

## Abstracts of all presentations

### **A. Can research be relevant to Gestalt therapists, or any type of therapists?**

*Louis Castonguay*

**plenary, friday 10h15, room Bruxelles**

This keynote address will focus on what might be the most unfortunate and costly schism in the field of mental health: The lack of mutual influence and collaboration between clinicians and researchers. After a brief mention of some of the factors that have contributed to this schism, the presentation will describe ways by which research might be helpful to clinicians, including Gestalt therapists. In particular, findings related to principles of change, psychopathology, psychotherapy integration, and therapist effects may provide helpful clinical guidelines without necessarily imposing drastic change in the practice of many practitioners. It will then be proposed that evidence based on traditional research can be complemented by findings related to "practice-oriented research" (POR). In contrast with traditional researcher, which is typically conducted by full time researchers in controlled setting, POR focuses on active collaboration between researchers and practitioners in conducting studies in naturalistic settings.

### **B. Embodiment and synchrony as fundamental ingredients of psychotherapy**

*Prof. Dr. Wolfgang Tschacher*

**plenary, saturday 9h30, room Bruxelles**

Current quantitative research increasingly shows that, and how, therapeutic interaction is grounded in therapists' and clients' posture, body motion, gesture and prosody, in short, in their bodies. This is of course not big news to Gestalt therapists, but it is still uncharted territory in academic psychotherapy research. Recent empirical projects have, for instance, supported the idea that the quality of alliance is embodied by the degree of nonverbal synchrony between therapist and patient. Therapeutic nowness, the experienced present moment, can possibly be operationalized by the duration of significant synchrony levels of people interacting. Embodied synchrony was found associated with personality features of patients such as attachment styles and interpersonal problems. In schizophrenia patients, nonverbal synchrony with healthy partners during role plays was significantly related to symptom profiles. The evidence accumulated so far suggests that the degree of nonverbal and physiological synchrony may be a pivotal predictor of features of social interaction, of individual emotion regulation, as well as an indicator of the severity of psychopathology in schizophrenia and other disorders. Seen this way, embodiment should be included in the canon of 'official' therapeutic common factors.

In the wider perspective of dynamical systems theory, the formation of therapeutic synchrony can be understood as an emergent feature of a complex self-organizing system. With this, I believe that today's systems theory addresses the core phenomenon of past Gestalt psychology in a novel and mathematically based way. At the same time, this may also open up an opportunity for present Gestalt therapy to better connect with current psychotherapy research.

### **C. Epistemological and practical consequences for research in Gestalt-Therapy, if we choose to adopt Wampold's contextual model**

*Xavier Briffault*

**plenary, sunday 9h30 room Bruxelles**

American psychologist Bruce Wampold has significantly contributed to the dissemination of an alternative to the use of the medical model in the field of psychotherapy and mental health. In doing this he has opened new possibilities for those researchers who do not accept the limitations of the medical model methodology, as it is the case for many gestalt therapists.

This new approach is a welcome advance for the advocates of humanistic therapies, who have been threatened and were even thought eliminated by the so-called evidence-based therapies, that have intelligently exploited to a maximum effect the positive experimental results that they obtained in randomized controlled trials.

But this new path does not come without some real new difficulties that must be faced in order to use it successfully. The main point is that this model's effectiveness is essentially focused on the factor of the therapist characteristics and that he /she should be the focus of an evaluation process to legitimize practice. It is therefore taking into account this major new paradigm that gestalt therapists (but more generally the psychotherapists of all modalities) will need to carry out important research work on both: what makes a "good" therapist and the training model which allows the development of such practitioners. Then we need to concretely apply the results of this research.

## **D. Next....Visions for Gestalt-thérapie**

*presented by Jan Roubal*

**plenary, sunday 14h30 room Bruxelles**

Where to invest our future efforts in a meaningful, effective and strategic way? Visions for research activities in Gestalt therapy discussed with Uwe Struempfel, Tomas Rihacek, Madeleine Fogarthy and the representatives of the conference focus groups.

panel discussions

## **P1. Research methodologies appropriate to and resonant with gestalt therapy**

panel discussion *présented by Mark Reck*

**friday 15h30, room Bruxelles**

This panel will feature presenters sharing specific research methodologies appropriate to and resonant with the values, contours, and philosophical underpinnings of gestalt therapy for practitioners to consider in any research work they conduct. Specifically, a gestalt-based phenomenological qualitative method and Kurt Lewin's psychological research method will be presented. Among the presentations will be discussions around benefits and limitations of each method, recommendations around the use of such methods, and reflections from presenters about their experiences with such methodologies. Dialogue between all participating in this panel will be emphasized in the service of making research methodology more meaningful to our larger gestalt work.

*participants:*

### **Pablo Herrera Salinas**

*Gestalt psychotherapist, phd in psychotherapy research (catholic university of chile; heidelberg university). Teacher and researcher; has presented in scientific meetings in chile, argentina, switzerland, italy and u.s.a. In charge of research in the gestalt institute of santiago. Professor, clinical supervisor and researcher at the university of chile, santiago. Main research topics: psychotherapy process, patients' conflict and resistance towards change. Currently heading an international research project focused on studying gestalt therapy process and measuring outcome, in order to validate our practice and understand its change mechanisms.*

### **Natalia Kedrova**

*Natalia Kedrova, dipl. psychologist, clinical psychologist, graduated 1980 Moscow State University, postgraduated Courses in Institute of psychology, laboratory of researchers in development of preschool children communication, school psychologist in private school, teacher of psychology in Moscow University of Psychology and pedagogy. Studied gestalt therapy with trainers from FPI, Hamburg, French Gestalt Institute, Gestalt-Institute of Los-Angelos and others. Gestalt therapist since 1994, trainer and supervisor in Moscow Gestalt Institute. Leader of departement of Gestalt-therapy for children and families. EAGT member. Author of book " The ABC of Emoticons".*

### **Mark Reck (moderator)**

*Mark is a licensed psychologist-doctorate and gestalt psychotherapist. He currently works at Counseling & Psychiatry Services in the Center for Health & Wellbeing at the University of Vermont in Burlington, Vermont, USA. He is a member of the Association for the Advancement of Gestalt Therapy (AAGT) and currently holds the roles of Research Liaison on the AAGT Executive Council and Chair of the AAGT Research Committee. In addition to gestalt therapy philosophy, theory, and practice, Mark has been active in exploring the role of research within gestalt therapy, both around how research can inform the gestalt therapy approach and how research methodology can be sensitive and appropriate to the gestalt therapy approach.*

## **P2. What does a therapist do when s/he does Gestalt therapy?**

panel discussion *présentend by Gianni Francesetti*

**friday, 17h30, room Bruxelles**

This is a crucial question for all researchers: how do we know that what we are evaluating is Gestalt therapy? Indeed, in order to say that a therapy is effective or not, or to study the processes of that therapy, we should be sure enough that this specific therapy is really used. I could say that I'm doing Gestalt therapy, but in fact I may do something different without being aware of that. So the point, a difficult and challenging one, is to define what Gestalt therapy is. Probably this is far more difficult for an approach that does not have behavioural protocols. There are some attempts in this direction, i.e. the document on Professional Competences of a Gestalt therapist elaborated by the EAGT and the Gestalt Therapy Fidelity Scale (GTFS) developed by Madeleine Fogarty. So, the questions on the table are: what is specific to Gestalt therapy? Is it

possible to describe it? What are the benefits in doing this? And what do we risk? In this panel, we critically discuss this issue from different points of view in order to raise our awareness of if and how Gestalt therapy can be defined and recognized in processes of evaluation.

