

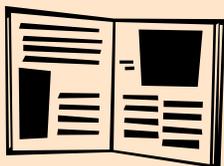


# Gestalt NEWS Foundation

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If you wish to participate in the following issues of the newsletter you are all welcome! You may contact the Gestalt Foundation (telephone: 2310 282588, 210 7254010, email: thessaloniki@gestaltfoundation.gr, athina@gestaltfoundation.gr) and express your interest in participating or just tell us your opinion or your ideas.

**We are interested!**

## 9<sup>th</sup> European Conference of Gestalt Therapy

### EXPLORING HUMAN CONFLICT

6 - 9 September 2007  
Athens - Greece

Conference Center – Divani Caravel Hotel



UNDER THE AUSPICES OF



LOCAL ORGANISING INSTITUTE



[www.gestaltconferenceathens.gr](http://www.gestaltconferenceathens.gr)

### Όλα άρχισαν με μία σύγκρουση...

Η Αθηνά, η θεά της σοφίας και του πολέμου, και ο θεός της θάλασσας, ο Ποσειδώνας, ανταγωνίστηκαν για την κυριότητα μιας από τις πόλεις της αρχαίας Ελλάδας. Οι άλλοι θεοί διακήρυξαν ότι η πόλη θα έπρεπε να δοθεί σαν ανταμοιβή σ' αυτόν που θα προσφέρει στους κατοίκους της το πιο χρήσιμο δώρο. Σαν απάντηση, ο Ποσειδώνας χτύπησε το έδαφος με την τρίαινά του και εμφανίστηκε αμέσως μια θαυμαστή αλμυρή πηγή. Η Αθηνά, προτίμησε μια πιο πρακτική προσφορά, φύτεψε ένα δέντρο ελιάς δίπλα στην πηγή. Οι άνθρωποι βρήκαν την ελιά σαν καλύτερο δώρο, και η πόλη ονομάστηκε χάριν του νικητή: Αθήνα.

Είναι τιμή μας να φιλοξενούμε στην Αθήνα το 9ο Ευρωπαϊκό Συνέδριο Θεραπείας Gestalt από τις 6-9 Σεπτεμβρίου 2007, με τίτλο "Exploring Human Conflict", στο Divani Caravel Hotel.

Από το 2004 το συνέδριο έγινε ένα σημαντικό και ζωτικό κομμάτι του Κέντρου Ψυχοθεραπείας Gestalt Foundation και της ζωής μας. Σιγά-σιγά, με τις προετοιμασίες για το χώρο και το χρόνο διεξαγωγής, άρχισαν να αναδύονται το πού, το πότε και το τι. Απαντήσεις σ' αυτά τα ερωτήματα μπορείτε να βρείτε στο επίσημο web site του συνεδρίου που είναι:

[www.gestaltconferenceathens.gr](http://www.gestaltconferenceathens.gr)

Σας προσκαλούμε να εξερευνήσουμε «μαζί», όπως λέει ο Σωκράτης, πώς «από αμφιβολία σε αμφιβολία, από αμφισβήτηση σε αμφισβήτηση κάποιος μπορεί να φτάσει στον ορισμό του νοήματος, σε μια ιδέα», σε διαφορετικά πεδία: ψυχοθεραπείας, κοινωνικών και ανθρώπινων δικαιωμάτων, εκπαίδευσης, οργανισμών και έρευνας.

Φιλική  
η Οργανωτική Επιτροπή  
του Συνεδρίου  
Γιαμαρέλου Γιάννα  
Κωνσταντινίδου Αντωνία  
Μπάλιου Δέσποινα  
Χατζηλάκου Κátια

## Editorial in... Double



Απρίλιος

2007

This time I will share this column! I asked for help since the preparations for the program and the presentations are in full swing.

Everything else is under the kind supervision of Katja Hatzilakou as you are about to read further on. My contribution for this issue is the note you are reading and the article I wrote as coordinator of the program for the 9th European Conference on Gestalt Psychotherapy. I only wish to add a novelty that we thought of prosing to you in order to improve the communication between us. For all of you who wish to make a brief comment, to pinpoint a detail (positive or negative) or even to share a short feedback you may address Yours Truly who will make sure that your comments will be published in her column. The only thing you need to do is to email your message to the address [gestalt@otenet.gr](mailto:gestalt@otenet.gr) for "Yours Truly" and it will arrive to its destination.

I wish you all to enjoy your reading and I renew our appointment for after the conference.

### Antonia Konstantinidou

*A few words about Antonia Konstantinidou: Antonia Konstantinidou is a Social and Clinical Psychologist (Aristotle University of Thessaloniki), a Gestalt Psychotherapist, Trainer and Supervisor.*

*She is the co-founder of the Gestalt Foundation and one of the permanent members of the training program. She lives and works in Thessaloniki where she holds her private practice since 1996.*



Creative adjustment is a well known basic principle of Gestalt... So by applying it here I am writing the editorial of this issue. Antonia Konstantinidou who is usually in this position has found herself this period of time in a fever of creativity and work towards the best organization of the Conference program since she has undertaken the role of Program Coordinator.

