

Šesti međunarodni interdisciplinarni geštalt kongres
The Sixth International Interdisciplinary Gestalt Congress

RELACIJSKA PERSPEKTIVA U PSIHOTERAPIJI LJUDSKIH SUSTAVA

- OD POJEDINCA DO DRUŠTVA -

RELATIONAL PERSPECTIVE IN PSYCHOTHERAPY OF HUMAN SYSTEMS

- FROM INDIVIDUAL TO SOCIETY -

Zadar, Hrvatska / Zadar, Croatia

11. – 14. rujna 2025. / 11th – 14th September 2025

KNJIGA SAŽETAKA BOOK OF ABSTRACTS

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RELACIJSKA PERSPEKTIVA U PSIHOTERAPIJI LJUDSKIH SUSTAVA OD POJEDINCA DO DRUŠTVA

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BOOK OF ABSTRACTS

The Sixth International Interdisciplinary Gestalt Congress

RELATIONAL PERSPECTIVE IN PSYCHOTHERAPY OF HUMAN SYSTEMS FROM INDIVIDUAL TO SOCIETY

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UVOD / INTRODUCTION

Šesti međunarodni interdisciplinarni geštalt kongres održava se u Zadru (Hrvatska) od 11. do 14.09.2025. godine. Tema ovog kongresa bit će "Relacijska perspektiva u psihoterapiji ljudskih sustava – od pojedinca do društva".

Ponosni smo što ugošćujemo geštalt psihoterapeute i stručnjake iz raznih područja, pisce, istraživače i sudionike iz različitih profesionalnih i kulturnih sredina. Ovaj događaj organizira Europski akreditirani institut za edukaciju iz geštalt psihoterapije Psihika, EAPTI PSIHIKA.

EAPTI PSIHIKA provodi program edukacije iz geštalt psihoterapije kroz suradnju s različitim geštalt centrima koji su dio EAPTI GPTIM mreže (EGN).

EGN sada redovito organizira ovakve susrete, koji omogućuju platformu na kojoj razni izlagači prezentiraju suvremena dostignuća u području geštalt psihoterapije. Vjerujemo da će eminentni stručnjaci iz ovog područja svojim iskustvom, radom i istraživanjem doprinijeti razvoju novih psihoterapeuta i omogućiti kontinuirano stručno usavršavanje već afirmiranih psihoterapeuta. Za sve ostale sudionike vjerujemo da će iskustvo na kongresu biti inspiracija u daljnjem radu.

Radujemo se susretu u Zadru.

The 6th International Interdisciplinary Gestalt Congress will be held in Zadar, Croatia between 11th and 14th September 2025. The topic of this congress will be "Relational perspective in psychotherapy of human systems – from individual to society".

We are proud to be hosting Gestalt practitioners and practitioners from various fields, writers, researchers, and participants from many different professional and cultural backgrounds. This event is organized by the European Accredited Gestalt Psychotherapy Training Institute Psihika, EAPTI-PSIHIKA.

EAPTI-PSIHIKA holds program through collaboration with various Gestalt centres, which form part of the EAPTI-GPTIM Network (EGN).

The EGN now regularly organizes these events, which provide a platform on which modern achievements in the development of Gestalt psychotherapy are presented and discussed by various presenters. We believe that these eminent experts in the field will contribute to the formation of new psychotherapists and provide continuous professional development for already established psychotherapists by discussing their experience, work, and research. For all other participants, we believe that the experience at the congress will be an inspiration in further work.

We look forward to meeting you there.

O NAMA / ABOUT AS



PSIHIKA EAPTI
EUROPSKI AKREDITIRANI
PSIHOTERAPIJSKI TRENING INSTITUT



EAPTI
European Accredited
Psychotherapy Training Institute



European
Association
for Gestalt
Therapy

EAPTI Psihika Ltd Zadar

Psihika d.o.o. (EAPTI) – Europski akreditirani psihoterapijski trening Institut – Centar za psihoterapiju, edukaciju i savjetovanje, Zadar, osnovana je 31. listopada 2007. godine, a europsku akreditaciju (EAPTI) dobila je 30. rujna 2017. godine, čime se svrstala na listu europskih Instituta. Psihika organizira edukaciju za geštalt psihoterapeute prema europskim standardima, a edukantima Psihike omogućen je nastavak školovanja za Mag. Psys. (Gest)., a kasnije i mogućnost upisivanja Doktorata iz područja geštalt terapije u okviru Geštalt Trening Instituta Malta i stjecanja titule D.Psych (GT).

www.psihikaeapti.com

EAPTI-GPTIM MREŽA

EAPTI-GPTIM mreža ili EGN osnovana je 2018. godine kao rezultat jedinstvenog odnosa uzajamnog povjerenja, prijateljstva, poštovanja i podrške između dr. Pecotić i njezine izvorne grupe kolega, koji su sada voditelji različitih instituta u različitim zemljama, ili njihovi stariji praktičari.

Glavna funkcija mreže nije komercijalna nego edukativno-profesionalna. Osim EAPTI-GPTIM-a, svi su instituti neovisno priznati i akreditirani od strane Europske udruge za gestalt terapiju (EAGT) i Europske udruge za psihoterapiju (EAP).

EAPTI Psihika Ltd Zadar

Psihika d.o.o. (EAPTI) – European Accredited Psychotherapy Training Institute – Centre for Psychotherapy, Education and Counselling, Zadar, was founded on 31 October 2007, and received European accreditation (EAPTI) on 30 September 2017, thus placing it on the list of European Institutes. Psihika organises education for Gestalt psychotherapists according to European standards, and Psihika students are given the opportunity to continue their education for Mag. Psys. (Gest)., and later the possibility of enrolling in a Doctorate in the field of Gestalt therapy within the Gestalt Training Institute Malta and obtaining the title D.Psych (GT).

www.psihikaeapti.com

EAPTI-GPTIM NETWORK

EAPTI-GPTIM Network or EGN was established in 2018 as the result of the unique relationship of mutual trust, friendship, respect and support between Dr. Pecotic and her original group of colleagues, who are now head of the various institutes in the different countries, or their senior practitioners.