*Participants*

**Peter Philippon**

*Peter Philippon, M.Sc. (Gestalt Psychotherapy) is a UKCP Registered Gestalt psychotherapist and trainer, a Teaching and Supervising Member of the Gestalt Psychotherapy & Training Institute UK, a founder member of Manchester Gestalt Centre, Full Member of the New York Institute for Gestalt Therapy, Senior Trainer for GITA (Slovenia), advisory board member, Center for Somatic Studies and a guest trainer for many training programmes internationally. He is Past President of the Association for the Advancement of Gestalt Therapy. Peter is the author of 'Self in Relation', pub. Gestalt Journal Press, 'The Emergent Self' pub. Karnac/UKCP and 'Gestalt Therapy: Roots and Branches' pub. Karnac, and many other chapters and articles. He is a teacher and student of traditional Aikido.*

**Michele Settanni,**

*Michele Settanni, PhD, is an Assistant Professor of Psychometrics at the Department of Psychology, University of Turin, Italy. He is a Gestalt psychotherapist and teaches Research Methods in Clinical and Social Psychology at the University of Turin. His research activity focuses on developing and adapting instruments to measure psychological constructs and on the evaluation of clinical treatments and prevention programs for promoting well-being in different populations.*

**Madeleine Fogarty**

*Madeleine Fogarty lives in Melbourne, Australia where she is a Gestalt practitioner, supervisor, facilitator and researcher who has been working on the development of the GTFS for the past few years. She is a clinical member of PAFCA, AAGT, NYIGT, the treasurer for GANZ and a scientific board member of the EAGT.*

**Jan Roubal,**

*Jan Roubal, MD, PhD, is Assistant Professor at Masaryk University and in the Center for Psychotherapy Research in Brno. He leads the Training in Psychotherapy Integration and the training Gestalt Studia in the Czech Republic. He chairs the Research Committee of the EAGT. He co-edited the books "Gestalt Therapy in Clinical Practice. From Psychopathology to the Aesthetics of Contact" and "Towards a Research Tradition in Gestalt Therapy".*

**Gianni Francesetti (moderator)**

*Gestalt therapist and psychiatrist. President of IPSIG - International Institute for Gestalt Therapy and Psychopathology. Past president of EAGT, member of AAGT, NYIGT, SPR. Member and past chair of the EAGT Research committee.*

**P3. Research: a space for cooperation and dialogue between modalities**

panel discussion presented in french by Florence Belasco

**saturday 14h30 room Bruxelles**

This panel discussion is the opportunity for an encounter between different movements : the person centered approach (PCA – Rogerian therapy), psychoanalytic psychotherapy, Mindfulness and Gestalt-therapy. Its main objective is to lead to a dialogue between these different modalities regarding research, to measure their differences but also their joining points.

Each of these approaches will present its perspective on research, the state of mind among the therapists following this approach and the problems it seeks to solve or contribute to. We will end with an exploration of the conditions and possibilities for collaboration.

*participants*

**Georges Escribano: Psychoanalytic psychotherapy**

*A clinical psychologist, Psychoanalyst, Psychotherapist, and Transactional Analyst, Georges has 18 years of experience in institutions and 35 years of private practice. He is a teacher of clinical psychology and psychotherapy in France and in Spain (universities and post-university institutes) and he also a teacher and supervisor in Psychosociology (models of the psychic, social and economic dimensions, which are inseparable in each human being). He is currently working on a sustainable development project in a Rio de Janeiro favela.*

**Xavier Haudiquet-Lamarque: PCA**

*Xavier is president of PCA-France, a training facility for Carl Rogers' Person Centered Approach and is a psychotherapist, a supervisor, and a trainer. In Mexico, where he lived for roughly two decades, he also trained in Gestalt-therapy, Mind-Body Therapy and the Transpersonal approach. He has taught humanistic*





A quantitative research investigation continuing my 2015-16 sabbatical research into the relationships between and among the DSM 5 diagnosis, contacting styles and changes in contacting styles over the course of Gestalt psychotherapy treatment, using clinical data obtained from Gestalt Associates for Psychotherapy (GAP) therapists— in-training and their clients in the GAP's low-fee psychotherapy clinic. Statistical evidence of correlations of DSM 5 diagnosis and reductions in contacting resistance styles over 18 months as measured by the Gestalt Inventory of Resistance Loadings (GIRL) and Gestalt Mental Status Exam (GMSE) is presented and indicate the measurable practice-based treatment effectiveness of Gestalt Therapy.

*Susan Grossman, DSW, LCSW-R*

*Dr. Susan Grossman is a professor at Providence College and trained at Gestalt Associates for Psychotherapy, New York where this research is underway. In practice for 32 years and an APA Board Certified Fellow*

### **N°3 Researching NOSC in Gestalt: Some Insights from Religious Science**

*Nils S. Konstantinovs*                      **lecture, friday 18h15, room Vienne**

Keynote presentation with case example from private practice. Invitation for audience to engage in critical discussion.

The role of spirituality in therapy has been a neglected phenomenon both for ideological and historical reasons, yet lately it has experienced a growing interest attested by number of textbooks and research articles. Gestalt therapy can provide a particularly fruitful ground for exploring these non ordinary states of consciousness (NOSC) or “mini-satoris” as Fritz Perls called them. Yet although they provide significant resources for therapy and change, these states are notoriously hard to define, classify and research. The presentation will offer to borrow insights from discipline which has vast experience in conducting this kind of research – namely, religious science. By adapting the methodological approach proposed by William Grassie in his “New Sciences of Religion”, the presentation will show how to apply the two stage phenomenological approach to research of NOSC. A case vignette from Gestalt practice will demonstrate some possible advantages and future directions.

*Nils S. Konstantinovs*

*Holds a Masters degree in Theology and Religious Science from University of Latvia. Currently doing Doctorate with Cambridge Theological Federation, researching spirituality in therapy with adolescents. Trained in Riga Gestalt Institute.*

### **N°4 Who Am I - Issues of Identity as Researcher**

*Claire Asherson Bartram*                      **workshop, saturday 14h30, room Bonn**

Participants will be asking the question 'who is the researcher researching as?'

The area to be explored are issues of self identity in qualitative research. How a researcher identifies themselves, influences their choice of methodology, their perception of their relationship with the material and with people they might be interviewing. Thus a Gestalt therapist involving people who are not Gestaltists identify with a particular group, also with certain theories and a model of experience. Their sense of who they are has the potential to separate them from, or join them with their participants. Identity is also connected with issues of power. In qualitative research, both how the researcher identifies herself and how she is seen by her participants influences the data. In the reflexive process of self examination, the researcher may shift their identification, finding increasingly authentic understandings of who they are. This workshop is to be viewed as an exploration rather than a didactic presentation. The participants are welcome to bring their own projects.

*Claire Asherson Bartram*

*I am a psychotherapist, group facilitator Tutor and supervisor of research dissertations. I have a doctorate on mothers in stepfamily situations, which includes my own experience. The methodology is qualitative, primarily heuristic*

### **N° 5 Evaluation of the effects of Gestalt-therapy with the TCT 125 of R.C. Cloninger**

*Jean-Luc VALLEJO, Benjamin CALVET, Yves PLU, Professor Jean-Pierre CLEMENT*

## lecture, friday 18h15, room Madrid

The development of Gestalt-therapy, now widely practiced in the world, might lead one to think that it is effective. While this approach has grown significantly since the early 80s, there is no scientific research, at least in France, with rigorous enough protocols to be compared to actual scientific standards, on the assessment of the effects of Gestalt therapy.

