governing board of the EAGT, and to support these projects financially. So, from now on the chairs of the committees are members of the GB: this provides a direct communication and connection between these bodies. Secondly, we have changed the destination of the 10% voluntary levy: until now it was exclusively for the HR&SR committee, from now on it will go to the projects of HR&SR, Research and Professional Competencies committees. The requests of projects' financial support coming from that 10% have to be addressed to the EC, and have to be approved by the GB. Of course, the money already collected for the HR&SR committee will remain at the disposition of that committee. These changes will provide a better ground

for the functioning of the committees and the developments of their projects. Thank you very much for having supported these new developments: they are enriching all of us by feeding the growth and reputation of our European Gestalt community.

One of these projects is the *Research Seminar* that will take place in Rome, May 2nd-4th, 2014. This is a unique chance for Gestalt therapists and GPOs to learn some basic research methodologies and practical tools compatible with our approach. This development in research in GT is a new emerging figure in our field, whereas other approaches have already developed it extensively. We are realizing more and more that it's a crucial need in our community in order to strengthen the reputation of our approach in the wider community and institutions. It's probably crucial to the survival itself of our approach. This seminar is the first occasion to become

familiar with these issues, 5 methods useful in therapy and in work in the organizations will be taught. We have the responsibility as practitioners and above all as trainers to bring this sensitivity and competence to our field. I expect at least one trainer from each training institute to take part in it. Moreover, May is a wonderful moment to enjoy the historical centre of Rome and have fun with friends and colleagues!

The AGM has also voted on some changes in the curriculum of our training standards that incorporate some suggestions coming from the HR&SR committee: time and societies are changing, awareness hopefully becomes sharper and also our trainings have to adjust to them. I want to invite all of you to buy the book 'Yes, we care', that is the result of the HR&SR Conference, that took place in Venice, 2011. It's an important support to raise awareness on these topics and include them in the trainings.

From the EAP side, *Jelena* and I went to the October meetings in Cyprus and we supported a project to have an expert meeting on specific competencies in Vienna. The EAGT is the first modality that has developed the draft of these competencies – the competencies that are specific to a Gestalt therapist – and the 13th of February there is this presentation: the specific competencies of the therapeutic relationship will be addressed from the perspective of different modalities. I want to thank *Peter Schulthess* that has encouraged me to start this process in the EAGT and *Beratrix Wimmer* and the other members of the PC&QS committee for their work.

The day after the EAP meetings, Vienna, February 16th, there is a conference by *Omar Gelo* on qualitative and quantitative research in psychotherapy, in order to provide a general frame to this topic, crucial, as you can see, for all the modalities.

Coming to our ordinary functioning that provides us the – often invisible – needed ground, I'm really glad that *Marga* could continue to work for the EAGT in these not easy months, during her

treatments. We missed her in Krakow, but we will have twice as much pleasure when we meet her in Amsterdam in February. Her strength and resilience and at the same time her capability to keep her pace and commitment has made it very easy for me to adjust our workload and collaboration. I'm writing this with gratitude, admiration and love.

Before concluding, I want to welcome our new treasurer *Jack Van Liesdonk* to the EC: I'm sure we will have a very good collaboration. And I am glad to inform you that *Jelena Zeleskov-Djoric* has been chosen by the EC as the new EAGT vice president. Congratulation to both of them!

My mind is going now to *Bas Lokorse* and, of course, his frogs. Bas: I hope you're enjoying telling stories to them as much as you used to tell them to us. I'm glad and thankful that you're still taking care of supporting somebody to continue your work on the Policy Plan, another

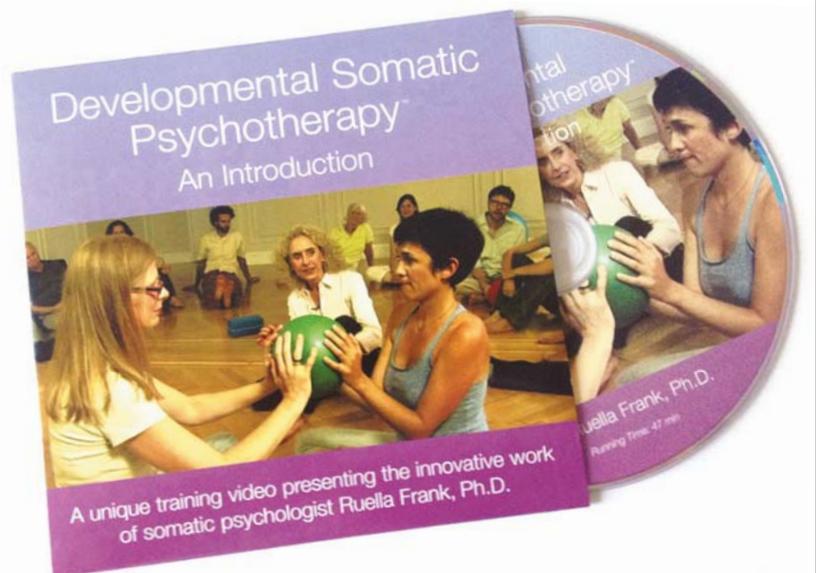
key point in our functioning. Thank you!

At the end, I want to thank my colleagues of the EC: I feel very well supported and never alone in leading our organization. Many thanks to the GB too, to the National Representatives, to the Chairs of the Committees and their members, to all the organizations and individual members: you're the flesh and blood of this community! Many colleagues have told me how they feel supported by belonging to our international community when they are in their own countries. I guess this feedback and feelings are the motivation of the huge amount of free work that many people are doing for the EAGT. Thank you on behalf of all of us! And I want to add that it's a joy to me and an ever ending surprise to realize how alive and healthy this organization is.

Enjoy winter time and Christmas holidays!

*Gianni Francesetti*

## Center for Somatic Studies



A unique training video  
presenting the innovative work  
of somatic psychologist  
Ruella Frank, Ph.D.

To purchase:

[www.somaticstudies.com](http://www.somaticstudies.com)

# Report from the Treasurer

In the AGM of September in Krakow I was elected as new treasurer for EAGT and I thank you all for your trust in me doing this job. I feel proud being part of the EAGT and enjoy the work with the EC members and Marga.