The main function of the network is not commercial but an educational-professional one. Apart from EAPTI-GPTIM, all the institutes are independently recognised and accredited by the European Association for Gestalt Therapy (EAGT) and the European Association of Psychotherapy (EAP).

KONGRES ORGANIZIRA / THE CONGRESS IS ORGANIZED BY



PSIHIKA EAPTI

EUROPSKI AKREDITIRANI
PSIHOTERAPIJSKI TRENING INSTITUT



U SURADNJI SA / IN COOPERATION WITH

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**JA SAM JA, TI SI TI, A PROSTOR IZMEĐU NAS POSTAJE NAŠ UČITELJ – EDUCIRANJE
RELACIJSKI ORIJENTIRANIH TERAPEUTA BUDUĆNOSTI**

MARGARETA MESIĆ

Sažetak

Ovim izlaganjem iznijeti će se neka promišljanja o određenim relacijskim aspektima u edukaciji geštalt terapije. Geštalt terapija je relacijska terapija, a relacija u edukaciji uključuje edukatora, edukante i neodređeni ili nesagledivi prostor između i oko njih koji zovemo polje. Edukacijski prostor u edukaciji iz geštalt terapije velik je onoliko koliko ga edukator može obuhvatiti. S obzirom da ne postoji tehnika za relaciju, ovim izlaganjem pokušava se odgovoriti na pitanje koje su karakteristike relacijskog kapaciteta edukatora i na koje sve načine edukator može više obuhvatiti prostor između sebe i edukanata.

Gljučne riječi: Relacija, između, geštalt edukacija, edukatori, edukanti.

**I AM ME, YOU ARE YOU, AND THE SPACE BETWEEN US BECOMES OUR TEACHER –
EDUCATING THE RELATIONALLY-ORIENTED THERAPISTS OF THE FUTURE**

MARGARETA MESIĆ

Abstract

This presentation offers reflections on certain relational aspects in the education of Gestalt therapy. Gestalt therapy is fundamentally a relational therapy, and in the educational context, the relational field includes not only the educator and the trainees but also the indeterminate or invisible space between and around them – what we call the field. The size of the educational space in Gestalt therapy training is as expansive as the educator can encompass. Since there is no specific technique for building relationships, this presentation aims to address: What are the characteristics of the educator's relational capacity? In what ways can the educator expand the space between themselves and the trainees?

Key words: Relation, in between, gestalt education, trainers, trainees

REFLEKTIVNA PRISUTNOST I DINAMIKA ODNOSA: GEŠTALT PSIHOTERAPIJA U TERAPIJSKOM I DRUŠTVENOM POLJU

LIDIJA PECOTIĆ

Sažetak

Predavanje istražuje mesto i ulogu Gestalt psihoterapije u savremenom svetu u kojem se čovek suočava s ubrzanim razvojem veštačke inteligencije. Kroz povezivanje ontoloških, teoloških, filozofskih i psihoterapijskih dimenzija, razmatra se pitanje: kako ostati čovek u vremenu kada tehnologija preuzima sve veći deo našeg svakodnevnog života? Polazi se od pojma praznine, dobro poznatog u Gestalt teoriji i praksi, koji u eri tehnologije poprima nove oblike — prazninu oslobođenog vremena i prostora, ali i prazninu smisla i identiteta. Upravo iz te praznine otvara se mogućnost za novo iskustvo kreativne adaptacije i duhovnog rasta. U tom kontekstu uvodi se termin dijaloško prisustvo kao sinteza tri oslonca: Buberovog odnosa Ja–Ti, gestaltovskog razumevanja terapijskog prisustva i Šelerovog pojma *ordo amoris*. Dijalozno prisustvo se posmatra kao prostor u kojem se rađa metapsihološka i metafizička ljubav — sile koje prevazilaze individualno i otvaraju put ka ljudskoj izvrsnosti. Dalje se razmatra paradoks tehnologije: dok AI nudi iluziju svevidećeg i sveznajućeg bića, ona nas istovremeno podseća na granice ljudskosti i na potrebu da ostanemo u kontaktu sa sobom, drugim i Božanskim. Kontrast između sekularnih vizija (Harari) i teoloških upozorenja (Terzin) pokazuje da je AI sama po sebi neutralna, ali postaje polje projekcija naših strahova, fantazija i nada. Gestalt terapija nudi treći horizont: prostor u kojem osvešćujemo projekcije, vraćamo smisao praznini i otkrivamo dijaloško prisustvo kao mesto očuvanja ljudskosti. Zaključak predavanja naglašava da je upravo veština ostajanja u kontaktu ono što može pomoći čoveku da ostane „duša živa“ u tehnološkoj eri.

Ključne riječi: Gestalt terapija, dijaloško prisustvo, veštačka inteligencija, praznina, ljubav, ljudskost.

REFLECTIVE PRESENCE AND RELATIONAL DYNAMICS: GESTALT PSYCHOTHERAPY WITHIN THE THERAPEUTIC AND SOCIAL FIELD

LIDIJA PECOTIĆ

Abstract

This lecture explores the place and role of Gestalt psychotherapy in the contemporary world, where humanity faces the accelerated development of artificial intelligence. By linking ontological, theological, philosophical, and psychotherapeutic dimensions, it examines the key question: how to remain human in a time when technology is taking over much of our daily lives? The starting point is the concept of

emptiness, well known in Gestalt theory and practice, which in the age of technology takes on new forms — the emptiness of liberated time and space, but also the emptiness of meaning and identity. From this emptiness arises the possibility of new experiences of creative adaptation and spiritual growth. In this context, the term dialogical presence is introduced as a synthesis of three pillars: Buber's I-Thou relationship, the Gestalt understanding of therapeutic presence, and Scheler's concept of *ordo amoris*. Dialogical presence is understood as a space in which metapsychological and metaphysical love emerge — forces that transcend the individual and open the path toward human excellence. The paradox of technology is also addressed: while AI offers the illusion of an all-seeing and all-knowing being, it simultaneously reminds us of the limits of human nature and the need to remain in contact with ourselves, with others, and with the Divine. The contrast between secular visions (Harari) and theological warnings (Terzin) shows that AI is, in itself, neutral — but it becomes a field of projections of our fears, fantasies, and hopes. Gestalt therapy offers a third horizon: a space in which we become aware of these projections, restore meaning to emptiness, and discover dialogical presence as a place for preserving humanity. The conclusion of the lecture highlights that the skill of remaining in contact is what can help humans to remain "living souls" in the technological era.

