Editor
Genomary Krigbaum

Associate Editor
Dana Basnight-Brown

Official Bulletin of the Division of International Psychology (Division 52) of the American Psychological Association

div52.org
Message From the President
Coming of Age and Seeing the Future  (Merry Bullock)  

Division 52 - News & Updates
Division 52-International Psychology, The 2018 APA Convention is JUST Around the Corner!
Results of the 2018 Division Board-position Election
Division 52’s Ursula Gielen Global Psychology 2018 Book Award
Division 52 at the Western Psychological Association 2018 Convention
Congratulations to 2018 Division 52 Awardees!
Upcoming Division 52 Webinars

Members in the News
Recipient of the 2018 Raymond D. Fowler Award for Outstanding Contributions to APA
An American Psychological Association Citizen Psychologist

Student Column
Self-Esteem and Trauma: A Review of Current Literature (Erin Reilly)

Brief Reports
The 62nd Session of the United Nations Commission of the Status of Women (Daria Diakonova-Curtis, Ani Kalayjian, & Michelle Aslanyan)
Psychology Day at the United Nations: Climate Change Mitigation and Adaptation (Rudy Richa & Ehiamamiegho Idahosa-Erese)

Therapy Training Video Series Review
Gestalt Therapy for Today: Repairing Gloria (Charles Bowman)

Book Review
Well-Being of Youth and Emerging Adults across Cultures: Novel Approaches and Findings from Europe, Asia, Africa and America (Snežana Stupar-Rutenfrans & Petrouschka C.D. Verdouw)

Board Members

International Psychology Bulletin Submission Peer Review Section Guidelines, Deadlines and Section-editors
https://www.div52.org/index.php/publications/32-publication-details

Articles published in the International Psychology Bulletin (IPB) represent the views, perceptions, information of the author(s) and not necessarily those of the Division of International Psychology (Div.52) or the American Psychological Association (APA). Submissions (respectfully) representing differing views, comments, information and letters to the editor are welcome.
**New Contemporary Gestalt Therapy Demonstration Films** by Robert Resnick, Ph.D.* is a collection of eight episodes of actual, unedited gestalt therapy sessions plus a thirty-minute Gestalt Therapy Theory Synopsis with Dr. Resnick providing the therapy demonstrations, commentary and lecture. The full set, almost seven and a half hours long, demonstrates modern gestalt therapy’s phenomenological and dialogic process approach to psychotherapy. Recorded between 2001 and 2016, the sessions demonstrate central tenets in contemporary gestalt therapy theory. These professionally recorded therapy sessions, occurring in real time with real clients, are accompanied by brief discussions, short synopsis, and the thirty-minute summary of contemporary gestalt therapy theory.

The setting for the films is the annual European Gestalt Therapy Training Program that has been offered by Dr. Resnick and his colleagues at Gestalt Associates Training Los Angeles (GATLA) for 47 years. Fritz Perls personally certified Dr. Resnick in 1969 and chose him to introduce gestalt therapy in Europe in lecture and workshop format that year. This high quality opus is a training vehicle in the spirit of psychotherapy in general and gestalt therapy in particular. Freud revolutionized psychoanalytic training with his development of the single case study method. Carl Rogers introduced audio recording and transcription of individual counseling sessions in the 1940s, further developing the study of the process of psychotherapy.

Like Rogers, Perls saw video as an invaluable training tool. He utilized audio and video recording to make his training seminars and gestalt therapy demonstrations available to a wide audience, including a transcription of four lectures and a dreamwork seminar published in 1969 entitled Gestalt Therapy Verbatim. Similar to Perls, Dr. Resnick is also committed to training in psychotherapy using video. He also includes an introduction to gestalt therapy theory in the opening clip of the series. In terms of the style and method of these two gestalt therapists, this might well be where the similarity ends.

Probably the most recognized of all psychotherapy training videos is Everett Shostrom’s iconic video Three Approaches to Psychotherapy or “The Gloria Films.” It is unfortunate that so many graduate students studying counseling and psychotherapy have been and continue to be exposed to gestalt therapy through the dissemination of this film. Perhaps Dr. Resnick’s most impressive contribution to gestalt therapy will be to correct the erroneous conclusion of many graduate students in psychotherapy “that challenge and frustration of the client is the dominant Gestalt approach” (Wakelin, 2017, p. 63). In Three Approaches to Psychotherapy, Perls has been characterized as confrontational, acerbic, even abusive. In this current work one is struck repeatedly throughout the videos with the...
caring, non-interpretive, involved nature of contemporary gestalt therapy. Dr. Resnick demonstrates again and again what gestalt trainers have deemed the “use of self as a therapeutic instrument” via his laughter, tears, seriousness and contact.

