

GESTALT FOR FUTURE - CREATING A NETWORK FOR RESEARCH

09/02 – 09/04/2022
IN HAMBURG/GERMANY



**INTERNATIONAL
CONFERENCE ON RESEARCH
IN GESTALT THERAPY**

FRIDAY 09/02/2022

| | |
|--|----|
| Keynote Speech 1 / Wampold B. E. | 03 |
| Panel 1 / Francesetti G., Gecele M., Roubal J., Appel-Opper J., Řiháček T., Settanni M. | 04 |
| Panel 5 / Burrows R., Scheinberg S., | 05 |
| Workshop 2 Iacono Isidoro S., Spagnuolo Lobb M. | 06 |
| Lecture 27 / Mahmood F. NEW | 06 |
| Workshop 4 / Sollmann U. | 07 |
| SCTS Part 1 / Glanzer O. | 07 |
| Presentation of the Pre-Conference-Results | 08 |
| Lecture 1 / Beja V. | 08 |
| Mini-Lecture 1 Bretschneider-Klein M., Baiocco O. | 09 |
| Lecture 24 / Carreón Borja J. A. | 09 |
| Mini-Lecture 3 / Cini A. CANCELLED | 10 |
| Mini-Lecture 4 / Hillers-Chen A. | 10 |
| Lecture 19 / Nadirashvili D., Gogotishvili T., Asatiani E., Macharashvili U., Asatiani A. | 11 |
| Lecture 20 / Tomljenovic B. | 11 |
| Presentation 7 NEW Merizzi A., Biasi R., Alvarez Zamudio F. | 12 |
| Presentation 1 EAGT Committees (TS, RC, PC & QS) Mizerska R., Pico D. | 12 |
| Poster 2 / Spagnuolo Lobb M. | 13 |
| Poster 3 / Denisenko M, Grehka V. | 13 |
| Poster 5 / Micovic T., Micovic N., Opacic S., Selmanovic Podrug S. | 14 |
| Presentation 2 / Beja V. | 14 |
| Presentation 6 / Malakçioğlu C., Voltan Acar H. N. | 15 |
| Poster 6 NEW | 15 |
| Bratina S. , Bozovic L., Todorovic B. | 15 |
| Keynote Speech 2 / Schulthess P. | 16 |

SATURDAY 09/03/2022

| | |
|---|----|
| Keynote Speech 3 / Elliott R. | 17 |
| SCTS Part 2 / Herrera Salinas P. | 18 |
| Mini-Lecture 5 / Lommatzsch A. | 18 |
| Mini-Lecture 6 / Sperandeo R. | 19 |
| Mini-Lecture 7 / Žegura I. | 19 |
| Lecture 3 / Tomljenović B. | 20 |
| Lecture 4 / Sollmann U. | 20 |
| Mini-Lecture 11 Martínez Acuña A., Di Rosa A. R., Mazzone M. | 21 |
| Lecture 26 / Manukovsky A. | 21 |
| Lecture 5 / Roubal J., Šromová V. | 22 |
| Lecture 21 / González Vallejo H. | 23 |
| Lecture 7 / Boeckh A. | 23 |
| Lecture 8 Fernández Santoyo C., Rubio Ramirez E. | 24 |
| Lecture 9 / Settanni M. | 24 |
| Presentation 4 Beja V. / Belasco F. | 25 |
| Mini-Lecture 12 / Sudheer Manickam L. S. | 25 |
| Panel 2 / Wampold B. Introduction: Beja V. | 26 |
| Workshop 5 / Schulthess P. | 27 |
| Workshop 6 / Egorova P., Kedrova N. | 27 |
| Workshop 7 / Keyes H. A., Bialy K. | 28 |
| Workshop 8 / Winter D., Boeckh A. | 28 |
| Workshop 9 / Cannavò M., Zeleskov Doric J. | 29 |
| Workshop 13 / Appel-Opper J. | 29 |
| Workshop 14 Pankoke N., Langesenkamp E. | 30 |
| Keynote Speech 4 / Spagnuolo Lobb M. | 31 |

SUNDAY 09/04/2022

| | |
|---|----|
| Keynote Speech 5 / Stevens C. | 32 |
| Panel 3 / Elliott R., Herrera P. Moderator: Stevens C. | 33 |
| Workshop 10 / Brownell P. CANCELLED | 34 |
| Panel 4 Desmond B., Spagnuolo Lobb M., Popova R. | 34 |
| Lecture 10 / Gradenigo C. | 35 |
| Lecture 11 / Schübel T. | 35 |
| Mini-Lecture 13 / Novikova Z. | 36 |
| Lecture 12 / Spano G., Dibiasse M. | 36 |
| Lecture 13 / Settanni M. | 37 |
| Lecture 14 / MacCracken A. | 37 |
| Lecture 22 / Desmond B. | 38 |
| Mini-Lecture 9 / van Baalen D. | 38 |
| Mini-Lecture 14 / Kolmannskog V. | 39 |
| SCTS Part 4 / Herrera Salinas P., Beja V., Belasco F., Glanzer O. | 39 |
| SCTS Part 5 Herrera Salinas P., Glanzer O., Mstibovskiy I. | 40 |
| Lecture 16 / Versaci R. | 40 |
| Mini-Lecture 15 / Keyes H. NEW | 41 |
| Lecture 17 / Sperandeo R. | 41 |
| Mini-Lecture 10 / Wasielewski J., Sędek G. | 42 |
| Lecture 18 / Stevens C., Harris B. | 42 |
| SCTS Part 6 / Glanzer O. | 43 |
| Lecture 23 / Ventura Tello H. | 43 |
| Closing | 44 |
| Networking | 44 |
| Icons | 45 |
| Schedule / Program | 46 |
| General terms and conditions | 49 |

KEYNOTE SPEECH 1 > 9.30 – 11.00 A.M.The Humanistic Aspects
of Effective Psychotherapy**BRUCE E. WAMPOLD, PH.D.**

It is now well documented that psychotherapy is effective, yet research has failed to definitely determine how psychotherapy works. Nevertheless, there is evidence that the humanistic elements of psychotherapy are intimately involved in producing the benefits of psychotherapy. In this presentation, a model is presented for how the humanistic components are integral components of all effective psychotherapy. Implications of the model for improving mental health services, for training therapists, and for research are discussed.

BRUCE E. WAMPOLD, who was trained in mathematics (BA, University of Washington) before earning his doctorate in Counseling Psychology (Ph.D., University of California, Santa Barbara), is Professor Emeritus of Counseling Psychology at the University of Wisconsin – Madison, and Senior Researcher at the Research Institute at Modum Bad Psychiatric Center in Vikersund, Norway. He is a Fellow of the American Psychological Association and Board Certified in Counseling Psychology by the American Board of Professional



Psychology. Currently his work involves understanding counseling and psychotherapy from empirical, historical, and anthropological perspectives, which has led to the development of a contextual model from which to understand the benefits of counseling and psychotherapy. As well, he has explored social healing in various contexts, including placebos, medicine, psychotherapy, and various cultural healing practices. His work is summarized in *The Great Psychotherapy Debate: The Evidence for How Psychotherapy Works* (with Z. Imel, Taylor and

Francis, 2015) as well as numerous articles and chapters. He is recipient of the of the 2007 Distinguished Professional Contributions to Applied Research Award from the American Psychological Association, the 2015 Distinguished Research Career Award from the Society for Psychotherapy Research, and the 2019 Gold Medal Award for Life Achievement in the Application of Psychology from the American Psychological Foundation.



PANEL 1 > 11.30 A.M. – 1.00 P.M.

Does a field based psychopathology need research?

**Francesetti G. / Gecele M. / Roubal J. / Appel-Opper J.
Řiháček T. / Settanni M.**

In the last years psychopathology has become a growing edge of contemporary Gestalt Therapy. Particularly fruitful seems to be the application of field theory to psychopathology: this perspective considers clinical suffering as an emergent phenomenon in the therapeutic session. This is a specific relational way to address it, different from both the mono-personal and bi-personal models. In this panel, after a short presentation of the basis of this perspective, we want to discuss whether this approach needs research, what kind of research and what are the risks and the opportunities of this exploration.

Michela Gecele,
M.D., Psychiatrist, Gestalt therapist, international Trainer and Supervisor, co-director of IPSiG-International Institute for Gestalt Therapy and Psychopathology. She works in public mental health services and she has coordinated a mental health service for immigrants.

Jan Roubal,
M.D., PhD is an Associate Professor at Masaryk University in Brno, Czech Republic, where he also works in the Centre for Psychotherapy Research. Jan is both psychotherapist and psychiatrist, he works as well as a psychotherapy trainer and supervisor internationally.

Julianne Appel-Opper,
Dipl-Psychologist, Reg Psychol Psychotherapist (Germany), Integrative Gestalt Psychotherapist with the Council for Psychotherapy (UK), international trainer and supervisor, practice in Berlin with 30 years clinical experience.

Tomáš Řiháček,
Ph.D., psychologist and psychotherapist, Associate Professor at the Masaryk University, Brno, Czech Republic. His research interests include psychosomatics, therapeutic change, outcome and process monitoring, psychotherapy integration.

Michele Settanni,
PhD, Gestalt therapist, Associate Professor on research methods in clinical psychology, Turin Univ. His research interests include measurement of psychological constructs and therapy outcomes. Trainer of the Intern. Inst. for Gestalt Therapy and Psychopathology.

Gianni Francesetti,
M.D., Psychiatrist, Gestalt Therapist, Adjunct Professor, Dep. of Psychology, Torino Univ., international trainer and supervisor, co-Director of IPSiG - International Institute for Gestalt Therapy and Psychopathology



PANEL 5 > 11.30 A.M. – 1.00 P.M.

Using Action Research and Development Approach to Create Sanctuary – To explore and honor Personal, Societal to Ecological Diversity. Examples from Ireland, Sweden and Jamaica.

Sari Scheinberg / Rosie Burrows

How sensitive are we **to diversity** in our Gestalt community – of self, relations, situations/fields - as we design, drive, & manifest results of **our research?**

We believe it is urgent to critically examine **how:** our pre-research contact, research questions/goals, sample/clients contracts, models, methods & instruments used, & the *ethics & culture(s) that shape & ground our research - effects/is effected by the presence/absence of diversity consciousness.*

Different examples will be explored on how we **designed research on well-being & sustainability** in diversity sensitive ways & how we made

an impact –*across race, age, gender, generations, culture, religion, class & sectors in society.*

Sari Scheinberg,
PhD – Gestalt & Organ. Psychologist, Teacher, Researcher, Activist – in Sweden. Pioneering action research & development programs at intersection: well-being – human rights – sustainability around world for 30 years; Mobilizing stakeholders at all levels in society to jointly study, learn & generate knowledge & transformation. 1992-2015 GA of Scandinavia Staff & current Bd member NGS

Rosie Burrows,
PhD – Gestalt Psychotherapist, Clinical Supervisor, Trainer, Researcher, External Examiner for Gestalt Diploma & Master Metanoia Institute, London. She also taught Gestalt at Dublin Business School. Her focus now - 'Everyday Camino', a Gestalt research inquiry & innovation process that ranges from individual to group, societal & ecological practices

www.rosieburrows.com





WORKSHOP 2 > 11.30 A.M. – 1.00 P.M.

Teaching research inside Gestalt therapy training: a practical method

Margherita Spagnuolo Lobb / Serena Iacono Isidoro

Fostering the interest towards research of Gestalt therapy trainees is increasingly necessary today, in order to support their attitude of scientific enquiry on clinical practices and confident exchange with colleagues. A teaching methodology that encourages students to research is presented, characterized by a rigorous but not rigid stance. The aim is to promote trainees' research competences, overcoming a dichotomic view between quantitative and qualitative methods. During the workshop, examples of topics for research training will be presented and practical exercises to build a research protocol will be proposed.

Margherita Spagnuolo Lobb, Psy.D. Director Istituto di Gestalt HCC Italy (Siracusa, Palermo, Milan). Her present researches: the construct of Aesthetic Relational Knowledge and the field, and the „dance“ of reciprocity between caregivers and child and between therapist and client. Editor: *Gestalt Therapy Book Series* at Routledge. Past President: EAGT, FIAP, SIPG, FISIG. Lifelong Achievement Award from the AAGT (2018).

Serena Iacono Isidoro, Psy.D and Gestalt psychotherapist. From 2012 to 2017 she has worked at the Italian National Research Council (CNR). Since 2017 she is Supervising and Training Student at Istituto di Gestalt HCC Italy. She coordinates the online therapies at Clinical and Research Centre of Istituto di Gestalt HCC Italy.