Key words: Gestalt therapy, dialogical presence, artificial intelligence, emptiness, love, humanity.

**ONO NEŠTO VIŠE OD TEBE I MENE: PERSPEKTIVA POLJA U GEŠTALT TERAPIJI I
SUVREMENA KLINIČKA PITANJA**

**THE SOMETHING MORE THAN YOU AND ME: FIELD PERSPECTIVES IN GESTALT
THERAPY AND CONTEMPORARY CLINICAL ISSUES**

GIANNI FRANCESETTI

Abstract

Field perspective is receiving a growing interest in psychotherapy and psychoanalysis, and there are many different ways to understand it. In this lecture I will share my understanding of field theory, and how this can support the therapeutic processes. In this perspective the change is not produced by an intervention of the therapist on the client, neither by a process of collaboration between therapist and client in order to co-create the change. The process of change is rather made by the forces already active in the field and the therapist modulates her/his presence in order to transformations happen. We will question why there is now an increasing interest towards field perspectives nowadays and how it is related to the changes in contemporary clinical suffering. Starting from this background, we will discuss what therapy should focus today and which kind of support is needed in our work.

Key words: Gestalt Therapy, field theory, phenomenal field, psychopathology, personality function and disorders.

RELACIJSKE KOMPETENCIJE GEŠTALT PSIHOTERAPEUTA

SANJA BRATINA

Sažetak

U ovom predavanju bavimo se procesima definisanja, usvajanja i razvoja relacionih kompetencija geštalt psihoterapeuta. Relaciona perspektiva geštalt psihoterapije nas poziva na upoznavanje teorije polja i usavršavanje fenomenološkog pristupa ljudima. U savremenoj geštalt psihoterapiji, smatramo da psihoterapeut radi sa poljem, a ne sa izolovanim pojedincem. Osoba je deo šireg konteksta – polja koje, između ostalog, podrazumeva kulturološki, istorijski, ekonomski, spiritualni, istorijski, profesionalni i mnoge druge kontekste. Psihoterapeut i klijent u susret unose svoje individualne elemente i kreiraju specifično relaciono polje, jedinstveno za njih dvoje, istovremeno, reprezentativno za njihova prethodna relaciona iskustva i aktuelni širi kontekst. Psihoterapeuti nastoje da prošire svesnost klijenata o tome kako su u neprekidnom kontaktu sa okruženjem i kako su deo šireg polja. Usmeravanje svesnosti učesnika psihoterapijskog procesa na relacije od pojedinca do društva daje dublje razumevanje i veći kapacitet za kokreaciju reparativnog iskustva, a kapacitet geštalt terapeuta da obuhvati i uključi perspektivu polja spada u fundamentalne kompetencije u geštalt psihoterapijskom pristupu. Iz svega spomenutog nam je važno da diskutujemo načine kojima se relaciona perspektiva razvija i manifestuje, razvija kapacitet za dijalog sa različitim aspektima polja i mehanizme koji podržavaju relacionu perspektivu.

Ključne riječi: kokreacija, polje, reparativno iskustvo, relacija, kompetencije.

RELATIONAL COMPETENCIES OF GESTALT PSYCHOTHERAPISTS

SANJA BRATINA

Abstract

In this lecture, we discuss the processes of defining, adopting and developing the relational competencies of Gestalt psychotherapists. The relational perspective of gestalt psychotherapy invites us to understand field theory and to perfect the phenomenological approach. In contemporary Gestalt psychotherapy, we believe that the psychotherapist works with the field, not with the isolated individual. That field includes cultural, historical, economic, spiritual, historical, professional and many other subfields. The psychotherapist and the client create a specific relational field that is unique and that represents their previous relational experiences and the current wider context. Directing the awareness of participants in the psychotherapy process from the individual relational to society relational perspective gives us a deeper understanding and a greater capacity for co-creation of reparative

experiences. The capacity of the Gestalt therapists to include the field perspective in work with their clients represents one of the fundamental psychotherapy competencies of the Gestalt approach. To conclude, it is important for us to discuss the ways in which the relational perspective develops and manifests itself, how the capacity for dialogue with different aspects of the field can be established, and what are the mechanisms that are supporting the relational perspective.

Key words: co-creation, field, reparative experience, relation, competencies.

MOĆ RELACIJSKE SUPERVIZIJE PSIHOTERAPIJE U DOBA UMJETNE INTELIGENCIJE

MARINA AJDUKOVIĆ

Sažetak

Supervizija je više od 100 godina dio izobrazbe psihoterapeuta te nužni način osiguravanja kvalitete terapijskog rada. U tom razdoblju razvili su se različiti modeli supervizije, a unatrag zadnjih 15 godina sve je istaknuta tzv. relacijska paradigma. Relacijska supervizija naglašava važnost i ulogu odnosa supervizora i supervizanta kao temeljnog alata za profesionalni razvoj i refleksiju. Omogućuje terapeutima dublje razumijevanje vlastitih unutarnjih procesa, što vodi prema autentičnijem i osjetljivijem terapeutu. Usmjerena je na paralelne procese, emocionalnu regulaciju i refleksivnost, transfer i kontratransfer. Razvoj umjetne inteligencije (AI) i njezin sve veći utjecaj na ljudske odnose otvara pitanje kako se neurološki procesi povezivanja i socijalne interakcije mijenjaju u AI svijetu i kakve to ima posljedice na relacijsku superviziju. Istraživanja pokazuju da se ljudi mogu emocionalno povezati s AI sustavima, ali ograničenja su neupitna. Tako je npr. oksitocinski odgovor u komunikaciji s AI sustavima slabiji nego kod ljudske interakcije. Dugotrajna interakcija s AI-jem može dovesti do promjena u neutralnim obrascima povezivanja i do smanjenja osjetljivosti na suptilne socijalne signale. Iako primjena umjetne inteligencije može unaprijediti neke modele supervizije kao što je npr. supervizija u edukaciji ili supervizija slučajeva, za relacijsku superviziju terapije aktualno je pitanje „Je li (još uvijek) sve u lice-u-lice odnosu”.

