

EAGT newsletter

EUROPEAN ASSOCIATION FOR GESTALT THERAPY . ISSUE NUMBER 2 . FEB 2000

Editorial • The President's Column

As you might notice, while reading through the extensive information in this issue of the newsletter, there are "boiling" activities in most corners of the European Association for Gestalt Therapy.

In my editorial in the first issue of the newsletter I expressed my astonishment of how the EAGT, in only a couple of years, has become increasingly known and respected.

I continue to be in awe of the people in the different Boards of EAGT, seeing their dedication and restless work in the aim of raising their faces against ignorance, in the field of psychotherapeutic professionalism throughout Europe.

I'm happy to be able to serve the voices of EAGT, making connection and dialogue possible, in reaching out to Gestalt practitioners in many countries and cultures.

Being closely involved in the planning of the 7th European Conference of Gestalt Therapy, 2001 – in Stockholm – I can feel the pulse of interest from Gestalt people from all the world, in the urge for contact and mutual inspiration; an urge for dialogues, exposing our differences while building on our common ground of Gestalt theory and practice!

Welcome to issue number 2 of EAGT Newsletter.

Lars Berg, Editor

Dear Colleagues,

I'm glad to be in touch with all of you again, and tell you what's new and what has been continued in our Association.

First of all, thank you for the trust and support that many of you showed me in several occasions, and in particular during the last elections of 3 members of the Executive Board, which took place on last July in Vienna. There – as you know – I was re-elected as President of the EAGT, and Bas LOKERSE was re-elected as Treasurer.

I'm aware both of the responsibility that this re-election implies and of the warm support from the members. I was impressed by the motivation that more and more members of the EAGT have been showing in these years. Many of you, for instance, came to Vienna for the Annual Meeting of Members, and even more of you have started a cooperation with the Extended Board, with active involvement.

I want to be a different President this time, I have to be, if I want to stay with the novelty brought in the field. In the first three years I tried to create a Community of European Gestalt therapists; what I would like to do in these next three years is to support the power of this Community, and let it move by itself. In order to allow that, the Executive Board will give the "power of action" to as many colleagues as possible, with different creative projects.

What follows is a happy announcement of some of these projects which are already starting:

• MALCOLM PARLETT and I are organizing the FIRST EUROPEAN CONFERENCE OF WRITERS, with the aim of supporting writing on Gestalt therapy in Europe. It will take place at the end of March 2001. See the

description by Malcolm and myself in this newsletter.

• The EAP procedures to get THE EUROPEAN CERTIFICATE OF PSYCHOTHERAPY (ECP). After the recognition by the EAP Board of the EAGT as the European Wide Awarding Organization in Europe, I've been continuing to work in the EAP Board, together with the other European representatives of psychotherapy approaches and national associations, to help the complex procedure of awarding the ECPs. It has to be a procedure which comes out from the mutual support of everybody. Therefore, your understanding of the procedure and cooperation is very important for us. You will find detailed information in this newsletter in the space dedicated to this subject.

• Our EXTENDED BOARD is now working well, with a colleague chairing it! She is NANCY AMENDT LYON, from Vienna. Nancy has been elected in Vienna, with the aim of coordinating the Extended Board, made of the representatives from the different countries. Nancy has been active since then, and we can see already the results of her work in a new vitality from the different countries. The main purposes of the Extended Board at the moment are: to help and control the procedure of ECP awarding; and to provide a map of the training institutes in every country. See Nancy's report in this newsletter.

• COLLEAGUES FROM EASTERN COUNTRIES need to be supported in order to give their active contribution in the EAGT life. The last Meeting of Members voted in favour of letting one of the five seats in the EAGT Executive Board to a colleague from East Europe (see the report from the Secretary, VERONIQUE VERMEIR). I launched the proposal to all the EAGT members from Eastern countries and ESTER NEUMANOVA from

EAGT Newsletter is produced in a cooperative sequence, by several people over the internet. Editor and graphic designer is LARS BERG, Stockholm, Sweden. E-mail: lars@berg-egenart.se

Czech Republic was appointed. Besides, all our colleagues from Eastern countries will pay a reduced membership fee (see the report from the Treasurer, BAS LOKERSE).

- Another project which requires a longer time is to create A NET OF EUROPEAN GESTALT THERAPY TRAINING INSTITUTES which follow the EAGT training standards, in order to support circulation of students among different institutes and to support scientific exchanges among trainers. This will be possible after a work of collecting information from the representatives of the different countries.

- We are moving toward the publication of A DIRECTORY OF GESTALT THERAPISTS WORKING IN EUROPE.

