Dear colleagues!

We planned our work long ago, but from the moment this conference was announced, two whole eras have passed: the era of covid and the era of military crisis. Two horsemen of the Apocalypse came out of the dusk and seemed closer to us than we ever would like: Plague and War. But to the credit of the Gestalt approach, we can say that Gestalt therapists remained at their jobs, were in demand and retained their professional position and interest and deep involvement with the experiences and sufferings of other people to the best of their ability. So we decided to change the focus of our presentation and share our experience of gestalt work in different quickly changing circumstances.

We would like to present a few pieces of our ongoing gestalt practice and some way how we can look at it and what we can learn from it. In Covid time the Faculty of Gestalt Therapy with Children and Families of Moscow Gestalt Institute organized an open online group for the exchange of professional experience, for the operational study of actual mental processes that occur with people, for mutual collegiate support, for better support for the therapists. Throughout this time, we conducted this group in an online format with an interval of 1-2 weeks for 1.5 hours. The main composition of the group is practicing Gestalt therapists and supervisors with three permanent leaders Natalia Kedrova, Yaroslav Budko and Diana Kozitsyna, and other trainers of our faculty. Group size ranges from 40 to 100 people. Each group includes an orientation in the actual experiences of therapists and clients, a discussion and search for strategies for working with these experiences, sometimes an experiment in the “here and now” situation, summarizing the meeting. In the next group, we clarified what of our work was basic and supportive for the practice of Gestalt therapists. The work was possible because we consistently adhered to the following principles: orientation in experiences and collegial support, respect for differences in views, experience and resources of the participants, reliance on awareness in the situation here and now.

See the description of our research and the results in the presentation.

With best regards,

Natalia Kedrova, gestalt therapist, supervisor, trainer and member of board of Moscow Gestalt Institute (Russia), head of the Faculty of Gestalt Therapy with Children and Families (MGI), professor in Moscow State University of Psychology and Pedagogy, author of books and publications on psychology and psychotherapy.