

International

azioni
contaminazioni

Istituto
Gestalt
Firenze®

25, 26, 27 September 2020

gestalt Training

Feel, think, act.
Character and creativity

INTERNATIONAL GESTALT TRAINING 2020
FEEL, THINK, ACT. CHARACTER AND CREATIVITY

25-26-27 SEPTEMBER 2020

ONLINE EVENT!!

ABSTRACTS

Friday, 25 September
Day 1

Facebook IGF (9.30-10.00)

Opening meeting

with **Paolo Quattrini** and **Valentina Barlacchi**

When 10.00-12.00 / **ROOM AZIONI**

Who G. Paolo Quattrini

CV Scientific director of the Gestalt Institute of Florence, Psychologist-Psychotherapist, Supervisor-teacher FISIG and FeiG. Teacher in training courses in Gestalt therapy in Italy, Spain, Poland, Brazil, Portugal, Lebanon, Mexico, Thailand. In addition to various articles, he has published "The Manual of Psychotherapy for use by the patient", "Phenomenology of experience" (Zephyro ed 2007) and "For a phenomenological-existential psychotherapy" (Giunti, 2011), "Attachment, Character, Disorder of Personality", (IN-Formazione N° 29-30 of 2016).

Title Belonging and Participation

Abstract Confronting with otherness means meeting the boundaries of otherness, which would not be such without borders: in these terms the movement of thesis and antithesis towards synthesis is a dialectic of boundaries, and this leads to the need for an elucidation of what we mean by the term border. From an existential phenomenological point of view, where one cannot think in terms of psychic structures, as they are hypotheses and not phenomena, the boundaries of the ego are a metaphor to evoke an experience, for example the limit between what one is able or unable to do.
In childhood we live in our parents' apartment, where we may have a personal room, but where we share the rest of the house without any separation of territory: in

metaphorical terms it is like saying that the rest of the family comes in and out of our space without asking permission. When we become adults then we usually acquire a house of our own, in which others must ring the bell to enter: .Quite frequently, however, at an intrapsychic level, people do not acquire perimeter walls that separate them from the people with whom they have emotionally relevant relationships, and it is as they live in the same house, unable to oppose others in moments of existential diversity. It is as if they did not have walls to protect themselves, walls like those in a house that keep rain, cold and annoyances out, and so to preserve one's experiential integrity is entrusted to a struggle often spontaneous and ineffective .(...)

The problem from the psychotherapeutic point of view is the construction of these metaphorical walls: where do we start, and how we proceed, bearing in mind that it must be done directly at the level of experience.

When 10.00-12.00 / **ROOM CONTAMINAZIONI**

Who Caterina Terzi

CV Artist, Psychologist, Psychotherapist, Supervisor, Trainer. Founder and director of the "Istituto Gestalt di Puglia", Italy, recognized by the Italian Minister for Universities and Research as a Post-Graduate School of Psychotherapy for psychologists and medical doctors. She is engaged in international exchange programs with artists and young people from Europe in the framework of European Union projects aimed at the prevention of juvenile delinquency; conducts Art therapy courses with children, young people and adults; Coordinator Member of the CNCP - National Coordinator Counselor Professionals. International Trainer.

Title Enneagram and love...what a complication!

Abstract In the study of character we speak of "reification of love": each character confuses love with one thing and invests a lot of energy to obtain it without ever being satisfied with it ... The hunger for love remains.

But love is something else: it is an elusive experience and this scares us. But, how many forms of love are there? And... who is the person from whom it is essential to receive love? We are ourselves. Even in self-love, the character plays its cards by affecting the relationship that everyone has with himself, on his way of hurting himself, of telling his own life and fulfilling himself. But that love that we are not able to give to ourselves ends up weighing on relationships with others, often in the form of demands and expectations, with all the resulting troubles ...

When 12.30-14.30 / **ROOM AZIONI**

Who Michele Galgani

CV Michele Galgani, Gestalt psychologist and psychotherapist, palliativist at the Aurelio Marena Hospice in Bitonto (Ba), Trainer in helping relationship in the health sector and supervisor of various multidisciplinary teams. Psicomico (Psycho humorist), expert in humor and helping relationship. IGF teacher. He has 47 shoes size.

Title Not to die. Do your math and see what you want to do

Abstract We will all die. But really all of us? No. Some die before others. Some die before they have lived. Others die long after their death. Some, few, never die.