Finally, I want to thank our colleagues

who work with me in the Executive Board and in other boards and committees of the EAGT: VERONIQUE VERMEIR, the new Secretary, who is doing the necessary and sometimes boring job of proceeding the membership application proposals; DAAN VAN BAALEN, the Public Relation Officer, who "smells" the needs from potential members and the new trends in Gestalt therapy applications around Europe; BAS LOKERSE, the Treasurer, who has the very special quality of seeing the money that you give to the EAGT as something that can help you, rather than something that makes our Association more rich in itself; BARBRO CURMAN, who is able to let us inspire her and her group in the huge work of organizing the 7th

European Conference of Gestalt Therapy; NANCY AMENDT LYON, whom I mentioned above; DICK LOMPA, the coordinator of the Ethical Committee; and finally our Editor, LARS BERG, whom I think must have been particularly blessed by God, for the many human and professional good qualities he generously shares with us.

Margherita Spagnuolo Lobb

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Letter to Members – from the Executive Board

Dear EAGT members,
Here are some news from the board, so you can be in good connection with the dynamics of our association.

July 3–4, 1999, in Vienna, we had three meetings: Executive Board, Extended Board and General Meeting (with about 20 participants).

We like to inform you on the most important themes of these three meetings. The fundamental option that bears all the themes is to carry on an inclusive policy within our organization, and work on a clear identity to the "outside".

We think all members need information on the European field of psycho-therapy, recognition by their colleagues and government, opportunities to learn and support of their/our own identity.

For this we think it is of great importance that the Extended Board (with a new chair: NANCY AMENDT-LYON from Vienna – welcome to her!) will realize the following points:

- A good connection with the EAP
- A forum for European training institutes, to tune their training programs with each other;
- An "archive" of articles and books on Gestalt therapy, published in Europe;
- The investigation and support of the legal position of Gestalt therapists in different European countries.

EAGT is recognized and accepted by EAP as an awarding organization for Europe. EAP claims that psychotherapy is a human right, and an independent profession. If we stay in touch with EAP in an active, co-operative way (as we have done until now), EAP will not become a bureaucratic "big brother monster", but a forum for strengthening our identity as an independent profession. For this, good consideration between EAGT and representatives of the National Umbrella Awarding Organisations is necessary.

Being a member of EAGT is important to support our own and our colleagues' identity in Europe.

Right now, EAGT has 42 organizational or institutional members and about 113 individual members – and until now there are very few members from Eastern European countries.

The General Meeting agreed on:

- Reducing the membership fee for candidates of E.E. countries, depending on their living-standards;
- Co-opt a member from an E.E. country into the Executive Board;
- Support E.E. members by the foundation, started in Palermo.

The Ethical Committee (founded in Palermo) already did some work on an Ethic Code and a Procedure of treating complaints. They concluded 4 main principles: *integrity, respect, professionalism* and

responsibility. They'll let you know about it in the next issue of our Newsletter.

The Newsletter of June 1999, our first baby, was by all experienced as a wonderful creation and a means of connection. Thanks to LARS BERG and all the other participants. We are working on an issue for 2000. Suggestions and articles are welcome on our secretary! (See address at page 8)

In that first Newsletter you could read about the 7th European Conference of Gestalt therapy, September 13–16, 2001, in Stockholm – Sweden. After a creative and fruitful discussion we agreed on a definitive title: *The Gestalt Approach in Process. The growing edge for Society, Psychotherapy, Organizations and Research*.

There is now a web site:

www.gestaltakademin.se/eagt2001

By election, the General Meeting agreed on the following members of the Executive Board: MARGHERITA SPAGNUOLO-LOBB, Italy (President), BAS LOKERSE, Netherlands (Treasurer), VERONIQUE VERMEIR Belgium (Secretary) and DAAN VAN BAALEN, Norway (Public Relations Officer), and to find a member from an Eastern European country – now appointed: ESTER NEUMANOVA, from Czech Republic.

So, we hope you enjoyed these "worth knowing-things"!

Warm greetings from

Veronique Vermeir

and the EAGT Executive Board

Call for year 2000 Meeting of Members

Dear Colleagues,
As it was pointed out at our last Meeting of Members in Vienna, it's crucial for all of us – in order to be able to participate – that we know dates for our meetings as much in advance as possible. For this reason we are now able to let you know the date of the next *EAGT meeting of Members*: **SEPTEMBER 16, 2000,**
at 1.00–4.00 P.M., in ROME, Italy.

The exact place and the agenda will be announced to you 3 months in advance, as stated by our Constitution. We are aware

that even knowing a date 8 months before can be a too short length of time for many of you to participate. In the future we will try to establish a "traditional" date for our annual Meeting of Members (like the 3rd weekend of September). On the other side, we are happy to offer you this chance to visit Rome in the year of Jubileum. Due to the great amount of tourists in the city during this year, we will be glad to offer you some advice for your staying there, if you require it. Besides, you can send a

proposal for items to be put in the agenda of the Meeting. In both cases – in need of logistical support and proposals of items in the agenda – send an e-mail message to studies@gestalt.it

Looking forward to working together with many of you on September 16 in Rome, we give you our best wishes for this new year 2000.

The Executive Board of the EAGT

Public Relations of the EAGT

The EAGT has been an organization which organized once every three years a European Gestalt Therapy Conference.