Antonia has thus assigned me to the collection of articles for this issue which as you may all imagine is dedicated to the 9th European Conference for Gestalt Therapy under the title "Exploring Human Conflict" which will be held on 6th-9th September under the auspices of E.A.G.T. and the Greek National Committee for UNESCO.

I wish to thank from this position all those who cooperated and responded directly and with enthusiasm for the publishing of this issue, proving thus once more that "the totality is more than its components". I wholeheartedly wish you enjoy your reading with creative inspiration and good luck to us all for the conference that signifies our latest years of our efforts.

### Katia Xatzilakou

*M.Sc. in Social and Clinical Psychology, she is a co-founder of the Gestalt Foundation, a Gestalt Psychotherapist, Trainer and Supervisor and Chair of the Extended Board of the E.A.G.T.*

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## Invitation to Dinner

I love to cook! I enjoy very much buying fresh vegetables, meat, fish, poultry, herbs and spices and thinking of different ways of combining "old authentic recipes" with new "abstract" ways of cooking and presentation.

But mostly I enjoy setting the table. Thinking of the place where everyone will seat, how he/she could fit with the one next to him/her, how to serve better the dishes.

The moment when we are all gathering around the table and finally -what I was preparing for so many hours, sometimes even for days is getting "formed"- touches me deeply.

I am not very good at deserts. At the dinners we usually have Despina usually brings them, who makes excellent deserts. Yianna always brings something "special", a smart touch, tasteful and cooked in a way that will be definitely discussed. Antonia is excellent with wines. I trust her completely. She will discover the best "wine that enjoys the heart" and she will present it at the table in the most natural way, making you feel familiar with flavors you taste for the first time!

And of course there is always something special brought by the guests...A desert or fragrant and multi-colored flowers that complete the table's look, but mostly their "appetite", their vividness and good mood...That's their job after all!!!

That's how I felt the last three years...that we are preparing a "big dinner" entitled "9th European Conference of Gestalt Therapy 'Exploring Human Conflict'", under the auspices of E.A.G.T. and the Hellenic National Commission for UNESCO (6-9 September 2007, Athens).

Each and every one of us is putting her own touch and all together we are trying to satisfy our guests.

There is a kind of agony and pleasure while preparing this dinner. It is something like a wedding party, a gathering, which includes commitment, faith, loyalty and sharing, presentation of Gestalt Therapy and of our community and its dynamics to the Gestalt colleagues from abroad.

New collaborations, knowledge, dialogues, acquaintances, contacts, paths and horizons are unfolding upon all of us, all of you, because this conference is organized especially for YOU, our trainees and graduates, our collaborators and colleagues.

Gestalt Foundation is the local organizing institute. And Gestalt Foundation means all of you. The 1st, 2nd, 3rd, 4th training year of Athens and Thessaloniki, our graduates from all over Greece. Without you we wouldn't even think about suggesting for the realization of the conference in our country and probably would have no meaning to us. Antonia, Yianna, Despina, Katia, Elsa, Emmanouela, Zoe, Christina, Danai we are all the "catering". But the dinner guests will be all

of you and we are waiting for you.

New fresh materials have already been discovered due to this Conference. Gestalt Foundation's collaborations with the Hellenic National Commission for UNESCO, which particularly honored us by putting the conference under its auspices, and the "Program towards the Sensitization of Educators of Primary and Secondary Education of the UNESCO Associated Schools on Conflict Resolution issues on the axis of Human Rights" which took place both in Athens and Thessaloniki, and was organized by the Ministry of National Education and Religious Affairs for UNESCO with the direct involvement of several graduates and undergraduates of our Center through the Scientific Team for its planning and realization, consists a very promising reality.

The organization of a fish-bowl, a Gestalt technique of open dialogue between a large number of persons, with key-note speaker Mr. Kostas Tararas, Responsible for the Section of Human Rights and Gender Equality; Division of Human Rights, Human Security and Philosophy; Sector of Social and Human Sciences of UNESCO, concerning "Human Rights based Approaches and Projects", opens up new interesting prospects for research and planning of new action programs in all application sectors of Gestalt Therapy in the wider Pedagogical, Clinical, Social, Scientific field.

Your presence and participation in the panels concerning "social responsibility" of the Gestalt therapist in daily conflict matters we experience on multiple levels, will offer a fresh breath and vision to the common planning of a future you belong to.

Conflict from one hand is competition, bad-intentioned criticism, dispute only for dispute's sake, feeling of everything happens just for the money!

On the other hand it gives also the opportunity for resolution, dialogue and contact. Gestalt is the soul, the vision, the noble emulation, the collaboration, the support, the "good faith", the care, the commitment, the Presence.

When you organize that kind of dinner you usually "spend a lot", you invest though in the pleasure of offer and the warmth of those who appreciate your effort and honor you with their presence your celebration.

Dinner is served...under the lights of Parthenon and Acropolis by the breeze of the Aegean Sea, bringing up memories from our ancient Greek philosophers and echoes from their whispers on existential dilemmas, inner and outer conflicts and principles of Democracy.