NEW

LECTURE 27 > 11.30 A.M. – 1.00 P.M.

Co-created Motivation: Exploring reasons for clients' non-attendance at appointments within a community-based alcohol service - clients' and practitioners' perspectives.

Faisal Mahmood

A secondary analysis was conducted (in this mixed methods study) on an existing dataset comprising 194,679 treatment appointments. The qualitative strand sought practitioners' and clients' perspectives. Certain client characteristics (age, ethnicity, and complex needs or in early recovery stages) were linked with higher non-attendance rates. Forgetfulness was reported as the most common reason. DNA is also reported as a system's need – practitioners rely on the missed appointment times to function. This research presents an innovative concept of 'co-created motivation' as a relational phenomenon that impacts the client-practitioner working alliance and clients' attendance.

Faisal Mahmood is a UKCP registered individual and group gestalt psychotherapist, BACP Registered Accredited Counsellor and UKCP approved clinical supervisor. Currently, he works as Head of Counselling and Psychotherapy at Newman University (Birmingham, UK).



WORKSHOP 4 > 11.30 A.M. – 1.00 P.M.

Writing about clients, a personal venture?

Ulrich Sollmann

Publishing psychotherapists move on a slim line. On the one hand, it is important to write about concrete cases from practice. On the other hand, there are problems with data protection, personal rights, transfer phenomena or erroneous reactions of patients. Sometimes the therapeutic relationship does continue in court.

I will report on personal experiences and put specific areas of tension up for discussion. I am happy if the participants' own experiences are included in a differentiated and vivid way.

Ulrich Sollmann,
Gestalt and body psychotherapist, coach in business and politics. Publicist and blogger. Guest Professor Shanghai University of Political Science and Law and Maltepe University Istanbul. Active in the field of ethics in therapeutic organizations.



SCTS PART 1 > 11.30 A.M. – 1.00 P.M.

Evidencing GT: Presentation of the Single Case Time Series Methodology

Otto Glanzer

1. Short history of the SCTS-Project in Germany and Austria: Description and analysis of the arduous path to bring the SCTS project from Cape Cod 2013 to the German speaking countries by 2020.
2. The methodology of SCTS presented by a film: What exactly happens during the implementation of this research design? I will present the steps of the execution and show an instructional film.

Otto Glanzer,
Dr. phil., Augsburg; studied clinical psychology and education in Salzburg. Since 1998 he has been working as a Psychological Psychotherapist (TP); Lecturer, teaching therapist and supervisor of the South German Academy for Psychotherapy (teaching practice) and trainer as well as teaching therapist at several German Gestalt Therapy Institutes; main areas of work: depressive and structural disorders, clinical theory of Gestalt Therapy; promoting interest in international research projects in Gestalt Therapy.

PRESENTATION > 11.30 A.M. – 1.00 P.M.

Presentation of the Pre-Conference-Results

On 23 September 2021 a first meeting of members of DVG, EAGT and IAAGT took place with the idea of collectively organizing the practice of Gestalt Therapy research.

So far, several drop-in zoom sessions have taken place to continue to further exchange on different topics, such as

- What kind of research is needed for different aims?
- What research is needed for different fields?
- How to access funds and other resources for research?
- What are the best ways to collect/aggregate research data?
- How do we understand the validity and efficacy/effectiveness of gestalt research?

On 09/01/2022 a 2nd meeting of people interested in these questions took place to continue the exchange of knowledge, ideas and plans

Here you can inform about this ongoing process and the results so far.

You will find time slots each day at this conference to continue the process of organising Gestalt research and we invite you to join.

**LECTURE 1 > 2.15 – 3.15 P.M.**

Two risks and a third way: what research for Gestalt therapy?

Vincent Beja

Based on an article I wrote in the BGJ, I will expose how, in view of:

- the evolution of the regulatory context
- and the appearance of the contextual model resulting from the evolution of research in psychotherapy

the future of GT may oscillates between marginalisation and dissolution into an integrative current. I argue that both the values inspiring the GT posture and the mode of intervention based on the therapist's affective resonance are worth defending and even disseminating

more widely than today. Then I will draw the outlines of a Gestalt research that allows Gestalt therapy to be legitimised and to continue to develop as an original and innovative modality.

Vincent Beja

Chair of the EAGT RC, Gestalt-therapist, supervisor, writer and trainer in Gestalt Therapy. Co-founder of the Institute for the Development of the Therapist (IDeT) France., member of SPR. Co-editor of the book "La recherche en Gestalt-thérapie" (2018).



MINI-LECTURE 1 > 2.15 – 3.15 P.M.

Gestalt work in digital transformation: A survey from Germany 2020

Mirjam Bretschneider-Klein / Oliver Baiocco

No later than the Corona pandemic (German) Gestalt workers are working mediated, using e.g. video conference tools to meet with their clients. However, working this way is also an expression of digital transformation and social change. To explore the experience and mind set towards mediated counselling, coaching and therapy, and how digitisation might challenge the Gestalt concept, we conduct a survey in the German Gestalt community. In our mini-lecture we present findings and first suggestions for consequences and subsequently want to discuss what Gestalt wants to be in times of digital transformation.

Mirjam Bretschneider-Klein, Gestalt therapist in training and educational scientist focusing on counselling, learning and digitisation, is currently (2020) on family leave. She works as a Gestalt-based counsellor with psychologically burdened long-term unemployed and is speaker of the DVG (German Gestalt Association) task force on digital transformation and online therapy.

Oliver Baiocco, Master of Social Science; Gestalt-therapist. Has been working in social associations for over 20 years in various areas and in a managerial position. He works both as a coach and counsellor and is also speaker of the DVG (German Gestalt Association) task force on digital transformation and online therapy.



LECTURE 24 > 2.15 – 3.15 P.M.

Evidence Based Gestalt Therapy: Impact of the Practice of Gestalt Therapy on the Quality of Life of Patients with Ordinary Difficulties for Contact

José Alberto Carreón Borja

This paper has two objectives. First, to evaluate the efficacy of Gestalt Therapy in relation to the quality of life of patients with ordinary difficulties for contact, a construct that update the concept of neurosis from Perls, Hefferline & Goodman. Second, to measure the correlation of the specific factors of the GT with the increasing of quality of life. This is a correlational study. To measure changes in quality of life, CORE-OM is used. For the correlation of specific factors, the Gestalt Therapy Practice Assessment Guide, an adaptation of the Fogarty's GTFS, is used.

José Alberto Carreón Borja, Social Psychologist, Master in Gestalt Approach. Gestalt therapist. Academic Secretary and professor at the Instituto Humanista de Psicoterapia Gestalt, Mexico.





CANCELLED

MINI-LECTURE 3 > 2.15 – 3.15 P.M.

Examples of the phenomenological-existential methodology application

Alessandro Cini

I will propose for a mini lecture about the application of a phenomenological-existential methodology to three different qualitative researches: the effectiveness of gestalt therapy correlated to the psychological well-being, a comparison of the psychotherapeutic journey from the client and therapist point of view, and an explorative semi-structured interview to highlight the experienced and expected changes in relationships during the pandemic period. The aim of my proposal is to present some preliminary results of the mentioned researches and, moreover, to discuss about the methodology applied.

Alessandro Cini, Psychologist, psychotherapist specialized in Gestalt psychotherapy (phenomenological-existential orientation), trained at Istituto Gestalt Firenze. PhD in nonlinear dynamics and complex systems, held at the Engineering faculty of Florence.



MINI-LECTURE 4 > 2.15 – 3.15 P.M.

Beyond effectiveness research: On using “what is there” – now

Annette Hillers-Chen

The future of Gestalt therapy within the psychotherapeutic field (“the place it deserves”) is not only tied to effectiveness research, but also to (1) its communicability in language towards decision-makers and (2) its compatibility with the latest research results from other fields including the brain sciences, philosophy, history, cultural and language studies. I will discuss how this could be done, give concrete examples (cf. <https://gestaltbites.blogger.de/>) and show the beauty of basic/secondary research.

Annette Hillers-Chen, Dipl.-Psych., Ph.D., Gestalt Therapist, is an Associate Professor for Applied Psychology at the Department of Psychology and Behavioral Sciences at Zhejiang University (Hangzhou, China) and the research representative of the IGW (Würzburg, Germany).





LECTURE 19 > 2.15 – 3.15 P.M.

Study of the relationship between Defense Mechanisms and Psychological Traits

D. Nadirashvili / T. Gogotishvili / E. Asatiani / U. Macharashvili / A. Asatiani

The study explored how defense mechanisms relate to psychological traits: conformity, aggression, suggestivity, extraversion, introversion, compliance with authority, types of set, awareness. People experiencing awareness were less to be influenced by authority. Introjection projection and confluence was characteristic for extraverts. Deflection and retroflection - for the introverts. Static set and the deflection; Dynamic set and introjection projection retroflection.

Dimitri Nadirashvili, EAGT, EAP certified GT; SPR FM; President of GAGT; Head, Psychology Department at St. Andrew Georgian University; Director, Georgian National Gestalt Institute

Téa Gogotishvili, Psychologist, EAGT, EAP certified GT; SPR FM; Chair of TS&PC at GAGT; Co-director, Georgian

National Gestalt Institute; Professor, St. Andrew Georgian University

Ucha Matcharashvili, social and set Psychologist, studies at Georgian National gestalt Institute, he is an experienced trainer and coach in organizational development and has worked with more than a fifty company in Georgia. Now he works for Fintech company TBC Pay as a scrum master and is responsible for coaching teams through the process of agile transformation.

Elene Asatiani, clinical Psychologist, working as a Social Environmental Specialist.

Ana Asatiani, clinical Psychologist; working with children as an ABA therapist; studies at Georgian National Gestalt Institute.



LECTURE 20 > 3.30 – 4.15 P.M.

CHAP with a twist

Biserka Tomljenovic

The lecture presents experience and the process of modifying the Rolf Sandell's CHAP (Change after Psychotherapy) Model it into a reflexive evaluation methodology aligned to Gestalt principles of I-Thou relationship, dialogue and phenomenology. Irrespective of significant study limitations, this methodology can be highly recommended to all Gestalt practitioners. This model could also be used by students to create final graduation theses which could be published as research papers. Its use for assessing outcomes (effectiveness) of Gestalt therapy (GT) techniques and approach in general will also be discussed.

Biserka Tomljenović, Social Worker, a full-time licenced gestalt psychotherapist. An independent minority integration expert, researcher, practitioner, trainer and facilitator, co-author of the Plan B guide for teenage parents.


NEW
PRESENTATION 7 > 2.15 – 3.15 P.M.

Measuring the efficacy of Gestalt therapy to treat depression in people with dementias

A. Merizzi / R. Biasi / F. Alvarez Zamudio

Psychotherapy is one of the evidence-based clinical interventions in dementia care. Several studies have been produced by colleagues from various approaches. Gestalt therapy has all the potential to be included in the list of the evidence-based methodologies.

A collaboration between Italy and Mexico began in Chile in 2019. The research project, which is a single-case study, aims to measure the efficacy of Gestalt therapy for individuals with dementia, by investigating the treatment of depression. The study protocol has been published by IJERPH journal.

The speakers will present the main aspects of the research background and design.

Alessandra Merizzi,
Clinical Psychologist and Gestalt Psychotherapist with experience in research, teaching, and writing. Active in Italy and in the UK. Research areas: dementia and driving; G.T. and dementia, G.T. and ageing.

Fernando Alvarez Zamudio,
Teacher, Gestalt Investigator and Therapist. UNAM-IHPG, teacher and creator of the postgraduate class on elderly people and G.T. in IHPG, Research Areas: aesthetic of imagination, games, dreams, fantasy and dementia accompaniment.

PRESENTATION 1 > 3.30 – 4.15 P.M.

The EAGT Research DataBase & Research Platform

EAGT Committees (TS, RC, PC & QS)
Renata Mizerska / David Pico

In 2018, EAGT took up a project – initiated by the Polish and Spanish GT associations– for a database that stores bibliographic references of research work in and about GT from all over the world. The database contains 250 references now and it is freely accessible. It aims at becoming an important resource for students, therapists as well as researchers. It will be continuously enriched with new articles and references, but also with other contents that are useful for research, such as filmed sessions of our conferences and research seminars. Come and discover how it works now and our plans for the future...

Presenters:
Members of three EAGT committees: Research Committee (RC), Training Standards Committee (TS), Professional Competencies & Qualitative Standards Committee (PC&QS)



POSTER 2 > 3.30 – 4.15 P.M.

