



NEWSLETTER

APRIL - JUNE 2022

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LETTER FROM THE PRESIDENT



This past May, around 200 of us met in Ennistymon, a village on the west coast of Ireland. I remember walking past the hotel bar, feeling exhausted, not interested in seeing anyone.

Then I spotted a few familiar faces, and before I knew it, all my exhaustion disappeared. Many of the 200 were last-minute registrants. It was really hard for a lot of us to decide to come. One of the reasons was not wanting to get COVID.

As it happened, some did get COVID. So far as I know, all of those who did get that virus weathered it and are now fine. Why I mention this is because it's part of the global field, and did significantly influence choices. I haven't yet heard of anyone who got COVID regretting coming. We all needed

the physical connection we got at the conference.

At the time, I was Vice President and Co-Convenor (with Deirdre Foley) of this Conference. Now I'm President of IAAGT. I want to greet you as President, mentioning a few of the things that emerged from our being together in May. You will hear more about them in the months to come.

The first is a continued need for connection. Even though online connecting has come a long way, we discovered for ourselves that it doesn't replace real touch. And yet, travel is very costly, the use of gas pollutes our world. Some of you have chosen to stay home and not travel for these reasons. I honour your decision. For that reason, we will plan on having many online opportunities to connect. For others, we will continue to meet bi-annually, keeping in mind the cost, both in terms of dollars and environmental costs.

A second theme was around the 'old guard' vs the new members. I, for one, feel that this kind of separation is unnecessarily divisive. We are, after all, a community. I do see that new people can feel on the outside of groups who know each other and how we work. I've felt it myself. For this reason, it's my personal mandate to include many new members on

the Board, as well as well-established members in a way that works for both. My aim is to help both kinds of members feel supported and welcomed.

That's enough from me for now, except to say that I'm excited and honoured to be your President, and can't wait to see what emerges.

Maryanne Nicholls
President, IAAGT

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LETTER FROM THE VICE PRESIDENT



Warm greetings to you all from a freezing New Zealand solstice morning. As those of you in the Northern hemisphere enter the other polarity, it is the birth of the new year for us here in New Zealand. Called Matariki, and marked by the visible return of the Pleiades, we celebrated by way of a public holiday for the first time.

I am delighted and honoured to be stepping into the role of Vice President, to serve IAAGT and the membership, and to work with an amazing, diverse, and talented group of people. One of the awarenesses that is held at Matariki is to honour those who have gone before us. As I step into this role, and this being my first contribution to the newsletter, I would like to honour those in our community who have contributed to IAAGT being what it

is today. Our elders: in experience or age, (and sometimes both) who have given so much and contributed to the ground we stand upon at this time.

Maryanne has mentioned the discussion at the 2022 conference about the 'old guard'. Yes, we need to continue to be aware of the myriad of power structures and privileges that inevitably exist within our organisation which can marginalise or preclude others from participation. I support our continuing to question these matters and implement more inclusive practices, even as we might honour the elders in our community, many of whom have mentored us into being the people, personally and professionally, we are today.

Your voice and energy, individually and collectively, helps shape IAAGT and I encourage your participation. I often suspect people think being involved will be burdensome, onerous work that you'll be obligated to drudge your way through. This is not my experience. Continuing being involved - either by way of a working group, on the Board or on the Conference Planning Committee, has been a 95% enjoyable and connecting experience for me. I am looking forward to continuing participating and to being part of the collective evolution of IAAGT.

Nickei Falconer
Vice President, IAAGT

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MEET THE NEW IAAGT BOARD OF DIRECTORS

New Board members were voted in at the recent AGM in Ireland; we have some new, and some familiar, faces.