In partnership with a neuro-scientific team, we built a project of scientific research, initiated in 2016, about the effects of Gestalt therapy on the personality. We opted therefore for the definition of personality of the WHO, and a dimensional scientific and recognized measuring instrument, the Temperament and Character Inventory of R.C. Cloninger, that could integrate the both approaches.

In our presentation, we shall explain and detail this research, its method and protocol, the objectives, the benefit expected for customers and practitioners, and invite gestalt-therapists to participate in this research as investigators

*Jean-Luc VALLEJO*

*Gestalt therapist, Supervisor, Educational Director of the ILFG (Gestalt-therapy and Training Limousin Institute), EAPTI Institute, Limoges, France*

*Benjamin CALVET*

*Psychiatrist, Hospital Practitioner, Seeker in neuro-psychopathology, Member of the staff U 1094 of INSERM (National Institute of Health and Medical Research) CH Esquirol, Limoges, France*

*Yves PLU*

*Gestalt-therapist, Supervisor, Director of Gestalt+, EAPTI Institute, Rennes, France*

*Professor Jean-Pierre CLEMENT,*

*Psychiatrist, Research Supervisor, member of the teaching and research staff U 1094 of INSERM (National Institute of Health and Medical Research), CH Esquirol, Limoges, France*

## **N°6 The creation of an international practice based research network in Gestalt Therapy**

*Pablo Herrera, Jan Roubal, Illia Mstibovskyi, Phil Brownell*      **lecture, saturday 14h30, room Madrid**

The aim of this project is to present a framework to create a practice based research network (PBRN) that allows us to study Gestalt Therapy efficacy and change process, overcoming the usual limitations of Randomized Clinical Trials (the usual method for studying therapy efficacy).

The study uses the Single Case, Time Series method (SCTS), which is accessible to private practitioners without ties to universities and research funds.

Ethical concerns include the therapeutic and relational impact of completing frequent questionnaires and videotaping the therapy sessions.

Our first results focus on 10 clients with anxiety difficulties.

All of them showed therapeutic improvement, which was clinically meaningful in 9 of the 10 cases (in 1 case that was debatable)

In conclusion, GT can yield promising results with anxiety clients (a population that hasn't showed good results with humanistic therapies in general). The SCTS method is useful for generating process and outcome results in a PBRN.

*Pablo Herrera*

*Psychologist and Gestalt psychotherapist, PhD in psychotherapy research at Heidelberg University (Germany). Teacher, clinical supervisor and researcher in the Psychology department of the Universidad de Chile, Santiago, Chile.*

*Jan Roubal*

*Jan Roubal, MD, PhD, is a psychotherapist, psychiatrist, supervisor and psychotherapy trainer. He teaches psychotherapy at Masaryk University in Brno, Czech Republic, where he also participates in the work of the Center for Psychotherapy Research.*

*Illia Mstibovskyi*

*Illia Mstibovskyi, PhD, is a gestalt therapist, coach and trainer. Education in Gestalt therapy has received in the Gestalt Associates Training Los Angeles (GATLA), the French Institute of Gestalt Therapy (IFGT) and the Paris School of Gestalt (EPG).*

*Phil Brownell*

*Phil Brownell M.Div., Psy.D. Certified Gestalt Psychotherapist and professional coach. He is an author and editor, having written and/or edited over six books, contributed numerous chapters to multiple other books and peer reviewed journals.*

### **N°7 Working with dreams in Gestalt-Therapy: phenomenology and neuroscience**

*Silvia Alaimo*                      **lecture, friday 18h15, room Dublin**

Working with dreams in Gestalt Therapy highlights the specificities compared to analytical models for the aesthetic, phenomenological and relational dimensions.

Dreaming is a physiological process as breathing. It shows the connection between Körper (physical body) and Leib (living body). The aesthetic dimension is in listening with opened senses and the phenomenological aspect is in maintaining respectful adherence to the images, without distortions or interpretations, which sometimes 'dis-embodiment' the emotions, making the plot a dream signs of an internal psychic geometry.

An 'embodied' lecture of the dream, though reduces the gap between dreamed dream and told dream, looking at the body and relational intentionality inside dreaming act.

This prospect has been confirmed by research in neuroscience, where while the body is asleep, the individual experiences an impalpable contact with the other one even in dreaming.

*Silvia Alaimo*

*Psychologist and psychotherapist, teacher in training at the Institute of Gestalt H.C.C. Italy in Syracuse. My clinical experience is gained in the hospital at the Psychology Service.*

*I currently work in private practice in Catania.*

### **N° 8 Connecting contemporary science to Gestalt**

*Wil Meeus*                      **lecture, friday 16h15, room Bonn**

This contribution explores some contemporary literature in the field of biology, neurology and psychology to find interconnections with Gestalt theory. Is Gestalt a Darwinist theory? What characteristics of the brain support Gestalt principles? Which blind spots of the dominant cognitive psychology can be revealed by Gestalt? How do mental processes of emotion and cognition relate to the dyad of consciousness and unconsciousness? Answers to these or similar questions will be presented as statements to be discussed with the participants. Since the ideas proposed result from a rudimentary literature study, outcome of the debate will be leading the way for further selection of literature and the prospect of research projects expanding Gestalt theory.

*Wil Meeus*

*Wil Meeus holds a PhD in pedagogical sciences and works as a teacher educator at the University of Antwerp. He teaches (among other things) didactics for behavioral sciences. He's a certified psychologist and first year student in Gestalt therapy.*

### **N°9 Gestalt Therapy Interventions: Rating Manual**

*Peter Schulthess*                      **lecture, saturday 14h30, room Amsterdam 9th floor**

Presentation of the Rating Manual for the Objective Evaluation of Psychotherapy Interventions of Psychotherapists based on various theoretical concepts including Gestalt therapy, which was used in a naturalistic process and outcome study, comparing 10 different modalities in Switzerland. The process of constructing, testing and validating of this instrument will be presented and some results that we found in applying this manual by independent raters on tape recorded sessions.

Findings: the adherence of the therapists interventions to the declared modality was poorer than expected and differs even within different therapies of the same therapists.

Over all modalities therapists use over more than 50 % so called general interventions.

This gives a new view to the Dodo-bird verdict.

The empirical evaluation of all data showed that the concept adherence is not a significant predictor for success in therapies.

*Peter Schulthess*

*Gestalt therapist EAGT, Zurich Switzerland. Chair of the Swiss Charter of Psychotherapy. Co-author of a naturalistic study comparing 10 different modalities in Switzerland. Past president of EAGT. Chair of Science and Research Committee of EAP*

### **N° 10 Businesswomen and female private practitioners relationship with money.**

*Hege Nordahl*                      **Research consultation workshop, friday 16h15, room Dublin**

I am on the beginning of my research project and I will present my research question which I believe many can relate to and get feedback from the participants. I would also like to go to address the diversity of methods and approaches within the phenomenological method, and hopefully meet someone who has experience from the Descriptive Phenomenological by Amadeo Giorgi.

*Hege Nordahl*

*Doctoral Candidate at Metanoia London, Doctorate in psychotherapy by professional studies, Gestalttherapist, coach and management consultant at Sandvika coaching AS, Norway*

### **N° 11 How to include research into psychotherapy trainings**

*Jan Roubal Gianni Francesetti*

**educational workshop, saturday 14h30, room Dublin**

Educational workshop mainly for psychotherapy trainers and training leaders.

The workshop is intended to support a meaningful integration of research into a Gestalt therapy trainings.