The "background" exists...The "figure" consists of all of you, who are welcome. Enjoy your meal!!!

Best regards,

*Katia Xatzilakou*

# Planning a dream...

Time passes by and 9th European Conference of Gestalt Therapy is getting closer. Throughout the preparations of this Conference, I often feel like I'm planning and organizing a dream. A dream that changes shapes and sometimes gets all fluffy and fairy and others dark and nightmarish. Hope and anxiety walk side by side. Excitement and disappointment alternate rapidly. This is a huge challenge and we are on a good track.

As Program Coordinator for the 9th European Conference of Gestalt Therapy "Exploring Human Conflict" (6-9 September 2007, Athens) I often recall past times I participated and presented in previous conferences of EAGT.

I remember the first time, in the 7th European Conference in Stockholm, in 2001, where the first organized group from Greece and Gestalt Foundation made its presentation for the first time during a European meeting. I still remember the anxiety and the excitement we felt while going there, as well as the joy and the pride we felt while returning back.

I remember the same group to grow up in the next three years and to take the form of the "Greek Association for Gestalt Therapy", in Prague, in 2003. We participated with the same vividness and energy to the happenings of the 8th European Conference. I remember the joy and the good mood that we, trainees, graduates and trainers "promoted" and welcomed the conference's participants to choose Greece as the next meeting place, and Gestalt Foundation as their hostess. There were touching moments, moments of hope and recognition. A recognition about the importance of Greece's status to the international Gestalt therapy community and of Gestalt Foundation as an institute that is able to undertake such an organization.

Now, I'm "dreaming" of hosting this conference with the raw material that activated our Center: personal commitment, longing for development, and social sensitivity.

Along with us walk the "Greek Association for Gestalt Therapy" as well as some friends, collaborators, graduates and trainees.

I wish for the upcoming Conference all the Greek Gestalt Community to be present and that the responsibility and challenge we undertook had an effect in our country, and I dream of being good and hospitable hostesses for all the participants, whether this is their first or 9th participation to this Conference.

One of the first decisions we were asked to make as Organizing Committee was to exclude the "professionals" and the "experts" (of conferences). Both the organizing and the scientific committee are consisted of members of Gestalt Foundation, volunteers and "amateurs". Our only medium is our experience as participants of conferences, trainees, clients, graduates, trainers, and supervisors.

As the Scientific Committee of this Conference we took the risk to suggest some innovations for this conference. Firstly, we proposed the categorizations. We took this decision in order to emphasize the big variety of Gestalt therapy's applications, and to cultivate their development. Secondly, we try to have a personal contact with every presenter in order to ensure and improve the quality of each presentation.

Thirdly, we are collaborating with the National Greek Association for Gestalt Therapy for the revision of a Questionnaire about Gestalt Therapy in Europe that was originally presented in the 6th European Conference in Palermo (1998). Finally, we are introducing a different closure for Friday and Saturday, the main days of "work". In the conferences we attended, there were usually pre-setting groups of discussion at the end of the day. It was there where we experienced the marvel of partial participation in all these efforts. We interpreted this partial participation as an indication of the non cover of all of the participants' needs. Thus, we propose a different way. We are preparing "Chewing Time" rooms, where every individual will be able to choose the way he/she wants to close his/her attendance, for about an hour after the conduction of the last presentation. Writing, painting, discussing,

listening to music, meditating, or, staying silent in a "room of silence" are few examples of what we have thought about. Maybe this way will provoke more spontaneous meetings. If you are interested in making a share in this process by providing suggestions or volunteer work, please communicate with me by telephone or by e-mail at [abstract@gestaltconferenceathens.gr](mailto:abstract@gestaltconferenceathens.gr).

The Scientific Committee has done its very best to complete the program. And what is forming is a rich, multi-colored Conference, with over 80 presentations from 25 European countries, as well as from U.S.A., Australia and South Africa!

As you already know from the informative brochure of the Conference, the Program is divided in two main categories of Theoretical (the) and Experiential (exp) presentations, which are divided in 5 sub-categories. I will share with you some interesting information as they are formed in the "here and now" of this process for the program's final formation.

The sub-category "Society – Politics – Human Rights" (so) caught a lot of the attention with fresh ideas, experiences and dilemmas about the "here and now" of our society (approximately 15 presentations). Topics that concern conflicts in a national level, negotiation processes, social group work, and the influence of social matters in the practice of counseling and psychotherapy, are only few of the topics that will be presented in this sub-category.

The sub-category about the "Organizations" (org) will be worthily represented (around 15 presentations) with interesting workshops and theoretical presentations on conflicts concerning Organizations and Enterprises.

As expected, the main body of the presentations will be about the sub-category of Psychotherapy (psy) (around 35 presentations both experiential and theoretical). There will be presentations dealing with conflicts and conflict resolutions in different areas of psychotherapy (individual, interpersonal, family, and group therapy). There will be also presented different methodologies regarding crisis, trauma, differentiation, and aggression. Finally, there will be presentations discussing the way a Gestalt therapist can work with such issues. Gestalt Therapists and Trainers volunteered to share their valuable experience and knowledge and in this way they contributed with their own way in this wealth.