In the last years the EAGT has gradually taken on other tasks as well; for example, it has developed *Training standards* and *Codes of Ethics*. The EAGT took its position within the EAP and became the European Wide Accreditation Organization.

The EAGT has become more the organization that it was planned to be, according to the Aims and Objectives of the Constitution:

1. The union of Gestalt therapy societies, associations and federations from different European nations;
2. The union of persons, organizations and institutions active in Europe in the field of Gestalt psychotherapy and its applications;
3. The dissemination of Gestalt therapy and its forms of application in research and doctrine in the European area and abroad;
4. Promotion of academic and cooperative exchange between Gestalt therapists in European nations and abroad, and between the national professional associations;
5. Promotion of the legitimacy of Gestalt therapy in Europe;
6. Promotion of exchange between educational institutions and the clinical establishment and Gestalt therapy;
7. The development of comparable standards and curricula for Gestalt therapists

in the European area and the devising of joint training standards;

8. Public relations, and health and professional initiatives on a supranational level, in particular on European committees;

9. Cooperation with other psychotherapeutic approaches, associations and institutions.

Progress is made on following points:

1 and 2: In the Netherlands and Belgium (Flanders) is recently an umbrella organization functioning which includes all Gestalt therapists from the area.

4: On some English Universities it is possible to study for a Masters degree in Gestalt therapy in cooperation with Gestalt training institutes. In Norway is a procedure started in order to obtain a college status for a Gestalt training institute which gives credit in University in Norway.

5: The work in the EAP by EAGT officials is clearly supporting the legitimacy of Gestalt therapy in Europe.

7: Every new full member has to pass a standard procedure, which takes into account standards and curricula.

8 and 9: The same work as under 5, does support professional initiatives on a supranational level and cooperation with other psychotherapeutic approaches.

It's interesting to see how the personal EAGT membership is validated and seen as a sign of quality, in different European

areas; for example in Norway, the Netherlands, Belgium, Greece and Italy.

At the same time is it difficult to rise personal interest for EAGT membership in other countries. For example: Germany, France and England. From the Eastern European countries Russia has still no members. Further are Finland and Portugal still white spots on the EAGT map.

What strikes me is that the majority of our individual members come from relatively small countries, like the Netherlands and Belgium and far less from bigger countries. Also, membership seems more appreciated in these countries (NL, B) and viewed as a guarantee for quality.

A next task for public relations will be to contact those countries where EAGT seems to have less to no influence. Where interest seems not natural and where being part of a wider Gestalt Therapy organization, which stands for quality and inclusiveness, is not seen as a possibility for individual Gestalt therapists.

There is a lot of work to do in order to give the EAGT the place it aims for – and a lot of progress is made.

Daan van Balen

Public Relations Officer

<daan.baalen@os.telia.no>

Financial Report

The general Meeting (Vienna, July 3–4) has unanimously accepted that the membership fee will be adapted on the living-standard of the East European countries.

The general meeting asked me to form a "financial group of advisors". The mission of the group is to investigate the costs of training and therapy to conclude the membership fee. Thank you for the confidence.

In the first place I have sent a letter to all the EAGT members of the East European countries, Organizations and Personal, and I have asked them the following questions:

– What does one hour of Gestalt therapy cost for your client?

– What is the minimal income in your country and what is the average income in your country?

– What is, in your opinion, a fair membership fee for therapists in your country?

Thank you for all your reactions. They were very helpful.

Afterwards I have asked WENDELA TER HORST and GINY SMID to take place in the "financial group of advisors". We had our final meeting in the second half of November. The conversations we have had were very inspiring and endorse the interest to have members all over Europe.

The living-standards between the several East European countries is very different. So it's not a good solution to make one membership fee for all the East European countries. That's why we have been choosing for the following possibility: The membership fee for personal members in the East European countries

is the average price for one session of therapy. For instance: If you have one price for all your clients – for instance 350 Czech Crowns for one hour therapy – the membership fee for you is 350 Czech Crowns. If you have several prices for your clients – for instance 700, 500 and 300 Czech Crowns, the membership fee for you is $700 + 400 + 300 = 1500 : 3 = 500$ Czech Crowns. There is no difference between associate members and full members. The membership fee for organizations will not be reduced for Eastern countries, institutes and associations. For organizations that are unable to pay their membership fee, release – or partial release – is possible on request.

Thanks Wendela and Giny for your devotion.

Bas Lokerse

Treasurer <lok-sems@tref.nl>

EAGT, EAP and the ECP awarding

The European Certificate of Psychotherapy – Brief History and Awarding Procedures

The European Certificate of Psychotherapy ECP has been elaborated from 1995 to 1997, through seven international meetings in Frankfurt, London, Vienna, Amsterdam, Roma, Paris, gathering national delegates from 18 European countries and 7 European Wide Organizations EWO, among which International Federation of Gestalt Training Organizations FORGE, represented by SERGE GINGER. Now, it has been signed by the delegates of 37 nations in Europe and 21 EWOs, among which European Association for Gestalt Therapy EAGT, represented by the President, MARGHERITA SPAGNUOLO-LOBB.