EXECUTIVE COUNCIL

President:
Maryanne Nicholls



Past President:
Eduardo Rubio Ramirez



Vice President:
Nickei Falconer



Secretary:
Sari Scheinberg



Treasurer:
Shareefah Sabur

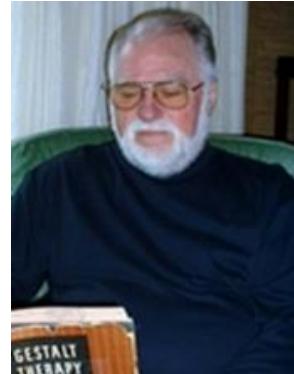


Professional Standards Officer:
Janneke Van Beusekom



OFFICERS OF THE BOARD

Archivist:
Ansel Woldt



Communications Director:
Sherry Neubert



Newsletter Editor:
Rafael Cortina



Interest Group Chair:
Jeanette Janvier Cotayo

Membership Co-Chairs:
Tomas Diveky & Deirdre Foley



Organisational Membership Representatives:
Gayla Feinstein & Paul Adams



**Regional Support &
Co-Sponsorship Committee Liaison:**
Deirdre Winter



Research Liaison Officer:
Christine Stevens



Bud Feder Scholarship Committee Co-Chairs:
Lori Farley & Mike Cotayo



**Human Rights &
Social Responsibility:**
Julia Roddy



Board Members at Large:
Marlene Blumenthal & Cathy Gray



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IRELAND CONFERENCE 2022

*Céad mile fáilte
(One hundred thousand welcomes)*

After months of uncertainty our in-person Conference finally happened. We were kindly received by the marvelous land of Ireland and her people. A green landscape and a place full of history, suffering and hope was the perfect site for our gathering after 2 years of lockdowns and 4 years since the last conference in Toronto.

For many it was the first time to meet each other in person; for some it meant a sense of re-connection. For several others it was sadly the first time to miss a Conference through the history of AAGT/IAAGT. A constant reminder of our human condition, our shared vulnerability, our constant experience of ***exile and belonging***.

200 people from many countries were hosted for more than 4 days by the living environment, the kindness of the people in the Falls Hotel and the preparations made by the Conveners and the CPC. The low tone whistle gorgeously played by Frank Delany and the majestic poems written and read by Damian Gorman created a welcoming and heartfelt environment.

Our sense of community was constantly challenged throughout the opening ceremony, the pre-conference and conference workshops and presentations, as well as the process groups, the Connecting with the Land event, the Lifetime Achievement Award granted to Charlie Bowman, the Cabaret and Céilí, the Gala Dinner, the community gatherings, the AGM, and the closing ceremony.

New people were integrated to the Board, some finalized their term, AGM business was attended... COVID the unexpected attendee also arrived... community life, differences and similarities, our polarities in constant interaction... all together creating a renewed experience of human encounter and re-connection, of hope and courage.

Eduardo Rubio
Past President, IAAGT



Kete

Two kete (pronounced kit-taay) woven baskets were gifted from a Māori elder in New Zealand, for the IAAGT conference.

A kete is a practical item to gather food or to hold things, but it's also a symbolic object to also hold non-physical things: i.e.: together we hold a kete of knowledge and experience. This is a significant gift. In being given it, our conference is held and supported by those Māori elders and we are connected with them, and by extension, to our beautiful Earth as we meet in Ireland.

One of the kete was used in the opening ceremony where it held blessings people had written. At the closing ceremony it was decided to pass the kete, around the members, (which we actually did then and there), for them to hold it. It was then given to one of the members for them to care for it and bring to the next conference to be passed on; Ann Bowman put her hand up to do this. She shares a photo of her with the kete:



Taking good care of this beautiful KETE in Arcadia Indiana. You can see there are still some prayers / wishes from Ireland inside. I'll be sure to bring them to the next IAAGT conference.

❤️ Ann

Nickei Falconer



Certificate from the Burrenbeo Trust

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“IT HAPPENED”

It happened that I am in Ireland; I don't know if it was a dream but certainly it is like a promise land for me.

I don't even know why, but the green of the landscape and the stories and the history of Ireland make me feel at home.

So much pain is kept in Irish heart, so in mine. Our stories are different but there is something that connects us through nature and human vulnerability.

I embrace this land and her habitants. Oh! I notice that I am embracing my humanity as well.

While I am writing this, I hear the deep and mysterious singing of the crows which has been a companion to me through this journey.

I wish I could understand the crows and fly with them, so I could touch the heart of Ireland such as mine.

Eduardo Rubio
Ennistymon, Ireland
May 2022



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ANNOUNCEMENT ABOUT APA CONTINUING EDUCATION

Dear Colleagues,

We are writing to you at this time because we acknowledge that the needs of IAAGT members, as a global community, are evolving. These changes impact how we, IAAGT's Continuing Education Committee, can best serve you.

We appreciate those of you who participated in the Continuing Education Advisory Council's Survey. Your responses were generous and informative.