Aesthetic relational knowledge (ARK). Construction and validation of a scale for Gestalt therapist

Margherita Spagnuolo Lobb

Aesthetic Relational Knowledge is the way in which the Gestalt therapist uses his senses to understand the patient's situation through embodied empathy and resonance. The first is a skill that allows us to understand the action of others thanks to a process of embodied simulation guided by mirror neurons, the second is understood as sensitivity to the phenomenological field that is co-created in the therapeutic encounter. ARK is the sensory intelligence of the shared phenomenological field. The study aims to create and validate the Aesthetic Relational Knowledge Scale for Gestalt therapists.

Margherita Spagnuolo Lobb, is a psychologist, psychotherapist and founder and director of the Istituto di Gestalt HCC in Italy.



POSTER 3 > 3.30 – 4.15 P.M.

Psychopathology in Gestalt-Therapists Practice

Maria Denisenko / Vadim Grehka

Aim: To find out how often gestalt-therapists (GT) work with clients with psychopathological symptoms.

Method: Gestalt-therapists from Russia and Ukraine were asked about number of clients with different psychopathology symptoms at the time of the study in their practice.

Results: 52 from Russia and 54 from Ukraine were interviewed. 91 % responders have clients with primary complaints about their mental state. 72 % have clients treating by psychiatrist and taking drugs. 75 % have clients with affective, anxiety and psychosomatic complaints. Near 40 % have client with OCD and eating disorders.

Conclusion: The amount and range of psychopathology that GT encounter are great.

Maria Denisenko, MD, psychiatrist, Gestalt therapist. Trainer in Moscow Institute for Gestalt Therapy and Consulting. Conducting my practice as Gestalt therapist and supervisor. I have articles in the field of psychiatry and psychotherapy. Member RSP, ECNP, EAGT.

Vadim Grehka, Gestalt therapist, supervisor, psychologist. The head of Interregional Institute of Gestalt Therapy and Art (MIGIS) (Ukraine). Author of scientific publications and articles in Gestalt Therapy. Member EAGT, ARGJ, NY-IGT, SPR.



POSTER 5 > 3.30 – 4.15 P.M.

The impact of personal and professional experience during gestalt psychotherapy training on the styles of contacting

This study aims to investigate the impact of personal and professional experience during gestalt psychotherapy training education on the change in resistant styles of contacting. This cross-sectional study hypothesizes that trainees at the end of educational training will have lower scores on seven Gestalt contact styles. The sample will consist of 200 gestalt trainees from Serbia, Bosnia and Hercegovina and Croatia (100 first-year and 100 fourth-year trainees). The data will be collected with GIRL scale (Gestalt Inventory of Resistance Loadings). Findings will be presented at the conference. **Reference:** Woldt, A. L. & Prosnick, K. P. (2020). *Gestalt Inventory of Resistance Loadings (GIRL)*. Kent, Ohio: Gestalt Center for Personality-Oriented Research.

Tijana Micovic is a MA Clinical Psychologist and M. Psych (Gest). Currently she is a doctoral candidate in Gestalt Psychotherapy within the European Accredited

Psychotherapy Training Institute - Studio for education Belgrade (EAPTI- SEB). Working in a private practice.

Nina Micovic holds a Master degree in Clinical Psychology and Gestalt Psychotherapy. Currently she is a doctoral candidate in Gestalt Psychotherapy within EAPTI-GPTIM.

Snezana Opacic is a MA Psychologist and M. Psych (Gest), Gestalt Coach and Consultant, currently a doctoral candidate in Gestalt Psychotherapy within EAPTI-GPTIM. Teacher and Supervisor EAPTI-SEB Belgrade, working in a private practice.

Sanela Selmanovic Podrug is a Psychologist and M. Psych (Gest) from Sarajevo. Since 2004 she is a founder and director of Psiho-Integrum Gestalt Psychotherapy Training Institute. Currently, a doctoral candidate in Gestalt Psychotherapy within EAPTI-GPTIM.



PRESENTATION 2 > 3.30 – 4.15 P.M.

Supporting the Future of Research in the Training Programs

Vincent Beja / N.N.

In order to respond to the needs of our gestalt community and training institutes, 3 EAGT committees are meeting to build a collective reflection on the introduction of research into training and to map out directions for the future.

- Current status in different countries and institutes. Responses to the RC survey.
- What types of research and teaching can be introduced into the programs? How to formulate a core programme? To develop which competencies? How can this be done?

- Collective discussion on these topics through sharing needs and experiences
- Organizing the future and building support for the institutes (seminars, networking, ...)

Vincent Beja

Chair of the EAGT RC, Gestalttherapist, supervisor, writer and trainer in Gestalt Therapy. Co-founder of the Institute for the Development of the Therapist (IDeT) France., member of SPR. Co-editor of the book “La recherche en Gestalt-thérapie” (2018).



PRESENTATION 6 > 3.30 – 4.15 P.M.

Validity and Reliability of the Unfinished Business Scale

Cem Malakçioğlu / H. Nilüfer Voltan Acar

This study was aimed to analyze the construct validity of the Unfinished Business Scale in this study. Data gathered from university students. Total 10 factors which have eigenvalues larger than one, each that includes 40 items in total, were composed in the Unfinished Business Scale.

Construct validity of the Unfinished Business Scale was confirmed in this study. As well as psychological counselors, psychologists, and other psychological health professionals in their practices, researchers can also confidently use the Unfinished Business Scale in their studies.

Cem Malakçioğlu, graduation in Counseling and Guidance Program from Boğaziçi University, 2006; Neuro- and Forensic Scientist in Psychology, NYU, 2014 and Psychological Counselor and Guidance, Hacettepe University, 2018.

H. Nilüfer Voltan Acar, Graduated Hacettepe University Social Work Department. Psychological Counselor and Guidance. Psychodrama leader from German Moreno Institute, Gestalt therapist.



NEW

POSTER 6 > 3.30 – 4.15 P.M.

Support systems, empathy and relational field

Sanja Bratina / Ljiljana Bozovic / Bojana Todorovic

This research aims to examine how the basic support systems of personality and empathy of the therapist are related to his/her assessment of the relational field. Experience of the relational field is assessed on an instrument constructed in previous research (SERF) and is correlated with self-assessments on questionnaires that measure readiness for empathy (ER) and Basic Personality Support Systems (BPSS). Results show that the subjective experience of the relational field is a phenomenon with a specific structure and is correlated with the therapist's empathy and support systems.

Sanja Bratina, MA, Clinical psychologist, Gestalt Psychotherapist, Supervisor and Trainer focused on providing group,

couples and individual, services with more than 25 years of professional experience in public and private practice.

Ljiljana Bozovic MA, Clinical psychologist, Gestalt Psychotherapist, Supervisor and Trainer focused on providing group and individual services with more than 25 years of professional experience in Hospital and private Clinical practice

Bojana Todorovic, Psychologist, Gestalt Psychotherapist MA, focused on providing group and individual services in private practice. Interested in academic work and advising corporations on mental health issues and communication skills

KEYNOTE SPEECH 2 > 4.30 – 6.00 P.M.

How to identify Gestalt Interventions on tape recorded sessions.

Introduction to a manual of 100 interventions from 10 different therapeutic approaches

**PETER SCHULTHESS**

Effectiveness studies have often the lack, that no one controlled, what therapists really did during the therapy sessions. In a naturalistic process- and outcome study a Swiss researcher team has developed a manual with 100 interventions from 10 different modalities, including Gestalt interventions, and so called “general interventions”. “Blind” raters (they did not know what kind of therapy approach is practiced here) were trained to identify interventions on tape recorded sessions. I have presented some results of this study

already in the first edition of “Towards a Research Tradition in Gestalt Therapy” (2016), edited by Jan Roubal. I will present here, how we built and developed this research manual to measure the so called treatment fidelity as part of our project. I will present some results that we found and conclusions that can be made based on these results. I will pick up also the controversial discussion that arose around the Gestalt Fidelity Scale of Madeleine Fogarty and her colleagues and discuss the value of such scales and their limits.

PETER SCHULTHESS, born 1950, is practicing as Gestalt therapist since 1976 in Zurich (Switzerland) in private practice. He is past president of EAGT and SVG. Today he is Board member of ASP (Association of Swiss Psychotherapists) and the Network Gestalt therapy Switzerland. Actually he is the chair of the Science and Research Committee of EAP. He coordinated

a comparative process and outcome study with 10 different modalities in Switzerland (2006 – 2020) and has published as co-author several articles around this study. He is teaching Gestalt therapy in various countries on different continents. He lives in Switzerland, Greece and Philippines.

www.pschulthess.ch

KEYNOTE SPEECH 3 > 9.00 – 10.30 A.M.

Research and Practice in Gestalt Therapy: Promoting the Dialogue

ROBERT ELLIOTT

Throughout my career I've loved both doing therapy and doing research on therapy. In this talk I'll begin by laying out how research and practice can help each other. Then I'll describe how in my own career as a therapist-researcher I've tried to move past the research vs practice dichotomy. I'll talk about some of the strategies I've used to do this, including doing research on my own practice to make me a better therapist, creating research tools to make more clinically interesting research possible, and some promising practice-friendly approaches to research.

ROBERT ELLIOTT, Ph.D., is Professor of Counselling at the University of Strathclyde. He received his doctorate in clinical psychology from the University of California, Los Angeles, and is professor emeritus of psychology at the University of Toledo (Ohio). He has spent most of his career as a psychotherapy researcher trying out and inventing different research methods. He is co-author of *Facilitating emotional change* (1993), *Learning Emotion-Focused Therapy* (2004), *Research methods in clinical psychology* (3rd ed., 2015), as well as more than 170 journal articles



and book chapters. He is past president of the Society for Psychotherapy Research, and previously co-edited the journals *Psychotherapy Research*, and *Person-Centered and Experiential Psychotherapies*. He is a fellow in the APA divisions of Clinical Psychology, Psychotherapy, and Humanistic Psychology. He has received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the APA Division of Humanistic Psychology. He enjoys running, science fiction and all kinds of music.



SCTS PART 2 > 11.00 A.M. – 12.00 P.M.

Results from a SCTS project with patients suffering from anxiety

Pablo Herrera Salinas

Despite the proven efficacy of CBT treatments for anxiety disorders, between 33% and 50% of patients do not respond or drop out of these treatments. Gestalt therapy has claimed to be an effective alternative, but there is little empirical evidence on its efficacy with anxiety. Our SCTS study presents evidence on ten clients diagnosed with anxiety disorders, supporting the claim that Gestalt therapy can be a useful treatment for this problem. Detailed analysis of one case illustrates the changes in symptom and well-being scores, indicating turning points during the therapy.

Pablo Herrera Salinas, Psychologist, Gestalt Psychotherapist & PhD in Psychotherapy Research (Catholic University of Chile; Heidelberg University). Professor & researcher at Universidad de Chile & Gestalt Institute of Santiago.



MINI-LECTURE 5 > 11.00 A.M. – 12.00 P.M.

Anger as the foundation of panic attacks. New research perspective in gestalt psychotherapy

Alexander Lommatzsch

Presentation of a research project on panic attack carried out in the Gestalt Institute of Puglia. The hypothesis is that the panic attack, more than a symptom related to anxiety and fear, is a manifestation of a discomfort related to inadequate management of anger as a result of experienced frustration. In this proposed study we will examine the extent to which unexpressed anger can affect panic attacks, particularly when the person does something that he or she does not intend to do, thus avoiding a relational conflict.

Alexander Lommatzsch, Gestalt Institute of Puglia, Italy. Gestalt Psychotherapy Training Institute, recognized by the Ministry of University and Research. A.L. coordinates and represents the work of the PGI Research Group of 15 researchers.



MINI-LECTURE 6 > 11.00 A.M. – 12.00 P.M.

A Gestalt oriented Psychodiagnostic test developed with Machine Learning algorithm

Raffaele Sperandeo

The actualization of the self as a process of interaction at the contact boundary between the individual and the environment finds confirmation in the latest models of affective neuroscience. In these models, the emotional systems disturbed in their dynamic equilibrium induce the interaction between the individual and the environment until the homeostatic condition is recovered. In a sample of 600 outpatient patients, we have developed a diagnostic tool (whose psychometric characteristics are being defined) that interprets psychic symptoms as dysfunctions of the homeostatic recovery phase.

Raffaele Sperandeo,
Psychiatrist Psychotherapist PhD in Behavioral Sciences
Adjunct Professor of Child Neuropsychiatry University of Basilicata Italy
Ordinary Teacher of the Italian Federation of Gestalt Schools
Director of School in Integrated Gestalt Therapy.



MINI-LECTURE 7 > 11.00 A.M. – 12.00 P.M.