After an agreement between FORGE and EAGT, it was decided that EAGT will be the only awarding European Organization EWAO within the field of Gestalt Therapy.

EAGT (directly or through its national delegates) controls that the applicants

have been seriously trained in an official Gestalt Therapy institute, in accordance with EAGT Training Standards. The first ECPs were awarded during the 8th Congress of EAP, in Paris, in June 1998.

Today, about 400 ECPs have been awarded in five countries.

In practice, to get the ECP the applicant needs to address to the National Awarding Organization (an umbrella organization including all the different methods). The NAO checks whether the applicant fulfills the EAP training standards and obviously the method training standards (in our case, the EAGT training standards), in agreement with the national representative of that particular psychotherapeutic approach. In case there is not a NAO in the Country yet, the applicant needs to address directly to the EAP, which will check the fulfillment of training standards in accordance with the EWAO (European Wide Awarding Organization, in our case the EAGT). Until 2001, the ECPs will be awarded through the rule of grandparenting, in order to allow skilled professionals, who have had

a good training and a stable practice but not detailed reference to training standards, to be recognized by the EAP. As you can see, the co-operation among the European Awarding Organizations and the national representatives is very important.

Serge Ginger

EAP National Delegate from France

New EAGT Me

ORGANIZATIONS:

Gestaltterapeutisk Institut (GTI) Copenhagen, Denmark

Gestalt Institut Frankfurt am Main (GIF) Frankfurt, Germany

Centre of Therapy and Psychology Madrid, Spain

First European Conference of Writers

We want to announce you a new initiative of the EAGT: THE FIRST EUROPEAN CONFERENCE OF GESTALT THERAPY WRITERS.

You may have heard of the *Annual Conference of Writers* that ED NEVIS has been sponsoring for a number of years, with the aim of supporting writing in the field of Gestalt therapy.

The way it is organized is that participants each present a paper, representing work in progress, to the other participants (who are all writers or editors themselves) and receive supportive feedback and suggestions. The events have always been greatly appreciated by those attending. The group of Gestalt therapists taking part in these meetings increased every year in numbers, with colleagues wanting to come from all over the world. ED NEVIS has now put a stop to the continuous expansion and suggested that other meetings are organized, on a similar basis, in different parts of the world. We believe that the EAGT is the most suitable Association to organise this kind of meeting in Europe.

We know from the answers to a questionnaire that has been sent from the EAGT Board to many of you, that there is substantial interest among members in promoting more exchanges between us, so that we can share together both our theoretical ideas and how we apply them clinically. The last EAGT Conference in Palermo showed a strong desire for cross-fertilization and meetings between Gestalt therapists in our European community. Clearly, it seems that there is an *awareness of being a field*, and a wish to share our presence in it.

Moreover, it seems to us that in Europe

many good papers and books have been written. The difficulty is that these rarely get to be known by those who speak or write in other languages. We intend that this project will act as a positive influence on the spread of good writing within Europe, serving as an incentive to *write*, to *translate*, and to *publish*.

We also believe that it can (and will) support other initiatives and realities in Europe, not least the next European Conference (which will take place in Sweden, in September 13–16, 2001). It will also directly impact the European Gestalt therapy journals, and hopefully lead to more cross-lingual exchanges generally in the Gestalt therapy community worldwide.

The First European Conference of Writers will take place in Sicily (Italy) from March 28–April 1, 2001. We would like to open it to a small group of writers (no more than 20) so that it will achieve a level of intimacy and intellectual contact and support, similar to that which has been encountered in the ED NEVIS conferences in the past.

You are invited to propose yourself as one of the participants, if you consider yourself a writer and want to be supported in your writing activity, or if you are a Gestalt therapy journal editor. If you wish to participate, you are invited to produce a written paper/draft or outline (maximum 5000 words), relating to Gestalt therapy theory and/or practice, and submit it to us. Your paper should be submitted by August 2000. In the event of applications being more numerous than places, we shall attempt to select

participants on a 'first come, first served' basis, while achieving some sort of balance between nationalities and also common themes (to maximize the usefulness of the meeting). Since we want this to be an event which is regularly held, you will be able to come to a subsequent Writers' Conference, if there are insufficient places on the first one. The proceedings will be conducted in English.

The personal costs of the meeting (travel, food and lodge) are at the moment totally the responsibility of participants. We have no central funds available. However, we hope that EAGT will be able to support the expenses of renting a place where we can meet.

If you would like to take part, please let us know, using one (or both) of the addresses below.

We look forward to making this new event happen and, if you are joining us, to having a fruitful, meaningful, and stimulating experience together.

With our best regards,

Margherita Spagnuolo Lobb and Malcolm Parlett

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The whole list of members until May 12, 1999, was published in issue #1 of EAGT Newsletter.