On the contrary, the sub-category "Child – Education" (edu) has less individual presentations (around 5 presentation). Despite the slender choices in this field, there will be interesting group presentations and discussions on the hot issue of Education and Promotion of Human Rights, which arose from the important collaboration we had for this Conference with the Hellenic National Commission for UNESCO and the Ministry of National Education and Religious Affairs.

Finally, the sub-category "Research – Training – Professional Status" (around 15 presentations), has to display researches according to the Gestalt therapy's methodology, new connections and applications, educational and professional practice's circumstances. This is the most "novel" sub-category.

You can stay informed about the progresses of the program with the latest announcements at the official website of the conference, [www.gestaltconferenceathens.gr](http://www.gestaltconferenceathens.gr), which will start soon.

We are inviting and waiting you all to share with us this event. To honor and give breath to this tradition and through our active presence and participation to make this what it is: a big, important event for the worldwide Gestalt community.

*(Part of this article will be published in the current Newsletter of EAGT as well, entitled "Welcome letter from the Program Coordinator").*

**Antonia Konstantinidou**  
Program Coordinator

for the 9th European Conference of Gestalt Therapy

# «Experiential workshop with the purpose to sensitize on issues of Conflict resolution at school on the axis of Human Rights»

**Organization:** Ministry of Education and Religion-Sector of International Educational Relations  
Greek National Commission for UNESCO

**Introducers:** Center of Psychotherapy and Training "Gestalt Foundation"

The assumption of the organization and hosting of the 9th European Gestalt Therapy Conference under the title "Exploring Human Contact" and its realization under the auspices of the Greek National Committee for UNESCO has been the occasion for the proposal, the planning and the realization of a Pilot Program towards the Sensitization of Educators on Conflict Resolution issues at School under the title: «Experiential workshop with the purpose to sensitize on issues of Conflict resolution at school on the axis of Human Rights»

The program was realized with the primary education educators of the following schools\* but it may also be applied in the case of educators coming from all the levels including kindergarten and preschool education.

## Thessaloniki

2nd High school of Komotini  
High School of Goumenissa  
3rd and 6th High School of Serres  
2nd Chance School of Serres  
7th High school of Kavala  
Music High School of Pieria  
5th High school of Thessaloniki  
Intercultural School of Thessaloniki  
Greek College of Thessaloniki  
2nd Chance School of Thessaloniki  
1st Experimental High school of Thessaloniki  
5th High school of Stavroupoli, Thessaloniki  
6th High school of Kalamaria, Thessaloniki

## Athens

Antikira Viotia Elementary School  
Velo Corinthia Elementary School  
2nd Maraslio Elementary school  
36th Athens Elementary school  
"Manos" Elementary school, Athens  
"Ursulines" Elementary school  
2nd Faliron Elementary school, Athens  
Elementary school of the Laconian school  
1st and 2nd Avgulea-Linardatu Elementary school

**Special thanks** to Melina Makridou for her contribution to the Experiential workshop on the axis of Human Rights.

"Chatzivei" Elementary school  
44th Athens Elementary school  
A/B and C Arsakio Elementary School of Psichiko  
Alsupolis Elementary School of Intercultural Education

The program was in the form of a proposal and it was based on the idea of co-creation in cooperation with the educators that participated. The possibility of creative adjustment was provided whenever needed. It could not have been otherwise if we wish to speak of human rights like equality, active participation and acceptance of difference.

The educators that participated in the program registered the difficulty and their ignorance at times when it came to handling the complicated kai newly arising conflict problems within the school field because of radical socio-cultural changes in our country.

The scientific committee of the program stressed upon the fact that conflict, which arises rather frequently nowadays, is usually experienced as an unpleasant, emotionally intense and negative situation. When there are differences in needs, desires or in the preferences of a person then the vulnerability is activated which is coming from the blow on the sensation of security. The individual is thus called upon to either incarcerate himself in a blind guise of security by staying put where he already knows or to overcome his limits, to "stretch" his self and world image so as to fit the other's reality as well. In this way conflict becomes an opportunity of development, maturation when dealt with creatively within a humane dialogue.

During the program the scientific team invited the educators to participate in their own unique way in planing the lesson for a class, a school, a community that is respectful and acts upon the goal of involvement in a creative dialogue regarding issues that touch upon conflict resolution and human rights.