What are we willing to do in order not to die? What are we willing to do to die in a way that has dignity for us?

Talking about death is not comfortable. For two reasons. The first is that we don't know what's next. The second is that it questions us about what we are doing in our life In other words: what are we doing to apply the only remedy for death, that is sowing life. Let's tackle the topic together. And we hope to make it out alive.

When 12.30-14.30 / **ROOM CONTAMINAZIONI**

Who Macarena Diuana

CV Macarena Diuana, Gestalt psychotherapist, clinical psychologist, graduated from the Catholic University of Chile. She received his Masters from the Catholic University of

Leuven, Belgium. Co-founder and current Director of the Luso-Spanish Gestalt Psychotherapy Society (SLEPG) in Lisbon and founding member and first president of the Portuguese Gestalt Association (APG), working both as a trainer, supervisor and psychotherapist. She collaborates with several institutes internationally and is author of various articles.

Title Focus and Defocus: from photography to character

Abstract With this workshop we intend to enter the world of photography in a playful and experiential way, learning some basic concepts, which can be a bridge between the artistic and the therapeutic field. In a dialogic work of images, free association and metaphor between patient and therapist, we use photography as a means of self-knowledge and healing. In other words, it is intended to give space to our internal photographer and learn to use it, not only to record images from the outside through our camera, but also to help us discover ourselves through the focus of the lens. . The objectives of this workshop are:

- To explore the concepts of figure and background in photography, perception and emotions.
- To experiment perspectives in photography and emotional perception.
- To use the image as a means of facilitating free association, awareness and contact within a dialogic perspective.

When 16.30-18.30 / **ROOM AZIONI**

Who Francesca Cantaro

CV Francesca Cantaro, degree in philosophy, training in Gestalt Psychotherapy, Training with Claudio Naranjo in Psychology of Enneatypes, Neuro-Linguistic Programming Trainer, didactic director of NLP Bologna, teacher since 2000 of the Gestalt Florence Institute, member of the Scientific Committee of the AICo.

Title Character also has an intention

Abstract Intention is an unavoidable flavor with which we move in doing what we do. It is a directed gaze that accompanies us in all the acts of our existence. And the character is a very slow process with which we continue to punctuate our existence, and it cannot fail to be, in its acts and in the atmosphere it generates, "willing" to... .. We will talk about this and we will listen to the character differences.

When 16.30-18.30 / **ROOM CONTAMINAZIONI**

Who Giuseppe Vitiello

CV Honorary Prof. Giuseppe Vitiello, Ph.D. Department of Physics "E. R. Caianiello" University of Salerno and National Institute of Nuclear Physics (INFN)

Title Machines that make mistakes

Abstract In quantum field theory, the phenomenon of coherence manifests itself in the formation of ordered structures and quantitatively defines the notion of the emergence of a macroscopic property from a microscopic dynamic process. It is in this sense that we speak of macroscopic quantum systems. Crystals, magnets are examples of macroscopic quantum systems. The dissipative quantum model of the brain is formulated in this mathematical and conceptual context. From the point of view of balancing the flows of energy exchanged with the environment, this can be described as "a copy" of the brain, its Double (its mirror image "over time", flows entering the environment correspond to exit from the brain and vice versa). The brain's dialogue with the Double lives on the continuous restructuring of the "space of memories" (landscape of attractors, in technical terms). In such a process, linked to the minimization of free energy, the brain accumulates experience and builds knowledge, in an attempt to achieve "maximum grip" on the world.

The redesigned landscape of attractors appears as a whole always new. From this derives the dimension of seeing different, of novelty, of surprise, of amazement, associated with seeing suddenly, unexpectedly, and with it the emergence of its meaning. Memory is therefore not a memory of information, but a memory of meanings.

The role of "doubt" in the dissipative model, in the process of self-questioning and listening, is central. Due to their chaotic nature, the trajectories in the space of memories are sensitive to imperceptible perturbations, but which nevertheless cause their divergence. This wandering in the landscape of attractors is a characteristic feature of brain activity, of thinking. It is induced by the seduction of perspectives opened by the unraveling of a new trajectory, in search of the possible, since what simply happens is not satisfactory.