Ključne riječi: podudarnost psihoterapije i supervizije psihoterapije, obilježja relacijske supervizije iz neuroznanstvene perspektive, supervizija i interpersonalna neurobiologija, umjetna inteligencija u superviziji.

THE POWER OF RELATIONAL SUPERVISION OF PSYCHOTHERAPY IN THE AGE OF ARTIFICIAL INTELLIGENCE

MARINA AJDUKOVIĆ

Abstract

For more than 100 years, supervision has been a part of psychotherapist training and a necessary way of ensuring the quality of therapeutic work. During this period, different models of supervision have developed. Lately the relational paradigm has been increasingly emphasized. In relational supervision (RS) the role of the supervisor-supervisor relationship is a fundamental tool for professional development. It allows therapists to gain a deeper understanding of their own internal processes, leading to a more authentic and sensitive therapy. It focuses on parallel processes, emotional regulation and reflexivity, transfer and

countertransference. The development of artificial intelligence (AI) and its increasing impact on human relationships raises the question of how the neurological processes of human connection and interaction change in the AI world and what consequences this has on RS. Research shows that humans can connect emotionally with AI systems, but the limitations are unquestionable. E.g. the oxytocin response in communication with AI systems is weaker than in human interaction. Long-term interaction with AI can lead to changes in neural connection patterns and to a decrease in sensitivity to subtle social signals. Although the application of artificial intelligence can improve supervision in education or case supervision, the crucial question for relational supervision is "Is it (Still) All About face-to-face the Relationship".

Key words: Correspondence of psychotherapy and supervision of psychotherapy, characteristics of relational supervision from a neuroscientific perspective, supervision and interpersonal neurobiology, artificial intelligence in supervision.

KAKO PREŽIVJETI U TEŠKIM VREMENIMA, A NE IZGUBITI RAZUM

HOW TO SURVIVE IN CHALLENGING TIMES 'WITHOUT LOSING ONE'S MIND

BERTRAM MULLER

Abstract

Global and regional changes to familiar living conditions as well as personal destinies force people to adapt their lifestyles and plans fundamentally to new circumstances in a very short space of time. What concrete support can we as therapists offer for such existential challenges? What fundamental changes does this mean for our therapeutic approach and professional ethics?

Key words: Gestalt Therapy, Change of global culture political atmosphere, demand on specific existential crisis interventions.

DRUŠTVO U POJEDINCU: UNUTARNJE RELACIJE U TRANSAKCIJSKOJ PSIHOANALIZI

ZORAN MILIVOJEVIĆ

Sažetak

Koncept internalizacije je uveo Sigmund Freud, kako bi objasnio nastanak superega. U daljem razvoju psihoanalize nastala je škola koja se bavila unutrašnjim objektima. Eric Berne, osnivač transakcione analize, naglasio je da se ne internalizuju samo osobe, već i njihovi odnosi prema subjektu, kao i poruke koje ove osobe upućuju subjektu. Teorija životnog skripta polazi od toga da ovi rani uticaji, kao i subjekti zaključci o sebi, drugim i svetu dovode do toga da osoba razvija jedan prisilan način življenja koji je definisan time šta ona mora i šta nikako ne sme da čini tokom svog života. Osnova ovog životnog skripta je uslovljenost detetovih prava na postojanje i na ljudsku vrednost. U našoj prezentaciji predstavimo model psihe – psihograf – u kojem su predstavljeni Berne-ovi psihički organi: eksteropsiha, neopsiha i arheopsiha, a u odnosu na ego osobe. Predstavimo unutrašnju psihodinamiku, uglavnom kroz unutrašnje uticaje i kroz psihički mehanizam projekcije. Takođe ćemo predstaviti načine psihoterapijskog rada koji proizlaze iz ovakvog koncepta psihe i psihodinamike.

SOCIETY WITHIN THE INDIVIDUAL: INTERNAL RELATIONS IN TRANSACTIONAL PSYCHOANALYSIS

ZORAN MILIVOJEVIĆ

Abstract

The concept of internalization was introduced by Sigmund Freud to explain the formation of the superego. As psychoanalysis evolved, a school of thought emerged that focused on internal objects. Eric Berne, the founder of Transactional Analysis, emphasized that not only are individuals internalized, but also their relationships with the subject and the messages they convey. The theory of life script posits that these early influences, along with the individual's conclusions about themselves, others, and the world, lead to the development of a rigid life pattern defined by what one must and must not do throughout their life. At the core of this life script lies the conditioning of the child's fundamental rights to existence and human worth. In our presentation, we will introduce the model of the psyche—the psychograph—which depicts Berne's psychic organs: the extero psyche, neo psyche, and archa eo psyche, in relation to the individual's ego states. We will explore internal psychodynamics, primarily through internal influences and the psychological mechanism of projection. Additionally, we will present psychotherapeutic approaches that stem from this conceptualization of the psyche and its psychodynamics.