The topic can be interesting and useful especially to trainers, supervisors and training leaders, but hopefully also to trainees and practitioners. We will discuss our professional experiences with the topic and together with the participants we will explore basically two issues: (1) How can research be taught in a training in a way, which would complement well and enhance the learning process of trainees? (2) How the training itself can be researched in way, which would provide a useful feedback to the trainers?

*Jan Roubal*

*Gestalt therapist, supervisor and trainer. Assistant professor at Masaryk University, member of the Centre for Psychotherapy Research. Chair of the EAGT Research committee. Editor of the book Towards a Research Tradition in Gestalt Therapy.*

*Gianni Francesetti*

*Gestalt therapist and psychiatrist. President of IPSIG - International Institute for Gestalt Therapy and Psychopathology. Past president of EAGT, member of AAGT, NYIGT, SPR. Member and past chair of the EAGT Research committee.*

### **N° 12 How to publish your research**

*Jan Roubal and Tomas Rihacek*

**educational workshop, friday 15h30, room Londres**

Educational workshop for researchers, who want to learn how to write about their project and how to succeed in a scientific journal.

The workshop will offer guidelines for writing a research article. We will discuss our experience with publishing in scientific journals and we will offer our suggestions regarding the following questions: How to organize your work and plan steps for effective writing? How to structure the article for a scientific journal? How to start writing? How to keep on writing even if your head becomes “empty”? How to choose an appropriate journal for your article? How to submit? And how to survive and use reviewers’ feedback? Our intention is to support practitioners in publishing their own work and, therefore, we will adjust the workshop program to participants’ questions and needs.

*Jan Roubal*

*Gestalt therapist, supervisor and trainer. Assistant professor at Masaryk University, member of the Centre for Psychotherapy Research. Chair of the EAGT Research committee. Editor of the book Towards a Research Tradition in Gestalt Therapy.*

*Tomas Rihacek*

*Tomas is a psychologist and psychotherapist, trained in gestalt therapy. He works as an Assistant Professor at the Faculty of Social Studies, Masaryk University in Brno. He is a founding member of the Center for Psychotherapy Research, Brno.*

### **N° 13 Descriptive research : reliably describing the practice from the point of view of the gestalt-therapist leading it.**



*Frederique Brissaud*

**lecture, friday 16h15, room Madrid**

Numerous studies have shown that:

- 1- Practitioners have an erroneous view of their own actions.
- 2- Actual practice is quite distant from the professed theories.

In spite of our personal therapies, our training and our supervisions, this also applies to gestalt-therapists. The scientific project of the Pragma research group is to produce reliable descriptions of the practice from the point of view of the practitioner. Our starting point is a model of competences built from actual practice. Our research aim is to confirm and enrich this description. We follow the descriptive research methodology used in Science of Education.

Our research data consists of transcriptions of sessions, enriched with reliable elements from the experience of the practitioner that are obtained using the self-confrontation interview method.

One can expect professional, political, pedagogical and scientific benefits from such descriptive research.

*Frederique Brissaud*

*Gestalt-therapist, certified member of the CEGT, co-founder and co-director of GREFOR, founder of the PRAGMA research group, doctor in computer science;*

*Publications: December 2016 - "Enlightening Existence and cultivate Growth"*

#### **N° 14 How to start a research project as a practitioner?**

*Tomáš Řiháček*

**educational workshop, friday 17h30 and saturday 14h30, room Londres**

We will explore the possibilities and challenges of setting up a research project in a clinical practice. There are two groups of questions that need to be discussed. The first one pertains to the conceptual aspect of a project: What do we want to find out? What kind of designs and methods would be appropriate? Do we intend to generate results instantly applicable to practice, or to persuade insurance companies about the effectiveness of our approach? The second group of questions is related to the practicalities of the project: How to find/form a group of like-minded practitioners/researchers? How to proceed with data collection? Who can help us with data analysis? Can we manage the project without any financial resources? Where can we apply for money to support our project? In our discussion, we will proceed from the participants own experience and ideas and adapt the contents to their particular needs.

*Tomáš Řiháček*

*Tomas is a psychologist and psychotherapist, trained in gestalt therapy. He works as an Assistant Professor at the Faculty of Social Studies, Masaryk University in Brno. He is a founding member of the Center for Psychotherapy Research, Brno.*

#### **N°15 Tool for evaluation of Gestalt therapy**

*Daan van Baalen*

**Research consultation workshop, friday 15h30, room Dublin**

The main objective of this project is to develop a tool that can be used for ongoing evaluation of treatment results in Gestalt therapy. CORE 10 can be used as a measurement tool comparing the outcome of Gestalt therapy with a Gestalt Diagnosis form (GDF), developed by NGI. The project is accepted by the Norwegian research council.

The challenge is to assess a form that allows reliable statistical analyses and evaluation of treatment results. Gestalt therapists trained by NGI shall be invited to do the scores with CORE 10 (clients) for and GDF (therapists) after the session.

We ask for static counselling:

1. CORE-10 before the session by the client and GDF after the session by the therapist or
2. A group of clients score CORE-10 only and the therapists do not score, another group of clients where only the therapists score GDF. Ethical concerns are secured by cooperation with NSD.

Participants could be helpful with the questions mention in the document: How best to find a correlation between CORE 10 and Gestalt Diagnosis Form (GDF)?

*Daan van Baalen MD, PhD*

*ECP; EAGT; GPO certified Founder (1986) Norsk Gestaltinstitutt AS (NGI) academic college, Gestalt therapist, teacher and supervisor. Taught in several European institutes and published several articles.*

#### **N°16 'Remembrance of Things Past': Reflections from the fertile field, 1990-2017**

*Dr Rosie Burrows*

**lecture, friday 18h15, room Amsterdam 9th floor**

This presentation will reflect on past authored and co authored research, exploring the Gestalt researcher as witnessing, influencing, and being influenced by engaging with personal and social change in areas of environmental, social and psychological concern.

The method will involve a Gestalt appreciative and confrontative inquiry from 1990 to the present of a place and people recovering from the impact of political and other conflicts, human rights violations, war, shock, and relational trauma/loss, and, in the process of transition towards a better society.

Ethical concerns arise in a contested context of multiple realities and perspectives, and, in reflecting on individuals, families, and communities who experienced acutely or/and chronically vulnerable life situations. Conclusion: present centred research exploration that models using the past for transformative learning.

*Dr Rosie Burrows*

*Rosie is a Gestalt psychotherapist, supervisor, trainer and research practitioner living and working in Belfast, Ireland since 1990. She is committed to connection: to who we really are, and, to living cultures of healthy interdependence.*

### **N°17 Exploring the social political contributions of the gestalt therapy.**

*Jose Alberto Carreón Borja*      **lecture, friday 17h30, room Dublin**

The aim of this case study is to clarify how Gestalt Therapy contributes to social change in a socio-political perspective. The data collection technique was the in-depth interview, with a semi-structured questionnaire. The sample consisted of gestalt therapists, three men and three women, from three generations of graduates of the Instituto Humanista de Psicoterapia Gestalt. The interview explored how collaborator became therapists, why patients go to therapy, key intervention elements, and how therapy contributes to change patients' daily lives. The socio-political perspective is constructed with: socio-phenomenological studies on everyday life (Husserl, Schutz, Berger & Luckmann, Habermas); And aesthetic approaches (Fernández Christlieb, Mandoki, Dewey); Which are articulated with Gestalt Therapy of PHG. The findings suggest that Gestalt Therapy contributes to re-Form the social order in a political perspective, although therapists do not identify this contribution.