Gestalt therapists' and trainees' experience in research approach within Gestalt therapy – Croatian perspective

Iva Žegura

The lecture will contain a presentation of research data that was conducted on the side of IGW Center Zagreb. The research aims to find out the level of representation of topics on scientific approach in the curriculum for GT training. The research was focused on the level of therapists and trainees experience and their involvement in research projects in general, their attitude toward research and their research competences. The round for discussion and sharing experiences will be held as a way to gather useful and creative ways for implementation of research approach within the GT education.

Iva Žegura,
is a specialist in clinical psychology with a background in gestalt therapy. She works at the University Psychiatric Hospital Vrapce and collaborates with IGW Center Zagreb and several universities.
iva.zegura@gmail.com





LECTURE 3 > 11.00 A.M. – 12.00 P.M.

Evinotes – an online based platform for connecting gestalt practitioners and researchers

Biserka Tomljenović

Evinotes is an online tool for gestalt practitioners developed by gestalt practitioners. The tool is used both for note-taking and collecting research data and could easily be further developed into a platform for connecting practitioners and researchers globally. The tool does not collect any personal information. GT fidelity scale is included. The tool is modular and specific questionnaires or instruments could easily be added, as well as custom research instruments and templates for several most frequently applied research designs. The lecture will present the tool, results of testing, and possibilities for further development into a platform for connecting practitioners and researchers.

Biserka Tomljenović, holds an MA in social work, a full-time licenced gestalt psychotherapist. An independent minority integration expert, researcher, practitioner, trainer and facilitator, co-author of the Plan B guide for teenage parents. Her article Chap with a twist was published in BGJ.



LECTURE 4 > 11.00 A.M. – 12.00 P.M.

Practice and Method of Ethics

Ulrich Sollmann

There are ethics guidelines, ethics commissions, ethics cases and heated debates about them. “Ethics as a method” deals with value orientation, derived recommendations for action and the practice of application. It is necessary to distinguish between ethics, ethos and morals. Often there are organisational tensions (power struggle) between statutes, ethical guidelines and the ethics committee. I present a problem and a best practice. Meaningfulness of ethics is ultimately proven by the organisational discourse as an application of ethics.

Ulrich Sollmann, Gestalt and body psychotherapist, coach in business and politics. Publicist and blogger. Guest Professor Shanghai University of Political Science and Law and Maltepe University Istanbul. Active in the field of ethics in therapeutic organizations.





MINI-LECTURE 11 > 11.00 A.M. – 12.00 P.M.

The suffering of subjective difficulties in young people and their impact on the construction of the psychopathological diagnosis

Andrés Martínez Acuña

The doctoral thesis is presented where the experience of psychopathological diagnosis in young people, close relatives and psychiatrists who co-construct the reality of the disease is observed based on the particular symptoms developed by them in the interaction with the environment from a gestalt perspective. Starting from a case study, it is sought to be able to reconstruct the personal and professional experiences.

Andrés Martínez Acuña,
Social Psychologist, Gestalt therapist. Subdirector and professor at the Instituto Humanista de Psicoterapia Gestalt, Mexico.



LECTURE 26 > 11.00 – 12-00 P.M.

Supervision group as a way of comprehension of Gestalt therapeutic community

Anton Manukovsky

A therapeutic community is the most stable form of self-organisation for people involved in psychotherapy. There are many explicit and implicit processes within the therapeutic community that can guide its movement along the basic development-decay polarity.

A supervision group is a form of interaction for therapeutic community members. In my research, supervision groups are considered as a factor that guides community development and impacts community structure, processes and members. Results are based on the research of Gestalt communities in different regions of Russia.

Anton Manukovsky,

MA in Psychology, Gestalt therapist and supervisor, Associated trainer in Moscow Gestalt Institute

**LECTURE 5 > 12.15 – 1.15 P.M.**

Case formulation in Gestalt therapy: a grounded theory

Veronika Šromová / Jan Roubal

Case formulation is a frequently used therapeutic tool that helps the therapist develop a better understanding of the client's situation. The lecture presents characteristics of Gestalt therapy case formulation and outlines procedures that therapists use when sorting client information, evaluating its importance and drawing appropriate actions in the therapeutic process. We propose major phases identified in a qualitative research study which uses the Grounded Theory for analyzing interviews with Gestalt therapists. We outline possible implications for therapeutic practice and training.

Veronika Šromová, MA is a psychology doctoral student at Masaryk University in Brno, Czech Republic. She is a school psychologist and conducts EU non-formal education projects on youth mental health-related issues with Spanish organization YOMN.

Jan Roubal, MD, PhD is an Associate Professor at Masaryk University in Brno, Czech Republic, where he also works in the Centre for Psychotherapy Research. Jan is both psychotherapist and psychiatrist, he works as well as a psychotherapy trainer and supervisor internationally. He has co-edited

three books „Current Psychotherapy”, „Gestalt Therapy in Clinical Practice. From Psychopathology to the Aesthetics of Contact” and „Towards a Research Tradition in Gestalt Therapy”.





LECTURE 21 > 12.15 – 1.15 P.M.

The experience of anxiety in gestalt therapists and performance in clinical practice: A look from the creative adjustment

Helena González Vallejo

The spectrum of anxiety has increased in its etiology and treatments. The objective is to know the levels of anxiety in Gestalt therapists and the relationship it has with performance in their clinical practice. The approach is quantitative with a correlational scope. To collect the data the ISRA for anxiety and GTFS for performance in clinical practice were used. The sample is made up of ten gestalt therapists. A three-part analysis is shown, obtaining significant correlations between the groups. The conclusions and discussion offer a reading of results in light of the creative adjustment.

Helena González Vallejo, MA, Psychologist; Specialty in Human Development, work with couples & dysfunctional experience. Member of the editorial board of *Figura Fondo Journal*. Academic Coordinator at the Instituto Humanista de Psicoterapia Gestalt, Condesa Campus.



LECTURE 7 > 12.15 – 1.15 P.M.

The social function of the self – gestalt therapeutic perspectives of theory development and empirical research

Albrecht Boeckh

The extension of the original, essentially ego-centered self-concept of Gestalt therapy (id-, ego-, personality-function) by the inclusion of a **social function of the self** is not only important for understanding social integration processes, but also for explaining the relational origin of the self and its *How it works*.

For **research onto the effectiveness of Gestalt therapy as a therapeutic method**, it is therefore proposed to examine the methods that correspond to the various self-functions in terms of their respective significance for the therapy of psychological and psychosocial disorders.

Albrecht Boeckh, Sociologist, Gestalt Therapist (DVG) and Supervisor (DGSv) Trainer for Gestalt Therapy and Supervision. Editor of the Journal: *GESTALT THERAPIE*. Member of the DVG study group on clinical theory of Gestalt Therapy. Author.



LECTURE 8 > 12.15 – 1.15 P.M.

Online supervision: A new ground for Gestalt therapists.

Claudia Fernández / Eduardo Rubio

We will develop a phenomenological description on how does the field is perceived by the therapists in their online experience. Psychotherapists are experiencing a lockdown situation as well as their clients. This shared experience also creates a new supervision setting.

The research question is: *What are the relational aspects that facilitate the supervision process in the online field?*

Within a supervision process group of Gestalt therapists, we will explore how does the intimacy, the co-regulation, the therapeutic belonging and the new ground occur as a support in the relational encounter.

Claudia Fernández,
Psychologist, M.A. in Humanistic Education, Teacher and Supervisor in Gestalt Therapy, Graduate in Gestalt Therapy. International Program in psychopathology and contemporary disorders, Instituto di Gestalt HCC, Italy.

Eduardo Rubio,
B.A. in Philosophy, Graduate in Gestalt Therapy, Instituto Humanista de Psicoterapia Gestalt. Gestalt Therapist with teenagers, adults and groups. Teacher and Supervisor in Gestalt Therapy.



LECTURE 9 > 12.15 – 1.15 P.M.

Panic Disorder and Affective Neurosciences: An empirical research.

Michele Settanni

By connecting Affective Neuroscience as developed by Jaak Panksepp with clinical insights from a phenomenological-Gestalt perspective, Panic Disorder can be understood as an acute attack of solitude and not only as an overwhelming attack of fear. This shift deeply impacts the therapeutic work. In this lecture we present some preliminary empirical findings supporting this clinical hypothesis and discuss the implications of this perspective for therapy and for further research projects.

Michele Settanni, PhD, Gestalt therapist, Associate Professor on research methods in clinical psychology, Turin Univ. His research interests include measurement of psychological constructs and therapy outcomes. Trainer of IPsiG



PRESENTATION 4 > 12.15 – 1.15 P.M.

An example of research awareness raising for students with no training in psychology at a GT training institute

Vincent Beja / Florence Belasco

It is a presentation followed by a discussion on how to awaken students' interest in Psychotherapy and GT research in a non-academic setting. Based on a seminar we conducted with students without any psychological background at IFFP (France), we will detail the methodology we used to raise their awareness of research:

- From a powerpoint summarising the history of research in psychotherapy and its successive challenges
- Then through direct experience
- based on a fundamental clinical theme: the therapeutic alliance
- Through a clinical case led by a trainer and emerging from the group by analysing and reflecting on the experience.

Vincent Beja,

Chair of the EAGT RC, Gestalt-therapist, supervisor, writer and trainer in Gestalt Therapy. Co-founder of the Institute for the Development of the Therapist (IDeT) France., member of SPR. Co-editor of the book “La recherche en Gestalt-thérapie” (2018).

Florence Belasco,

Psychotherapist, psychologist, supervisor, and trainer in Gestalt Therapy. Co-founder of the Institute for the Development of the Therapist (IDeT) France. Member of EAGT RC, SPR and SEPI. Co-editor of the book “La recherche en Gestaltthérapie” (2018).



MINI-LECTURE 12 > 12.15 – 1.15 P.M.

The ‘new now’ in gestalt therapy training

Leister Sam Sudheer Manickam

I would present the overview of development of gestalt therapy workshops in my country. The data of 157 potential participants gathered during the COVID-19 lockdown period about their perspectives on the nature and structure of ‘gestalt therapy training’ will be presented. Apart from sharing the cultural clichés and experiential observations, the possibilities of developing a gestalt therapy certificate program in my country, that incorporates culture specific gestalt concepts and research component will be explored through participatory discussion.

Leister Sam Sudheer Manickam,

Clinical Psychologist, CAPS, Trivandrum, India; undergone training in gestalt therapy at GENI, Germany, an international gestalt therapy trainer and authored, “Gestalt therapy practice in India: Initial reflections”.

**PANEL 2 > 2.30 – 4.00 P.M.**

About the Future of Gestalt: Therapy, Research, and Beyond.

Bruce Wampold

Introduction: Vincent Beja

The research is dominated by the “medical” model, which is disliked by many gestalt-therapists. The “contextual” model (Wampold) offers an alternative. But following the contextual model, the therapist comes into the foreground, the modality goes into the background. What does this alternative mean to Gestalt? Which consequences emerge? Will Gestalt vanish into a general “humanistic” psychotherapy? Could it be a chance to influence the training for therapists? The panelists stand for the contextual model (Wampold) and for Gestalt Therapy (Brownell).

Philip Brownell,
Div/PsyD—clinical psychologist/
gestalt therapist. Editor Handbook
for Theory, Research, and Practice
in Gestalt Therapy (2008/2019), a
founder of the biennial research
conference, author Christianity and
Gestalt Therapy (2020)

Bruce Wampold,
who was trained in mathematics
(BA, University of Washington)
before earning his doctorate in
Counseling Psychology (Ph.D.,
University of California, Santa
Barbara), is Professor Emeritus
of Counseling Psychology at the
University of Wisconsin, Madi-
son, and Senior Researcher at the

Research Institute at Modum Bad
Psychiatric Center in Vikersund,
Norway. He is a Fellow of the Amer-
ican Psychological Association
and Board Certified in Counseling
Psychology by the American Board
of Professional Psychology. Current-
ly his work involves understanding
counseling and psychotherapy from
empirical, historical, and anthropo-
logical perspectives, which has led
to the development of a contextual
model from which to understand the
benefits of counseling and psycho-
therapy. As well, he has explored
social healing in various contexts,
including placebos, medicine,
psychotherapy, and various cultural
healing practices. His work is sum-

marized in The Great Psychothera-
py Debate: The Evidence for How
Psychotherapy Works (with Z. Imel,
Taylor and Francis, 2015) as well
as numerous articles and chapters.
He is recipient of the of the 2007
Distinguished Professional Contri-
butions to Applied Research Award
from the American Psychological
Association, the 2015 Distinguished
Research Career Award from the
Society for Psychotherapy Re-
search, and the 2019 Gold Medal
Award for Life Achievement in the
Application of Psychology from the
American Psychological Founda-
tion.