EMPATIJSKO USKLAĐIVANJE I REGULIRANJE AFEKATA U INTEGRATIVNOJ PSIHOTERAPIJI

VESNA PETROVIĆ

Sažetak

Cilj: Dok mnogi dokazi pokazuju da su empatija i usklađenost među najefikasnijim elementima terapijskog odnosa (Cooper, 2008), kao procesi ostaju pomalo neuhvatljivi. Njihova višedimenzionalna priroda, koja uključuje kogniciju, emocije, telo i razvojno-relacione elemente, čini da ih je teško jasno opisati. Cilj ovog predavanja je da prikažemo oba relaciona pojma i njihovu uzajamnu povezanost. Metod: Prvo ćemo razmatrati empatiju i usklađenost zasebno, a onda zajedno. Osim tehnike, empatija je relacioni proces. U trenucima relacione dubine (Mearns & Cooper, 2005), mi se empatski usklađujemo sa celim klijentovim bićem i doživljavamo duboku uronjenost u klijentov svet. Za razliku od empatskog odgovora, kod usklađivanja sa klijentom se ne radi samo o emocionalnom, kognitivnom i telesnom saosecanju, već se radi i o preduzimanju određenih koraka, davanju određenih odgovora, a ne samo plakanja zato što klijent place. Rezultati i zaključak: Integrativni relacioni psihoterapeuti tvrde da efikasna terapija zavisi od kvaliteta usklađivanja, pri čemu empatija deluje kao osnova. Usklađivanje podrazumeva korišćenje svesne i vansvesne sinhronizacije terapeutovog i klijentovog procesa, tako da terapeutove intervencije odgovaraju tekućim potrebama i procesima klijenta od trenutka do trenutka (Erskine i saradnici, 1999). Predavanje će biti praćeno za temu primerenim primerima i eksperimentima.

Ključne riječi: empatija, usklađivanje, integrativna psihoterapija.

EMPATHIC HARMONIZATION AND REGULATION OF AFFECTS IN INTEGRATIVE PSYCHOTHERAPY

VESNA PETROVIĆ

Abstract

Goal: While much evidence indicates that empathy and attunement are among the most effective elements of the therapeutic relationship, as processes they remain elusive. Their multidimensional nature, involving cognition, emotion, body, and developmental-relational elements, makes them difficult to describe clearly. The goal of this lecture is to present both relational concepts and their mutual connection. Method: first we will consider empathy and attunement separately, and then together. Beyond technique, empathy is a relational process. In moments of relational depth, we empathically attune to the whole of the client's being and experience deep immersion in the client's world. Unlike an empathic response,

attunement with the client is not only about emotional, cognitive and physical sympathy, but also about taking certain steps, giving certain answers, and not just crying because the client is crying. Results and conclusion: Integrative relational psychotherapists claim that effective therapy depends on the quality of attunement, with empathy acting as the basis. Attunement involves the use of conscious and unconscious synchronization of the therapist's and client's processes, so that the therapist's interventions correspond to the ongoing needs and processes of the client from moment to moment. The lecture will be followed by suitable examples and experiments for the topic.

Key words: empathy, attunement, integrative psychotherapy.

TERAPIJA POLARIZIRANOG UMA: ANKSIOZNOST KOJA POBOLJŠAVA ŽIVOT

THERAPY FOR THE POLARIZED MIND: LIFE-ENHANCING ANXIETY

KIRK SCHNEIDER

Abstract

This presentation will address the growing problem of what I term the "polarized mind." The polarized mind is the fixation on a single point of view to the utter exclusion of competing points of view, and it is destructive of our personalities as well as our societies. I will describe the nature and implications of the polarized mind for individual and societal functioning. Second, I will propose a promising "therapy" for the polarized mind based on the cultivation of presence. Presence is a primal modality that holds and illuminates that which is palpably significant within a person and between a person and the world. Next, I will describe a natural outgrowth of presence, which is what I call "life-enhancing anxiety." This is the capacity to live with and make the best of the depth and mystery of existence, or to live on the edge of wonder and discovery as distinct from terror and overwhelm. I will then describe a dialogue format based on the above dimensions that I call the "Experiential Democracy Dialogue" (EDD). The EDD also draws from existential depth psychology and contact theory to promote depolarization of the polarized mind. The EDD also draws from Tillich's notion of "Listening Love," and even Kierkegaard's concept of approximating "truth." Specifically, the EDD is a one-on-one approach to conflict mediation between people holding contrasting (and sometimes contradictory) positions on culture, politics, and religion. I will urge the audience to consider adopting all or part of the EDD process to help heal and revitalize our world.

Key words: anxiety, polarization, presence, conflict mediation, depth psychotherapy.

SOCIJALNI ODNOSI – SPOZNAJE KAO SINERGIJA, PSIHOLOGIJE, NEUROZNANOSTI I PSIHOTERAPIJE

MIRA KLARIN

Sažetak

Čovjek je socijalno biće, stara je paradigma svima dobro poznata, ali da je mozak socijalni organ paradigma je novijeg datuma. Ove dvije teze unatoč različitom vremenu nastajanja logički su povezane, što više nerazdvojne su. Kako nas odnosi oblikuju, kako mozak reagira na kontakt, na odnos, koja je uloga socijalnih sinapsi koje nastaju i opisuju odnos između dvoje i više ljudi i koja je uloga odnosa u zadovoljstvu životom neka su od pitanja koja ćemo dotaknuti pregledom literature iz ovoga područja. Zahvaljujući razvoju tehnologije, učinak socijalnih odnosa danas možemo mjeriti. Ovo predstavlja izazov za znanstvenike i stručnjake jer nešto što intuitivno znamo već stoljećima, danas dobiva objektivnu, mjerljivu dimenziju. U ovom kontekstu imamo nepobitne dokaze o tome kako nas odnosi oblikuju bilo da je to u smjeru konstrukcije ili destrukcije, te kako određuju naš odnos prema sebi i drugima. No, zanimljivo je pratiti što se to događa tijekom psihoterapije, tijekom niza postupaka kojima liječimo odnosom. Tada možemo govoriti o rekonstrukciji. Treba istaknuti da je svega prije nekoliko godina APA eksplicitno stavila naglasak na relacijske temelje psihoterapije (Shore, 2014) priznajući odnos kao reparaciju. Zaključujemo da je naš mozak najfascinantniji i najmisteriozniji organ našega tijela koji je vrlo osjetljiv na socijalna iskustva.