Members (November 27, 1999)

INDIVIDUAL MEMBERS:

Nancy Amendt - Lyon, Austria
Koen Behets, Germany
Fred Besemer, Netherlands
Jan Bettgens, Netherlands
Gerrit Boerma, Netherlands
An Cornelissen, Netherlands

R.C. van der Drift, Netherlands
David Faulkner, Denmark
Eva Fischer, Netherlands
Bente Kirk-Campbell, Denmark
Gijs Loot, Netherlands
Sheldon Litt, Sweden
May Michielsen, Belgium
Dorothea J.M. de Mooy - Stam, Netherlands

Ben Morsink, Belgium
Daan van Praag, Netherlands
Giny Smid - Oost, Netherlands
Lars, J. Soerensen, Denmark
Michael Sommer, Denmark
Johan Tinge, Netherlands
J. Ph. Wieringa, Netherlands
Francine J.M. de Wit, Netherlands

The Extended Board

Dear Friends and Colleagues,
As the newly-elected Coordinator of the Extended Board, which met for the first time in last July in Vienna, my first task was to compile an updated version of the Extended Board, since some members have resigned and new members have been elected to take over this function in the EAGT.

Currently our Extended Board includes MARGHERITA SPAGNUOLO LOBB (Italy), BAS LOKERSE (Netherlands), VERONIQUE VERMEIR (Belgium), DAAN VAN BAALEN (Norway), RENATE BECKER (Germany), JEAN-MARIE-ROBINE (France), BRIGITTE COUDER (France), BARBRO CURMAN (Sweden), FAYE PAGE (UK), DESPINA KOWEOU (Greece), ELISABETH SALEM (Austria) and myself, NANCY AMENDT-LYON as Coordinator.

My second task has been to draw up a questionnaire for institutional members and individual members from countries in which there are no institutional members, which will pose the questions we compiled at the Board Meeting in Vienna in July.

An introductory letter and a copy of the questionnaire will be sent to you by mail shortly and I would like to thank you in advance for your much-needed cooperation in gathering information for the EAGT's future goals. Should you have any questions about the questionnaire, feel free to contact me at: <amendtlyon@magnet.at>
Wishing you a Happy New Year!
Yours truly,

Nancy Amendt-Lyon

EAGT Questionnaire

Dear Extended Board and Institutional Members of the EAGT,

Dear _____,

The Extended Board of the EAGT decided at its Members' Meeting in July, 1999 in Vienna to comprise a questionnaire for all Gestalt therapy training institutes in Europe which would answer the following questions:

- What Gestalt training institutes exist in Europe?
- How are their training programs constituted?
- Can we succeed in creating a forum to

promote the communication between the training institutes in Europe?

• How is it possible for students to participate in exchange programs at different Gestalt therapy training institutes in Europe, i.e. is there mutual recognition of training?

• What is the legal situation of Gestalt therapy in each European country?

• Where is support needed from the EAGT?

As the newly elected Coordinator of the Extended Board, I am asking you to fill out a questionnaire which attempts to thoroughly describe the development of Gestalt therapy training in Europe, give a clear picture of the legal situation of Gestalt therapy in individual European countries, and accurately depict the current training programs and standards. It is also an attempt to reach Gestalt training institutes which are not yet EAGT members, through our institutional members and individual members in countries without institutional members.

We would greatly appreciate it if you would fill out the questionnaire as pertains to your own training institute and then name all other training institutes in your country so that we can contact them as well.

Thank you in advance for your support and cooperation!

Yours truly,

Nancy Amendt-Lyon

[Note! The questionnaire itself will be sent out separately.]

EAGT Newsletter

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EAGT Newsletter is published when there is new information at hand; at least once a year.

What to become

Training Standards (March 1995)

Introduction

The creation of minimum Training Standards for Gestalt therapy must be seen against the background of the professionalisation of psychotherapy across Europe, specifically the recent dramatic increase in the number of local, national, and European organisations for psychotherapy concerned with establishing standards of training and ethical practice. The credibility of Gestalt therapy as a competent and ethical approach to the healing of human suffering and to personality development requires similar attention to be given to the establishment of high standards of training and ethical practice.

The EAGT has, after intensive research and consultation, consented to minimal criteria for training in Gestalt therapy in order to accommodate the wide diversity of social and cultural conditions in Europe in which Gestalt therapy is being developed. All training institutes who are members of EAGT are granted up to five years to bring their trainings up to these requirements. All EAGT members must reapply for membership every five years.

Training Standards

Entry to a training program in Gestalt therapy should be at post-graduate level as follows: A degree in human science, psychology, medical studies, social work, educational science etc. or equivalent. Equivalence of qualification is to be thought of as four years post-secondary education or mental health qualification or other qualifications which would stand as equivalent.

Training is considered to be an integrated specialised professional training when the four major components – theory and methodology, clinical practice, supervision, and personal therapy – are complementary and when the training is in ongoing rapport with personal therapy and accompanies the practice of psychotherapeutic activity.