WORKSHOP 5 > 2.30 – 4.00 P.M.

Research laboratory: Impulses for young researchers

Peter Schulthess

A brief introduction to the intervention scale presented in my lecture will be given. In the workshop I will work as a therapist with a volunteer. Participants will use the intervention scales in observing live the demonstration of a piece of Gestalt work. We will gather the ratings and discuss the results and the use of this scale.

Peter Schulthess, born 1950, is practicing as Gestalt therapist since 1976 in Zurich in private practice. He is past president of EAGT and SVG and the actual chair of the Science and Research Committee of EAP. He coordinated a Swiss study in a naturalistic design.
www.pschulthess.ch



WORKSHOP 6 > 2.30 – 4.00 P.M.

Experiencing Oneself in Time and Space during Gestalt Therapy

Natalia Kedrova / Polina Egorova

An important principle of gestalt therapy is the study of a person's experiences in the "here and now" situation. How the ability to orientate in time and space changes during gestalt therapy? It is known that the phenomenon of the experience of pain leads to another phenomenon, the so-called "narrowing of consciousness", and getting rid of pain - to the liberation and expansion of consciousness. If therapy leads to a decrease in pain and suffering, then we can reasonably assume that the time perspective will also have to change in the direction of expansion, eventfulness, depth and realism.

Natalia Kedrova, (Moscow, Russia), psychologist, gestalt-therapist and trainer of Moscow gestalt institute, head of research group of MGI.
Kedrova@mail.ru

Polina Egorova, (Moscow, Russia), psychologist, gestalt-therapist and trainer of Moscow gestalt institute, member of research group of MGI.
Umricks@gmail.com





WORKSHOP 7 > 2.30 – 4.00 P.M.

Humans of Gestalt: An experiment in Dialogue

Kamila Bialy / Heather Anne Keyes

We will present the results of our first year and a half of work on this ongoing digital interview project, framing in keeping with elements of narrative inquiry, oral history and personal ethnographic methodologies. There will be a video presentation with excerpts from some of the interviews (estimated to be over 500, in 5-10 languages by conference time) and we will create an interactive interview experiment for participants to be able to complete during the workshop session. We will comment on the experience of creating an opensource digital database as independent researchers.

Kamila Bialy, is a psychotherapist and a sociologist from Poland. She works at the University of Lodz in the Sociology of Art Department. She works individually and trains Gestalt therapy students in Poland and in Georgia. Member of IAAGT, EAGT and a team member of New Gestalt Voices.

Heather Anne Keyes, Heather Anne Keyes, MA (Canada/Mexico) – Gestalt private practice in Durango, MX and online, President of the AMPG, founder of opengestalt.org and Humans of Gestalt. Conference and event facilitator and interpreter. Loves humour, mom x2.

heatherannekeyes@yahoo.com.mx,
heatherannekeyes@gmail.com



WORKSHOP 8 > 2.30 – 4.00 P.M.

Challenges in the development of research questions from Gestalt therapy theory

Deirdre Winter / Albrecht Boeckh

The theory of Gestalt therapy draws on various different source theories, e.g. Gestalt psychology, psychoanalysis, American pragmatism, phenomenological philosophy. It is generally agreed that our founders combined these different theories masterfully and that any inconsistencies between them are not a problem. However, in the research process they may make it difficult to clearly explicate research questions and develop valid experimental hypotheses. We will examine this issue, giving examples of inconsistencies that may be an obstacle - but also a stimulus to continue developing our theory.

Deirdre Winter, B.A./G.B., Dipl. Psych., Gestalttherapeutin DVG. Born and grew up in England, in Germany since 1975; works with traumatised refugees and English- and German-speaking private clients; DVG clinical Gestalt therapy theory group.

Albrecht Boeckh, Sociologist, Gestalt Therapist (DVG) and Supervisor (DGSv) Trainer for Gestalt Therapy and Supervision. Editor of the Journal: *GESTALT THERAPIE*. Member of the DVG study group on clinical theory of Gestalt Therapy. Author.



WORKSHOP 9 > 2.30 – 4.00 P.M.

The Use of Images and Photography in Gestalt Psychotherapy. Neuroaesthetics, Mirror Neurons and Body Resonances. From Clinics to Therapeutic Intervention

Michele Cannavò / Jelena Zeleskov Doric

Gestalt psychotherapy has considerable potential for using images and photographs in the therapy process due to its phenomenological and process-oriented nature. In this workshop, we will experiment on the relationship between photography and Gestalt therapy through core theoretical concepts of awareness and presence. To understand the processes of therapeutic change, we will rely on neuroscience research and neuroaesthetics. The three-step model of working with photographs in Gestalt therapy: relating to images, image body resonance and actioning images will be presented.

Michele Cannavò, is a psychiatrist, PhD, Gestalt Psychotherapist and Gestalt Trainer in HCC Italy Institute. He is an expert in phototherapy, researcher and secretary of EAGT.

Jelena Zeleskov Doric, is an European trained Gestalt psychotherapist who lives and works in Sydney, Australia. She has been an active researcher, academic and clinical supervisor for the last seventeen years.



WORKSHOP 13 > 2.30 – 4.00 P.M.

Research of Movement: Exploration of moving and being moved in cocreated embodied field

Juliane Appel-Opper

How do we move and impress each other?
In this experiential workshop we will explore movements by physically moving.
How do legs move into an unknown field? What does one leg say to the other? How do spines greet each other? How can we describe movements? How are feelings movements? How do bodily rhythms speak?
Join in to explore these fascinating processes and to share, reflect your experiences with others.

With short exercises and in small groups we will experiment how to open up implicit body-to-body-communications, looking into embodied interventions and experiments, developed by Julianne.

Appel-Opper, Juliane, Reg. Psychol. Psychotherapist, Dipl.-Psychologist (Germany), Reg. Integrative Gestalt Psychotherapist (UKCP), International trainer and supervisor in private practice in Berlin with 30 years clin experience.



WORKSHOP 14 > 2.30 – 4.00 P.M.

Gestalt-Research as a dialogical and phenomenological process within groups of dialogue

Nicole Pankoke / Elisa Langesenkamp

Gestalt-Research as a dialogical and phenomenological process within groups of dialogue aims to let a gestalt that appears act by itself. To facilitate this, it asks from researchers that they let themselves be touched and immerse themselves into a motion of cognition.

For more than a decade we are following research experiments within groups of dialogue concerning academic formation of social workers and educators/teachers at the University of Applied Sciences in Bielefeld. Our research is framed by qualitative criterion such as authenticity, communicative validation, a reviewed relationship between re-

search-subject and research-object, radically open process orientation, a willingness among all participation to get involved in the research process and a high self-responsibility, self-care and self-reflection by the researchers. Within the authentic process we move between an I-It-attitude and an I-Thou-relationship to broaden consciousness and awareness.

Within this experimental process both researchers and practitioners can gain insights about oneself and (striving for) holistic communication processes, and though the impact of Gestalt led by the ethics and principles of dialogue.

Nicole Pankoke (M.A.)
(gestalt therapist in formation)
Elisa Langesenkamp (B.A.)
(gestalt therapist in formation)

They are linked with Educational Studies, Social Philosophy, and Social Ethics at the Department of Social Work at the University of Applied Sciences in Bielefeld/Germany and the University of Cooperative Education BA Melle/Germany.



KEYNOTE SPEECH 4 > 4.30 – 6.00 P.M.

Examples of Gestalt therapy researches to develop our phenomenological, aesthetic and field oriented approach

MARGHERITA SPAGNUOLO LOBB

I will outline characteristics of Gestalt therapy research based on its three epistemological roots: fundamental aspects of a phenomenological research; proposals to include aesthetics of contact in research; how to research with the organism/environment field.

I will then describe a research example, illustrating the construct of Aesthetic Relational Knowledge and the paradigm of Reciprocity.

Finally, I will focus on ethical aspects of Gestalt therapy research, between the need of outcome research and the responsibility to show what we do as we “have fun” in our practice, while discovering new territories to advance our humanity.



MARGHERITA SPAGNUOLO LOBB, Psy D and researcher, international trainer, Director of the Istituto di Gestalt HCC Italy (Syracuse, Palermo and Milan). In her work, she has developed hermeneutically the principles of Gestalt therapy into a field oriented, phenomenological and aesthetic approach. Her main trainers: the Polster's, Isadore From and Daniel Stern. Her present research fields: observative measurers of the “dance” of reciprocity between caregivers and child and between

therapist and client; the construct of Aesthetic Relational Knowledge of the therapist. She has written extensively in scientific journals, her book *The Now-for-Next in Psychotherapy* is available in 8 languages. She edits the Gestalt Therapy Book Series at Routledge. Past President of EAGT, FIAP, SIPG, FISIG. She received the Lifelong Achievement Award from the Association for the Advancement of Gestalt Therapy – AAGT (Toronto, Canada, August 2018).

KEYNOTE SPEECH 5 > 9.00 – 10.30 A.M.

Research Practitioners: Developing our Research Capacity as a Gestalt Community

CHRISTINE STEVENS

Drawing on initiatives from other humanistic modalities, I suggest we play to our strengths and focus on practice-based evidence rather than evidence-based practice. I discuss how case-study is integral to our training and development as Gestalt therapists. I deconstruct types of case study research and suggest how across training cen-

tres in our countries and also with experienced therapists in individual practice, via Practice Research Networks, we can build large data sets of rigorous and detailed case material. Meta-analysis can address questions about how we practice and whether it is effective.



CHRISTINE STEVENS, PhD, is Editor of The British Gestalt Journal. She is a Gestalt therapist, supervisor, international trainer, writer and member of faculty for the Psychotherapy Doctorate Programmes at Metanoia Institute, London, validated by Middlesex University. She is a member of the EAGT Research Committee.

As Research Lead for the UKAGP, Christine is co-ordinating a team to develop Case-Study research by Gestalt Practitioners in the UK. She is Director of The Clay Studio, Nottingham, where she is involved in arts-based social engagement work. She is particularly interested in inter-disciplinary research in psychotherapy and creative practice.

**PANEL 3 > 11.00 A.M. – 12.30 P.M.**

Methodological challenges in researching the evidence base for Gestalt Therapy.

Robert Elliott / Pablo Herrera Salinas / N.N.

Moderator: Christine Stevens

Are there research methodologies that are compatible with the anthropology of Gestalt therapy and that can help to prove the effectiveness of this approach in the eyes of decision-makers in our health care systems? What are these methodologies and how can they contribute to this goal?

This is what is at stake in this discussion.

Robert Elliott, Ph.D., is Professor of Counselling at the University of Strathclyde. He received his doctorate in clinical psychology from the University of California, Los Angeles, and is professor emeritus of psychology at the University of Toledo (Ohio). He has spent most of his career as a psychotherapy researcher trying out and inventing different research methods. He is co-author of *Facilitating emotional change* (1993), *Learning Emotion-Focused Therapy* (2004), *Research methods in clinical psychology* (3rd ed., 2015), as well as more than 170 journal articles and book chapters. He is past president of the Society for Psychotherapy Research, and previously

co-edited the journals *Psychotherapy Research*, and *Person-Centered and Experiential Psychotherapies*. He is a fellow in the APA divisions of Clinical Psychology, Psychotherapy, and Humanistic Psychology. He has received the Distinguished Research Career Award of the Society for Psychotherapy Research, and the Carl Rogers Award from the APA Division of Humanistic Psychology. He enjoys running, science fiction and all kinds of music.

Pablo Herrera Salinas, Psychologist, Gestalt Psychotherapist & PhD in Psychotherapy Research (Catholic University of Chile; Heidelberg University). Professor & researcher at Universidad de Chile & Gestalt Institute of Santiago.



CANCELLED

WORKSHOP 10 > 11.00 A.M. – 12.30 P.M.

Scope in Gestalt Therapy Research Networks: Insights from the International Project on Spiritually-Integrated Gestalt Therapy

Philip Brownell

This would be a problem-solving workshop (90 minutes). Thus, it will be interactive and experiential combined with lecture. The goal would be to generate from the interaction tangible suggestions for next-steps in creating successful practice-based research networks (PBRNs) following the experience of attempting a funded project to examine spiritually-integrated gestalt therapy in an international PBRN that was part of a Templeton grant through Brigham Young University for over 3 million dollars. We will provide a case for example, cover methods, critical issues, and generate recommendations.

Philip Brownell,
MDiv/PsyD-clinical psychologist/
gestalt therapist. Editor *Handbook
for Theory, Research, and Practice
in Gestalt Therapy* (2008/2019), a
founder of the biennial research
conference, author *Christianity and
Gestalt Therapy* (2020).