Ključne riječi: transdisciplinarni pristup, socijalni odnosi, psihologija, neuroznanost, psihoterapija, životni vijek.

SOCIAL RELATIONS – INSIGHTS AS SYNERGY OF PSYCHOLOGY, NEUROSCIENCE AND PSYCHOTHERAPY

MIRA KLARIN

Abstract

Humans are social beings, the old paradigm is well known to everyone, but the paradigm that the brain is a social organ is more recent. These two theses, despite their different times of origin, are logically connected, the more inseparable they are. How relationships shape us, how the brain reacts to contact, to relationships, what is the role of social synapses that arise and describe the relationship between two or more people, and what is the role of relationships in life satisfaction are some of the questions that we will touch upon by reviewing the literature in this area. Thanks to the development of technology, the effect of social relationships can now be measured. This represents a challenge for scientists and experts because

something that we have known intuitively for centuries is now gaining an objective, measurable dimension. In this context, we have irrefutable evidence of how relationships shape us, whether in the direction of construction or destruction, and how they determine our relationship to ourselves and others. However, it is interesting to follow what happens during psychotherapy, during a series of procedures in which we treat with relationships. Then we can talk about reconstruction. It should be pointed out that only a few years ago, the APA explicitly emphasized the relational foundations of psychotherapy (Shore, 2014), recognizing the relationship as reparation. We conclude that our brain is the most fascinating and mysterious organ of our body, which is very sensitive to social experiences.

Key words: transdisciplinary approach, social relations, psychology, neuroscience, psychotherapy, lifespan.

MOST KOJI VODI OD 'USAMLJENOG DO POVEZANOG'

LANGUAGE: THE BRIDGE LEADING FROM 'LONELY TO CONNECTED'

TALIA BAR-YOSEPH LEWINE

Abstract

As practitioners, we support, practice with, and at times teach the deeper meaning of language. While language is commonly associated with verbal expression, it encompasses much more. It is the bridge that connects us to our sense of relatedness, leading from one to the other to others. Transitioning from 'lonely to connected' is a lifelong journey requiring attention, awareness, and practice. The more similarities we share, the easier it becomes to assume understanding. This address will explore the critical role of language, emphasizing the importance of precision and the potential dangers of its absence. Expression, phenomenology, and interpretation, highlighting how careful attention to language can profoundly impact our connections with others.

Key words: language, bridges, dialogue, coexistence, connected, curiosity, flexibility.

RELEVANTNOST PODRŽAVANJA PRIMARNOG ODNOSA SUSTAVA MAJKA-BEBA

THE PERTINENCE OF SUPPORTING THE PRIMARY RELATIONSHIP OF THE MOTHER-BABY SYSTEM

EMILIJA STOIMENOVA CANEVSKA & ENA CANEVSKA

Abstract

The Mother-baby system starts to form before conception, depending on the mother's availability for conceiving. During the perinatal period, bolstering the primary bond between mother and infant is essential. It establishes the foundation for the child's future relationship dynamics, psychological health, and mother's well-being. Committing to this primary relationship produces lasting advantages, encouraging the development of healthier individuals and, consequently, a more resilient and humanistic society. Gestalt therapy emphasizes the significance of presence, awareness, and authentic contact in fostering co-regulation and growth. Within the mother-baby system, the intentionality of contact is essential. It refers to mother-baby engagement in dynamic reciprocal interactions, that support attachment, and the formation of the mother's new persona and facilitate the infant's emerging sense of self, shaping neural pathways, and brain development. Individuals who experience secure early attachments are more likely to contribute positively to their communities, exhibiting empathy, resilience, and social responsibility. To conclude, the mother-baby system is fundamental to individual and societal health. It is the most economical and least painful form of promoting mental health and preventing psychological issues in adulthood. By recognizing and supporting this primary relationship, we encourage the development of well-adjusted individuals capable of forming meaningful connections and relations, thereby enhancing the social fabric as a whole.

Kew words: Gestalt therapy, Mother – Baby System, Perinatal approach.

**KAKO TERAPEUTI DOŽIVLJAVAJU TERAPIJSKE ODNOSI (PRIKAZ NALAZA
DOKTORSKE DISERTACIJE)**

**HOW THERAPISTS EXPERIENCE THERAPEUTIC RELATIONSHIPS (PRESENTATION OF
FINDINGS FROM DOCTORAL DISSERTATION)**

SOPHIE DUCROCQ ARCHIBALD

Abstract

The topic of the therapeutic relationship has inspired researchers worldwide since the inception of psychology. Therapists' lived experience has not been studied at the same rate; however, research shows that therapeutic relationships significantly impact therapists personally and professionally (Zarzycka et al., 2021). Through a heuristic process of inner exploration, I researched to uncover the essence and meaning of the phenomenon to answer the question, "What is therapists' lived experience of therapeutic relationships?" The research findings of this inquiry have real implications for direct practice, the field of mental health, supervision, higher education, and broader society. The findings of this study reveal a departure from the paradigm and professional expectation of compartmentalization. From this presentation, you will be able to describe those implications and think about your direct lived experience in new ways.

Key words: Therapeutic relationships, therapists, lived experiences, multiplicity, synchronicity, synchronous, subjectivity, singularity.