Our great privilege of making mistakes has its roots in this making mistakes. The brain is, to say it with an oxymoron, a wrong machine. A machine is "by definition and by construction" a device that uniquely, strictly predictively, performs a succession of temporally linked operations, like links in a logical chain. A machine that fails is therefore a machine that "does not work" and must be repaired or replaced. The brain activity, on the other hand, proceeds by continuous updates and adjustments, by steps not necessarily logically consequent to the previous ones, not belonging to a uniquely determined chain of steps or events. If it is ever possible to build a device equipped with conscience, it must possess all the best qualities that characterize the human being: his unpredictability of behavior, his ability to learn, but also his imaginative indeterminacy, his infidelity; his inevitable involvement with the world, but also his inalienable freedom; and he must therefore be called Spartacus.

When 19.00-21.00 / **ROOM AZIONI**

Who Alessandra Petrone and Silvio Oliva

CV A. Petrone- Psychologist, psychotherapist, anthropologist. She collaborates as a teacher-supervisor and trainer with many psychotherapy schools in Italy and abroad. She has worked in non-European contexts, in Latin America and in the Middle East. Author of the text "Resist to Exist" - Aracne Editrice 2018.

S. Oliva- psicologo e psicoterapeuta formatosi presso l'Istituto Gestalt Firenze. Docente presso l'Istituto Gestalt Firenze e formatore presso l'Istituto Miriam Polster di Firenze. Invited professor presso il Gestalt Center di New York. Presso la scuola di Psicologia dell'Università degli Studi di Firenze organizza e conduce seminari teorico-esperienziali sull'Enneagramma. Organizza e conduce gruppi di costellazioni famigliari sia privatamente che in collaborazione col comune di Firenze. Esperto in neuropsicologia, tra le altre ha condotto un'importante ricerca dal titolo "Riconoscimento categoriale e corteccia prefrontale: uno studio con TMS".

Title Passion without side effects. Enneagram and personality

Abstract "Know thyself," Socrates repeated. The same sentence, with the add: « and respect your limits », is engraved on a stone in Delphi. Many spiritual traditions of all times agree on this point with humanistic psychology. Every psychotherapist knows that his healing path is an interminable process where he slowly learns to recognize and integrate his dark sides. The nine Enneatypes correspond quite precisely to the main personality structures proposed by clinical psychology and in particular by dynamic psychology. Enneatype 8 - psychopathic, antisocial personality. Enneatype 9 - depressive personality. Enneatype 1- obsessive / compulsive personality. Enneatype 2 - histrionic personality. Enneatype 3 - narcissistic personality. Enneatype 4 - masochistic / self-destructive personality. Enneatype 5 - schizoid personality. Enneatype 6 - paranoid personality. Enneatype 7 - hypomanic personality. This is the diagnostic / pathological part of the Enneagram.

Each of us, from an early age, had to cultivate his Passion because it somehow saved his life, and so each of us has refined tools that he will never forget. With psychotherapy

then, having become aware of his neurotic part, he will learn to keep every manifestation of it under control. And so, finally freed from the compulsion to repeat, each of us will be able to look with tenderness at his character, as Pinocchio, at the end of the story, having become a child, looks with tenderness at the wooden puppet he had been. With this look we can recognize the peculiarities of our Character, peculiarities that, at last, can be used consciously and, why not, with a bit of irony. Reading the book: "Enneagram and Personality. Types and subtypes in movie characters", by M. D'Agostino and F. Fabbri, Astrolabio, 2012, I found myself sympathizing with many characters played by great actors of the caliber of Al Pacino, A. Hopkins, L. Taylor, M. Streep, S. Hayek, T. Servillo, M. Mastroianni and S. Connery, not to mention the genius: A serious man, by the Cohen brothers. This variety of Characters, each with their own neurotic response to life, makes me think of the greatness of the human being, his incredible creativity in the face of difficulties and sufferings, in other words his wealth. We cannot fail to feel emotions reading a poem by Leopardi or admiring a painting by Chagall, unsurpassed in the lyricism of pain, in the beauty of human suffering, nor can we remain indifferent to the stubbornness and strength of a Gandhi, a rigorous moralist without giving up. It is not my intention to re-propose the Narcissism of Enneatypes, but to look at the beauty of the human being in all its manifestations, and to underline the potential that is hidden under all our neuroses.