After digesting the information gleaned from the responses of our international community, there was consensus that the benefits did not warrant the expense of continued sponsorship by the American Psychological Association (APA) and the number of volunteer hours necessary to maintain it. We entertained both virtual and e-mail discussion between the global members of the IAAGT CE Advisory Council before arriving at this decision.

Therefore, while we understand that this disappoints a small number of US members, and we commiserate about the loss of this opportunity, we recommended to the Board that IAAGT discontinue our request for renewal of our Accreditation beginning in February 2023. The Board agreed with our recommendation.

From now on, the Continuing Education Advisory Council will be chaired by our newly-appointed Professional Standards Officer, Janneke Van Beusekom. The Council will continue to strive to meet the continuing education needs of our global membership.

Most sincerely,

Marlene

**Marlene Blumenthal
Continuing Education Officer (term ended in June 2022)**

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A FEW THOUGHTS ABOUT EXCLUSION AND EXILE

I understand that just the title of this article is evoking discomfort, anxiety, fear, and anger in some of you. I can tell you that these feelings and sensations are present in my body as I sit here staring at the white light of the monitor. I'm on my way back from our last IAAGT conference in Ennistymon, Ireland, full of hope and pain after four full days of interacting with a Gestalt community that is vibrant with energy and a desire for change.

As I make my way back home, I am keenly aware of the need for inclusion to become more than a word, for it to become a living entity that breathes and grows, so it can be actively present in our interactions, in our space for contact, in the air that we breathe, and in the space that we cocreate. Hence, we can begin to build a true community that is open and welcoming to all. My hope is that this will create the fertile ground for actual contact. I am not saying that I have an answer or guide in how to do this all, I only have my experience. I'm aware that as a human I have a lot of flaws and too much to learn, but I have a growing need to speak up, so I am.

One of the things that we Gestaltists love to talk about, and highlight are themes in relationships. For all of us that were present at the conference one of the undeniable themes was pain; pain of exclusion and living in exile. I'm grateful for those who were brave enough to give voice to their pain even though as a community we did not have the ability or the knowledge to hold and honor that space. If anything, we seemed to dismissed the pain and moved on as fast as possible

to the next emerging theme to apparently avoid the uncomfortableness of the reality of our exclusion.

Here is what I believe contributes to disrupting our ability to hold space for this pain. First, the reaction that some of the white body, straight, fixed gender readers had for my previous statement. (I am aware that I broke one of the unspoken rules of the Gestalt world, in talking of “we” instead of “I”, but I’m talking about the collective we. It needs to be addressed, it needs to be seen). I see a lot of us externally and internally reacting to the expression of pain from our exiled confreres with “not me, I did not know; you did not tell me; or I’m not ____” fill in the blank with whatever thought has been expressed in response to these experiences in your life. Please be aware that I’m also at fault in this, I’m part of the “we”. Therefore, when I see these impulsive responses within me, I am filled with pain and shame, and a growing painful pit in my stomach, because I am aware of how limiting they are. Thus, I make an effort to push beyond my protected hand washing. Because the simple reality is that by saying “not me,” nothing happens, nothing changes, and it helps no one.

Here is what I’m beginning to understand, and forgive me if this is not a full formulated thought, I’m still in the process of finding a path within me to communicate, but I believe that a first step is to stop excluding myself and thinking that “not me” is enough. The opposite is true, we need to “stay in” to make space for/and to be uncomfortable, to be with the pain, to hold it, to honor it. As a therapist I have a passion for the work of healing trauma, and I believe that the path of healing does not begin until we honor the pain and be a witness of the truth of the other. Yet I have been blind to understand the pain of organizational discrimination that is weaved into our community by years of maintaining the status quo. It destroys all of us, and it will take most of us to create an opportunity to move forward.

The first step as a concept is simple, but to live in it requires to let go of the assumed truth and that my hands have been clean is not enough. We can begin by honoring and being a witness to the trauma of discrimination and to name it as trauma. As a Gestalt therapist we all have a general idea on how to support trauma healing. We don’t question it, we don’t shame the individual for speaking their truth, we don’t minimize it. What we do is name it, believe it, respect the individual for speaking up, and truly make an effort to provide a space for healing. If

we open our compassion, we might be able to start to touch the edge of exile and create a space that is inclusive as a living entity.