## Scientific Group

### In charge of the scientific group:

Chatzilakou Katja, MSc Clinical and Social Psychology, Gestalt Trainer, Chair of Extended Board of E.A.G.T

### Members:

1. Valma Vicky, Psychologist, MSc Family Therapist, Gestalt Therapist, OKANA Therapist
2. Efthymiou Christina, MPhil Philologist, A.U.Th. Psychologist, Gestalt therapy training program senior, researcher for the Career Services Office in A.U.Th.
3. Ioannidou Maria, A.U.Th. Psychologist, Gestalt therapy training program senior, Scientific Responsible for Programs in educators' Counseling and Education at K.E.K. Technopolis in Thessaloniki
4. Kalairzi Elpida, MSc Counseling psychologist, Gestalt Therapist, Coordinator of the Pilot Program for Assistant Education (EPEAEK), Scientific In charge for OKANA, for the Prevention Center, Therapist in the unit for adolescents and their families in OKANA.
5. Kalota Gianna, MSc Counseling Psychologist, Gestalt Therapist, cooperater of secondary private schools
6. Kafkopoulou Alkistis, MSc Educational Psychology, Gestalt Therapist, Cooperator of secondary private schools, Consultant of Education in primary and pre-school education
7. Kivelou Aggeliki, Educational Psychology, Gestalt Therapist, coordinator of programs for children from socially sensitive groups, introducer in educational programs for secondary level educators on issues of Health Education, detached educator at the Counseling Centre.
8. Konstantinidou Antonia, MSc Clinical and Social Psychology, Gestalt Trainer and Supervisor, co-founder of the Gestalt Foundation, Organizing Responsible on specialized seminars on health Education issues to primary level educators in cooperation with the Youth National Institute (Kilkis, 2005)
9. Makridou Melina, MSc Health Psychology, Gestalt Therapist, cooperater of secondary private schools
10. Mavridou Maria, BA A.U.Th. Psychology, Gestalt Therapist, psychologist at the Centre for Social Support in the Municipality of Evosmos, Thessaloniki
11. Balliou Despina, MSc Counseling Psychology, co-founder of the Gestalt Foundation, Gestalt Trainer and Supervisor, EAGT member, introducer in educational programs in primary and secondary education on health education issues
12. Douna Elena, BA in Psychology, Gestalt therapist, cooperater of secondary private schools, coordinator of parents' groups at the Municipality of Thessaloniki
13. Raptis Nikos, DA Universite de la Sorbonne Nouvelle, Paris III, Theatre professor, educator and introducer for the proficiency of executives in children's creative activity
14. Sandmon Ramah, MSc Clinical and Social Psychology, Gestalt therapist and supervisor, coordinator for programs of prevention and intervention in crisis, educators' education and group coordination in Israel, Europe and Greece.
15. Sueref Katja, Educator, MSc Health Psychology, PhD student at the Pedagogical School of Education with field of interest: "Children's Rights in the Greek educational Reality"
16. Triantafyllou Sina, A.U.Th. Psychologist, Gestalt Therapist, Executive of prevention at the Prevention Center of West Thessaloniki "Diktio Alpha", coordinator of programs for Prevention and Educators' education in primary and secondary education.
17. Triarico Mariangela, A.U.Th. psychology, Gestalt therapist, cooperater of secondary private schools
18. Farmaki Maria, Nursery Nurse, Psychology BA, Gestalt Therapist, chief of counselling Administration in Athens

# Impressions from an experiential workshop...

## The right to a more humane education...

The occasion was provided by two thoughts: first, the education over the past years insists on being called "student-centered", implying thus that the planning of an educational program should be student-centered, assuming thus the students' needs, interests and which teaching method is the most effective. The Gestalt approach, being a humanitarian approach itself that begins from the person itself, respects the subjective perception of reality, providing thus to this term a new dimension: student-centered is not the education planned for the student but rather the education that is planned by the educator along with the student.

My second thought was that the education field still remains a field of conflicts that escalate from times to times, without managing though to handle them creatively. This is so because the conflicts that take place in a relationship like in the educational one are not due, as Martin Buber would comment, to the fact that one's needs are different from someone else's needs, but rather because an educator cannot accept that he/she has different needs from his/her student and vice versa.

Those two thoughts have been the starting point for my participation in the Experiential Workshop for Conflict Resolution organized on 20-21/1/2207 by the Greek National Commission for UNESCO and the Ministry of Education and Religion in cooperation with the Center of Psychotherapy and Training "Gestalt Foundation". It was a pilot program regarding the sensitization of secondary educators on issues of Human Rights.

During this workshop we were summoned as psychotherapists to "educate the educators themselves as to how handle the various personal and interpersonal conflicts that take place within a classroom and in the wider school field. The truth is that we were

summoned to co-create with them a frame of dialogue and creative interaction that would provide us all with the opportunity of... a meeting; the meeting that took place was indeed unique!

About 30 people sitting in a big circle, psychologists and educators from public schools in Northern Greece, had the chance to exchange their experience in education that often presents many practical problems, dilemmas and conflicts. At the same time they had the opportunity to listen to their colleagues' experience, to identify with it or differentiate themselves from it and finally to conflict on it! This is something that in the beginning they tried with reservation and fear and then with enthusiasm and intention to open up, to take a chance and to try to communicate more honestly.

Witnessing this process myself, there were many moments that I felt their fear of exposure and others when I felt their emotion when though it "they managed to let their voice come through"...

Their motivation was coming not so much from the content of their speech but rather from the way they would say something that is, from the process that showed respect towards the other's difference: sitting in the same circle from equal distances and positions, which is so different from the classroom reality!, they could hear and see the other, they could notice him while speaking, they could give him space and time to express him/herself.

