

**GESTALT INTERNATIONAL CONFERENCE**  
**“MOVING THEORY INTO PRACTICE: THE SHIFTING HORIZONS OF**  
**GESTALT THERAPY”**

Date: 6-7 February 2021 /Time: 14-21:30/ Place: Zoom Platform

**DAY ONE:**

**MVM “Contacting”:**

Making contact, from the standpoint of Gestalt therapy, precedes what we usually think of as a relationship, which is a later formation. Contact begins as a movement toward or away in a relatively undifferentiated field of possibilities. It is emergent, and it takes on form as it emerges. The verb “to make” is important here: Contact, like all human experience, is never simply given; it has to be made. That is why Gestalt therapy, uniquely different from every other psychotherapy, is founded on an aesthetic basis. The implication is that the form-making aspects of experience can go toward fulfillment and growth but also into fixation and suffering. How healthy and unhealthy modes of human functioning can be richly explored and worked with from this aesthetic point of view is the theme of this part of the workshop.

**RF “Six Fundamental Movements: Form—Forming—Form”**

The movement repertoire that develops in the first year of life is a language in itself that conveys desires, intentions and emotions.

These expressive movements acquired in the company of significant others become the tacit core of adult behavior in everyday experience. In this seminar, we will explore the six fundamental movements that build the experience and meanings that constitute contacting in both the infant-parent and patient-therapist field.

**DAY TWO:**

**MVM “Reflexivity”:**

Reflexivity is the basis for a new alternative theory of Self for Gestalt therapy. In this seminar, we will focus on how Self under this view takes form in the process of human development. Self is a fluctuating temporal process in making contact.

**RF: Moving I/Feeling Me**

The process of reflexivity is explored by further delineating the building of contact into two essential components: Moving I/Feeling Me. Participants will discover how gestalt

configuration is co-created through the experience of rhythmic pulsations in both infant-parent and patient-therapist dyads.

### **DAY THREE:**

#### **RF “Developing Presence: The Sense of Wonder”**

This seminar illuminates the moving-feeling foundation required for developing presence as it emerges or is thwarted within both the baby-parent and patient-therapist dyad. Therapists learn how to discover the experience of wonder, a pre-requisite for developing presence in themselves and their patients, and in doing, to clear the obstacles that prevent them from finding each other.

#### **MVM: The Loss of Curiosity and Its Renewal**

The fate of curiosity in human development has far-reaching consequences. Beginning in elemental wonder, which most likely opens from the moment of birth and is available to us throughout life, it sharpens and becomes more specific as a child matures. Eventually, curiosity comes to play a major role in love, in knowing oneself, in choice of vocation, in every kind of inquiry and exploration into oneself and one's world. But one's curiosity can become derailed—whether diminished, distorted, or closed off altogether—by forces in the family, school, religion, as well as society in general.

The study of curiosity can thus be of great clinical value for Gestalt therapy. Instead of relying on psychosexual stages, as in psychoanalysis, or behavioral conditioning, it provides a way of understanding, diagnosing, and working with sources of disturbance in human functioning from a more phenomenological perspective.

The Conference will be presenting lectures and exercises on the Zoom platform.

You will be asked to work in couples and discuss in a small group.

Please form your couple before the conferences.

Regarding work in a small group, please stay in your training group or form the small group prior to the conference (5-10 members).

We will not use the Breakout rooms so you will be asked to use your own platforms for the discussions.

The Conference is open for all schools from EGN.