*Jose Alberto Carreón Borja*

*Mexico, 1968. Social psychologist interested in issues of education and social development. Study the master degree in Gestalt. I currently practice as a therapist, as teacher of research and as academic coordinator in the master of gestalt.*

### **N°18 Anger is a friend, not the enemy, on how Nepalese counsellors deal with anger**

*Pragya Shrestha and Frans Meulmeester*      **lecture, saturday 15h15, room Vienne**

The aim of research is to explore how counselors or therapists handle and treat anger of client in Nepal and based on this study provide the reader with basic recommendations on how to help client express their anger freely in counseling. The qualitative approach was found to be the most suitable for this type of research. Semi-structured questionnaire with open and close ended questions were used. The interviews were face to face with audio recorder, which was transcribed after the interview. The respondents were made aware of this and verbal consent was taken. They were informed at least a day to weeks earlier from the telephone to know the willingness for the participation. Each interview was transcribed and analyzed. The date was divided into themes. The findings were compared with Gestalt literatures. The study is ongoing to drag result and conclusion from the data collection and few practical implementation of Gestalt psychotherapy with the cases.

*Pragya Shrestha*

*Psychological counselor from Nepal. Did her master degree in Psychology and has been working for 8 years as Sr. Clinical Supervisor in psychosocial and mental health organization, (TPO). Will graduate in March from 4 year Gestalt training.*

*Frans Meulmeester (mentor)*

*Next to other activities as trainer and supervisor, Frans is a staff trainer of the Himalayan Pathway Psychotherapy Institute in Kathmandu Nepal. He stimulating and supporting the students to do research.*

### **N°19 Exploring therapeutic factors and changes in individual Gestalt psychotherapy**

*Rytis Arturas Stelingis, Laima Sapezinskiene and Lina Jurkstaite-Pacesiene*

## **lecture, friday 15h30, room Amsterdam**

In this presentation we will present a summary of the design and results of our practice-based research.

Objectives: 1) to adapt Yalom's Q-sort methodology of therapeutic factors to individual psychotherapy and 2) to apply it in practice, analysing changes experienced by clients and patients during individual Gestalt therapy. Quantitative and qualitative research methods have been used.

Methodology: the research was conducted by 3 Gestalt psychotherapists in 3 Lithuanian cities (Kaunas, Vilnius and Klaipeda). The research included respondents suffering from anxiety, depression or post-traumatic stress disorders. The questionnaire was adapted by Stelingis for assessment of individual psychotherapy, selecting 40 statements to make up 10 therapeutic factors categories. Respondents evaluated the importance of factors using Likert's 7-score-scale from 1 up to 7.

Results and conclusions: the data collected during the research have shown that Yalom's Q-sort methodology of therapeutic factors adapted by Stelingis is suitable to assess the effectiveness of individual Gestalt therapy.

*Rytis Arturas Stelingis*

*Dr. Rytis Stelingis, MD, D.Psych. is a Gestalt therapist with about 25 years of experience. He is a founder of Gestalt Studies Center of Kaunas, President of Lithuanian Gestalt Association and Chair of Lithuanian Association for Psychotherapy.*

*Laima Sapezinskiene*

*Dr. Laima Sapezinskiene is doctor of Organization Sociology and Gestalt therapist with over 20 years of experience. She takes part in research projects dealing with psychosomatic health issues, psychotherapy and dance / movement therapy.*

*Lina Jurkstaite-Pacesiene*

*Lina Jurkstaite-Pacesiene has Master's degree in Psychology and qualification of Gestalt psychotherapist.*

*Lina is an ordinary member of Lithuanian Gestalt Association and the EAGT. She is practicing psychotherapy with individuals, couples and groups.*

## **N°20 The Need to Belong. Relational Trauma and the Healing Potential in a Relation**

*Vibeke Visnes* **Research consultation workshop, saturday 14h30, room Rome**

A presentation and validation of a new gestalt model to couples work designed to increase awareness of the co-creation and enhance the couples autonomy and intimacy. It suggests therapeutic interventions that support and enhance process towards development, change, autonomy and intimacy. The purpose of the study is to explore conflicts that arise in a couple's relationship. The research is founded on heuristic inquiry. It will be a qualitative, phenomenological and relational study using a dialogical, semi-structured focus group to explore the proposed phases in a couple's co-creation. It will be considered to use core measure in practice. The findings will be used to educate and train therapists in couples work as well as having a psycho-educative tool that couples easily can identify with and make use of. As a professional therapist and researcher I am well informed about the codes of ethics and ethical guidelines concerned with the project. I would like to have feedback from the participants on the models and discuss alternatives to how I could proceed with my research.

*Vibeke Visnes*

*Vibeke Visnes, Oslo, Norway. She has received a MSc in Gestalt at Metanoia Institute, London, UK and wrote her dissertation on couples therapy. She is presently following a Doctorate Program at Metanoia Institute.*

## **N°21 Hellenic Research in Gestalt Theory & Practice: past, present & future projects**

*Vassia Ignatiou Karamanoli, Ioanna Koutsopoulou, Amalia Kapoulea, Elena Papadopoulou, Lilia Kapsioti Konstantina Gioni, Kalaitzi Elpida & George Giaglis*

**lecture, Friday 17h30, room Bonn**

Three studies are presented in brief. The presenter will be the first author, but the contributors are eight (8).

Study 1: social representation's structure of Gestalt therapy (GT) in Greece. Focus: the structure (central core, periphery, dynamic zone) of four groups' social representations of GT (therapists, therapists of other approaches, clients & public). Methodology: free associations & content analysis. Results: obvious changes of the representation on four tables constructed.

Study 2: GT: manners & results. Focus: psychological condition (stress, anxiety, depression, adjustment & resilience) & manners of practicing GT. Methodology: periodical completion weighted questionnaires

(clients & therapists). Results: correlations & regressions of manners and clients' psychological changes. Study 3: GT & economic crisis. Focus: economic crisis' influence on Gestalt therapists & practice. Methodology: qualitative content analysis & interpretative phenomenology on two focus groups' (quite experienced & less experienced therapists) data. Results & implications of further research are discussed.

*Vassia Ignatiou Karamanoli*

*Vassia Ignatiou Karamanoli: Social Psychologist & Lecturer of Psychology, Hellenic Military Academy, trained in GT & EMDR. Research published in books or peer-reviewed articles: GT, stigma & personality changes in the military, folktale in therapy.*

*Ioanna Koutsopoulou, Amalia Kapoulea,*

*Elena Papadopoulou, Lilia Kapsioti*

*Konstantina Gioni, Kalaitzi Elpida & George Giaglis*

### **N°23 The outcome of a separate GT session, and its relationship with the quality of therapy**

*Marina Aralova and Illia Mstibovskiy*

**lecture, friday 17h30 room Rome**

The proposed Individualized Session Outcome Measure (ISOM) can be attributed to a group of measures called idiographic accounts of therapy (Sales & Alves, 2012).

Our aim was to build a convenient, reliable instrument for the client subjective session outcome assessment, to study characteristics of the working alliance, and to discover the relationships between them.

As research methods we have used content analysis and Working Alliance Inventory (WAI; Horvath, 1981). Helpful Aspects of Therapy form (HAT; Elliott, 1993) has been applied to verify the results of ISOM.

Our research has shown that this instrument is easy to include in the therapeutic process, and that the session outcome is connected to the characteristics of the working alliance in a statistically significant way.

The practical utility of this research is an easy assessment of the session outcome by the client and getting additional information about the efficiency of the session.