PANEL 4 > 11.00 A.M. – 12.30 P.M.

An embodied, reflexive practitioner researcher is foundational to rigorous relational, phenomenological research

Billy Desmond / Spagnuolo Lobb Margherita / Popova Rezeda

This dialogue explores the necessity for developing therapists as embodied practitioner researchers particularly for persons involved in post-graduate level training. As embodied field relational practitioner-researchers how can we hone and develop aesthetic ways of knowing that are grounded in the soma, the lived body that is of the intertwined embodied intersubjective field. How may this offer generative possibilities for researchers whether working from quantitative or post modernist qualitative perspectives in the co-constructing of methodologies that support 'knowledge making' that is relational, phenomenological, democratic, and inclusive of those we research with.

Billy Desmond,
A queer, cisgender man, Gestalt
psychotherapist, supervisor, practi-
tioner-researcher. Faculty member &
research lead at the Gestalt Institute
of Ireland supervising MA students'
research projects exploring embod-
ied ways of knowing.

Rezeda Popova,
A Gestalt therapist, supervisor,
clinical and developmental psycholo-
gist, the head of the Volga Region
Institute for Gestalt Therapy, a senior
lecturer and a researcher of the Ka-
zan State University.



LECTURE 10 > 11.00 A.M. – 12.30 P.M.

Emerging adults in Postmodernity. Lived Time, Loneliness, Autonomy and Relatedness in panic experiences.

Caterina Gradenigo

Starting from a phenomenological approach and a Gestalt view on psychopathology, we present a study addressed to identify the connections among loneliness, relatedness/autonomy and lived time with a perceived panic experience. The results indicate that loneliness and negative future time perspective are significantly linked with panic experiences; the perception of parental support of autonomy is negatively associated with loneliness and perceived panic; the perception of parental psychological control is positively correlated with loneliness and perceived panic.

Caterina Gradenigo,
Clinical Psychologist, Turin Univ.



LECTURE 11 > 11.00 A.M. – 12.00 P.M.

Empirical concepts as key prerequisite for doing research: “Contact”

Thomas Schübel

Gestalt Therapy needs empirical research not only to verify effectiveness, but also to review its original theoretical concepts. Everywhere in the therapeutic field, Gestalt Therapy is famous for its idea of “contact”. It is important that Gestalt literature is the point of reference when it comes to phenomena in scientific psychotherapy discourse, which Gestalt Therapy would call “contact”. However, Gestalt terminology often lacks academic connectivity (see e.g. criticism of Leslie Greenberg). The aim of the presentation is (1) to locate the conceptual meanings

of “contact” in current academic debates, (2) and to develop empirical specifications of “contact” both for standardized and non-standardized empirical research.

Thomas Schübel,
Professor for Social Work and Social Sciences at IUBH University of Applied Sciences Munich, Germany. After working on work-life-balance at University of Munich many years as social worker in Berlin. Gestalttherapist and Supervisor in Munich.





MINI-LECTURE 13 > 11.00 A.M. – 12.00 P.M.

Research in the Changing Worldview of a Client in Gestalt Therapy

Zinaida Novikova

Psychosemiotic analysis of the text revealed changes of the existential indicators in the client's worldview before the beginning and after the end of the therapy. The person became freer, less lonely, the worldview was no longer dangerous, the feeling of impotence became lower; there appeared a possibility to acknowledge the present moment describing one's identity more completely; the space got filled up with figures capable of thinking and feeling, the subjective present time has acquired saturation and length.

Zinaida Novikova, Clinical psychologist (RSUH 2004), gestalt therapist, supervisor (EAGT standards, MGI). Works at the Moscow Psychoendocrinological Centre (gender identity disorders, from 2004). Interested in research on changes in psychotherapy.



LECTURE 12 > 1.30 – 2.30 P.M.

Which Size? Tailoring a Suit for Gestalt Toward a Scientific Theory of Interaction in Psychotherapy

Giuseppe Spano / Maria Dibiase

This is a Gestalt theoretical basic-research work. It deals with the interpersonal interactions observed in psychotherapy, the Contact Cycle and its unfolding in the phenomenological field; the heuristics of both metaphorical isomorphism and the domain of embodied calculus create a bridge among epistemology and formalism of: physical-mathematical sciences, the new neurophysiological paradigm (IIT), computer science and Gestalt psychology. This theoretical-epistemological foundation will be supported by empirical data collected via original methods and web-based measurement tools.

Giuseppe Spano, Born in 1959, psychologist and gestalt therapist based in Bologna and Vicenza (Italy). 1984, University of Rome "La Sapienza", MD in Psychology. 2012, HCC-Kairos, Gestalt Therapist Degree.

Maria Dibiase, Born in 1960, Computer Science teacher at Nola (AV) Tech High School (Italy). 1984, University of Salerno (Italy), MD in Computer Science. 30+ year experience as manager in IT industry. Interest in mathematics, learning process and computational thinking.



LECTURE 13 > 1.30 – 2.30 P.M.

Questionnaire to self-assess psychotherapists' core competences: findings from an empirical study in training programs.

Michele Settanni

The psychotherapists' core competences are the shared common ground to all the approaches. A questionnaire for self-assessment of these competences has been developed, based on the EAP, EAGT and Sperry's models. It can be used by individuals, associations and training institutes to identify possible criticalities and strengths. Here we present the tool, the dimensions investigated, the preliminary validation results, and the results of an empirical study conducted with trainees of psychotherapy's schools. We discuss the applicability of the tool in Gestalt Therapy approach and highlight its usefulness, potentialities and limitations.

Michele Settanni, PhD, Gestalt therapist, Associate Professor on research methods in clinical psychology, Turin Univ. His research interests include measurement of psychological constructs and therapy outcomes. Trainer of IPsiG.



LECTURE 14 > 1.30 – 2.30 P.M.

Research Report and Demonstration:
Gestalt Pastoral Care

Alexandra MacCracken

Objective: To demonstrate that GPC, an amalgam of spirituality and Gestalt, is an effective healing tool. **Method:** 9 staff trained in GPC collected 1,150 data points from 356 subjects using APA approved surveys: CAMOS, CORE-10, PC-PTSD, SIWB, TSC. Pre and post tests were given.

Results: Both individual sessions and Opening to Grace retreats had profound results showing significant reductions in depressive, anxiety, and trauma symptoms as well as spiritual issues using empirically-validated scales.

Conclusion: GPC is a powerful tool to be shared with all

Alexandra MacCracken, lives in the metro DC USA area and is a Gestalt Pastoral Care Minister, an ICF_ACC certified Gestalt Coach, and a baroque violinist. She leads Opening to Grace Retreats and serves on the Board of Trustees of GPCA.



LECTURE 22 > 1.30 – 2.30 P.M.

(re)Turning to the lived body to nourish and foster embodied relational, reflexive practitioner-researchers in post graduate training

Billy Desmond

The purpose of this research explores how action research/action inquiry, a relational centred approach that foregrounds the embodied intersubjective dance, in a post graduate training group supported (or not) experienced clinicians development as Gestalt practitioner-researchers. This involved an intentional and radical (re)turning to the lived body in developing embodied relational and reflexive practitioner -researchers in a post graduate Gestalt psychotherapy (Masters) training group. Attending to the lived body challenges the

traditional academy and evidence based research community as to what constitutes legitimate knowledge.

Billy Desmond,

A queer, cisgender man, Gestalt psychotherapist, supervisor, practitioner-researcher. Faculty member & research lead at the Gestalt Institute of Ireland supervising MA students' research projects exploring embodied ways of knowing.



MINI-LECTURE 9 > 1.30 – 2.30 P.M.

Development and validation of a Gestalt Diagnosis Form (GDF)

Daan van Baalen

On the International Research Conference for Gestalt Therapy in Paris, 26-28 May 2017, I presented a research project plan to validate GDF. Now I will present the results of this project.

The outcome of this project indicates that GDF outcome is comparable with a benchmark CORE-10. The comparison is defensible because no benchmark which comes close to the measuring quality of contact, as GDF does, was found.

Daan van Baalen MD,

PhD is an international Gestalt-therapisttrainer. He founded Norsk Gestaltinstitutt AS in 1986. He is past -external relation officer of EAGT -chair of GPO in EAGT and -board member of EAP.





MINI-LECTURE 14 > 1.30 – 2.30 P.M.

Case Studies by Therapy Students

Vikram Kolmannskog

Final year students at the Norwegian Gestalt Institute do a case study. Lately there is increased focus on the method and academic requirements involved. This lecture presents findings from a qualitative study which included a focus group discussion with teachers at the institute. Teachers agreed that the study was a form of case study (perhaps pragmatic), the method phenomenological, and verbatim part of the presentation form. While the students are trained in open and curious dialogue and awareness, we

need to develop the other element required for good research, namely scientific rigour.

Vikram Kolmannskog, is professor at the Norwegian Gestalt Institute. In addition, he has a small private practice in Oslo. He also writes fiction and non-fiction, and is the author of *The Empty Chair: Tales from Gestalt Therapy*



SCTS PART 4 > 1.30 – 2.30 P.M.

Presentation of an international framework for the development of SCTS projects

Pablo Herrera Salinas / Vincent Beja / Florence Belasco / Otto Glanzer

The EAGT SCTS task force will present the framework which has been set up for supporting the launching of SCTS projects in the European community (networking, support for data-analysing). We will discuss with the audience about the kind of support which is needed.

Florence Belasco, Psychotherapist, psychologist, supervisor, and trainer in Gestalt Therapy. Co-founder of the Institute for the Development of the Therapist (IDeT) France. Member of EAGT RC, SPR and SEPI. Co-editor of the book “La recherche en Gestalt-thérapie” (2018).

Vincent Beja, Chair of the EAGT RC, Gestalt-therapist, supervisor, writer and trainer in Gestalt Therapy. Co-founder of the Institute for the Development of the Therapist (IDeT) France., member of SPR. Co-editor of the book “La recherche en Gestalt-thérapie” (2018).

Otto Glanzer, see biography SCTS PART 5

Pablo Herrera Salinas, Psychologist, Gestalt Psychotherapist & PhD in Psychotherapy Research (Catholic University of Chile; Heidelberg University). Professor & researcher at Universidad de Chile & Gestalt Institute of Santiago.



SCTS PART 5 > 1.30 – 2.30 P.M.

Exposing different experiences with SCTS research projects

Pablo Herrera Salinas / Otto Glanzer / Illia Mstibovskyi

This panel will consist of practitioner-researchers who had already use this methodology. They will share their experience with the audience.

Otto Glanzer,

Dr. phil., Augsburg; studied clinical psychology and education in Salzburg. Since 1998 he has been working as a Psychological Psychotherapist (TP): Lecturer, teaching therapist and supervisor of the South German Academy for Psychotherapy (teaching practice) and trainer as well as teaching therapist at several German Gestalt Therapy Institutes; main areas of work: depressive and structural disorders, clinical theory of Gestalt Therapy; promoting interest in international research projects in Gestalt Therapy.

Illia Mstibovskyi,

PhD is a trainer and supervisor in the Southern Regional Gestalt Institute in Rostov-on-Don, Russia. His first education was applied mathematics. He is a gestalt therapist and coach, member of the EAGT and SPR.

Pablo Herrera Salinas,

Psychologist, Gestalt Psychotherapist & PhD in Psychotherapy Research (Catholic University of Chile; Heidelberg University). Professor & researcher at Universidad de Chile & Ge-stalt Institute of Santiago.



LECTURE 16 > 2.45 – 3.45 P.M.

Can we be fully present when we work online? A quantitative study on clients' and therapists' presence in on-line vs. in-person therapy sessions.

Rosa Versaci

The importance of presence in the therapeutic setting has long been recognized by GT and other modalities. We recently developed a tool to measure the level of therapist and client presence during sessions. Due to Covid-19 pandemic, many therapists started working online with their clients. We aim to study if and how this change influenced the presence of clients and therapists and if this was associated with a different evaluation of the session itself. We are also interested in evaluating how these two constructs and their relationship are influenced by the therapist's experience in working online. Findings will be presented together with a discussion of their implications for clinical work.

Rosa Versaci,

PhD., psychologist, Gestalt and E.M.D.R. Therapist, Trainer and Supervisor, IpsiG - International Institute of Gestalt Therapy and Psychopathology.

NEW

MINI-LECTURE 15 > 2.45 – 3.45 P.M.

Privilege and Barriers to Access in Continuing Education: A reflection for Gestalt Therapists

Heather Anne Keyes

This is a self-administered survey project designed to:

- increase self-awareness about the intersectional issues of privilege which meet in our individual, professional and organizational identities
- stimulate discussions and encounters about privilege in the gestalt community.