I am loath to dwell on the Gloria films but there is a theoretical point to be made that context matters. To the gestalt therapist this means that the figure of our awareness only has meaning in relation to the ground. Perls, Rodgers and Ellis were filmed in 1964. It was “the Age of Aquarius.” *Mary Poppins* and *A Hard Day’s Night* were two of the most popular films of the day and fresh episodes of *Bewitched*, *Gilligan’s Island*, and *The Man from U.N.C.L.E.* were anticipated on weekly television. These were the days of Lyndon Johnson’s “Great Society” in the United States, where the filming of *Three Approaches to Psychotherapy* took place. Also in 1964, Bob Dylan released the title track off his new album, “The Times They Are a-Changin’.”

And indeed they have! These films highlight a new era for gestalt therapy—one that fully integrates the relational turn in gestalt praxis. Gone are the barnstorming days of Fritz Perls and gestalt therapy. In his mission to demonstrate the efficacy of gestalt therapy Perls lost the focus on relationship and on contacting. *New Contemporary Gestalt Therapy Demonstration Films* shows gestalt therapy at its finest, enlivened by omitting much of the jargon of gestalt therapy theory. Instead, the videography itself clearly demonstrates the power of a gestalt therapist connecting in various contexts through ultra-clear, high quality, two-camera video. Split-screen technology captures nuance and subtlety in a manner that older films cannot. One can see the nonverbal communication between therapist and client *simultaneously*.

In the episode “It Cannot Be So,” Dr. Resnick demonstrates an alternative method of confrontation that relies less upon Perls’ methods of challenge and frustration and more so upon contacting and connection – demonstrating his availability, interest and presence. In response to the client’s persistent quest for cognitive understanding, Dr. Resnick offers the following:

*“What I’m clear about is I don’t want to get stuck with you trying to find out what you don’t know. . . .I don’t like it and I don’t think it’s going to be useful for you either. So, I’m becoming more interested in how it is that you don’t know rather than what you don’t know.”\*

This marks the beginning of an intervention that shifts the client’s experience from a cognitive process of theorizing and predicting to an awareness of his embodied experience of introjection. Although the words are precise in this vignette—\*as the subtitles helpfully attest\* the video offers a clearer, fuller view of the power of gestalt therapy through connection. The “I-Thou moment” is much heralded in gestalt therapy and this vignette demonstrates the healing power of connection in this fashion. Clearly, gestalt therapy has come of age since the days of Gloria.

These videos do not present a cookbook of how to do gestalt therapy. Although they are replete with examples of gestalt therapy at its best, a phenomenologically-based, dialogical psychotherapy must begin with client and therapist fully present to each other, here and now. Laura Perls offered this advice:

*Gestalt therapy is existential, experiential and experimental. But what techniques you use to implement that and apply it, that depends to the greatest extent on your background, on your experiences professionally, in life, your skills and whatever (as cited in Rosenfeld, 1978a, p. 24).*

The films are available worldwide and are currently subtitled in nine languages with seven more soon to be added. An annotated menu of each film is available at [www.Vimeo.com/ondemand/gestaltfilms](http://www.Vimeo.com/ondemand/gestaltfilms). Versions are available for streaming or downloading from this site and DVDs can be ordered at resnickfilms@gmail.com. The entire set is available for USD $350 or USD $59.99 per episode. The duration of the full set is 7 hours, 35 minutes. The thirty-minute synopsis of gestalt therapy theory is available for viewing or download at no cost.

**References**


Author’s Biography
Charles Bowman is Co-President of the Indianapolis Gestalt Institute and a Past President of the Association for the Advancement of Gestalt Therapy. He teaches Gestalt therapy nationally and internationally and has numerous related publications. He is a Gestalt trainer, psychotherapist and business consultant in Indianapolis, Indiana, USA.

Charles Bowman, MS, LCSW, LMFT, LCAC
Indianapolis Gestalt Institute
9292 North Meridian Street
Suite 311
Indianapolis, Indiana, USA 46260
charlie@bowmancounseling.com

LEAVING A LEGACY TO DIVISION 52
Call for a Charitable Bequest to APA Division 52
If you are interested in making a charitable bequest or other planned gift to the Division of International Psychology, contact Miriam Isserow (APF’s Development Officer) at (202) 336-5622 or at Missrowa@apa.org

D52 members and friends! Plan to attend the APA Convention
August 9-12, 2018
San Francisco, California

Division 52 will have dynamic programs! Symposia and Roundtables on international perspectives in teaching, development, and research; two strong poster sessions; Suite programming to promote conversations, engagement and collaboration.