*Marina Aralova*

*Marina Aralova, PhD, is a gestalt therapist, director of the Southern Regional Gestalt Institute, Rostov-on-Don, Russia. She is Associate Professor of the Southern Federal University. Education has received in GATLA, IFGT and EPG. Member of EAGT.*

*Illia Mstibovskiy*

*Illia Mstibovskiy, PhD, is a gestalt therapist and senior trainer in the Southern Regional Gestalt Institute, Rostov-on-Don, Russia. Education in Gestalt therapy has received in GATLA, IFGT and EPG. Member of EAGT and SPR.*

### **N°24 From Action Research to Innovation - for Ageing as a Minority in Sweden**

*Sari Scheinberg*

**lecture, friday 15h30, room Rome**

Since 2009 I have been able to evolve - a personal curiosity about my own aging as a migrant- & to build what has become 'a conscious & systematic participative process for stakeholders across Sweden - to study (using action research), learn & generate social change together as learning alliances regarding aging as a minority in Sweden, exploring crossroads of 'aging -migration -well-being, human rights.

Key questions: What happens & what do we need to grow old with dignity as a minority/refugee in Sweden? What supports /hinders stakeholders in Swedish society to meet these needs?

Aim to share: how action research evolved & what social innovations generated - individual, pair, family, community & regional levels. How we mobilize stakeholders across sectors of society to study, share, learn & work together co-creating changes & innovations needed. How we use action research, gestalt cycle, social contracting, energetic well-being, norm critical reflection as key methods & philosophies

*Sari Scheinberg*

*Sari is an organisation & gestalt psychologist, working over 30 years as a researcher, activist & educator, leading action research by mobilizing stakeholders to be engaged in studies for development of well-being, human rights, & social innovation*

### **N°26 Validation of the GTFS**

*Madeleine Fogarty*

**lecture, friday 26 mai 15h30 room Madrid**

Participants will learn about the GTFS: how it can be used for research and continuing education and how it contributes to our knowledge of what gestalt therapists do in the clinic.

The results of the international validation of the GTFS, involving almost 20 countries, will be presented. The research method, including the portion of videos, instructional videos, statistical analysis and results will be presented

*Madeleine Fogarty*

*She has been in private practice as a Gestalt therapist for over 17 years. She works with individuals, couples and groups in Melbourne and also offers supervision. Madeleine is a clinical member of PAFCA, AAGT, the treasurer from GANZ*

### **N°27 Group gestalt-therapy with HPI subjects**

*Armelle Chotard Fresnais*      **Research consultation workshop, saturday 15h15, room Rome**

Participants will be presented with an upcoming research proposal.

They will participate in the reflection of the experts on this project

They will be able to see how they can associate themselves with this project.

Qualitative research project with the overall aim to answer the following question:

How are the foundations of Gestalt therapy adapted to the cognitive and emotional characteristics of HPI subjects?

How can group gestalt therapy help HPI (High Intellectual potential?) subjects to reveal themselves and be a vehicle for change for HPI subjects?

Aime:

Have a clinical and critical look at group Gestalt therapy applied to HPI subjects.

Based on action research, this project is based on a co-construction of meaning, active involvement of the participants and the researcher, a research work situated on the praxis side.

Development of "control" therapeutic groups of diagnosed patients. Formation of "control" therapeutic groups with non-HPI.

One group is led by a gestalt-therapist diagnosed with HPI; The other group by a non-HPI gestalt therapist .

*Armelle Chotard Fresnais*

*Gestalt-therapist & supervisor, social and work psychologist, specialised in addictions, works in Nantes as psychotherapist with individuals and groups trainer at l'EPG, (Paris School of Gestalt)*

### **N°29 The outcome's research in Gestalt therapy: the SIPG project.**

*Roberta La Rosa and Silvia Tosi*      **lecture, friday 17H30, room Vienne**

This lecture aims to describe our three-year research project on the results obtained by the application of Gestalt therapy in clinical practice. This research, sponsored by SIPG, was coordinated by Roberta La Rosa, Silvia Tosi, by the advisors Gianni Francesetti and Margherita Spagnuolo Lobb and by Michele Settanni (University of Torino, Italy). The research has involved 15 psychotherapists from various institutes and associations. This lecture will present the aims of the research, the instruments that were used (CORE-OM, or Clinical Outcomes for Routine Evaluation – Outcome Measurement) its methodological choices, the samples selection and the preliminary conclusions drawn from the data analysis. Even though some preliminary results will be presented, the lecture will primarily focus on the project itself and on the various steps necessary to conduct research on the outcomes of psychotherapy. In addition, a brief experiment will be conducted on the use of CORE-OM.

*Roberta La Rosa*

*Psychologists, psychoterapists, trainers at Istituto di Gestalt HCC Italy, co-representatives of the Centro Clinico e di Ricerca, CCR Italy, Milan. She co-chairs the Italian CORE-OM research in Gestalt therapy (SIPG).*

*Silvia Tosi*

*Psychologists, psychoterapists, trainers at Istituto di Gestalt HCC Italy, co-representatives of the Centro Clinico e di Ricerca, CCR Italy, Milan. She co-chairs the Italian CORE-OM research in Gestalt therapy (SIPG).*



### **°30 The analysis of metaphors for exploring power relations in gestalt psychotherapy**

*Laima Sapezinskiene, Lina Jurkstaite-Pacesiene and Kaylyn Kretschmer*

**lecture, saturday 15h15, room Amsterdam 9th floor**

In this presentation we will present a summary of the design and results of our practice-based research. Objective. To explore interpersonal power relations of the client and the therapist in Gestalt therapy through the analysis of metaphors, and to determine how metaphors present during the session are related to interpersonal power relations and effectiveness of psychotherapy. Methodology. We apply narrative phenomenological and the living theory methodology, basically covering the action research approach that examines individuals' experience, by determining what they did and why they did it (Whitehead, 2009). The qualitative and quantitative methods of metaphor analysis and case research are used. Metaphors are distinguished out of the speech content of the client and the therapist in psychotherapy sessions through the content analysis. Results and conclusions. The clients' empowering metaphors are associated with more positive psychotherapeutic effect.

*Laima Sapezinskiene*

*Dr. Laima Sapezinskiene is doctor of Organization Sociology and Gestalt therapist with over 20 years of experience. She takes part in research projects dealing with psychosomatic health issues, psychotherapy and dance / movement therapy.*

*Lina Jurkstaite-Pacesiene*

*Lina Jurkstaite-Pacesiene has Master's degree in Psychology and qualification of Gestalt psychotherapist.*

*Lina is an ordinary member of Lithuanian Gestalt Association and the EAGT. She is practicing psychotherapy with individuals, couples and groups*

*Kaylyn Kretschmer*

*Kaylyn has Master of Science (M.Sc.) degree in Psychology and specialization in Health Psychology.*

*Research coordinator for team.*

### **N°31 The Role of Dreams and Dreaming in Decision-making Process: Gestalt-Perspective**

*Polina Egorova , Natalia Kedrova and Evgeny Osin*

**lecture, friday 17h30, room Amsterdam 9th floor**

Our research is dedicated to the role of dreams (daydreams) and dreaming in the process of contacting. We define Dream as an emotionally charged image of desired future that has personal value. In gestalt terms we consider dream as an event of the «organism-environment» field that it is in the background. The objective of our work is to study, how dreams (events of background) influence the decision-making processes (Ego-function). And also how dreams and process of dreaming can be used in gestalt-therapy (working with individuals and groups). The main hypothesis are: dreams and dreaming energize certain figures and support Ego-function, help one make a decision, the availability of dreams and the process of dreaming decrease the level of anxiety and depression. Methods of the research are quasi-experiment, self-report inventory, survey and case-study. We will present the design and the results of the research (in progress by now).