This is my first report as EAGT treasurer in the newsletter. In my first steps into this field I got involved in budgeting of a writer's conference in 2015 and in evaluating declarations of expenses. My goal is to keep the EAGT in a financially healthy organization which can provide possibilities for the initiatives in the EAGT.

With Bas, who was treasurer for many years I had contact to transfer the responsibilities to the bank account and all other issues involved. For the year 2014 and 2015 we start to prepare the estimate. That is a development in good cooperation with our office manager



*Marga Berends.* In the next AGM will be voted on these estimates, both for 2014 and 2015. For 2015 the AGM can vote before the year has started so the AGM can have more influence on the estimate.

Of course the EC and General Board can adapt that estimate within limits during the year when that is necessary for good government of the EAGT.

I really like the cooperation in the EC where we share our thoughts about all items such as applications, communications to national associations, et cetera. In that way we operate as a unit and we enjoy our mutual support.

In the AGM is the working group Fundraising supported by new members, with whom I keep in contact. They are *Eduardo Salvador* (Spain), *Martine Van Obbergen* (Belgium) and *Michaele Gecele* (Italy): a broad field! They are preparing new ways to provide funding for EAGT projects and activities.

I wish you the best for the New Year with all yours!

*Jack van Liesdonk, treasurer*

## Research in Gestalt Therapy

### Introducing research methods to Gestalt practitioners

*A unique opportunity to participate to the research movement in Gestalt Therapy and to enjoy the historic centre of Rome*

**Date:**

2<sup>nd</sup> - 4<sup>th</sup> May 2014

**Location:**

Hotel Domus Nova Bethlem, Via Cavour 85/A, ROME

Organized by the Research Committee of European Association for Gestalt Therapy

Supported by Societa Italiana Psicoterapia della Gestalt (SIPG)

**EAGT**



For more information visit [www.eagt.org/RActivities.htm](http://www.eagt.org/RActivities.htm) or mail [eagtoffice@planet.nl](mailto:eagtoffice@planet.nl)

## Report from the Training Standards Committee

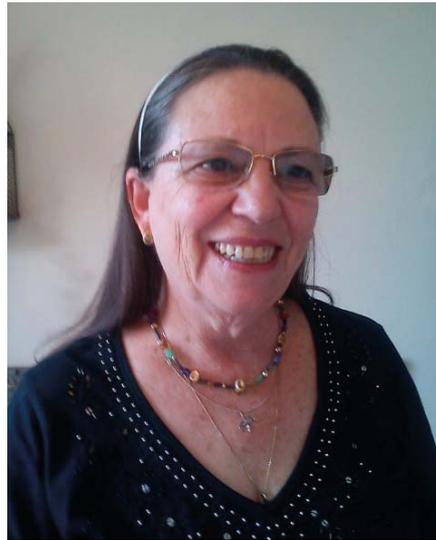
Dear colleagues,  
Another year is drawing to an end, marking the time to review the TSC activities for the year, and cast a curious and challenge-filled look to the year ahead.

In 2013, the Committee concentrated on the accreditation of new institutes and the reaccreditation of institutes which received their accreditation five years ago. It is our impression that all institutes gain from presenting themselves to the Accreditation Committee as this is a time for self-evaluation. For the institutes, facing the process is an opportunity for a critical look at their work, examine performance versus expectations, review achievements and identify issues requiring improvement and change. Whether the meetings with TSC representatives are held during an actual visit to the institute or conducted through Skype, they are a means of stopping to do some internal organizational reviewing of the type usually postponed, or even neglected, due to the demands of our daily routine.

Four new institutes were accredited this year, and two received joint accreditation by EAP and EAGT. Five more institutes contacted us to begin preparing their accreditation process. We try to advise, guide, and advance the process in these institutes and will be glad to welcome them to our community.

Nine institutes were re-accredited, and we are still in contact with two others in order to help them with the necessary preparations required to meet the conditions set when they were originally accredited.

Clearly, handling the accreditation and the reaccreditation, as well as maintaining contact with all the institutes at various stages of the process, writing reports, and responding to requests for information, keeps us busy. In fact, it is a full-time job for the five members of the Committee. Alongside all of these, we



also worked with the Ethics Committee and with the HR & SR Committee. With each of these committees we scrutinized and formulated the additions to our curriculum which were approved and voted for at our last General Meeting held during the Krakow conference.

The additions to the curriculum are expected to be incorporated into the training programs of all accredited institutes in the visible future. I am sure you will all agree they are important accompaniments that underline and highlight primary core values of Gestalt therapy of nowadays.

As for our future activities – we are currently discussing a number of issues to be brought up at the General Meeting next year. Some of these are matters of procedures, other conceptual.

Changes in the process of reaccreditation. These changes are dictated by the fact that the Committee meets only once a year. We have to utilize Skype to compensate for meetings of the delegate of re-accredited institutes with the whole committee.

Guidelines for training via Skype. This procedure is gaining momentum and the sooner we regulate it, the better.

Re-evaluation and updating of the core curricula of our training programs. We are happy to know that our theory

is not stagnating and the professional literature on Gestalt enjoys the addition of new publications every year. This vitality must be reflected in our curricula, and we have begun preparing for a field study that will be the foundation for examining the current curriculum and recommending changes and updates. Details of these actions will be forthcoming.

Let me take this opportunity to draw your attention to the seminar that will take place in April 2014 in Rome. It will be devoted to discussing, developing and learning methods of research and evaluation in Gestalt therapy. This is an innovative project of EAGT's research committee which is meant to enhance and support the growing interest of therapists – especially those of us who are not versed in thinking in terms of research – to get to know an area that is becoming essential in the current field, which is dominated by evidence-based therapy.

I wish to thank my friends and partners on the Committee – *Ester, Lydia, Olaf* and *Dick*. Their work is highly appreciated by the heads of all institutes that are in contact with them for accreditation. I am grateful to them for their dedicated work, their reliability and responsibility, and the pleasant and friendly cooperation among us – mostly by email.