The EAGT has decided upon a minimum of 1450 training hours to be apportioned as follows:

1. Theory and methodology – 600 hours

a) Theory provides a coherent whole for the different aspects of training. The nature of the human being, conveyed by the theory, and its assumptions about developmental processes, is the guiding principle for the purpose of understanding and for therapeutic intervention. Theory affects goals and goals in turn are the guidelines for the therapeutic approach. Theory influences exploration, diagnosis, treatment and prognosis. Experience gained in the application of theory affects its own ongoing development.

b) Theory is both didactic and experiential and requires the coordination of an experienced trainer. Peer group meetings and theoretical readings are important but are not to be accredited as part of the 600 hours.

c) The EAGT recommends the following categories as the essential core curriculum of a Gestalt therapy training:

- **The history and roots of Gestalt therapy:** philosophy, anthropology, psychoanalysis, existentialism, phenomenology, Gestalt theory, Zen etc.
- **The theory of Gestalt therapy:** organism/environment field, figure/ground resolution, contact, theory of self, awareness/consciousness, polarities, resistance etc.
- **Human organism and environment:** theory of personality, health and sickness, child development, person in society etc.
- **The methods of Gestalt therapy:** experiment, monodrama, amplification, dreamwork etc.
- **Diagnosis:** differential diagnosis, DSM IV, analytical,

a member of the EAGT

You need to complete a *Personal Membership Application Form* if you want to become an individual member. You need to complete an *Institutions Application Form* if you are a training institute or a center or a group where Gestalt therapy is practiced and trained. In both cases, you need to ask and mail back the completed forms with the requested documents to the EAGT Secretary, VERONIQUE VERMEIR (please, find her address on page 8).

The EAGT Training Standards and Statutes are published here in order to help you fill out the forms.

phenomenological and Gestalt diagnosis.

• **Different clinical applications:** neurosis, psychosis, borderline, psychosomatic, addictions, etc.

• **Fields and strategies of application:** individual, couple, families, groups, therapeutic communities, organisations.

• **The Gestalt therapist in the therapeutic relationship:** transference, counter-transference, dialogue, self limitation etc.

Principles and Applications of Ethics

2. Supervision - 130 hours

Supervision may be undertaken in small groups or individually. The EAGT regards a ratio of approximately one hour supervision to five hours clinical practice as adequate.

3. Clinical practice - 400 hours, minimum two years

Client contact hours refers to a trainee's supervised practice as a Gestalt therapist with actual clients, and not with fellow trainees.

4. Personal Therapy - minimum individual therapy 120 hours

Individual therapy is absolutely indispensable for work as a Gestalt therapist. Personal therapy implies that the trainee Gestalt therapist has exposed him/herself to the method of treatment and frequency of client contact that he/she intends to practice.

The total of the above 4 components is 1250 hours. The remaining 200 hours should be added to one or more of these components according to local variations.

The above are minimum requirements. Individual training institutes will vary in requiring additional training. All training programmes will include practical experience of psychopathological disorders. The number of hours designated for this remains unspecified and at the discretion of each individual training institute in order to take account of local variations within different nations in Europe.

Assessment

An integrated specialist training program in Gestalt therapy needs, in addition to the above minimum requirements, appropriate procedures for assessment of trainees at the beginning of training, throughout the course of training and at graduation. The EAGT offers general, rather than specific, statements about assessment which will allow for general principles which will not restrict individual training institutes to one way only.

Assessment at entry

Assessment at entry should include assessment by more than one trainer, and should require a written statement of educational and work background, and involve some form of experiential assessment.

Continuous assessment

The EAGT recommends there be continuous assessment partly by peer groups and an annual assessment by more than one trainer to evaluate the personal growth and maturity of the trainee and his/her ability to learn and assimilate theory and practice. The EAGT would like to emphasise the view that personal maturity is more relevant than the mere acquisition

of knowledge. In certain circumstances a student's training may be prolonged or interrupted in order to fulfil this requirement.

Final assessment

The EAGT recommends that written and oral examination should be required and should include some kind of external assessment, i.e. some reference to assessment external to a trainee's own training institute.

Graduation and Accreditation

The EAGT recognises that some training institutes may wish to separate graduation and accreditation. This will allow a trainee to graduate after a substantial training, but be accredited later when all the requirements are finally met (e.g. supervision, personal therapy etc.)

Code of Ethics and Complaints Procedure

The EAGT recommends that an integrated specialist training program in Gestalt therapy requires a published Code of Ethics and a published Complaints Procedure in order to protect the public and ensure ethical practice. The EAGT has agreed to a Code of Ethics. The EAGT has also agreed to a Complaints Procedure as a general guideline for training institutes, which can be ordered from the EAGT secretariat.