They could also experiment themselves by coming out of their ordinary security and by changing positions with each other-this is something that happened many times. We invited them initially to do so in the circle so as to reach the point to adopt

this change in their own perception.

Speaking of change I was really impressed by a group of educators' change of attitude when they participated in an experiment of classroom simulation during which they were summoned to play themselves the roles of their students, ex. the naughty student, the diligent one, the sick child, etc.

The experience proved strong enough to motivate multiple ways and to enrich their experience...

By listening to their comments in the end of the experiment I realized how difficult it was for them to step out of their role and to "walk in the shoes" of their student, to see reality from another perspective. When though they managed to do so, they saw a lot...:

Firstly, they thought that the way that as students this time faced the educator; e.g. the educator that played the role the naughty student understood how persistently she tried to draw the educator's attention.

They also realized how differently each one experienced the same experience, the class, and also how differently it was interpreted: the introvert student felt ignored, whereas her behavior was interpreted as "cooperative". The sick student was angry at the others because no one asked him what was wrong with him, while the classroom said that they were trying to be supportive by being discreet.

Finally they realized how important the educator's attitude is towards the student who creates a problem in class. In fact the aggressive student admitted that as the professor didn't answer to his provocations for contradiction, he gradually lost his interest and stopped trying.

I will dedicate some space on the latter because it touched me profoundly;

the educator that took the role to play herself and to deal with a rather complex class situation with many "problematic", "non abiding" student cases, gave us a lesson of alternative teaching; maybe her many years experience as an educator, maybe her research or maybe the qualities she gained through her personal quest played an important role...

As I watched the process I had the feeling that the Dutch form of education called confluent learning was coming to life. In this process the student is motivated so as both his cognitive and emotional self are confluent at the same time. This process asks of the student to be ready and to take the responsibility of learning. He educator had denounced the vantage point of her power and managed to create an atmosphere of security and equality within which every "child" could express freely him/herself without censorship or reprehension. To the contrary the student's differentiability was respected without marginalizing the child.

When the reactionary student stated: "Miss, I am bored!" the educator without losing time turned to the rest of the class and said: "Did you hear your classmate? So, what can we do for him not to be bored?" So, they all found a way to involve him in the conversation that was taking place at the moment and any sense of boredom soon vanished to the background...

...Personally I wasn't bored to the least. On the contrary I watched this lesson with great interest and I was taught a lot...about Greek history and not only about that...

Mainly I was taught that learning can be facilitated when the educator involves in it the whole classroom by playing himself/herself the role of the coordinator and not of the authority and can move further managing not only to transmit but also to produce new knowledge; mainly though he/she manages to edify.



By Maria Mavridou  
Psychologist-Gestalt  
Psychotherapist

# Impressions from an experiential workshop...

## The right to a more humane education...

We participated in the experiential workshop with the purpose to sensitize on issues of Conflict resolution at school on the axis of Human Rights», that took place in Thessaloniki on January 21st 2007. We had prepared ourselves for a short presentation on conflicts (kinds of conflicts, manners of conflict resolution, conflict within education); and then we thought to ourselves: what presentation are we talking about? How are we going to make contact? We will be talking and they will be listening? Thus, we co-created a frame of dialogue that provided us with the opportunity to make contact. During our dialogue a professor referred to a student constantly causing problems both to the students and to the educators. The students could not do anything because they were afraid of him whereas the professors were simply waiting for the school-year to come to its end and for the student to graduate. When asked what she was doing, she answered: "What can I do? I am nothing but a raindrop in the ocean!". At that very moment Myriam Karella, the Greek National Commission Consultant was going by and she informed us of the advertisement that had just been released in France: "a raindrop can not do much, but many raindrops can rock the boat".

Suddenly we realised that within this advertisement our whole effort is hidden. The pilot program is an action that resembles a dream for the Greek educational reality. We promised ourselves to continue our effort, to unsettle the educational administration so that the pilot program may continue and more experiential workshops for the educators may take place.

**Gianna Kalota**, MSc Counselling Psychologist, Gestalt Psychotherapist

**Melina Makridou**, MSc Health Psychology, Gestalt Psychotherapist

### Program for the sensitization of educators on issues of Conflict resolution on the axis of Human Rights. A few thoughts...

In the Greek school the notions of Human Rights and of Children's Rights are underestimated. Since the educational system emphasizes on the transmission of academic knowledge and not on the experience, there is no space for the expression of notions as right, responsibility, participation. Within this frame the initiative of the Gestalt Foundation to organize a sensitization program for educators regarding conflict resolution issues on the axis of human rights in cooperation with the Greek National Commission for UNESCO and the Ministry of Education is very important.

I participated in this program after a proposal coming from Antonia and Katja as an educator that is currently doing my PhD: "Understanding the notion of Children's Rights in the Greek educational reality".

During this workshop I shared my experience with other colleagues and I felt sharing their agony for the responsibility that all of us the educators carry regarding the contemporary developments at school concerning conflicts, communication among students and ourselves, the need to inspire them with trust and the need to provide them the space to express their questions and feelings.