I can't end my report of the Committee without expressing my deepest gratitude to *Marga*. Marga is our anchor, compass and lookout person for each and every one of our activities. Despite the difficult times she is going through, she never lets go of her involvement and is active, diligent and dedicated to ensuring that we keep on course. We are all grateful to you and admire you for who you are.

Have a merry, healthy, fruitful new year together with those dear to you,

Warm greetings,

*Nurith*



## Letter from the secretary

Dear friends,  
I'm also full of emotions and suggestions for our conference. It was very exciting to be there and to meet you. I think that it was an important event where we shared a lot of "Gestalt". I'm very happy to be elected again in the role as secretary. I live this rule with all myself and I feel always a healthy responsibility. So I want to say thank for your trust in me and I will try to continue to do all my best. I often figure out that is an honour for me!!

It's always comfortable to show you what I have done in this period for the EAGT. I felt a good support from all of you in these months, and I believe that there was an interesting spread about EAGT.

I scrutinized about:

**60 new applications** and all became ordinary members (*this means they meet EAGT criteria*),

**23 re-registrations** (*after every 5 years we have to improve our continuous education by sending in a total of 100 hour experience as Gestalt therapist divided as following: 20 hours supervision, 30 hours refresher courses and 50 hours of inter vision*);

**15 supervisor applications**, holders of the EAGT-certificate, ECP or ordinary member of an accredited NOGT; (*Absolvent of a supervisors-training program which covers minimally 50 hours of teaching about supervision of psychotherapists and 25 hours of hypervision (supervision on supervision of real supervisees that the trainee meets in her/his own practice). If a supervisor has not passed a special supervisors training program, she has to have at least 8 years of experience as a Gestalt psychotherapist.*)

Luckily most applications were very easy to scrutinize, because they come from accredited training institutes. I want to say thank to the work of our committee!!! Our and your connection is allowing a fluid and soft field where it is possible to start all these processes. I'm observing how a lot of new figure are coming out (new accredited TT's, new members and new suggestions). A new air across our countries where the smell



of EAGT represents a strong stimuli for our senses.

We are trying to create an evolution of the newsletter in a new form where you (and above all young gestalt therapists) will be able to share or send us something of creative input but we are in a slow progress with this. We have the idea to create a specific work group but we need support. I sent a request to join with the latest newsletter, but no reply until now... So if anyone of the General Board is interested s/he can start to think and will join me, Jelena and Jan. I think that it could be necessary to do this because it could be a very important space where everyone, belonging to EAGT, could express her/his own creativity or thoughts.

We started up with the use of Facebook to reach more people and create a close connection with our website. Until now we have about 300 contacts. I'm very glad for this. In my opinion it is a colourful window, where we can show, in a quick way, our movements. We are warm bodies and our patients support our warmth, so sometimes we can allow to use, in a right way, these "other" ways to reach the "other".

In the end, with a hope that this will be a useful thing for all of you, I have made a list of reasons/advantages for becoming an EAGT member:

1) **be present on the EAGT website as**

a therapist for those who has a quality education recognized by European standards;

2) **we sign for free for our ordinary members the EWAO form in order to obtain the European Certificate for Psychotherapy (ECP);**

3) **be part of an international network of contacts;**

4) **be an active part in the development (and research) of the European Gestalt community;**

5) **be part of the committees and working groups of EAGT;**

6) **receive every six months the EAGT newsletter;**

7) **get discounts at EAGT conferences.**

I hope that the aforementioned can be helpful for you when someone asks: "Why becoming member of EAGT?" I would answer them: "Because you could become more handsome" but I know it's not enough!!!

I wish to thank *Marga* and the executive committee for their help; I feel a lot the missing of *Bas*, a very special and precious man (not only for a credit card)! But I'm sure that he will always be in touch with us! Welcome to *Jack*, a really peaceful person.

I would like to share with you one of my pictures about support and differentiation. "*Sometimes only a soft blow is necessary*":



Thank you very much for your attention and you know how can reach me for my personal support in everything it's possible.

My best wishes to all of you for each moment in your life and enjoy your Christmas.

*Michele Cannavò*

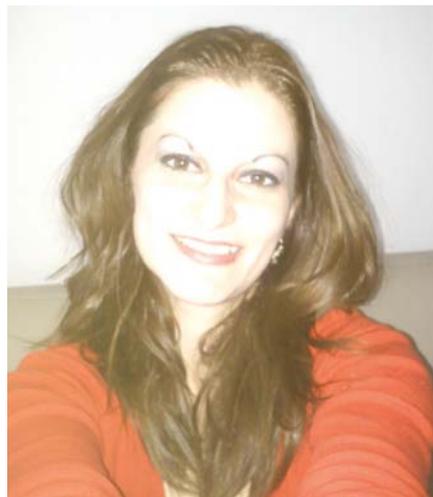
## Letter from the NOGT officer

Dear colleagues,  
It is a great pleasure for me to share with you news and positive development in the NOGT's around Europe. First of all, I would like to thank to the Polish NOGT and their commitment and strength to organize the Krakow Conference which gives an opportunity to gestalt therapists and gestalt practitioners in organization to meet each other, share an experience, knowledge and a beauty of contact.

In the area of the Ordinary membership, I am pleased to inform you that we finished the process of becoming an OM NOGT of the Latvian Association for Gestalt Therapy. Congratulations for Latvian colleagues! In this field we have three more countries that are in the process of becoming and OM NOGT – Serbia, Poland and Spain. I am sure that in the next year some of these countries will fulfil the standards of becoming and Ordinary Member.

In respect of the re-registration procedure, I am also happy to share with you that Belgium NOGT become re-registered and I also congratulate them for this successful process!

Moreover, during this year we finished the process of constitution of the new NOGT from Hungary and from March 2014 we will have one more country in the GB. Congratulate to the Hungarian colleagues! Furthermore, I would like to express my happiness that from our next GB meeting in March 2014 we will have an official representative of the French Gestalt community, and that atmosphere in France is moving



in a very positive and collaborative way. So, when I come back to my report it is a great picture that I could perceive for this 2013 in the NOGT field around the Europe for our community.