When 19.00-21.00 / **ROOM CONTAMINAZIONI**

Who Sandra Salomão Carvalho

CV Psychologist exercising the profession for 36 years, Master in Social Psychology, Professor and supervisor of Gestalt therapy at the Catholic University PUC-Rio, Gestalt therapist by the Training Center of Gestalt Therapy / San Diego - USA. Professor of family therapy at Firenze Institute - Italy, Professor of SLEPG - Society Luso-Spanish Gestalt therapy - Portugal. Specialist in Family Therapy Systemic by the Research Center - RJ, Family and Couple Therapist, Trained in Couples Therapy and Intimates Systems by Joseph Zinker. Coordinator of Training program in Gestalt therapy, Specialization Course Coordinator in Family Therapy, co-creator of the specialization course in Family and works with Systemic Model-Gestalt Relational Intervention. University professor since 1984, created the the discipline of family based both on Gestalt Therapy and Systemic Family Therapy. Member of ABRATEF - Brazilian Association of family therapy. Member of AAGT.

Title Character as the background of therapeutic impasses – supervisión by the enneagram

Abstract In general, the study of the enneagram has served therapists as self-knowledge and as a tool to assist in diagnostic and practical management with their clients; it is also a powerful supervision tool, as there is also a repetitive pattern of difficulty with the same type of clients.

In this work we will relate the therapists' repetitive stalls and articulate them with their enneatype, their character typology. So we will promote technical self-supervision.

Saturday, 26 September
Day 2

Facebook IGF (9.30-10.00)

"Io è tanti"

interview with **Chandra Livia Candiani**

presented by **Shobha Arturi**

music of **Claudia Bombardella**

When 10.00-12.00 / **ROOM AZIONI**

Who	Anna R. Ravenna
CV	Psychologist, psychotherapist, co-founder of the Gestalt Institute of Florence, supervisor and teacher, founder of the Italian Gestalt Federation with an existential phenomenological orientation, past-president of the Italian Federation of Gestalt Schools and Institutes, clinical supervisor at SAIFIP-S.C. of Plastic-Reconstructive Surgery of the San Camillo-Forlanini Hospital in Rome. Author of publications in the clinical and educational fields and co-author of the book Transsexualism and gender identity (1999, Roman University Editions, Rome).
Title	Couple life and character
Abstract	In our days, love is fundamental for a couple's life, it has not always been like this. But the feeling in itself, even if necessary, is not enough to create a satisfying common life project which, in everyday life, can harmonize with the existential projects of each of the partners. The culture of origin of the a person, therefore values, ways of behavior, interpersonal relationships, starting from primary attachment, update in different styles what potentially every human being carries with him since conception. It is this style of relationship with the internal and external world that we call character and that in the life of a couple can be a resource or turn into a handicap. The laboratory aims to experientially analyze this aspect.
When	10.00-12.00 / ROOM CONTAMINAZIONI
Who	Graciela Andaluz
CV	Graduated in Medicine (University of Buenos Aires 1971). Gestalt psychotherapist. Founder and Director of the Canarian School of Gestalt Psychotherapy since 1989 (http://www.gestaltcanarias.es/). Honorary Member of AETG 2013. Full Member since 1982. Teacher and Supervisor. Teacher Equipe Centro Madrid Gestalt (http://www.equipo-centro.com/programa-postgrado-gestalt-con-cuerpo-2017/). Pedagogical Director of the Gestalt Training Center Bert Hellinger Uruguay. Trainer and Supervisor of the various Gestalt Psychotherapy Institutes in Spain. He has participated in many international events.
Title	Stress and fear in immunity and health
Abstract	We will see how fear, stress and emotions affect immunity and health from a biological point of view. The mechanisms by which the body expresses (somatizes) unresolved conflicts (unfinished situations) with symptoms and / or diseases. Experiences to improve immunity, so necessary in this pandemic period
When	12.30-14.30 / ROOM AZIONI
Who	Filippo Carbonera
CV	Graduated in Philosophy, Gestalt Counselor, Facilitator in Family Constellations, Expert in Effective Communication, teacher at the Gestalt Trieste Institute and other institutes in Italy.
Title	The phenomenological approach in constellations and in character
Abstract	"The starry sky above me, and the moral law within me". From the existential point of view, one of the many possible definitions of character can be "a set of rigid behaviors that define who we are not". These emotional experiences, these repetitive rigidity in behaviors even in the body, these fixed and outlined perceptual panoramas are said to originate in the first 6 years of the child's life and then consolidate definitively up to the age of about 12 as a defense response to suffering and pains. However, if we base our investigation on a phenomenological perspective following the traces of his founder Edmund Husserl, and we assume his method of observation of the phenomena and reality, and "we go to the things themselves" "Zur Sachen Selbsts", we immediately realize that from smaller reality, the atoms (which then a-toms, not divisible, are not) to our body, to our psyche, to the planets, to all matter, there is no

substance in itself, a monad as Leibniz would say, but at the origin of any form of life there is a relational, aggregative logic, from which individual entities then arise. (Just think, for example, of the cells of our body: when this aggregative thrust at the service of life fails and another logic takes space, namely the competitive one, we have the so-called tumor cells).