Kinds of privilege addressed in the survey include: gender, race, sexuality, relationship and family structure, mental and physical characteristics, language, nationality, socioeconomic status, trauma history, and caregiver status. We will present results and discuss the implications and potential areas of action.

Affiliation: This is an independent, non-affiliated, non-funded project.

Project website: www.heatherannekeyes.com **under the project section**

Survey link: <https://www.cognitiforms.com/HeatherAnneKeyes1/PrivilegeAndBarriersToAccessInContinuingEducationAReflectionForGestaltTherapists>

Heather Anne Keyes, Heather Anne Keyes, MA (Canada/Mexico) – Gestalt private practice in Durango, MX and online, President of the AMPG, founder of opengestalt.org and Humans of Gestalt. Conference and event facilitator and interpreter. Loves humour, mom x2.

heatherannekeyes@yahoo.com.mx,
heatherannekeyes@gmail.com



LECTURE 17 > 2.45 – 3.45 P.M.

„The shape in the mind“. Sentiment analysis of the opinion reports of young gestalt psychotherapists

Raffaele Sperandeo

The Italian Gestalt field is rooted in a common feeling of an existential phenomenological type but is characterized by variability in the paradigm's interpretation. This diversity is reflected in the students' process and educational outcome. To evaluate the school directors different vision impact's on young professionals we have collected the opinions of students and graduates of school enrolled in the FISIG (Italian Gestalt Federation), with the open question Describe what it is for you to be a Gestalt therapist. The texts will be subjected to semantic analysis to identify the specificities.

Raffaele Sperandeo, Psychiatrist Psychotherapist PhD in Behavioral Sciences Adjunct Professor of Child Neuropsychiatry University of Basilicata Italy Ordinary Teacher of the Italian Federation of Gestalt Schools Director of School in Integrated Gestalt Therapy.



MINI-LECTURE 10 > 2.45 – 3.45 P.M.

Cognitive Decline in Depression: What Gestalt Therapy and Cognitive Trainings Can Do About It?

Jarosław Wasielewski / Grzegorz Sędek

The aim of the presentation is to provide an overview of current research on cognitive decline among depressed individuals and to present our ongoing study on effects of Gestalt therapy of depressive persons – alone and combined with cognitive training.

Current research proves not only attention, working memory, but also higher level cognitive processes are affected in depression. We aim to understand links between cognitive decline and Gestalt therapy process, as well as the moderating role of cognitive training.

Supported by grant 2016/23/N/HS6/02897 from the National Science Centre, Poland.

Jarosław Wasielewski,
M. A., M. Sc., Gestalt therapist,
psychologist, Ph.D student at Uni-
versity SWPS.

Grzegorz Sędek,
Professor, psychologist, director of
Interdisciplinary Center for Applied
Cognitive Studies (ICACS) at Univer-
sity SWPS.



LECTURE 18 > 2.45 – 3.45 P.M.

Building capacity for rigorous case-study research

Christine Stevens / Belinda Harris

UKAGP is a member of the NICE Stakeholder Group, a lobby for changes to the criteria for Evidence Based Practice in mental health, supported by politicians and professional associations across Europe. We present a strategy to add to the evidence base for gestalt practice. Work with UK practitioners and institutes has developed greater understanding of how to conduct pragmatic case studies. Capacity building is essential for engagement in the process of developing shared frameworks for writing gestalt case-studies. This allows for a meta-analytic approach to provide robust evidence for gestalt.

Christine Stevens PhD,
is a senior therapist, Tutor & Academic Advisor for the Psychotherapy Doctorates at Metanoia Institute London and Editor of the British Gestalt Journal. She is a member of the EAGT Research Committee and UKAGP Research Lead.

Belinda Harris,
PhD is a therapist, training supervisor, academic & chair of UKAGP. An experienced, widely published researcher, she argues for rigorous case study evidence to support recognition & validation of humanistic therapy practices.



SCTS PART 6 > 2.45 – 3.45 P.M.

SCTS concrete with video role work, questionnaires and everything you want to know
Workshop (12 People max.)

Otto Glanzer

If you want to know how to do the research by SCTS. The content will depend on the needs of the participants.

Otto Glanzer,

Dr. phil., Augsburg; studied clinical psychology and education in Salzburg. Since 1998 he has been working as a Psychological Psychotherapist (TP): Lecturer, teaching therapist and supervisor of the South German Academy for Psychotherapy (teaching practice) and trainer as well as teaching therapist at several German Gestalt

Therapy Institutes; main areas of work: depressive and structural disorders, clinical theory of Gestalt Therapy; promoting interest in international research projects in Gestalt Therapy.



LECTURE 23 > 2.45 – 3.45 P.M.

Ethics and gestalt:
Between caring and punishing

Homero Ventura Tello

The research proposals carried out in gestalt have replicated the ethical aspects of the old traditions of other disciplines where thinking about ethics means prohibiting certain actions or punishing when non-compliance occurs. Through the documentary analysis of the proposal of the ethics of care, the result of thinking about Gestalt research as a practice deeply respectful of human dignity is presented.

Homero Ventura Tello,
Education & Media Degree. Epistemology & Ethics Professor. Editor in chief of Figura Fondo Journal, Research Coordinator in Mexico City Instituto Humanista de Psicoterapia Gestalt



CLOSING > 4.00 – 5.30 P.M.

Closing.
A view towards the future

The closing is meant to be a place to collect and summarize the topics which emerged during the conference. Beginning with a summary of the results from the pre-congress and the discussions during the networking-time we then provide a “world café”, where the participants will exchange their impressions, thoughts and ideas. In the following discussion it is possible to formulate a “communiqué”, to start new projects... And last but not least, the place for the next research conference will be presented. Also the process of organising gestalt research conferences will be discussed. Let's see what happens ...

Networking

Here is the space for networking and time for participants to meet and share their ideas and projects concerning research. It's for participants who want to offer something (e.g. a research project) or who are interested or search something (e.g. taking part in a project) around research. These meetings are not regulated, the participants organize themselves.



Icons

To make it easier to plan the program, we have provided all contributions with icons that indicate the main focus of the topic: Hereby we take into account the wish of many participants* for orientation in the program.



PRACTICE



THEORY CONTRIBUTION



DIAGNOSTICS/METHODS



**TRAINING RELATED
RESEARCH**



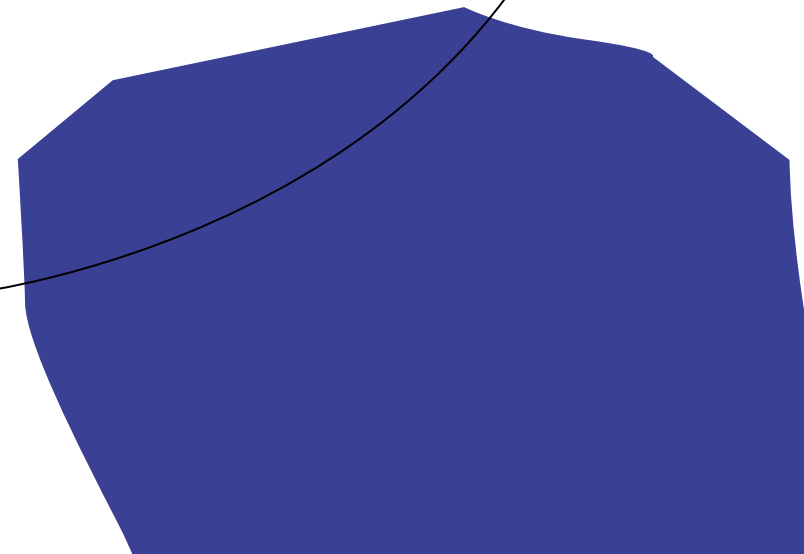
DIGITAL BASED WORK























YOUNG PRACTITIONERS










SCTS



| TIME | LIVESTREAM | | | | | | | |
|---------------------------------|---|--|---|--|---|---|---|--|
| 8.00 A.M. | CHECK IN | | | | | | | |
| 9.00 A.M. | OPENING | | | | | | | |
| 09.30 – 11.00 A.M. (90 MIN) | KEYNOTE SPEECH 1 The Humanistic Aspects of Effective Psychotherapy | | | | | | | |
| 11.00 – 11.30 A.M. | COFFEE BREAK | | | | | | | |
| 11.30 A.M. – 1.00 P.M. (90 MIN) |  PANEL 1 Does a field based psychopathology need research? |  PANEL 5 Using Action Research and Development Approach to Create Sanctuary ... |  WORKSHOP 2 Teaching research inside Gestalt therapy training: a practical method |  LECTURE 27 Co-created Motivation: Exploring reasons for clients' ... NEW |  WORKSHOP 4 Writing about clients, a personal venture? |  SCTS (PART 1) Evidencing GT: Presentation of the Single Case Time Series Methodology | PRESENTATION OF THE PRE-CONFERENCE-RESULTS | |
| 1.00 – 2.15 P.M. | LUNCH / SHORT POWERPOINT- AND VIDEO- PRESENTATIONS AND NETWORKING | | | | | | | |
| 2.15 – 3.15 P.M. (60 MIN) |  LECTURE 1 Two risks and a third way: What Research for GT? |  MINI-LECTURE 1 Gestalt work in digital transformation: A survey from Germany 2020 |  LECTURE 24 Evidence Based Gestalt Therapy: Impact of the Practice of Gestalt Therapy on the Quality of Life of Patients with Ordinary Difficulties for Contact |  MINI-LECTURE 3 Examples of the phenomenological-existential methodology application CANCELLED |  MINI-LECTURE 4 Beyond effectiveness research: On using "what is there" – now |  LECTURE 19 Study of the relationship between Defense Mechanisms and Psychologic Traits |  LECTURE 20 CHAP with a twist |  PRESENTATION 7 Measuring the efficacy of Gestalt therapy to treat depression in people with dementias NEW |
| 3.15 – 3.30 P.M. | COFFEE BREAK | | | | | | | |
| 3.30 – 4.15 P.M. (45 MIN) | PRESENTATION 1 The EAGT Research DataBase & Research |  POSTER 2 Aesthetic relational knowledge (ARK). |  POSTER 3 Psychopathology in Gestalt-Therapists Practice |  POSTER 5 The impact of personal and professional experience during gestalt psychotherapy training ... |  PRESENTATION 2 Supporting the Future of Research in the Training Programs EAGT committees (TS, RC, PC&QS) |  PRESENTATION 6 Validity and Reliability of the Unfinished Business Scale |  POSTER 6 Support systems, empathy and relational field NEW | NETWORKING page 44 |
| 4.15 – 4.30 P.M. | COFFEE BREAK | | | | | | | |
| 4.30 – 6.00 P.M. (90 MIN) | KEYNOTE SPEECH 2 How to identify Gestalt Interventions on tape recorded sessions | | | | | | | |

| TIME | LIVESTREAM | | | | | | | |
|----------------------------------|---|---|--|---|---|---|--|---|
| 09.00 – 10.30 A.M. (90 MIN) | KEYNOTE SPEECH 3 Research and Practice in Gestalt Therapy: Promoting the dialogue | | | | | | | |
| 10.30 – 11.00 A.M. | | | | COFFEE BREAK | | | | |
| 11.00 A.M. – 12.00 P.M. (60 MIN) |  SCTS PART 2 Results from a SCTS project with patients suffering from anxiety |  MINI-LECTURE 5 Anger as the foundation of panic attacks. New research perspective in gestalt psychotherapy |  MINI-LECTURE 6 A Gestalt oriented Psychodiagnostic test developed with Machine Learning algorithm |  MINI-LECTURE 7 Gestalt therapists' and trainees' experience in research approach within Gestalt therapy – Croatian perspective |  LECTURE 3 Evinotes – an online based platform for connecting gestalt practitioners and researchers |  LECTURE 4 Practice and Method of Ethics |  MINI-LECTURE 11 The suffering of subjective difficulties in young people and their impact on the construction of the psychopathological diagnosis |  LECTURE 26 Supervision group as a way of comprehension of Gestalt therapeutic community |
| 12.00 – 12.15 P.M. | | | | COFFEE BREAK | | | | |
| 12.15 – 1.15 P.M. (60 MIN) |  LECTURE 5 Case formulation in Gestalt therapy: a grounded theory |  LECTURE 21 The experience of anxiety in gestalt therapists and performance in clinical practice: A look from the creative adjustment |  LECTURE 7 The social function of the self – gestalt therapeutic perspectives of theory development and empirical research |  LECTURE 8 Online supervision: A new ground for Gestalt therapists |  LECTURE 9 Panic Disorder and Affective Neurosciences: an empirical research |  PRESENTATION 4 An example of raising research awareness at students with no training in psychology at a GT training institute |  MINI-LECTURE 12 The 'new now' in gestalt therapy training | NETWORKING page 44 |
| 1.15 – 2.30 P.M. | | | | LUNCH / SHORT POWERPOINT- AND VIDEO- PRESENTATIONS AND NETWORKING | | | | |
| 2.30 – 4.00 P.M. (90 MIN) |  PANEL 2 About the Future of Gestalt: Therapy, Research, and Beyond. |  WORKSHOP 5 Research laboratory: Impulses for young researchers |  WORKSHOP 6 Experiencing Oneself in Time and Space during Gestalt Therapy |  WORKSHOP 7 Humans of Gestalt: An experiment in Dialogue |  WORKSHOP 8 Challenges in the development of research questions from Gestalt therapy theory |  WORKSHOP 9 The Use of Images and Photography in Gestalt Psychotherapy. Neuro-aesthetics, Mirror Neurons and Body Resonances. From Clinics to Therapeutic Intervention |  WORKSHOP 13 Research of Movement: Exploration of moving and being moved in a cocreated embodied field |  WORKSHOP 14 Gestalt-Research as a dialogical and phenomenological process within groups of dialogue |
| 4.00 – 4.30 P.M. | | | | COFFEE BREAK | | | | |
| 4.30 – 6.00 P.M. (90 MIN) | KEYNOTE SPEECH 4 Examples of Gestalt therapy researches to develop our phenomenological, aesthetic and field oriented approach | | | | | | | |