One more thing that I would like to emphasize is the upcoming Research Educational Seminar that will take place in the historical centre of Rome from 2nd to 4th May 2014. This is the unique opportunity to learn about research methods in gestalt therapy, share the experience of the research in a gestalt field and enjoy in the moments of connection with the other in a beautiful place such as Rome. I would like to invite all NOGT's to share this information among their members and awareness of the need to be a part of this event that is I am for sure correspond to the emerging need in the not just gestalt psychotherapy, but the existence of psychotherapy in a more general way.

After all this positive development in the NOGT field and further develop-

ment of the EAGT as an organization, awarding of the fact that EC support my election for the Vice-President, I would like to address some words to our previous Treasurer and Vice-President *Bas Lokerse*. I would like to thank you Bas giving me the opportunity to learn from you, thank you for your contribution to the EAGT as an organization and the path you illuminate for our further development, and thank you for all your support that you gave me these years. And say hello to frogs! Precious friend they have in their company.

Also, I would like to thank to *Marga*, the unique, very special and brave woman that I met and with whom I am working with, almost every day. Thank you, Marga for all that you are and the thoughts we share.

At the end, I would like to stress my words to the EC, the people with whom I am sharing this gestalt community field. Without your support, your trust, your commitment and your love for this work we are doing together I am sure that the EAGT will not be where it is now in its own development and growth.

Finally, I wish for all of you who decided to enter in the gestalt world at some point of your life and live through and with gestalt, many beautiful moments in the 2014, snowy winter and Christmas full of love and enjoyment with the ones you love and carrying in your hearts.

*Jelena Zeleskov Djoric,*  
NOGT's officer, Vice-President



## Letter from the Ethics Committee

*“Being open to ethics is at the heart of our humanness and therefore is implicit in the practice of psychotherapy”.*

Dan Bloom, 2013

Dear colleagues,  
It is important for us to remember what we have done last year, so we can share with you all what we have learned. We have processed more ethics codes, from Russia, Latvia, France, Serbia, Sweden, and Norway

We supported two situations where people who felt abused from therapist and trainer turned to us for help; we gave some orientation in the process of appeal action.

We dealt with a complaint from an EAGT member where we touched the complexity of this kind of situation, elaborated it from ethics perspectives and gave our recommendations to support EAGT as an organisation to learn from the experience. During the next year we should revise EAGT code of ethics, so we can utilize all we learned from

these experiences. We hope to receive comments and suggestion from you all in the next year.

We opened this text with *D. Bloom’s* quotation from the new book edited by *Gianni Francesetti, Michela Gecele and Jan Roubal*, “Gestalt Therapy in Clinical Practice.”, because it can inspire our reflection concerning the topics of ethics. Now we want to go on a bit with some more Bloom’s quotations:

*“The first-generation Gestalt therapists had standards of practice. They were concerned with the welfare of their patients. Of course, not all of them always were. Not all of us are now. There were, are, and will be ethical problems in all professions. All professions need ethical codes just as all societies need laws. Surely Gestalt therapists are not the only “ethical delinquents” in the profession.”*

Time has come to return to our roots, because for more than 20 years our freedom by theoretical principles and our creativity in practice has sometimes been confused with no limits and worst in no

responsibility for clients and trainees, so we would like to underline the value of ethical matters in our profession.

*“Furthermore, it is a core aspect of Gestalt therapy’s clinical theory/practice to challenge fixed moral codes when unaware introjecting becomes aware and figural. Some moral codes are indeed outmoded and emerge within sessions as restrictions to contacting at the contact-boundary. This is familiar to all Gestalt therapists. Standards of contemporary practice no longer urge us to provoke our patients but to be concretely present with them at the contact boundary and with them to be sensitive to whatever is emerging.”*

We wish you a beautiful Christmas time. We also invite you to read Dan Bloom’s text about ethics and then to participate with suggestions to the future revision of our code of ethics.

*Matteo Bonani, Beatrix Wimmer,  
Jan Roubal, Joppie Bakker*



## Report Human Rights and Social Responsibility Committee

### 'Yes we care!'

A publication by *Human Rights and Social Responsibility Committee*

During the conference in Krakow last September our committee could present the book 'Yes we care!' social, political and cultural relationship as therapy's ground, a Gestalt perspective. This publication is the final chord of the conference in Venice two years ago. The book explores how human rights and social responsibility are inextricably contained in the theory and practice of Gestalt therapy. It offers examples of what it means when a therapist's focus extends and moves from the clinical work in the therapy room to social engagement in a broader context. It answers the expectations that Gestalt



therapists are actively involved in bringing about change in a wide meaning of taking care of the field in which we live and practice.

Our committee is very delighted that the Annual General Meeting in Krakow has confirmed the joint proposal of our committee and Training Standards Committee to incorporate the social, political, cultural and environmental dimensions of the field theory more explicitly in the core curriculum of EAGT Training Standards. We trust that

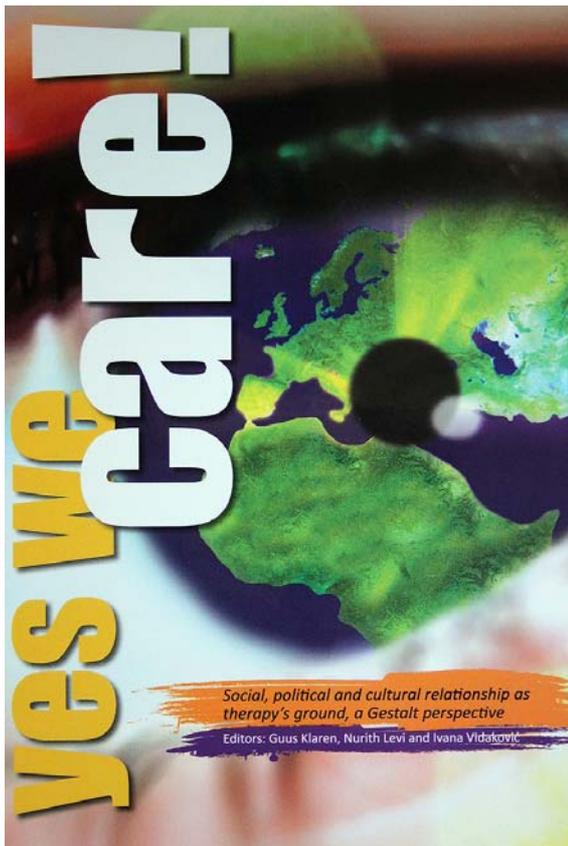
Training Institutes and supervisors, in line with the purpose of this book, will keep the process going that started in Venice to implement social responsibility and human rights in the basic training that we believe every Gestalt therapist needs. We recommend to use 'Yes we care!' as a fruitful instrument.