EAGT Statutes

Constitution Of the European Association for Gestalt Therapy EAGT (*Europäische Gesellschaft Für Gestalttherapie e.V. (EGGT), Association Européenne de la Gestalt-thérapie, Asociación Europea de Terapia Gestalt*).

Section 1

Name, registered office of the Association

The Association bears the name *European Association for Gestalt Therapy* (EAGT). It's entered in the Register of Associations (Vereinsregister). The registered office of the Association is Hückeswagen.

Section 2

Aims and Objectives

The Association was founded on 5th May, 1985, in Hückeswagen, Germany. It's a non-profit organization that *aims* to unite into a common association of Gestalt psychotherapists, Gestalt Therapy training institutes and Gestalt therapy national organizations in Europe.

The Association shall have the following *objects*:

- The union of Gestalt therapy societies, associations and federations from different European nations;
- The union of persons, organizations and institutions active in Europe in the field of Gestalt psychotherapy and its applications;
- The dissemination of Gestalt therapy and its forms of application in research and doctrine in the European area and abroad;
- Promotion of academic and cooperative exchange between Gestalt therapists in European nations and abroad, and between the national

professional associations;

- Promotion of the legitimacy of Gestalt therapy in Europe;
- Promotion of exchange between educational institutions and clinical establishment for Gestalt therapy;
- The development of comparable standards and curricula for Gestalt therapists in the European area and the devising of joint training standards;
- Public relations, and health and professional initiatives on a supranational level, in particular on European committees;
- Cooperation with other psychotherapeutic approaches, associations and institutions.

Section 3

Means for achieving the object of the Association

- The holding and organization of information and further education events at national and supranational level.
- The promotion of training possibilities orientated towards the standards of European framework guidelines and the respective national legal provisions and the establishment of a regular conference of Gestalt therapy training institutions.
- The formation of standing committees and task groups for Gestalt psychotherapy.
- Publications and the dissemination of scientific works.
- Exchange and advanced research in relation to the theory and practice of psychotherapy.
- Representation of interests of the Association with persons or organizations, official bodies, associations, etc.
- The execution of cooperative projects with institutions, official bodies, associations, etc.
- The establishment of a regular conference.

Section 4

Membership

– Ordinary Members may be:

- European National and Professional Associations, which meet the EAGT training standards and code of ethics.
- Institutes which meet the EAGT training standards and code of ethics and work in the field of training or clinical applications of Gestalt therapy.
- Individuals who meet the EAGT training standards.

– Associate Members may be:

- Individuals who have started a training in Gestalt therapy in Institutes which are ordinary members of the EAGT.
- Every training institute which commits itself to reaching EAGT training standards and is in the process of fulfilling the requirements of the EAGT in its training curriculum.
- Every National Association for Gestalt therapy which commits itself to reaching EAGT training standards and Code of Ethics and is in process of fulfilling the requirements of the EAGT.

– Subscriber Members may be:

- Those who support the Association regularly in financial terms, above the ordinary membership contribution.

– Cooperative Membership may be:

- held by Institutions and Associations who feel themselves to be connected to the professional, health policy and pedagogical aims of the EAGT.

– Honorary Membership may be:

- awarded upon the proposal of the Executive Committee at the Meeting of Members to such persons or Institutes who have served the objects of the As

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sociation in a particular manner or who have made an outstanding contribution in the field of Gestalt therapy.

The application for membership pursuant to paragraph 1, 2, 3 and 4 shall be submitted in writing to the Executive Committee enclosing the requisite documents. On the basis of the documents submitted (regarding completion of training, training standards and other requirements of the EAGT), the Executive Committee shall verify the preconditions of membership and shall decide with regard to exceptions. In the event of a refusal, written reasons shall be given.

Section 5**Rights and Duties of Members**

Membership shall give entitlement to participate in all events of the Association.

2. Ordinary Members attending the Meeting of Members have the right to vote and submit proposals.

3. Associate Members, Subscribers Members, Co-operative Members and Honorary Members don't have the right to vote in the Meeting of Members.

4. Members shall be under a duty to safeguard the reputation of the Association, to promote its aims, to recognize its Constitution and to pay the membership fee.

5. Members must pay the fee determined by the Meeting of Members. They keep the above said rights only if they have regularly paid the membership fee. In order to secure the right to vote, the fee for the current year must be paid before the Annual Meeting of Members, and at the latest before the 1st April of the year in question. All fees paid after the 1st April shall be subject to a surcharge of 30% of the total membership fee.

Section 6**Termination of Membership**

1. Membership shall end through striking from the membership list, withdrawal from the Association, exclusion.

a. A member may be struck from the membership list by a resolution of the Executive Committee if, despite having received two written reminders, such member is in arrears with the payment of membership fees or contributions. Striking off may only be resolved upon if, following despatch of a second reminder, two months have elapsed, and striking off was stated in such reminder. The Executive Committee's resolution as to striking off shall be notified to the member.

b. Voluntary withdrawal shall be declared to the Executive Committee in writing, and may take place observing a three month period of notice with effect from the end of a calendar year. Until the time of withdrawal, the member shall remain under a duty to pay the membership fee.

c. If a member shall damage the interests of the Association in a manner which is grossly negligent, such member may be excluded from the Association by a resolution of the Executive Committee. Before adoption of the resolution, the Executive Committee must give the member an opportunity to give his/her comments either orally or in writing.

d. If a member fails the Ethical Code of the EAGT, the issue will be referred to the Ethical Committee of the EAGT.