Each of us is faithful, bound, connected, tuned, related to others like a note. A note that takes on meaning within a score in which there are other notes thus giving that overall effect, called harmony.

The approach, founded by Bert Hellinger, of family constellations first, of the movements of the soul and of the spirit then, takes its foundations precisely in the phenomenology of the German father Husserl and intends us to look at those systemic principles that are often invisible and underground. They always make as a background to our being in the world and often determine what are technically defined "entanglements": that is, unconscious drives, perceived by a conscience in us different from the "personal" one, a "collective" conscience which perceives the laws of balance within a system and silently induces us to feel and move in a certain way, shaping the world of each individual and at times it almost seems to determine a sort of destiny.

Because you see, there is a limit to looking.

And the world measured for a long time by the gaze

He wants to thrive in love.

The work of sight is done

Do the work of the heart now

On images imprisoned in you, because you

You overpowered them, but you don't know them yet"

Rainer Maria Rilke - Breakthrough

When 12.30-14.30 / **ROOM CONTAMINAZIONI**

Who Amedeo Galluppi

CV Psychiatrist-Psychotherapist

Title **Character and narration: narrating oneself, representing oneself**

Abstract A narration, a story, must "see itself". Even more if we are dealing with a co-constructed story. The feeling of a created space belongs to the co-creator and, likewise, belongs to all content: people and things, actors and audience. It is a space without limits and without masters. The representation of the story is its harmonization: let's imagine us on a theater stage with actors, audience, stage staff, authors, screenwriters, roles...
Participants choose, change, enter, leave ...
But what is the relationship between actor and role, between roles and actors, between authors, screenwriters, stage staff, audience, history, props, backdrops ...
The theoretical part will be a support and stimulus to experiential moments

When 16.30-18.30 / **ROOM AZIONI**

Who Shobha Arturi

CV Shobha Arturi, medical doctor, trained in Acupuncture and chinese medicine, psychotherapist, teacher of the Gestalt Institute of Florence, Fisig, and of the course of Counseling with artistic mediators Azioni e Contaminazioni. Training in Family Constellations. Decades of experience of meditation practices gained in travels and long stays in India. She has collaborated with educational and health institutions working on the knowledge and expression of our own inner world and on the development of good interpersonal relationships. She conducts workshops on Family Constellations and Mindful Dance. For many years she has been combining psychotherapy with meditation practice and body awareness and expression.

Title **Metabolism and fixations: an invitation towards wonder**

Abstract A proposal that involves body, imagination, awareness and meditation. Starting from the images and thoughts and movements that usually bind us to an obligatory and

repetitive destiny, and which constitute the character fixations, we will try to find metabolic, transformative ways, to go towards new images, like new windows open to the world, to see it more complex and richer, with more possibilities and perspectives. A work in which the body is home, but also travel and adventure, beyond what we already think we know, towards the possibility of wonder.
The only real journey, (...) to see the hundred universes that each one sees, that each one is. [Marcel Proust]

When 16.30-18.30 / **ROOM CONTAMINAZIONI**

Who Ana Costantini

CV Main work experience:
 Over thirty years of experience as a PEDAGOGIST, in Families at high risk of social exclusion in conditions of extreme poverty. Over twenty years of experience as an ART GESTALT COUNSELLOR OPERATOR with People with mental illness and in Art Projects as Care. AICo Supervisor Trainer. DIRECTOR Training School in Counseling.

Title ImageN SENSITIVE - IMAGE SENSITIVE

Abstract Work with the images of paintings made in the Atelier of Painting with People with mental illness.
 You will experience STAY and listening to what you feel by coming into contact with yourself. You will experience empathy as an emotional resonance which allow us to grasp the experience of the other, and on the other hand of aspects of ourselves. You will give value to your inner self in contact with transforming energy, supporting and encouraging your expression.
 Experience points:
 - stay with what is manifested;
 - open attitude;
 - stay with what attracts us;
 - follow the inner movement and the movement of emotions;
 - interest and curiosity;
 - contrasts and differences;
 - make room for the new;
 - change and trans-formation.