RELACIJSKA DUHOVNOST KAO MANIFESTACIJA DUHOVNOSTI U GEŠTALT TERAPIJSKOM PROCESU

LJILJANA BOŽOVIĆ

Sažetak

Uprkos polarizovanosti stavova prema duhovnosti u klasičnoj i savremenoj geštalt terapijskoj literaturi, činjenica je da su rani osnivači geštalt terapije bili pod snažnim uticajima duhovnih tradicija istoka i zapada. Ti uticaji su se, tokom decenija nakon osnivanja ovog terapijskog pravca, asimilovali u njega i dalje razvijali kroz ko-kreaciju i u skladu sa kulturnim kontekstom. Mnogi autori ističu duhovnost kao jednu od fundamentalnih dimenzija ljudskog iskustva i smatraju da je važno dati joj legitimitet u terapijskom procesu, respektujući potrebe klijenata koji donose na terapiju svoje duhovne teme. Analiza geštalt terapijske literature, kao i istraživanja usmerena na neposredni doživljaj duhovnosti u terapijskom procesu ukazuju na tri načina njenog manifestovanja – transpersonalni, religijski i relacioni. Relaciona priroda geštalt terapije je ujedno i jedna od najčešće obrađivanih tema u literaturi. To nije slučajno, ako uzmemo u obzir filozofiju i delo „Ja i Ti“ Martina Bubera koji su uticali na razvijanje relacione komponente od početaka geštalta pa do današnjih dana, a koji su iznedreni iz verskog iskustva ovog filozofa. Njegovo shvatanje duhovnosti ističe da ne možemo da je razmatramo bez odnosa, osobe prema osobi ili osobe prema Bogu, tako da je opravdano govoriti o relacionoj duhovnosti u geštalt terapijskom procesu u kom je odnos najlekovitiji aspekt.

Ključne riječi: duhovnost, relaciona duhovnost, Ja – Ti, Martin Buber.

RELATIONAL SPIRITUALITY AS A MANIFESTATION OF SPIRITUALITY IN THE GESTALT THERAPEUTIC PROCESS

LJILJANA BOŽOVIĆ

Abstract

Relational Spirituality as a Manifestation of Spirituality in the Gestalt Therapeutic Process Despite the polarized views on spirituality in classical and contemporary Gestalt therapy literature, it is undeniable that the early founders of Gestalt therapy were profoundly influenced by spiritual traditions from both the East and the West. Over the decades since the establishment of this therapeutic approach, these influences have been assimilated into its framework and further developed through co-creation and in alignment with cultural contexts. Many authors emphasize spirituality as one of the fundamental dimensions of human experience and argue for its legitimacy in the therapeutic process, respecting the needs of clients who bring spiritual themes to therapy. An analysis of Gestalt therapy literature, as well

as research focused on the immediate experience of spirituality within the therapeutic process, points to three modes of its manifestation: transpersonal, religious, and relational. The relational nature of Gestalt therapy is one of the most frequently discussed topics in the literature. This is not surprising when considering the philosophy and work of Martin Buber's *I and Thou*, which influenced the development of the relational component of Gestalt therapy from its inception to the present day. Buber's perspective on spirituality emphasizes that it cannot be considered apart from relationships—whether between individuals or between a person and God. Thus, it is justified to speak of relational spirituality in the Gestalt therapeutic process, where the relationship is the most healing aspect.

Keywords: spirituality, relational spirituality, I–Thou, Martin Buber.

**ONO ŠTO NAM NE GOVORE: STVARANJE TERAPEUTSKOG ODNOSA S
ADOLESCENTIMA U OTPORU**

VESNA HERCIGONJA NOVKOVIĆ

Sažetak

Adolescenti često dolaze na psihoterapiju jer to žele drugi – roditelji, škole ili druge odrasle osobe – a ne zato što su sami prepoznali potrebu za promjenom. Ulaze u terapijski prostor s nepovjerenjem, osjećajem prisile i otporom prema samom procesu. Umjesto otvorenosti, u terapijsku sobu donose tišinu, sarkazam, povučenost ili bunt. No ispod te površine, gotovo uvijek postoji nešto što ostaje neizrečeno – nešto što štite i čega se boje. Ova prezentacija bavi se izazovima uspostavljanja odnosa s adolescentima koji ne žele terapiju, koji ne vjeruju terapeutu i koji se brane šutnjom ili provokacijom. Njihov otpor nije jednostavno znak protivljenja – on često odražava razvojne dileme povezane s autonomijom, identitetom i pitanjem povjerenja. Obrambeni mehanizmi poput izbjegavanja, minimiziranja, intelektualizacije ili emocionalne distanciranosti štite njihove dublje strahove, nesigurnosti i emocionalne rane. Zadatak terapeuta nije “razbiti” otpor, već ga prepoznati i razumjeti – doživjeti ga kao važan oblik komunikacije koji poziva na opreznije, osjetljivije povezivanje. Stvaranje sigurnog odnosa s adolescentom zahtijeva autentičnost, strpljenje i visoku emocionalnu prisutnost. Terapeut mora biti fleksibilan, otvoren i u stanju ponuditi intervencije koje su razvojno primjerene, temeljene na empatiji, a ne na kontroli. Ovaj rad nudi kliničku perspektivu na adolescentski otpor kao priliku – a ne prepreku – za stvaranje smislenog odnosa. Kroz prikaz uobičajenih obrana, razvojnih specifičnosti i pristupa koji podržavaju uspostavu povjerenja, rad naglašava da se istinska povezanost ne rađa kad adolescent progovori, već kad osjeti da je dovoljno sigurno da to učini.

Ključne riječi: adolescenti, otpor, terapijski odnos, povjerenje, privrženost, autonomija.

**WHAT THEY ARE NOT SAYING: CREATING THERAPEUTIC RELATIONSHIP WITH
ADOLESCENTS IN RESISTANCE**

VESNA HERCIGONJA NOVKOVIĆ

Abstract

Adolescents often come to psychotherapy not because they seek help themselves, but because others—parents, schools, or other adults—want them to. They enter the therapeutic space with mistrust, a sense of coercion, and resistance to the process itself. Instead of openness, they bring silence, sarcasm, withdrawal, or defiance into the therapy room. Yet beneath the surface, there is almost always something left

unsaid—something they are protecting, and something they fear. This presentation explores the challenges of building a relationship with adolescents who do not want therapy, who do not trust the therapist, and who defend themselves through silence or provocation. Their resistance is not simply a sign of opposition—it often reflects developmental struggles related to autonomy, identity, and trust. Defence mechanisms such as avoidance, minimization, intellectualization, or emotional detachment serve to protect deeper fears, insecurities, and emotional wounds. The therapist's task is not to “break through” resistance, but to recognize and understand it—as a meaningful form of communication and an invitation to connect more carefully and sensitively. Creating a safe and trusting relationship with an adolescent requires authenticity, patience, and a strong emotional presence. The therapist must remain flexible, open, and able to offer developmentally appropriate interventions grounded in empathy rather than control. This paper offers a clinical perspective on adolescent resistance as an opportunity—not a barrier—for building meaningful therapeutic relationships. By examining common defences, developmental dynamics, and approaches that foster trust, it highlights that true connection does not begin when the adolescent starts talking, but when they feel safe enough to do so.