As I write this, I am fully aware of the complicated road that lies ahead. I mentioned above that this is not an attempt at an answer or even a clear formulated idea. My only desire is that this is seen as an invitation to start a dialogue in which excuses, or “not me” answers to exclusion can begin to be expunged from our Gestalt community so we can begin to create space for holding pain, which is only the very first step in the long journey of healing our collective trauma.

Rafael Cortina

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HOLDING FAST TO THE CENTER

“More words count less. Hold fast to the center.

Tao te Ching

Holding Fast to the Center

Bruce Aaron, LCSW, CGP

Picture a dial in its off position, as it’s pointing straight up. Now imagine rotating it to the right so that it turns a quarter of the way around its circumference. Notice that while the dial pointer has traveled a full 90 degrees, traversing perhaps 2 or 3 inches, the center of the dial has hardly budged.

Clients come into therapy because circumstances in their lives aren’t turning out as they had hoped. The “circumference” of their lives feels unsatisfactory. Yet our task as clinicians isn’t to solve the specific problems on the periphery of our clients’ existence. We work with their centers, the inner point around which their lives rotate.

The art of therapy is somehow to gain access to that focus, to that inner point, initially to understand what factors are creating the stickiness, and eventually to help them release a bit, so they can “turn” or function more freely in their lives. Sometimes one small click of the center, one minute movement to the right, sends the perimeter of the client’s life sailing through space, such that relationships, for example, are suddenly more satisfying than they had been previously.

Cognitive behavioral therapists might help their clients notice their thought process, to become more attuned to their self-talk. Analytically oriented therapists may encourage their patients to notice their fantasies, dreams, or feelings they have about them. A Gestalt therapist, which I aspire to be, may support their client to become aware of the experience they are having in the present moment: what sensations they notice in their bodies, the stories they are telling themselves about

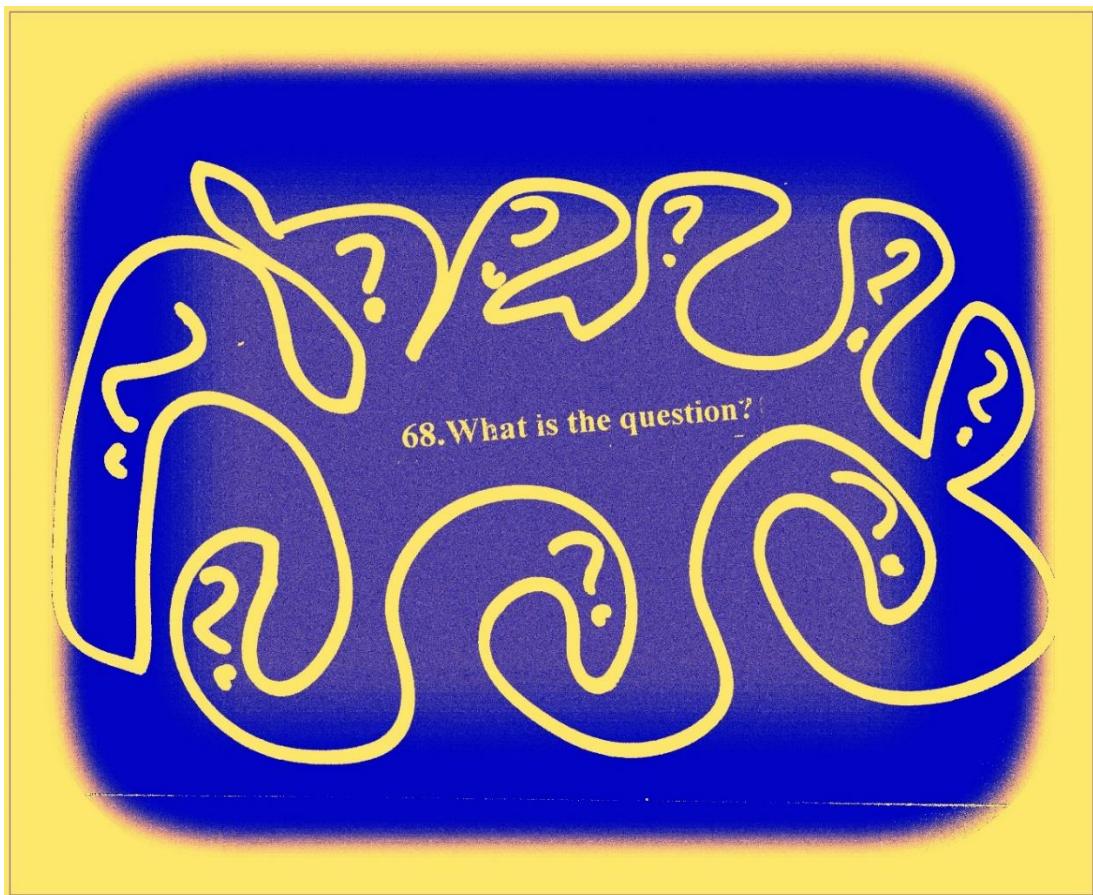
those sensations, the feelings and wants they are experiencing in that very moment. All are attempts to nudge clients' attention to aspects of themselves which they likely pay little attention to. Here is an example of a client noticing his current process during our session and the impact the awareness has had in his life:

He related: "*I remember you pointing out how I was pressing my hands together tightly. You invited me to increase the pressure by 10% to make the sensations more distinct. After a while you suggested I transfer the pressure to a wall and to continue to notice my sensations as I pressed against it. As I pushed as hard as I could, I became aware of how exhausted I felt.*

To view full article, [click here](#)

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WHAT IS THE QUESTION?



What is the Question?

A Playful Approach to Life

In 'What is the Question' you will find 77 Existential Questions that cannot be answered by a simple Yes or No.

They are meant to play with, to chew on, to dance, to sing, to take seriously by writing and finding your own answers that are in process of creating.

For example: Q66. Who are you? Who are you? The obvious question.

Of course you know the answer. You are who you are, nobody else can stand on your feet, or breathe with your mouth, or write the words you long to write.

It means that nobody can tell you what you do or write or say is right or wrong.

Only you can feel what words or actions do with you.

Your responsibility is to find out who you are in relation to the world and to all those other voices surrounding you and expressing themselves.

Once you decide you are going to do IT, it is a great and wonderful adventure what of course can also be painful. But the Right Questions in this book will teach you to 'Never to Give Up' because love is always just around the corner.

Joyful greetings from Tine van Wijk

<https://www.flipsnack.com/iandyou/gpw-to-c-77-right-questions.html>

Or download the PDF for free on www.tinevanwijk.nl

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WHEN LOVE SPEAKS

Dear Colleagues

I am thrilled to announce the availability of my new audio play, *When Love Speaks*.

We have all experienced the terrible loss of a beloved family member or friend. Additionally, we live in an era overwhelmed by loss.

The United States alone has recorded more than one million Covid deaths; ordinary citizens are dying by the thousands in Ukraine; multitudes are dying of starvation in Africa and the Near East; and mass shootings are claiming more victims than ever before.

“Prolonged Grief Disorder” has just emerged as a diagnosable mental condition.

When Love Speaks chronicles one woman’s fantastical pilgrimage from grief to self-discovery and new life.

The brilliant Pamela Berlin directs and the incomparable Laila Robins stars.

You can listen free of charge: whenlovespeaks.online

Lois Meredith, Ph.D.

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OPENING TO GRACE: VIRTUAL RETREAT



...transformational...

Opening to Grace Virtual Retreat

JULY 30 9AM-3:30PM ET



ALEXANDRA MACCRACKEN
GESTALT PASTORAL CARE
MINISTER & TRAINER

gestaltpastoralcare.org

An Opening to Grace Retreat allows you a time to let go, let down, rest and draw strength from the gathered group and allow others to pray for your healing.

You can expect Alexandra to employ both spiritual and gestalt insights as you work with your body, emotions and spirit for your greater wellness.

Observer/Intercessor \$75

Supports the Full Worker with prayer and feedback; Observer/Intercessors receive some benefits well.

Full Worker \$100

Receives the focused attention for about an hour; with the safe and confidential group supporting them.