*Polina Egorova*

*Practical psychologist (Moscow State University), gestalt-therapist (Moscow Gestalt Institute), teacher in Institute Higher School of Psychology, specialized in children, adolescent and family therapy.*

*Natalia Kedrova*

*Clinical and developmental psychologist, teacher in Moscow State University of Psychology and Pedagogic, Gestalt therapist, trainer in Moscow Gestalt Institute, specialization – children, adolescent and family therapy*

*Evgeny Osin*

*Associate Professor at the Psychology department of National Research University Higher School of Economics, PhD. Degree in existential-analytic counselling. Research interests: well-being, meaning and meaninglessness, and time perspective*

### **N°33 Making Research Matter: Relational reflexivity in Gestalt psychotherapy research**

*Christine Stevens*

**lecture, friday 15h30, room Vienne**

Reflexivity does not replace epistemology, or choice of method in research practice, but expands the possibilities for relevant research informed by a critical review of the use of self. Through our lengthy training as Gestalt therapists, we bring particular skills and capabilities to research work, including a finely tuned awareness of relational self process. Drawing on over ten years' experience of teaching and

supervising psychotherapy doctoral candidates, I explore methodologies which lend themselves to practice-informed research, and which are particularly congruent with Gestalt psychotherapy practice. Examples are examined of successful research projects, discussing approach and methodology and evaluating the contributions they are making to the profession. The provocation for discussion is how can our research move beyond preconceived theories and subjective understanding, and what part can reflexivity play in helping us to do this?

*Christine Stevens*

*Christine Stevens, PhD, MA Gestalt Psychotherapy, Diploma in Clinical Supervision, MSc Applied Social Studies, CQSW, BA (Hons) Fine Art*

*has been involved in psychotherapy and counselling since 1987. She is academic advisor for the Doctorate in Psychotherapy at the Metanoia Institute in London, internal examiner for the University of Middlesex. In 2016 she co-edited the book Making Research Matter with her colleague Stephen Goss, featuring practice-based research in psychotherapy and counselling. editor of the British Gestalt Journal.*

### **N° 34 Research in supervision and its application in the development of psychotherapy**

*Sandra Salomão Carvalho*      **lecture, friday 16h15, room Rome**

To gather data on the performance of the supervisor and the therapists and systematize supervision to improve the training and quality of the psychotherapist's work and its applicability. Built an instrument of observation. Obtain changes in the triad's performance.

A supervision group was formed at a Gestalt Therapy Training Institution. The triad supervisor-therapist-client interaction worked for three years. Three therapists observe together the supervisor's action and the therapist's performance with key phrases for interventions in a table with the roles of supervisor and focuses of types of relational interactions. A table was used on the therapist work. Qualitative analysis.

Were obtained patterns of performance by therapists, on the supervisor's interventions and its effectiveness; changes were observed in the interventions with the clients.

Is possible the systematization of the types of intervention and return of data modified the performance in the triad.

*Sandra Salomão Carvalho*

*Clinical psychologist 36 years, Master's degree social psychology. Professor supervisor in PUC Rio University, Brazil. Co-Creator: Model Gestalt Sistemic Relational Intervention. Coordinates training courses e supervision in Brazil institutes and abroad.*

### **N°36 The Establishment of a Gestalt Therapy International Research Association (GTIRA)**

*Philip Brownell*

**Workshop, plenary, saturday 16h30, room Bruxelles**

For decades gestalt therapists have sensed the need to produce research in order to contribute to a support base for the practice of gestalt therapy. Recently, the EAGT, GISC, and the AAGT have collaborated with leaders from other institutes to produce research focused conferences and training seminars. The establishment of a research tradition for gestalt therapy is underway, and it is a bona fide global movement. At the international gestalt conference in Taormina a group of leaders in this movement realized that the time had come for the establishment of an international gestalt research association that could provide a home for gestalt-oriented researchers, coordinate future conferences, encourage publication of research articles, and otherwise nurture and guide the global movement for gestalt research.

This workshop takes a draft of the need for, and governing structures of such an international organization and refines the draft so that the organization can actually take shape

*Philip Brownell*

*Clinical psychologist practicing in Idaho, USA. He is a certified gestalt therapist (EAGT), professional coach (ICF), and an ordained clergyman. He is a gestalt theorist, prolific writer, and Co-Director of the Portland Gestalt Therapy Training Institut*

### **N°37 Grounding The Practice-Based Researcher In An Adequate Philosophy of Science**

*Philip Brownell*                      **lecture, friday 17h30, room Madrid**

It is important for practice-based researchers to have a method by which to conduct their investigations but equally so a philosophy of science by which to justify research in the first place. This paper presents a coherent philosophy of science for gestalt researchers. Participants will learn a relevant phenomenological structure in the face of a reconsideration of naturalism and an understanding of critical realism. These will be related to a definition of the scientific method.

The reconsideration of naturalism untethers the process of research from the limits of the naturalistic attitude, suggesting a natural attitude conducive to a post-positivist perspective. Critical realism is proposed as an approach that accommodates the ontological implications of there being an actual Other known through both dialogue and in field dynamics, but also through practice-based, gestalt focused research appreciated as systematic observation.

*Philip Brownell*

*Philip Brownell is a clinical psychologist licensed in the USA. He is a certified gestalt therapist (EAGT) and professional coach (ICF). He is a gestalt theorist, prolific writer, and Co-Director of the Portland Gestalt Therapy Training Institute.*

### **N°38 A new instrument to assess the effects of Gestalt Therapy training: the CHange A**

*Michele Settanni, Gianni Francesetti, Elena Guerri and Margherita Spagnuolo Lobb*

**lecture, friday 16h15, room Amsterdam 9th floor**

The aim of this contribution is to present a new approach to the assessment of effects of GT training, based on an adaptation of the CHAP interview by Sandell (1987).

The CHAPT interview is focused on the trainees' subjective experience of change related to the training.

The trainees are asked to tell about the way they feel at the end of the training, compared to what they used to feel, and how their work is at present, compared to what it used to be, and how their professional life has changed after the training. The interviews are quite informal, and they are conducted in a group setting. The main focuses investigated by the interviewer are: professional growth, adaptive capacity, self-insight, and extra-training factors.

Here we present the newly developed interview, administration procedures and preliminary findings from a pilot application of the instrument to the Training in Gestalt and Phenomenological Approach to Psychopathology organized by the Gestalt Institute HCC Italy.

*Michele Settanni*

*Gestalt therapist, assistant professor at the Department of Psychology, University of Turin, Italy*

*Gianni Francesetti*

*Psychiatrist, Gestalt therapist at the IpsiG - Istituto Internazionale di Psicopatologia e Psicoterapia della Gestalt, Italy*

*Elena Guerri*

*Psychologist, Gestalt therapist at the IpsiG - Istituto Internazionale di Psicopatologia e Psicoterapia della Gestalt, Italy*

*Margherita Spagnuolo Lobb*

*Psychologist, Gestalt therapist, Director of the Istituto di Gestalt HCC Italy (Siracuse, Palermo, Milan)*

### **N°39 Research in daily clinical practice by the way**

*Martin Černý*                                      **lecture, friday 15h30, room Bonn**

I would like to discuss the necessities and conditions sine qua non for implementing and evaluating research into daily clinical practice.

As a chief of psychotherapy department offering care for a broad spectrum of clinical issues and diagnosis I have implemented some tools (as rating scales, video recordings, ...) into clinical practice. I would like to discuss the rationale for using some tools and get some feedback for possible assessment and utilization of gathered data, or feedback about the missing parts which are needed to pay attention and to add, or even uselessness of the used instruments or activity.