The workshop we organized at the conference was an inspiring meeting of colleagues who are engaged in a wide range of social activities; working with refugees in detention centre, supporting victims of torture and women in prison, working with policemen accepting ethnic diversity, coping with war and after war situations, human rights education etc. Participants expressed that the existence of our committee gives recognition to Gestalt therapists who work professionally or voluntary in these often challenging social situations. And the importance to have the HR&SRc as a meeting place for exchanging ideas, knowledge and (mutual) support.

We hope that the publication of our book contribute to the visibility of Gestalt therapists in a wider social field and an encouragement for all who care human societies at heart in their activities.

*Guus Klaren,*

Chair Human Rights and Social Responsibility Committee



'Yes we care!' *social, political and cultural relationship as therapy's ground, a Gestalt perspective* (162 pages), book price (€ 20,-) + shipping costs are:

for The Netherlands € 23,- | for Europe € 28,64 | for all other countries € 29,-

The book is available by sending an email to the office manager of EAGT [eagtooffice@planet.nl](mailto:eagtooffice@planet.nl) indicating the number of copies, your name and shipping address. After receipt of your payment (which can be done by bank transfer or through PayPal which is linked to our website [www.eagt.org/membership.htm](http://www.eagt.org/membership.htm)) we will send you the book(s).

## Letter from Chair GPO committee

**M**y dear friends and colleagues, as members of the GPO committee we do look back on an inspiring EAGT conference in Krakow. There were several workshops and presentations on the use of the gestalt approach in organizations and we had a very nice meeting with about 35 EAGT members who are interested in the position and possibilities of the GPO within and outside the EAGT.

For those, who are not familiar with the GPO as part of the EAGT: GPO stands for Gestalt Practitioners in Organizations and as GPO committee, we like to represent and support all EAGT members, who work with the Gestalt approach in organizations or other communities as coach, counsellor, consultant or trainer.

Regarding the position of the GPO in the wider field of Gestalt, it became clear that there is a strong wish to connect the GPO membership to larger networks for coaches, consultants or trainers like the International Coach Federation (ICF) or the European Mentoring & Coaching Council (EMCC).

The GPO community is not the only network or place to meet for people who use the Gestalt approach in organizations. Next to the GPO community, we have e.g. the **Intagio group** which was initiated by *Sean Gaffney*, the **Re-**



**lational change community** which was initiated by *Sally Denham-Vaughan* and *Marie-Anne Chidiac* and we have the so called **Roots gatherings** which were originally initiated by the *Gestalt International Study Centre*.

As GPO committee we want to make clear that we want and do cooperate with all these other communities and that there are many ways and possibilities to inspire each other.

Therefore, we decided to make a start with connecting the GPO membership to the ICF and EMCC and focus more on standards.

We had a very nice, positive response from the ICF, which asked us to send in our criteria and some examples of Ge-

stalt coaching and Gestalt practitioners training programs. We did that and are now waiting for their reply to that.

When we come to speak about possibilities, we have to be clear, that this strongly depends on the involvement of members. The more members we have and the more these members are supporting us by being somehow active in participating, the more possibilities we create together.

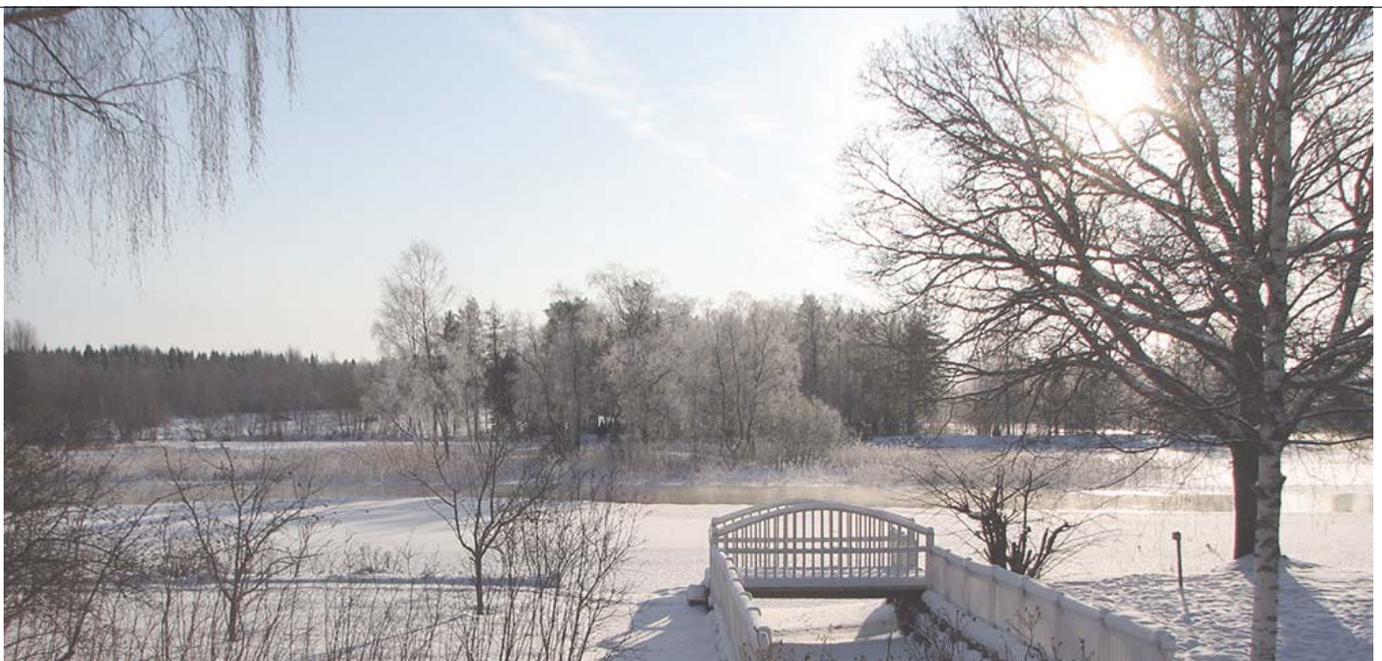
We are very happy that two new group of people in Belgium and France are preparing for the GPO peer group procedure to become a GPO member of the EAGT.