When 19.00-21.00 / **ROOM AZIONI**

Who Valentina Barlacchi

CV Psychologist-psychotherapist, didactic director of the Gestalt Institute of Florence, FISIG Ordinary Teacher, AICo trainer, founding member of the Association "Actions and Contaminations" of Florence and manager of the training course. Lecturer in various Italian institutes and trainer in Psychosocial Support in humanitarian projects abroad (Lebanon, Syria, Palestine, Gaza, Jordan, Brazil, Thailand). Trained in theater and singing, she favors the use of the body, theater and voice, integrating them with the Gestalt approach.

Title Character and Voice through cinema: the intention of the voice

Abstract The acting roles in some movies are a mine of examples of the different characters; the way you move, look, speak make your intention perceptible.
 In this theoretical / experiential workshop we will focus on the voice of the characters, an expressive channel that, in art as in therapy, allows us to grasp the variegated (multicolored diversified) complexity of nuances that exist behind words and behaviors. We will listen to the voice in its melody, rhythm and intonation, as well as the words, in a practice of empathy. The voice of each person and his or her character narrate like an echo, a polyphonic story, with intentions that often do not coincide with the words. The voice carries a message that is not secure, certain, as concepts seem to be. The sound must be listened to and returned with metaphors and sensations, to get closer to what cannot be seen. As therapists and helping relationship workers in different contexts, we

can listen with our eyes closed, imagining who lives beyond that wall of words and silences.

When 19.00-21.00 / **ROOM CONTAMINAZIONI**

Who Fernando De Lucca

CV Psychologist graduated from the Faculty of Psychology of Uruguay since 1984. Postgraduate in Gestalt-therapy from the Center for Gestalt Studies of Sao Paulo-Brazil. Introducer of Gestalt-therapy in Uruguay and Professor at the State University (UDELAR) and the Catholic University (UCU) in Gestalt-therapy from 1987 to date. Founder of the Instituto Encuentro-Centro de Estudios de Gestalt del Uruguay. Various formations: Training in Enneagram, Philosophy and Oriental Psychology (Nyigma Institute), C. G. Jung Psychology, Family Constellations and Shamanism.

Title Love, humor and the path of not knowing in advance

Abstract This is a work with an experiential methodology where the theory will be built by the participants from what is happening. We will try to put in parentheses what each of us knows a priori about himself and about the world and we will try to astonish ourselves with what emerges from the fertile void. I invite you to experience love and humor in all its manifestations; We will see what happens when we allow ourselves such as possibility.

Sunday, 27 September
Day 3

Facebook IGF (9.30-10.00)

Gestalt in the world

meeting with **Rola Souheil and Valentina Barlacchi**

music of **Rola Souheil**

When 10.00-12.00 / **ROOM AZIONI**

Who G. Paolo Quattrini

CV Scientific director of the Gestalt Institute of Florence, psychologist-psychotherapist, supervisor-teacher FISIG and FeiG. Teacher in training courses in Gestalt therapy in Italy, Spain, Poland, Brazil, Portugal, Lebanon, Mexico, Thailand. In addition to various articles, he has published "The Manual of Psychotherapy for use by the patient", "Phenomenology of experience" (Zephyro ed 2007) and "For a phenomenological-existential psychotherapy" (Giunti, 2011), "Attachment, Character, Disorder of Personality", (IN-Formazione N° 29-30 of 2016).

Title Trilogy of the spirit

Abstract The I in this view is a thing of the world, a biological function, which must not be neglected but not taken seriously: it is neither consciousness nor spirit, it is used for survival and any superior animal has it. It is therefore something we share with the animal world: do we also share transcendence or not? It actually depends on what is meant by transcending: a very interesting possibility is referring to set mathematics, which affirms and demonstrates that the whole transcends the sum of its parts. In this sense everything transcends, and transcending is not a particular quality: there are infinite transcendent realities, some trivial, some extraordinary, some good, some bad. To understand this, just think of a couple: anything can pass between them, and if the ensemble of the two and their relationship is considered transcendent, depending on whether the atmosphere between them is benevolent or malevolent, you can see something good or something bad: divorce is a descent into the components of the couple who, by separating, can then be recomposed into other groups. The substance of the problem is perhaps the ability to distinguish spirit from matter, which is very difficult with a rationalist thought: at the time, however, Christ explained it in two illuminating words by answering the question whether or not taxes should be paid to

the Roman government, and, pointing to the image of Caesar on a coin, he said: Give to Caesar what is Caesar's and give to God what is God's.