My goal as a clinician is to compile a battery of basic universal tools or packets, which are 1) helping to and addressing psychotherapy, 2) easily implemented into daily clinical practice, 3) allowing data gathering in condition of variability of clinical issues, 4) contain sufficient and valuable data for next/future evaluation, 5)

not overwhelming (mainly by increase of office work), 6) sustainable by individual or team workers, 7) supporting team collaboration.

*Martin Černý, MD*

*psychiatrist, therapist, head of the department for outpatients and assistant lecturer at Department of Psychiatry, First Faculty of Medicine, Charles University and General University Hospital in Prague, Czech Republic*

#### **N°40 Acknowledgement of Gestalt Therapy: State of the Art of Process- and Outcome Research**

*Uwe Strümpfel*

**educational workshop, saturday 15h15 room Madrid**

Although the most widely accepted standard for research studies is the Randomized Controlled Trial (RCT) there is a growing interest in researching the therapeutic processes, and how psychotherapy it is practiced in naturalistic settings. Ever more sophisticated ways to control i.e. routinize how treatments are carried out in research studies does not advance our understanding how psychotherapy works in vivo. In other words it has become more and more accepted, that not only internal validity is a crucial criterion to evaluate the scientific state of the art of a treatment but also studies with external or ecological validity.

While RCTs still play the biggest role in the evaluation mind-set of policy makers and mainstream researchers, those interested in evidence-based practice are also looking for more. Only evidence from different approaches besides RCT methods, such as single case, field, and other such studies may lead to a clearer picture of both how a treatment is done, and how good it is. Thus in the today's evaluation of treatments a balance of both the internal and external validity of studies plays a growing role. However, the development of evaluation criteria differs in different countries.

With this in mind, I propose we look at the body of research on Gestalt therapy and evaluate it. Beyond this I would also like to throw some light on the way the founders of the hybrid Emotioal Focussed Therapy (EFT) which integrates Gestalt elements with person centered and other elements, started modeling therapeutic work on emotional processes. We will have a look at their research strategies and I want to discuss if it might inspire future Gestalt research.

All in all, I would like to give a picture of the state of the art of outcome research on Gestalt Therapy. In addition I also want to leave you with an impression of how modeling can further be developed with respect to the „How“ of Gestalt work. This is especially interesting when it comes to modelling the intuitive, or tacit, „action knowledge“ in Gestalt work. This aspect of Gestalt work arguably goes beyond any theoretical framework available.

*Uwe Strümpfel*

*Uwe Strümpfel, PhD in psychology. In 1989 he initiated an empirical research group at the German Association of Gestalt Therapy (DVG e.V.). Since, he regularly publishes about the state of research in Gestalt-Therapy. He works as psychologist and psycho-therapist in Berlin.*

#### **N°41 E.SCOLA: a snapshot of the school experience in Salento”**

*Emanuela Ferlito, Miriam Giancane and Alexander Lommatzsch*

**lecture, friday 16h15, room Vienne**

The E.SCOLA project was born to provide a framework enabling to address the needs of teachers, children and parents coming to the Gestalt Institute of Puglia – either in its Clinical Service or its affiliates. The research aims to provide context around the reality of the school experience in Salento today, with the end objective to provide new perspectives and a wider set of choices to children, parents and teachers.

Areas explored include the correlation between:

- Organizational, educational and psychological aspects of the school experience
  - The adult's world (expectations, responsibility, self-awareness) and the children's school experience
- The research is based on feedback collected from teachers, parents and children from the primary education (6-10 years of age) and secondary education (11-13 years of age). Feedback from parents and teachers is collected via a questionnaire, while feedback from children is gathered via an interactive group session.

Research is still ongoing.

*Emanuela Ferlito*

*psychologist and training gestalt psychotherapist. Member of the experimental research team at Gestalt Institute of Puglia and leader of the E.SCOLA project. Expert in psychology relating to work, education and learning disabilities.*

*Miriam Giancane*

*psychologist, training gestalt psychotherapist and member of the experimental research team at Gestalt Institute of Puglia.*

*Alexander Lommatzsch*

*Alexander Lommatzsch psychologist, psychotherapist, supervisor, trainer, director of IGP - Istituto Gestalt di Puglia, school of psychotherapy recognized by Italian government. Past president of FeIG - Federazione Italiana Gestalt.*

#### **N° 42 Framing practitioner-research as mo(ve)ment to mo(ve)ment inquiry**

*Billy Desmond*

**lecture, friday 18h15, room Rome**

Gestalt psychotherapists are well resourced with a set 'skills' and way of being-in-the-world to undertake different forms of research. I am arguing for a broader approach to research as inter-embodied inquiry that honours the artistry of practice. In particular, I am advocating for a rigorous attentiveness to the lived body inquiry with others in research activity. When we engage with others there are inter-embodied resonances that inform this interactive process referred to as intercorporeity (Merleau-Ponty (1962)). A phenomenological inquiry of self in relation requires us to have an awareness of developmental movement patterns movement to movement and moment to moment, prior to the wording of experience. From an epistemological perspective, attending to the lived bodily experience challenges the traditional academy and evidence based research community as to what constitutes legitimate knowledge and how that is to be expressed and communicated to others (McMillan & Price, 2010), p.6). Our theory beckons us to critique the prevailing evidence based normalcy and consider researching as lived body inquiry that is embracing of an extended epistemology.

*Billy Desmond, UKCP & ECP registered*

*Gestalt psychotherapist, supervisor, dialogical educator with an interest in groups & collaborative embodied inquiry as practitioner research. Guest faculty at psychotherapy institutes, certified trainer of Developmental Somatic Psychotherapy.*

#### **N°43 International Practice Based Research Network: Exploring Process, Outcome, and Emergent Spirituality in Gestalt Therapy.**

*Philip Brownell, Pablo Herrera Salinas, Jelena Zeleskov Djoric*

**lecture, saturday 14h30 room Vienne**

This presentation is a description of the expansion of the international practice-based research network (PBRN) focused on single case, timed series analysis (SCTS) to pursue a large research grant funded by the John Templeton Foundation. The research will evaluate faith, awareness, and spontaneity as spiritually integrated and clinically effective processes emergent within normal gestalt practice. This presentation will define and contextualize these constructs, and it will describe how the study will contribute to a wide database of therapeutic approaches, allowing comparisons between gestalt therapy and other clinical perspectives. The research will address the efficacy of gestalt therapy as normally carried out. Through this study we will broaden participation in the PBRN and provide further SCTS studies that might contribute to a future meta-study of gestalt therapy. To this end we seek those interested in participating.

*Philip Brownell*

*Philip Brownell is a clinical psychologist licensed in the USA. He is a certified gestalt therapist (EAGT) and professional coach (ICF). He is a gestalt theorist, prolific writer, and Co-Director of the Portland Gestalt Therapy Training Institute*

*Pablo Herrera*

*Psychologist and Gestalt psychotherapist, PhD in psychotherapy research at Heidelberg University (Germany). Teacher, clinical supervisor and researcher in the Psychology department of the Universidad de Chile, Santiago, Chile.*

*Jelena Zeleskov Djoric*

*Dr Jelena Zeleskov Djoric is a Lecturer in Psychology at School of Psychological and Clinical Sciences, Charles Darwin University, Australia. She teaches Counselling, Psychotherapy and Abnormal Psychology. She worked as a Research Fellow at the Institute of Criminological and Sociological Research in Belgrade. She is a gestalt therapist trained by Gestalt Psychotherapy Training Institute Malta and Belgrade. She was a NOGT Officer and Vice-President of the EAGT. She is a member of the EAGT, AAGT, GANZ, EAP and PACFA.*