Further on, we support initiatives to create international training programs on Gestalt and organizations, like a first one which will start in January, 2015 in Torino in Italy and consists of participants from Italy, Czech Republic, Serbia, Poland and maybe also from Belgium.

If you have any questions regarding the GPO membership, our goals and ideas, please go to the website of the EAGT or contact the office manager of the EAGT.

We wish you an inspiring 2014 and hope to meet you in one of our gatherings.

On behalf of the GPO committee,  
*Frans Meulmeester*  
Chair



# Report from the EAGT Research Committee

Dear colleagues,  
I am glad research attracts more and more Gestalt therapists. There were about 20 participants from several countries at the Research committee workshop during Cracow conference. And more people were contacting members of our committee and claiming their interest in research cooperation. Networking of people interested in research of Gestalt therapy is the main focus of our committee now. We have our own new web page (within EAGT web), where you find information about our activities and also some useful documents: [www.eagt.org/RActivities.htm](http://www.eagt.org/RActivities.htm)

People who are interested in sharing information about research can contact me ([jan.roubal.cz@gmail.com](mailto:jan.roubal.cz@gmail.com)) to get access to our one common e-mail address.

*Research in Gestalt Therapy: Introducing research methods to Gestalt practitioners.* This is the title of an Educational seminar organized by EAGT Research committee in Rome, 2nd – 4th May 2014. The goal of this EAGT educational seminar is to become familiar with some research methods respectful of Gestalt therapy and epistemology and easily accessible in the daily practice. Scientific program will consist of these topics: **Bridging Gestalt therapy practice and research** (G. Francesetti); **Researching in Gestalt Therapy: a way of developing our model** (M. Spagnuolo Lobb); **What does it matter if we gain the world but lose our soul: research from a relational Gestalt perspective** (K. Evans); **Comparative Naturalistic study on outpatient psychotherapeutic treatments including Gestalt therapy** (P. Schultness); **Warrant, Research, and the Practice of Gestalt Therapy** (P. Brownell); **Using CORE for routine outcome measurement in Gestalt Therapy: the UK experience** (C. Stevens); **Grounded Theory Method: Principles**



**and Applications** (T. Ribacek, J. Roubal); **Single Case, Timed Series Design: An Acceptable Alternative to Random Controlled Trials** (P. Brownell); **A qualitative method for management consulting** (F. Romano); **Direct rating of the outcomes of psychotherapy** (R. Sandell). The seminar is aimed to build a network of people interested in enriching their practice and willing to participate in research networks. There is a limited number of participants, please contact *Marga Berends* for registration ([eagtoffice@planet.nl](mailto:eagtoffice@planet.nl)).

Several members of our committee (*Michele, Vincent, Jan*) have participated in An International Conference Jointly Hosted by AAGT and GISC: *“The Challenge of Establishing a Research Tradition for Gestalt Therapy”*. It was a three-day, international conference designed to nurture the establishment of a research tradition for Gestalt therapy. It addressed issues related to research design, exhibit current research by Gestalt practitioners, and explores research relevant to the Gestalt approach. There were 22 Presenters from 11 Countries and members of our committee got involved into some international research activi-

ties. There will be another conference in 2015 in Cape Cod and hopefully the next one in 2017 could be held in Paris.

One promising research activity born in Cape Cod is the International Collaborative Project **Time-Series, experimental design case studies**. It is an A-B-C Single Case Experimental Design, with Time Series Analysis. There are two main reasons to follow the design (1) It's not so time consuming, making it relatively easy to implement for a private practitioner with a client; (2) If we can have 4 case studies using this method, with relatively similar kind of patients (regarding their presenting problem and symptoms), Gestalt therapy can be declared “possibly efficacious” for those kind of patients (for example, people with depression). If we can have 10 case studies, Gestalt can be declared “efficacious”. This would have a huge impact for our practice. Team leaders are *Phil Brownell & Pablo Herrera*, people from Chile, Germany, Czech Republic, France, USA, Canada, Italy, Norway, and Russia are involved. New people interested in participating in the study are very welcome and can contact me as the European coordinator of the project.

EAGT Research committee is working on these and other projects and besides the enthusiasm of its members it needs also a financial support for the projects. Therefore I would like to encourage you, EAGT members, to support our projects by contributing the 10% levy in addition to the annual EAGT membership fee. Thank you!

And an important announcement at the end. There'll be a conference of Society for Psychotherapy Research in Copenhagen Denmark, June 25-28 2014, more information: [www.spr2014.com/](http://www.spr2014.com/)

It would be nice to meet more Gestalt therapists there.

*Jan Roubal*

Chair of EAGT Research Committee

## Report from the PC&QS Committee

Dear colleagues,  
As chair of this committee I want to inform you about our committee and our challenging and exciting activities.

The EAGT committee “*Professional Competencies & Qualitative Standards*” is working on the definition of “*Specific Competencies of a Gestalt Therapist*”.

Following the EAP project of defining a psychotherapist’s core competencies, see: [www.europsyche.org/contents/13541/the-professional-competencies-of-a-european-psychotherapist](http://www.europsyche.org/contents/13541/the-professional-competencies-of-a-european-psychotherapist)) this document describes which specific competencies are characteristic to our modality – Gestalt Therapy.

This project has started in 2010 and since 2011 in our group of Gestalt colleagues we succeeded to write a draft that has also been presented at the EAGT conference in Krakow earlier this year both in a poster session and a workshop.

The next step is the elaboration of this draft by all the interested colleagues with the goal that the final document will be an expression from our community of Gestalt Therapists about our specific competencies.