When 10.00-12.00 / **ROOM CONTAMINAZIONI**

Who Stefano Pericoli and Tania Pacciani

CV Stefano Pericoli: Doctor-homeopath, Gestalt psychotherapist, training counselor, medical doctor specialized in Psychiatry and Rehabilitation, expert in Chinese medicine and homeopathy. Student of Claudio Naranjo, expert in Enneagram. Founder and director of the Gestalt Counseling course of the association Ferma-Mente.

Tania Pacciani: Psychologist, Gestalt counselor. Expert in specific learning disorders. Master in Child and Adolescent Psychotherapy.

Master in Psychogenealogy and Metagenealogy.

Title From attachment to the balance of character

Abstract We are the product of our genetic heritage but also the result of the education received, the influence of the environment that welcomed us, the socio-economic conditions of the family in which we lived and other factors that more or less manifestly intervened in our growth.

The Theory of Attachment highlights how from the very first contact we are bound to confront and adapt to the environment in which we find ourselves, thus conditioning the development of our style of behavior and how we feel in this life.

Each of us responds in a personal way to these stimuli and develops an internal organization that we rely on to lead our lives.

We will always be influenced by the interactions with the prominent figures we meet. As adults we feel structured, almost stuck in a model that struggles to update with the passing of life and that often does not allow a harmonious flow.

In this meeting I will try to stimulate the highlighting of both one's behavioral dynamics, to make them functional to one's well-being, and those of those around us in order to make life in community harmonious.

When 12.30-14.30 / **ROOM AZIONI**

Who Pierluca Santoro

CV Teacher at the Gestalt Institute of Florence, FISIG Associate Teacher and Board Member of FORGE. Head of the scientific journal "Formazione IN Psychotherapy, Counseling, Phenomenology" and founding member of the Association "Actions and Contaminations" of Florence where for years he has been experimenting the use of images, photographic and in motion, as a mediator of the helping relationship. He collaborates in the implementation of various training projects in Italy and abroad, in Russia, Thailand, Lebanon and Brazil. Initially trained in Thailand with Theravada monks in Vipassana meditation, he deepens the sense of integration of techniques based on Mindfulness and Gestalt Psychotherapy.

Title Working on carácter and Mindfulness

Abstract *Come il concetto buddhista dell'impermanenza aiuti a superare le stereotipie caratteriali. La Gestalt a indirizzo fenomenologico esistenziale e la Mindfulness, applicazione occidentale di una parte del corpus sapienziale buddhista sulla meditazione, si fondono alla ricerca di percorsi di crescita personale che nel carattere trovano spesso ostacoli ripetitivi. La pratica dimostra molto spesso come questi ostacoli siano gli stessi che incontrano i meditatori di fronte al vuoto della postura centrata sul respiro. Nel seminario teorico-esperienziale verranno affrontate queste tematiche e offerta un'opportunità di riflessione su come la Mindfulness, o consapevolezza della presenza mentale, possa aiutare nel difficile cammino verso l'autonomia.*

When 12.30-14.30 / **ROOM CONTAMINAZIONI**

Who Lucia Berdondini

CV Lucia Berdondini, PhD, Psychologist and Gestalt Psychotherapist lives and works in the UK since 1993. She is currently Senior Lecturer at the University of East London where

she leads a Distance Learning MSc in Humanitarian Intervention and teaches Counselling and Psychotherapy. She also runs a small private practice in London. Her area of interest is the co-construction of intercultural training in Counselling and Psychotherapy in countries in war and more in general the development of psychosocial intervention in humanitarian contexts. She has a long experience of projects focused on Training in Counselling in Afghanistan, Angola and India and she is consultant for international NGOs such as Save The Children and Marie Stopes International.

Title Inner resources: working with metaphors

Abstract In this experiential workshop, participants will be asked to explore their creative adjustment to the environment during their life and/or in specific existential transitions, and to acknowledge and recognize with more clarity their inner resources. Working with metaphors and arts will be the media to express their story in a safe way and to connect with each other during this experience.

When 16.30-18.30 / **ROOM AZIONI**

Who Gianni Capitani

CV Artist, graduated in painting at the Academy of Fine Arts in Rome, Gestalt Counselor and AICo Trainer, Founding Partner of Azioni e Contaminazioni. He collaborates with various institutions and universities in Mexico where he lives. Trainer in various Gestalt Institutes.