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GESTALT INSTITUTE OF SAN FRANCISCO



The Gestalt Institute of San Francisco is now inviting interested parties to inquire about and register for our live summer intensive training on the island of Hydra, Greece, July 29 -31, 2022. Visit: <https://www.getraining.net/gestalt-workshop-hydra-greece>

To keep up with announcements and our latest videos visit our new YouTube channel: https://www.youtube.com/channel/UCi7qVYzQaBop_7Ri_IxFFjg

The Gestalt Institute of San Francisco is celebrating 25 years under the direction of Morgan Goodlander. We will have a special dinner on Hydra on Saturday July 30th and all are welcome regardless of whether you are participating in the summer intensive. RSVP to office@gestaltinstitute.com

The Gestalt Institute of San Francisco presents the gestalt approach as both a highly effective therapeutic technology and an extraordinary path for personal growth. The institute offers students an opportunity to learn skills that will transform both their personal and professional lives, through demonstration, direct application, personal experience, and mentorship. The institute provides high quality, structured training, in the context of experiential learning and personal growth. The behavioral "nuts and bolts" of the gestalt approach are taught in an atmosphere of spontaneity, creativity, self-acceptance, and group process. Participants therefore begin to demonstrate not only skill acquisition, but also authentic expression and artistic development.

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"GESTALT THERAPY" STUDY GROUPS

"Gestalt Therapy" by Fritz Perls, Ralph Hefferline and Paul Goodman (PHG) Study Groups

Hi Everyone. I hope you are well and rested after our wonderful Ireland conference "Edges of Exile and Belonging." At the conference I did a workshop on study group opportunities reading Gestalt Therapy by Fritz Perls, Ralph Hefferline and Paul Goodman (PHG). The workshop put forward an experiential, collegial study group designed to support practitioners understanding and benefits of this foundational text in our work. I have ongoing once-a month, 13/4 hour internet study groups. There are currently positions in beginning, intermediate and advanced levels that may be of interest to you. Contact me if you wish to investigate this further. The following provides additional description:

PHG, Gestalt Therapy's foundational text, sets out to make a comprehensive statement of human experience and our radical approach to therapy. It draws on western culture referencing various fields of philosophy, aesthetics, psychology, education, anthropology, sociology, education, and community. It is dense with not well-known references and by many accounts is difficult to understand. Isadore From said it was written so as not to be easily learned/introjected and was meant to be read as a tutored work.

In the "old days" PHG was studied in a line-by-line reading. This study group will take this path and emphasize an integrated process-oriented approach of clarifying meaning and present relevancy so it can be understood, appreciated and related to personal and practice experience. It will emphasize a collegial group process of members' immediate experience with learning. Proceeding in this unitary manner PHG can be understood, enlivened and participants can develop their "Gestaltist" perspective, talents and strengths.

Members have been inspired by this seminal work.

Fee \$50 per scheduled session. Time: one hour and forty-five minutes, once monthly on a Friday. Groups meet Fridays 10:30AM - 2:00PM at varying times.

Perry Klepner:

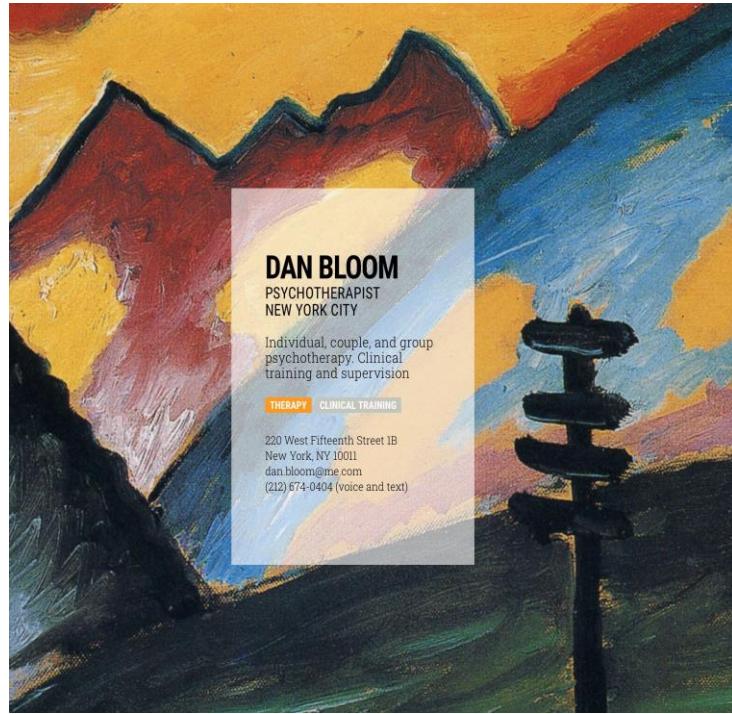
Background: Private practice for individual couples and group therapy, training and supervision in NYC and Kingston, NY.