2. The Executive Committee's resolution shall be substantiated in writing and shall be despatched to the member by way of recorded delivery letter.

3. The member may appeal against the resolution to the Meeting of Members. Such appeal must be lodged with the Executive Committee within one month following receipt of the resolution. The Executive Committee must convene a Meeting of Members which will decide with regard to exclusion.

Section 7**Organs of the Association**

1. The Meeting of Members, the Executive Committee, the Extended Committee and the Ethical Committee shall be the organs of the Association.

Section 8**The Meeting of Members**

Ordinary Meetings of Members shall take place at least once a year. They shall be convened by the Executive Committee in writing, indicating the Agenda, and observing a minimum period of notice of three months. Such period shall begin upon the day following the date of despatch (postmark) of the letter of invitation. The letter of invitation shall be deemed to have been sent to the member if it is addressed to the most recent address notified in writing by the member to the Association.

2. The Agenda shall be determined by the Executive Committee.

Every member shall be entitled to apply to the Executive Committee for an addition to the Agenda up to one week at the latest before a Meeting of Members. The chairperson of the Meeting shall indicate the addition at the commencement of the Meeting of Members.

The Meeting shall decide by a simple majority of those present whether to accept any addition to the Agenda proposed at the Meeting.

3. Any changes to the Constitution may only be adopted by a 2/3 majority of the members present.

The ordinary Meeting of Members shall have the following duties:

- To accept the annual report and the annual accounts of the Executive Committee;
- To give the members of the Executive Committee formal approval in respect of their actions;
- To establish new standing committees and task groups;
- To establish the annual membership fees;
- To resolve upon any changes to the Constitution and dissolution of the Association.

An extraordinary Meeting of Members shall be convened by the Executive Committee if the interests of the Association shall so require or if one third of the members shall request the same in writing to the Executive Committee, indicating the purpose thereof and reasons therefore.

The Meeting of Members shall elect members of the Executive Committee, via proposals and by a simple majority.

The Meeting of Members shall also elect members of the Extended Committee and members of the Ethical Committee, every three years.

The Meeting of Members shall in general adopt their resolutions by a simple majority of votes of those present. For the purpose of dissolving the Association, a majority of four fifths of those present shall be required.

Section 9**The Executive Committee**

The Executive Committee shall consist of 5 persons, the Chairperson (President) and his/her Deputy (Vice-President), the Secretary and the Treasurer, and the Public Relations Officer.

Both in and out of court, the Association shall be represented by two members of the Executive Committee jointly, of which one shall be the Chairperson or the Deputy Chairperson.

In order to do justice to the European nature of the Association, at least four nationalities should be represented in the Executive Committee.

Whenever possible, a country which has not

yet been represented in this function should hold the presidency of the EAGT [mostly from the country which shall host the following EAGT Conference].

The Chairperson shall convene ordinary and, where appropriate, extraordinary meetings of the Executive Committee, and shall arrange the Meetings of Members to be held at least once per year. S/he shall convene and chair the Meeting of Members. S/he shall decide with regard to applications for acceptance and exclusion in respect of persons and institutions.

The Executive Committee meetings shall be convened if the interest of the Association shall so demand (at least once per year), or if one third of the Executive Committee members shall demand convening in writing, indicating the purpose thereof and reasons therefore.

The Executive Committee shall adopt its resolutions by way of a simple majority and shall devise its own rules of procedure.

The Executive Committee members shall be elected for 3 years. They shall remain in office until new elections have taken place. Re-election shall be permitted.

Section 10**The Extended Committee**

The Extended Committee shall consist of the delegates of national associations of Gestalt therapy.

The members of the Extended Committee shall meet once per year.

The duty of the Extended Committee is to cooperate with the Executive Committee in the aims of the Association, representing the Association in the nations and feeding back to the Association knowledge of every national situation.

Section 11**Resolutions**

The resolutions adopted in the Executive Committee meetings and in the Meetings of Members shall be signed in writing by the keeper of the Minutes of the meeting, usually the Secretary.

Section 12**Dissolution and entitlement to accrual**

Dissolution of the Association may only be resolved upon in a Meeting of Members by the majority of votes as laid down in Section 8. In the event that the Meeting of Members does not appoint separate liquidators, the Chairperson and the Treasurer shall be appointed jointly as liquidators having the right to represent.

The liquidators shall effect ongoing business, and the remaining available assets shall be transferred to Amnesty International.

Approved by vote of the EAGT Meeting of Members Palermo, 1 October, 1998

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