A fundamental consideration when approaching this topic and text is not to take this as a guidance of what one must do, but as a description of abilities, that a professional Gestalt therapist ought to have, is aware of and consequently is



able to put into action if required.

We do not intend to describe an ideal profile that should be adhered to by a professional Gestalt therapist but we try to describe which competences come into play in this profession and modality. Not all of these competencies are of same relevance every time, they do not play a role in each moment, and some of them are bound to be inactive in the background or might even be superfluous always depending on the context of the situation.

Each Gestalt therapist embodies different and individual grades of a specific balance of competencies according to

his/her own personality. The integration of this uniqueness is expressed in a specific personal therapeutic style.

This profile of competencies is not intended to be a prescribed set of skills, which have to be acquired all at once. We understand this more as a result of a constant process of development rooted in one’s own professional path and developing incessantly within one’s professional experience and on-going training.

You can find this document on Specific Competencies on our website [www.eagt.org/pcqscommittee.htm](http://www.eagt.org/pcqscommittee.htm) (who we are/committees/PC&QS Committee) and we very much invite you to give us feedback on that document, to circulate it in your communities, to discuss it with colleagues, trainees etc.

We need to have feedback from as many colleagues as possible in order to create a document together with you that represents a good picture of what we as Gestalt Therapists are doing, how we are doing this and in which ground we are acting.

Members of our committee:

*Ivana Vidakovic,  
Jelena Zeleskov-Djoric,  
Jan Roubal,  
Daan van Baalen,  
Gianni Francesetti*

and *Beatrix Wimmer*  
Chair PC&QS



# Reports from European Countries

## AUSTRIA

*Beatrix Wimmer, OEVG*

(Austrian Association for Gestalt therapy)

Dear colleagues,  
So, what's going on in Austria? As Gestalt therapists we know from our personal and professional lives that it is important to connect to the environment and reach out to the other. Following that principle we are in the process of connecting with our colleagues from Slovakia and Czech Republic since last year, when we went to Bratislava, capital of Slovakia, to meet our colleagues.

For February 2014 we are preparing a joint meeting in Vienna together with our colleagues from SAGT (Slovakian Association for Gestalt Therapy) to welcome EAGT representatives *Gianni Francesetti* and *Jelena Zeleskov-Djoric* in Vienna. We want to support a platform where our colleagues can get in contact with the EAGT and get a picture of what is going on in our international organisation.

Another important event that is prepared in an international team by Austrian, German and Swiss Gestalt Therapists is the 4th Gestalt conference of German-speaking countries. Its topic is: *Gestalt Therapy – Fascination and Effectiveness in Challenging Times*. This conference will be held in May, 2014 in Kassel, Germany. More information about that you can find at:

[www.gestalttherapie-tagung-2014.de](http://www.gestalttherapie-tagung-2014.de)

As a joint project we are currently in the process of translating the recently published book on psychopathology *Gestalt Therapy in Clinical Practice. From Psychopathology to the Aesthetics of Contact* edited by *Gianni Francesetti*, *Michela Gecele* and *Jan Roubal* into German within a cooperation between DVG and OEVG supported also by FSIGT. Many colleagues from Germany and Austria are contributing to that project. Thank

you very much for that! We hope that the German edition will be ready to be presented at the above-mentioned conference in Kassel.

In our continuing training program we are very glad to welcome *Jan Roubal* in November 2014 in Vienna for a workshop on *Gestalt Psychopathology: Depression*.

Yet another possibility to connect with the international Gestalt crowd and bringing the international Gestalt world to our country.

With the best wishes for a very Merry Christmas and a Happy New Year!

## ITALY

*Matteo Maria Bonani*

SIPG

Dear all friends,  
What I want to share with you, on behalf of the Italian Gestalt community, is the words of our N.O.G.T. President, *Michele Cannavò*: *A sea full of currents and surprises that emerge from the beauty of his depth*. This is the feeling in S.I.P.G.

So, at the moment the energy is concentrated on different initiatives:

- a research project named CORE, that is organized and coordinated from S.I.P.G.

- the regional groups, spaces of contact for associated members that points to give collaboration opportunities and to create a network where let born projects and other figures from the reach ground of our association.

- in Torino and Palermo starts the lecture of the “bible”, the Perls-Helfferline-Goodman’s book., an initiative sponsored by S.I.P.G.

- the collaboration for the congress of F.I.A.P., the Italian N.A.O., from 2 to 4 of October 2014. In Italy there are a lots of different approaches in psychotherapy, many schools and institutes, so in this occasion a big confront take place. This time the title is “*the emer-*

*gence of self in psychotherapy*:

[www.fiap.org](http://www.fiap.org).

As special guests we'll have *Antonio Damasio*, the international famous neuroscientist, *Eugenio Borgna*, an Italian psychiatrist who developed the phenomenological method of psychotherapy and *Vittorio Gallese*, the Italian researcher who discovered the mirror's neurons.

- S.I.P.G. support also the event *Introducing research methods to Gestalt practitioners* from 2nd-4th May 2014 in Rome, organized by E.A.G.T. Research Committee:

[www.eagt.org/RActivities.htm](http://www.eagt.org/RActivities.htm)

- the organization of our next international conference, the 14th E.A.G.T., that will take place in **Taormina, Sicily**. We want to share this occasion to learn together with A.A.G.T., a way to build a bridge between the two most important organizations of Gestalt professionals.

So we will wait you in Italy soon, to enjoy our Gestalt field.

My best wishes for a beautiful Christmas time.

## UNITED KINGDOM

*Jacqui Lichtenstern*

UKAGP

UKAGP held its biennial residential conference ‘*Nourishing Our Community*’ at the end of June, in a friendly conference centre, situated in 26 acres of beautiful woodland in South East England. About 60 people attended, co-creating a diverse, inspiring and full few days. We were delighted to welcome *Guus Klaren* to present the keynote presentation ‘*Healing the Wounded Cat*’, illustrating the potential that Gestalt theory and methodology offers for bridge building, solidarity and the restoration of human dignity – sowing seeds from which the conference grew.