Association: the New York Institute for Gestalt Therapy, member, Fellow and past president, trained with Laura Perls, Isadore From and Richard Kitzler.

For Information contact me at: perry302@aol.com or phone 646 596 2073. Location: 302 West 79th Street, Suite 1C, NY, NY.

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DAN BLOOM SUPERVISION AND WEBINARS



I am available for online individual and group supervision. My webinars in gestalt therapy and webinars in phenomenology and gestalt therapy regularly accept new members.

Contact me:

dan.bloom@me.com, voice or text 1 800 212 674 0404

www.danbloomnyc.com

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5TH INTERNATIONAL GESTALT THERAPY RESEARCH CONFERENCE

Greetings,

Just a reminder inviting you to join us at the 5th International Gestalt Therapy Research Conference in Hamburg, Germany on 2-4 September 2022.

Know that if you register for the livestream option now, you still have the option later to

change to an in-person registration if needed!

Come join us in supporting gestalt research and engage with colleagues and conference speakers around how research can help gestalt further evolve.

Go to <https://research-conference-hamburg2021.com/> to register for the conference or for more information about the conference.

Thank you!

**The Hamburg Conference Conveners
(Vincent, Hella, Olaf, and Mark)**

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THE GESTALT INTERNATIONAL STUDY CENTRE



The Gestalt International Study Centre
www.gisc.org

Introduction to the Cape Cod Model (Live-Online) – Begins September 8, 2022
Applying the Cape Cod Model in Organizations

This program focuses on coaching applications of the Cape Cod Model ©, a specific intervention technique that supports the individual's own competencies and ability to move towards change. It is designed for both clinically and organizationally trained individuals either working as coaches or for those considering a move into coaching.

[Learn more](#)

Coaching & Consulting with Teams (Live-Online) – Begins October 19, 2022
Applying the Cape Cod Model in Organizations

This program provides advanced practice in organizational applications of the Cape Cod Model[®], a competence-based approach to facilitating greater effectiveness and change. Practitioners will learn and sharpen their ability to coach teams and consult with groups.

[Learn more](#)

**A Competency Development Program for Coach Certification (CDPCC) (Live-Online) – Sessions begin November 3, 2022
*Skills for High Impact Coaching***

This coach certification program, suitable for those new to coaching as well as for experienced coaches, consists of four sessions of theory, discussion and extensive coaching practice. Formal sessions are supplemented with additional virtual opportunities for participants to practice their skills, share concepts with their peers, and work with a qualified faculty/mentor coach. The program includes interactive work that will assist the participant in establishing their own coaching practice. Successful completion of the program earns the GISC Coach Certificate and qualifies graduates to apply for ICF certification.

[Learn more](#)

For more information and to view the full program list, [click here](#)

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CONTEMPORARY ORGONE (REICHIAN) THERAPY FOUR-YEAR TRAINING

Contemporary Orgone (Reichian) Therapy Four-Year Training



September 2022 – June 2023

An in-depth training program for health professionals in the theoretical and procedural fundamentals which are used in somatic psychotherapy and contemporary Orgone (Reichian) therapy practice. These fundamentals embody an integration of classical Reichian therapy, Gestalt Therapy, and contemporary developments in the fields of psychoanalysis, attachment and affect theory.

Course of study: The program of study is spread over four years; twenty 2-hour video or in person meetings per year, two meetings per month.

Format: Meetings will include discussion of assigned readings, presentation of clinical case material, clinical demonstrations and group experiential work. Participants will be expected to: a. read the weekly assigned readings and come prepared to each meeting with questions to be addressed, b. work as therapist and client in front of the group, and c. present clinical work to the group in the form of clinical presentations and audio or video recordings.

Learning objectives:

1. Develop a thorough understanding of and ability to apply Reich's functional conceptualization of the relationship between psyche and soma in the process of individual counseling.
2. Develop the ability to use contact and emotional attunement as a ground from which to engage clients in individual counseling from a somatic perspective.
3. Learn to apply characterological and somatic interventions with clients in individual therapy to help them address problems with estrangement from somatic experience and identify and lessen defenses against emotional contact, experience and expression.
4. Learn to work in the 'here and now' and track and respond to clients' moment by moment responses to changes in their emotional state by observing somatic changes evidenced by body movement and gestures, changes in respiration and facial expression, and changes in vocal tone and prosody.

For more information, and to read the full article, [click here](#)

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