From my involvement in the workshop and from my contact with certain schools afterwards I maintain a reservation as to the degree to which we are "open" to change our attitude on various issues regarding school life. It is true that we proceed with difficulty into realizing a liberal ideology within a teacher-centered school, but I believe that it's worth the effort!

**Katia Sueref**, 1st year trainee in Thessaloniki

One of the actions we developed within the Thessaloniki seminar under the title: "Experiential workshop with the purpose to sensitize on issues of Conflict resolution at school on the axis of Human Rights" was to visit the 2nd chance school in Neapoli, Thessaloniki following an invitation by the headmistress herself who had already participated in it. Main demand in this meeting, in which participated the biggest part of the school educators, was to get acquainted with the Gestalt approach and to discuss on the possibilities that it provides within the field of education with references to certain case studies from the educators' daily experience in class. It is worthy mentioning though that as far as the Headmistress was concerned this meeting was intended to let the rest of the school's educators acquaint themselves with the Gestalt approach and to become sensitized on Human Rights issues that was after all the main theme of the seminar she had attended.

The meeting lasted 2 hours during which except for the educators also participated the Man in charge for all the 2nd Chance Schools, the School Psychologist and the School's Career Counselor. The time was not enough for us to cover the subject, given that it was late in the evening; the chance was given to raise important issues that emerge from the educational daily routine. The school's particular characteristic was that its students are adults and come various socio-economical frames. Main issue of the meeting was the relationship among educators and their students, time and conflict management and limits maintenance-negotiation.

As expected, there was enough doubt which was well-meant and which gave us the opportunity to remain more on the issues of primary importance for the educators. That meeting was definitely a first acquaintance and contact and we consider very important the fact that in the end they expressed the interest for a repetition in the close future. Finally, once more, the need to support the educators' work was revealed, which will be based on a frame of cooperation and not as an imposition from us the "specialists"!



**By Ioannidou Maria**

Psychologist,  
4th year trainee

### The book «Contexts for cooperation Psychologists and Educationists for the family and the school» was released

by Ioanna Bimbou – Nakou and Ariadni Stogianidou  
Published by «Tipothito» – Dardanos, Athens 2007.

**Congratulations** to Katia Sueref, Msc in Health Psychology, whose part of her doctoral treatise, with title «Understanding the meaning of the children's Rights in Hellenic Educational Reality», is included to the book above..

# Gestalt ΣΤΟΝ ΕΡΓΑΣΙΑΚΟ ΧΩΡΟ

## Conflicts and Organizations



**By Magda Pantelidou**

Gestalt theory makes an important differentiation in comparison with other approaches: it gives conflict value and stresses not on conflict resolution but on the way it is being handled with.

Conflict is a source of energy and anything providing energy to the group process is by definition good. The challenge lies within the manner of handling this

energy productively and creatively.

In the business world conflict is inevitable; and one of the issues causing conflict is change. How can a leader or a consultant use "what is" without trying to change everything? Our effort to "revolutionize" people, groups and organizations is vain and dangerous: it's vain because people, groups and organizations don't ever completely change and it's dangerous because history has taught us many lessons beginning from Hitler up to Stalin, that prove that revolutions use totalitarian regimes to survive, so that an opening is created within transactions and not so much conflict which creates defenses and reservation to its members. Trust is a presupposition of Conflict and of Communication which are essential for Change.

In the 9th European Gestalt Therapy Conference, "Exploring Human Conflict" by the E.A.G.T. in September we already have important participations regarding the above mentioned issue within organizations and businesses. This way we will taste Conflict on an International level, through the experience of people who have worked in the field for many years.

From our side, the first Gestalt In Organisations (GIO)group that will graduate next year is preparing its own presentation.

We expect you to share our experiences.

**Magda Pantelidou**

*B.A in Social Sciences, M.A. in Applied Social & Market Research,  
Gestalt In Organizations Consultant.*

*In charge of the Education program GIO for the Gestalt Foundation*

## Conflicts and Organisations

### ...continued

When Magda mentioned to me this article on our dear newsletter for the Gestalt Foundation my mind ran to my wish to share the unique experience of conflict in a Business where I was invited to offer counselling and in fact I was invited to use Gestalt techniques. Thinking back to what special I did and if indeed I have done so, I am presenting you briefly the stages through which I passed for my applications:



**By Panagioti Vasmatzidis**

1. In the beginning I tried to introduce us in the "we speak the same language" logic: application of simple tools just to make sure we all understand each other

2. I supported and highlighted in the group whatever each member "did well", within his/her role in the frame. Certain members slowly began to contact each other.

3. I believe that the beginning of the contact allowed differences to surface in the group that often represented the opposing poles.

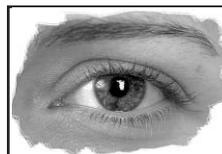
4. The above process allowed every group member to clearly see, negotiate and claim what he/she wants. It also changed the way that the group members accepted or not their differences with other group members.

You might ask me "what have you accomplished?" I will answer that it has not finished yet but after about 8 months those people can still work together, which was something that they needed but they could not manage...and most importantly they argued more creatively...!