Title Character and work in the places of creation

Abstract Atelier. This is the idea: to have a chat about the possible relationships between the atelier, manias (strategic moves, rituals, tics, etc.) and character. Each of us has an atelier: our mind, then there are also the physical spaces (the kitchen, the study, the classroom, the bedroom ...). Talking about some artists' workplaces, not to mention their obsessions, as well as being fun can stimulate reflection on the relationship between our character and the spaces in which we live

When 16.30-18.30 / **ROOM CONTAMINAZIONI**

Who Marialisa Pinori e Francesco Cattafi

CV Marialisa Pinori Psychologist, psychotherapist, training in Gestalt and Bioenergetics, trainer. She has a double training first in Gestalt, at the Gestalt Institute in Florence and then in Bioenergetics, graduated from the SIAB in Milan. She has been working as a freelance for quite a long time, and at the same time she has also collaborated as a trainer with public institutions such as the University of Pisa and various private institutes. She deals with helping relationships and trainings using the body, art and creativity as a means of facilitating communication and expression of one's own emotional world. Dr. Cattafi Francesco born in Acqui Terme (AL) residing in Rovato (BS) is a Psychologist Psychotherapist with double Specialization in Gestalt therapy, and in Bioenergetic Analysis, NLP and Coaching Trainer, Expert in Psychology of the Character of Enneatypes, pupil of Claudio Naranjo and teacher of the Sat. Teacher of many institutes and schools of specialization of various clinical approach. Former Adjunct Professor of Clinical Phenomenology at the University of Turin He is professor of interpersonal communication at the Faculty of Psychology of the University of Chieti.

Title BODY AND CHARACTER

How is the character written on the body?

Abstract According to Reich, character is nothing more than a defense of the I that is structured both in a psychic and physical sense following the encounter with a more or less traumatic reality. In particular, the characteristic of muscular tensions reflects the

emotional history of the individual. This is a process that gradually develops starting from early childhood when the child is faced with the first stressful situations in the environment that surrounds him.

The character is therefore a rigid structure expressing itself as a behavioral style. So style comes to life starting from the body structure and then expands to relationships. The workshop therefore aims to observe in what ways character comes to life in the body and how this affects our relationships.

When 19.00-21.00 / **ROOM AZIONI**

Who **Gianluca Taddei**

CV Gianluca Taddei is a psychologist, musician, music therapist, Gestaltist. He chairs the Association TherapeuticArts of Naples, he teaches music therapy courses at the Conservatory of L'Aquila and the Cep of Assisi. He conceived and supervised the direction and staging of numerous theatrical plays, also of a performative nature, in the context of the Gestalt workshops held at the Atmos-TherapeuticArts Association in Rome.

Title **Epiphanies of the Character. Theatrical and sound textures**

Abstract «When, withdrawing from his gaze, I went back to curl up in my place next to Agamemnon who was moaning and vomiting - then I was forced to ask myself what kind of resistant substance are the cords that bind us to life». So Christa Wolf's Cassandra thinks to herself on her journey towards the end, to Mycenae, after preventing her children from falling into the stormy sea. Certainly one of the strongest cords is the character: it prevents us from falling, keeps us alive, and at the same time limits our experiences. Theater and music, presented here as experiences of Gestalt work as well as artistic, work on our cords (cordes, hearts) to make them elastic, light, and resistant.

When 19.00-21.00 / **ROOM CONTAMINAZIONI**

Who **Jorge Villalonga**

CV Director of the Escuela Gestalt Bogotá - Colombia, professional actor trained in the international studio of the actor Juan Carlos Corazza Madrid, professional clown, professor of Therapeutic Theater. Disciple of Claudio Naranjo and collaborator in SAT programs (Enneagram of Personality).

Title **The sacred idiot. Theater and Character**

Abstract The seminar is an invitation to connect with the source of one's inner child so that he can live his essence, daring to laugh to let go of the fears and armor that limit us in our relationships. Through the clown we will be able to dance face to face with the prejudices that limit us in the possibility of communicating from the heart. Experience laughter and its healing potential through the catharsis it produces, facilitating the transformation of pain into light, shame into peace and sadness into fullness. Discover the power of the clown to heal your life.

Facebook IGF (21.00-21.30)

Final farewell from the International Gestalt Training

with **Valentina Barlacchi**

music of **Titta Nesti**