| TIME | LIVESTREAM | | | | | | |
|----------------------------------|--|--|---|--|--|--|--|
| 09.00 – 10.30 A.M. (90 MIN) | KEYNOTE SPEECH 5 Becoming Research Practitioners: Developing our Research Capacity as a Gestalt Community | | | | | | |
| 10.30 – 11.00 A.M. | COFFEE BREAK | | | | | | |
| 11.00 A.M. – 12.30 P.M. (90 MIN) |  PANEL 3 Methodological challenges in researching the evidence base for Gestalt Therapy |  WORKSHOP 10 Scope in Gestalt Therapy Research Networks: Insights from the International Project on Spiritually-Integrated Gestalt Therapy CANCELLED |  PANEL 4 An embodied, reflexive practitioner researcher is foundational to rigorous relational, phenomenological research |  11.00 A.M. – 12.00 P.M. LECTURE 10 Emerging adults in Postmodernity. Lived Time, Loneliness, Autonomy ... 12.00 – 12.30 P.M. NETWORK page 49 |  11.00 A.M. – 12.00 P.M. LECTURE 11 Empirical concepts as key prerequisite for doing research: "Contact" 12.00 – 12.30 P.M. NETWORK page 49 |  11.00 A.M. – 12.00 P.M. MINI-LECTURE 13 Research in the Changing Worldview of a Client in Gestalt Therapy 12.00 – 12.30 P.M. NETWORK page 49 | NETWORKING page 44 |
| 12.30 – 1.30 P.M. | LUNCH / SHORT POWERPOINT- AND VIDEO- PRESENTATIONS AND NETWORKING | | | | | | |
| 1.30 – 2.30 P.M. (60 MIN) |  LECTURE 12 Which Size? Tailoring a Suit for Gestalt Toward a Scientific Theory of Interaction in Psychotherapy |  LECTURE 13 Questionnaire to self-assess psychotherapists' core competences: findings from an empirical study in training programs |  LECTURE 14 Research Report and Demonstration: Gestalt Pastoral Care |  LECTURE 22 (re)Turning to the lived body to nourish and foster embodied relational, reflexive practitioner-researchers in post graduate training |  MINI-LECTURE 9 Development and validation of a Gestalt Diagnosis Form (GDF) |  MINI-LECTURE 14 Case Studies by Therapy Students |  SCTS SCTS PART 4 Presentation of an international framework ... SCTS PART 5 Exposing different experiences with SCTS research projects |
| 2.30 – 2.45 P.M. | COFFEE BREAK | | | | | | |
| 2.45 – 3.45 P.M. (60 MIN) |  LECTURE 16 Can we be fully present when we work online? A quantitative study on clients' and therapists' presence ... | NEW MINI-LECTURE 15 Privilege and Barriers to Access in Continuing Education: A reflection for Gestalt Therapists |  LECTURE 17 "The shape in the mind". Sentiment analysis of the opinion reports of young gestalt psychotherapists |  MINI-LECTURE 10 Cognitive Decline in Depression: What Gestalt Therapy and Cognitive Trainings Can Do About It? |  LECTURE 18 Building capacity for rigorous case-study research |  SCTS SCTS PART 6 SCTS concrete with video role work, questionnaires and everything you want to know |  LECTURE 23 Ethics and gestalt: Between caring and punishing |
| 3.45 – 4.00 P.M. | COFFEE BREAK | | | | | | |
| 4.00 – 5.30 P.M. | CLOSING | | | | | | |

General terms and conditions of the 5th international conference on research in Gestalt therapy.

1. Organizers and venue:

The congress is organized by the European Association for Gestalt Therapy (EAGT), the German Association for Gestalt Therapy e.V. (DVG e.V.) and the Association for the Advancement of Gestalt Therapy (AAGT), hereinafter referred to as the organizers.

The congress takes place from September 02th to 04th, 2022 in Hamburg.

2. Scope of the GTC:

The basis of the cooperation between the organizers and the congress participants are the following general terms and conditions, with which the congress participant declares his or her consent to register for the congress. These apply to all services of the organizers, unless something else has been explicitly agreed in writing.

With the conclusion of the contract, the congress participant accepts the terms and conditions. In addition to the general terms and conditions of the organizers, he / she also expressly recognizes the general terms and conditions and other regulations of the external service providers with regard to safety-related regulations, exclusions of liability based on the special nature of the offer as well as house and usage

regulations, so that these form part of the Contract between the congress participant and the organizers.

Deviating agreements with the congress participant only apply if they have been confirmed in writing by the organizers.

3. Privacy:

- a. The organizers undertake to comply with the provisions of the Data Protection Act, as well as to treat information – of whatever kind – about the participant and / or the business and company internal of the congress participant as confidential. You can find the current EU data protection guidelines under the following link:

<https://www.dvg-gestalt.de/datenschutz>

- b. Media created at the congress (especially visual and audio material) from lectures, workshops, the panel discussions and the participants may be used for documentation by the organizers and also made accessible to third parties for private use. Public demonstration, rental, broadcasting and reproduction are not permitted. Failure to do so will result in claims for damages and criminal consequences.

4. Services, terms of payment:

- a. The organizers perform the services expressly mentioned in the congress description.
- b. Slight deviations are possible, such as the exchange of one workshop for another or the relocation of the congress to another location in the same regional area. This also includes the holding of the conference as an online conference in the event of force majeure that does not permit a presence event.
- c. The congress participant is not entitled to services that are not expressly listed in the congress description, especially not for arrival and departure as well as accommodation.
- d. Unless otherwise agreed in writing between the organizers and the congress participant, the congress fee is due immediately after registration.

5. Graduation and prices:

- a. The staggering of prices can be found in the congress description.
- b. For the staggered participation fees of the organizers, the participation fees are due no later than five days after the last day of the period in which the reduced participation fee is offered. After that, the then valid participation fee is due. The decisive point in time is the receipt of payment.
- c. If the congress participant does not

pay the participation fee due by the start of the congress, the organizers are entitled to exclude them or the respective substitute participants from the congress. The participation fee is nevertheless to be paid in full to the organizers.

6. Contract:

- a. Registration takes place exclusively on the homepage of the congress: www.research-conference-hamburg2021.com
- b. Incoming online registrations via the Internet do not require an electronic signature or electronic signature. The registration creates a legally valid contract.
- c. Registration for the individual workshops takes place before the congress. Due to the limited number of participants in the lectures and workshops, participation in a specific lecture / workshop cannot be guaranteed.
- d. The organizers are entitled to refuse registration for the congress without giving reasons.

7. Cancellation of participation by the congress participant:

- a. The full conference fee is due upon confirmation of registration.
- b. Any cancellation of the registration must be made in writing. In case of cancellation by March 31st, 2022,

General terms and conditions of the 5th international conference on research in Gestalt therapy.

the full amount will be refunded.

For cancellations after March 21st, 2022 we charge a processing fee of € 20.

For cancellations after June 30th, 2022 half of the participation fee will be charged.

In case of cancellation after August 01st, 2022 or no-show, the full amount will be charged.

The congress participant is given the opportunity to send a replacement participant to the congress without incurring additional fees.

8. Cancellation by the organizer:

- a. If the number of registrations is too low and in cases of force majeure, the organizers reserve the right to cancel the congress or hold it as an online meeting. If the number of participants is too small, the congress participant will receive notification at least 7 weeks before the start of the congress, in cases of force majeure as soon as possible. Payments already made will be refunded as soon as possible.
- b. Force majeure within the meaning of this regulation includes - but is not limited to - labor law disputes, contractual

violations by external service providers, subcontractors and agents, illness, accident, earthquakes, fire, flooding, acts of war, embargo, riots, Pandemics and other circumstances that are outside of the the organizers have reasonable influence and prevent them from fulfilling their contractual obligations.

- c. Claims of the congress participant for compensation or reimbursement of expenses incurred or further claims of the congress participant are fundamentally excluded, unless the organizers or their vicarious agents are guilty of willful intent or gross negligence or it is due to the lack of an assured property or a legally binding obligation that is decisive for the achievement of the entire purpose of the contract.

9. Warranty and liability:

- a. If any deficiencies in the service provided by the organizers are due to the fact that the congress participant (s) did not, not fully and / or in good time fulfill participation obligations in accordance with the congress description, the organizers are not liable.
- b. The organizers are only liable for damage to the congress participant insofar as they are guilty of willful intent or gross negligence or insofar as they are

legally or legally liable due to the lack of a guaranteed property or an obligation that is decisive for the achievement of the entire contractual purpose. This also applies to a possible liability due to fault at the conclusion of the contract, incorrect advice or instruction or due to violation of ancillary contractual obligations or for liability due to unlawful acts.

- c. The liability of the organizers in commercial transactions is in any case limited to the damage that typically arises in legal transactions of the present type.d. The beginning and end of the limitation period and the limitation period are based on the statutory regulations.

10. Final provisions:

- a. The parties agree to the written form for additional agreements, contract supplements and contract changes.
- b. The contractual relationship between the organizers and the congress participant is subject to the law of the Federal Republic of Germany.
- c. The place of jurisdiction for all disputes arising in connection with this contract is Berlin.
- d. Should individual provisions of this

contract be or become ineffective in whole or in part or if they cannot be carried out, the effectiveness of the contract will not be affected. In this case, the parties agree to replace the ineffective or unenforceable provision with an effective one that achieves the economic purpose pursued with it as far as possible.e. The addresses of the organizers are:

DVG e.V.

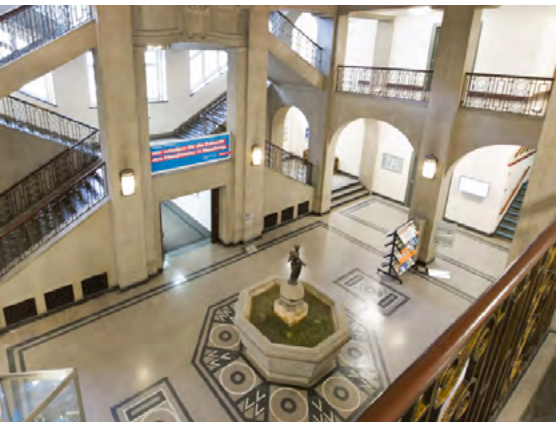
Grünberger Str. 14, 10243 Berlin
Tel. 0049 30 740 78 284

EAGT Office

Skulebakken 22, 3760 Neslandsvatn,
Norway
Tel. 0047 958 39 146

IAAGT

P.O. Box 1978, Muncie, IN 47308
Tel. 001 971 238 AAGT (2248)



research-conference-hamburg2021.com

CONFERENCE LOCATION

Handwerkskammer Hamburg
(Hamburg Chamber of Crafts)

Holstenwall 12

20355 Hamburg

www.hwk-hamburg.de/kontakt/anfahrt.html

ORGANIZER:

Deutscher Vereinigung für Gestalttherapie e. V. DVG

www.dvg-gestalt.de

European Association for Gestalt Therapy – EAGT

www.eagt.org

International Association for the Advancement
of Gestalt Therapy – IAAGT

www.aagt.org



**INTERNATIONAL
CONFERENCE ON RESEARCH
IN GESTALT THERAPY**