Members offered a wide variety of workshops: life music, intellectual disability awareness, supervision, poetry, freeforming, contemporary families,

post-Holocaust generations dialogue, emotional freedom technique, solidarity in community, exploration in falling physically & metaphorically and experimenting with fundamental movements. Scattered between workshops, the AGM, process groups and meals, we experimented with five 'fertile void' slots, giving participants opportunities to digest, withdraw, respond to spontaneous ideas, spend time with new and old friends, walk in the glorious sunshine and nature

or do whatever felt right - feedback showed that participants appreciated the breathing space this provided. An open mic night and a Creole Band teaching us Cajun dancing brought music, movement and laughter into the evenings.

We were delighted to get the support at the AGM for an 18 month pilot run of a new administrator post to support the committee in the day to day running of the organisation. We also thanked and said goodbye to four committee

members who stepped down, and welcomed five new people onboard, as we move into the next phase of this young organisation. There is renewed energy to reach out to attract more members, develop our relationship with our European colleagues and to continue to nourish our Gestalt (and wider) community.

We look forward to hosting the EAGT 2014 AGM in London next year!

## EAGT Membership

### New Members from April 28, 2013

<i>Dimitry Bednyi</i>	Russia	OM
<i>Eugenia Ionova</i>	Russia	OM
<i>Darya Freydinova</i>	Russia	OM
<i>Polona Baleevskaia</i>	Russia	OM
<i>Natalia Staroborova</i>	Russia	OM
<i>Eleni Mouslech</i>	Germany	OM
<i>Ad Reijmer</i>	The Netherlands	OM
<i>Gabriela Mazurek</i>	Poland	OM
<i>Richard Marchand</i>	France	OM
<i>Marta Rommel</i>	Poland	OM
<i>Ewa Gawłowska</i>	Poland	OM
<i>Annick Didiot</i>	France	OM
<i>Agnieszka Zapart</i>	Poland	OM
<i>Ekkehard Tenschert</i>	Austria	OM
<i>Grażina Sapięginė</i>	Lithuania	OM
<i>Dieter Bongers</i>	Switzerland	OM
<i>Lina Jurkšaitė-Pačėsiėnė</i>	Lithuania	OM
<i>Lidija Popcheva</i>	Macedonia FYROM	OM
<i>Raul George Roșu</i>	Romania	OM
<i>Stefanie Canu</i>	The Netherlands	OM
<i>K.R. Krawczak</i>	The Netherlands	OM
<i>Rigtje Naber-Bosma</i>	The Netherlands	OM
<i>Lidija van der Put</i>	The Netherlands	OM
<i>Ayse Yazilias</i>	The Netherlands	OM
<i>Isabelle Deryckere</i>	Belgium	OM
<i>Guido Willems</i>	Belgium	OM
<i>Jörg Fuhrmann</i>	Germany	OM
<i>Zane Lobanova</i>	Latvia	OM
<i>Veronica Klingemann</i>	Germany	OM
<i>Matteo Maria Bonani</i>	Italy	OM
<i>Eduardo Salvador-Acevedo</i>	Spain	AM
<i>Laura de Jong-van Mourik</i>	The Netherlands	OM
<i>Thijs Kreukels</i>	The Netherlands	AM
<i>Maija Skrivel</i>	Latvia	OM
<i>Nadezhda Zeiglisha</i>	Latvia	OM

<i>Dana Luksevica</i>	Latvia	OM
<i>Ieva Zumente</i>	Latvia	OM
<i>Ilze Pastare</i>	Latvia	OM
<i>Jana Kisika</i>	Latvia	OM
<i>Viesturs Smits</i>	Latvia	OM
<i>Lienite Bemera</i>	Latvia	OM
<i>Maria Mogileva</i>	France	OM
<i>Jean-Marie Robine</i>	France	OM

### Altered membership status

#### (from AM to OM – individuals & organizations)

<i>NBGT</i>	The Netherlands	Professional Organisation
<i>Latvia Association for Gestalt Therapy</i>	Latvia	NOGT
<i>Jacoba de Jong</i>	The Netherlands	
<i>Martijn Kets</i>	The Netherlands	
<i>Peter Vergeer</i>	The Netherlands	

### New Membership Training Institute

<i>Institut Français de Gestalt thérapie</i>	France	AM
--	--------	----

### New Membership Professional Organizations

<i>Société des Coachs Gestaltistes (SCG)</i>	France	AM
--	--------	----

### New Membership NOGT

<i>Hungarian Gestalt Association</i>	Hungary	OM
--------------------------------------	---------	----

### New accredited Supervisors

<i>Marta Rommel</i>	Poland	
---------------------	--------	--

### Abbreviations explained:

OM = Ordinary Membership (formerly called full membership)

AM = Associate Membership

GPO = Gestalt Practitioner in Organisations



We wish you all a relaxing  
and fulfilling vacation with  
nurturing connections and  
peaceful presence!

**European Association  
for Gestalt Therapy**

EAGT Office

c/o Marga Berends

Noorderdiep 304

9521 BL Nieuw Buinen

The Netherlands

**Tel:** +31 (0) 599 614661

**E-mail:** [eagtoffice@planet.nl](mailto:eagtoffice@planet.nl)

or [eagtoffice@ziggo.nl](mailto:eagtoffice@ziggo.nl)

**Web:** [www.eagt.org](http://www.eagt.org)

Like



*Editor: Lars Berg, Sweden*

*<lars@egenart.info>*

**Abbreviations in the whole newsletter explained**

AGM	= Annual General Meeting	HR&SR	= Human Rights & Social Responsibility
AM	= Associate Member	IM	= Individual Member
CM	= Cooperative Member	NOGT	= National Organizations for Gestalt Therapy
CoC	= Chamber of Commerce	OM	= Ordinary Member
EAP	= European Association for Psychotherapy	OrM	= Organizational Member
EC	= Executive Committee	PC&QS	= Professional Competences & Qualitative Standards
GB	= General Board (Executive Committee and Representatives of European NOGT members)	EEC	= EAGT Ethics Committee
GPO	= Gestalt Practitioner in Organizations	TSC	= Training Standards Committee