To me it's exceptional to be able to collect from every conflict creative results and not just deformed feelings coming from the shadowy past. Now I know that this is also preferred by the businesses on which many of us live.

**Panayotis Vismatzidis,**

*Degree in Agronomics, MA in Marketing, Product Specialist of Hematology/Cardiology for Northern Greece, Bayer Hellas*



**CAREFUL!!!**  
**SOMEONE IS WATCHING...**

This time Souvlitsa didn't hear or see anything at all. I was too busy with Easter bunny! Lucky you. You escaped of my hook.

I'd extremely appreciate your contribution to my column, so please send me anything at all (gossips, rumors etc.) and I'll take a good care, I'll published them all. You can send me whatever you like with or without your name in [gestaltf@otenet.gr](mailto:gestaltf@otenet.gr) for Souvlitsa.

Thank you in advanced. See... me in the next issue.

## Salute from the president of E.A.G.T. Ken Evans for the 9th European Conference in Athens

**A**s President of the EAGT, and Chair of the EAGT Committee for Human Rights & Social Responsibility, I am very appreciative that my colleagues in Greece have taken up the challenge to organise the conference in Athens on the theme of human conflict. Can there be any greater concern facing our future and that of our children, than the peaceful resolution of conflict?

In recent years I have worked in Ireland, in countries of the former Yugoslavia and in Israel. I have listened first hand to personal stories and read of the traumas of some of the people affected by violent conflict. The United Kingdom, where I live, has been frequently involved in armed conflict in different parts of the world, not just right now, but for centuries! Violent conflict is an epidemic 'for' the human species or perhaps an epidemic 'of' the human species? We appear no further forward in constraining the scale and magnitude of violence, except that nowadays with our more sophisticated weaponry we have learned to commit violence with greater clinical precision and premeditation than ever before.

The world of the therapy room can no longer ignore the world outside the therapy room, which impinges directly or indirectly upon therapist and



client alike. However, psychotherapy in general, including Gestalt psychotherapy, has not evolved its theory and practice to address the social, cultural and political dimensions of living.

We are too preoccupied with the intra psychic and attend only to the interpersonal in-so-far as it relates to the therapist-client dyad. Perhaps we feel the task is too overwhelming?

Gestalt therapy needs to critically explore its philosophies, values and theories to more adequately inform and evolve its practice and respond to the challenge to pay better attention to the socio-cultural and political dimension of human existence, especially the challenge of the epidemic of violent conflict as a means of settling disputes.

This is the challenge of the conference.

I would like to sincerely thank, on behalf of the entire Board of the EAGT, all members of the organizing committee in Greece for their hard work and commitment to the success of the conference. I look forward to seeing you in

Athens.

Warm regards,

**Ken Evans,**  
President EAGT

Chair, Committee for Human Rights & Social Responsibility

## Salute from the Greek Gestalt Therapy Association

**A**pril 2007

It has been almost two years from the founding of the Greek Gestalt Therapy Association.

It all began from the needs of the Gestalt therapists: their continuity, their development, their protection, and their security.

We experienced the security, the warmth, the feeling of belonging within our training centre and then we experienced the agony brought about by our contact with the wider community.

Our anxieties and needs created... an organization, cells of which we are all. Just as in any organization in the beginning there was only chaos and the incredible interest for life. Their figure and the shape were vaguely seen. Slowly though this figure became more specific.

Today, the Greek Gestalt Therapy Association, five years old, is more dynamic. It increases its members, forms committees (deontology code committee, conferences committee, public relations committee, webpage committee), it contacts other associations, organizes its administrative and communicational frame (protocol, e-mail) it is represented in the E.A.G.T.

One of the main goals of the Association is the diffusion of Gestalt psychotherapy in Greece and abroad. Diffusion means faith, trust, responsibility, continuity, development of myself through my professional identity. The manner is unique and special for each and every one of us. Basic presuppositions are the presence and the commitment to whatever we aim



at, to whatever we choose.

Besides our choices which are part of ourselves are those that make us into Gestalt therapist.

The diffusion of Gestalt Psychotherapy is a responsibility, need, conscious choice of all of

us. In September of 2007 the 9th European Gestalt Therapy Conference is held in our country under the title: "Exploring Human Conflict". This is an event providing the opportunity to promote and support Gestalt psychotherapy in this particular country. Our participation is part of our responsibility as Gestalt therapists. The correctness of our choices refers to our consistency, support and claim of our space from the moment we exist.

The Greek Gestalt Therapy Association salutes and supports the 9th European Conference and invited you all to honor with your presence the opening of Gestalt in Greece.

The new composition of the Greek Gestalt Therapy Association is as follows:

Farmaki Maria: President

Kiletsi Irini: Vice-President

Maroglou Fotini: Secretary

Georgosopoulou Dimitra:  
Treasurer

Triantafyllou Sina: E.A.G.T.  
Representative

Honorably,

**Maria Farmaki**

President of Greek Gestalt Therapy  
Association

Psychologists - Gestalt  
Psychotherapist