Key words: adolescents, resistance, therapeutic relationship, trust, attachment, autonomy.

RELACIJSKI PRISTUP MENTALNOM BLAGOSTANJU: OD POJEDINCA DO DRUŠTVA

A RELATIONAL APPROACH TO MENTAL WELL BEING: FROM INDIVIDUAL TO SOCIETY

MIKELA GONZI

Abstract

Mental well-being is not solely an individual pursuit but a relational phenomenon deeply rooted in the connections we form with others and the systems we are part of. This plenary lecture gives a brief overview of the effect of the pandemic and its ripple effects on families, communities and broader societal dynamics in relation to mental health, inviting us all to reflect on where we find ourselves today. It explores the intricate interplay between personal experiences, interpersonal relationships, and societal structures in shaping mental health. Drawing on insights from Gestalt psychotherapy and relational psychology, the lecture highlights how mental well-being is cultivated through meaningful relationships, community engagement, and supportive environments. It provokes us to reflect on contemporary forms of connecting and how this may reduce or enhance the contact between us. It brings themes of loneliness, isolation, superficial connecting, belonging, giving and receiving and how these themes link with mental health.

Key words: post pandemic mental health, healthcare professionals, digital acceleration, burnout.

**KONZULTIRAJTE PSIHIJATRA: PRILIKA ZA SUSRET ILI UPUTSTVO ZA UPOTREBU
EVGENYIJ KOLESZNYIKOV I IVANA VIDA KOVIĆ**

Sažetak

Širok spektar situacija u psihoterapiji uključuje saradnju između psihijatar a i psihoterapeuta. Upućivanje klijenta psihijatru na konsultacije često može biti izazov I za klijenta i za terapeuta, pa čak i za iskusne terapeute. To dovodi u pitanje fenomenološki i dijaloški pristup, kao i JA-Ti odnos kojem geštalt terapeuti teže. Psihijatrija je oblast medicine povezana sa stigmom vekovima i ima posebnu društvenu ulogu i značenje. Preporuka da se konsultuje sa psihijatrom može kod klijenta izazvati složena osećanja, kao što su anksioznost, strah i stid. Na našoj radionici razgovaraćemo o iskustvima i zabrinutostima u vezi sa interakcijom sa psihijatrom i ponudićemo praktične vežbe i kroz koje ni podigli svesnost i istražili ovaj proces iz perspektive psihoterapeuta.

SEEING A PSYCHIATRIST: AN ENCOUNTERING OR A USER MANUAL

EVGENYIJ KOLESZNYIKOV I IVANA VIDA KOVIĆ

Abstract

A wide range of situations in psychotherapy involves collaboration between psychiatrists and psychotherapists. Often, referring a client to a psychiatrist for consultation can be challenging for both the client and even the experienced therapist. That challenges the phenomenological and dialogical approach, and the I-Thou relationship that gestalt therapists aim for. Psychiatry is a field of medicine associated with stigma for centuries and has a particular social role and meaning. The recommendation to consult a psychiatrist can evoke complex feelings in the client, such as anxiety, fear, and shame. At our workshop, we invite discussing experiences and concerns related to interactions with a psychiatrist and engaging in practical exercises to increase awareness and explore this process from the psychotherapist's perspective.

PRIJE, IZMEĐU, DALJE: PUTOVANJE KROZ ŽIVOT ODNOSA

BEFORE, BETWEEN, BEYOND: THE JOURNEY THROUGH THE LIFE OF RELATIONSHIPS

ATINA TASEVSKA AND NATASHA MADZEVSKA

Abstract

From the perspective of Gestalt psychotherapy, human existence is understood as a dynamic process of continuous figure-ground formation, in which relationships constitute the core of being. This paper traces the journey through three fundamental phases of life: life in the womb, life on earth, and life in eternity. The first phase — the formation of life within the mother's womb — represents the initial gestalt, which is interrupted by the act of birth, a transition characterized by ambivalence: joy for the new and grief for what is left behind. The second phase encompasses earthly life as an ongoing process of figure formation, involving the emergence of needs, relationships, and experiences through which authentic contact with self and others is established. The final phase, life in eternity, reflects the enduring presence of the individual through memories, transforming physical absence into a new relational quality sustained within the shared experiential field. Grieving is conceptualized as a natural process of contact restructuring, wherein old gestalts are closed and new ones are formed. Through cycles of awareness, acceptance, and integration, human systems — from the individual to the societal level — adapt to the inevitability of loss and the ongoing flow of life. Viewed through a relational lens, each transition, each weave.

Key words: Gestalt psychotherapy, relationship, adaptation.

SVJESNO DISANJE KAO DIO SUSTAVA PODRŠKE

VALENTINA RELKOVIĆ RADONJIĆ

Sažetak

Spoljašnju podršku dobijamo od porodice, iz partnerstva, prijatelja, zajednice... iz svega i od svih onih kojima i čemu dajemo značaj u svom životu. U našem radu, od prvog susreta sa klijentom, mi dijagnostikujemo snagu njegovog sistema podrške kako bismo i na osnovu toga odredili naše buduće korake u radu sa njim. Samopodrška, naša unutrašnja snaga je sve ono što mi smatramo značajnim, prihvatamo kao svoje i možemo da damo sami sebi: telesno i mentalno zdravlje, svesnost, usvojene navike, realistička uverenja o sebi i drugima, efikasne mehanizme odbrane i adaptacije, sistem vrednosti, snažan osećaj identiteta, povezanost sa prirodom, svesno disanje, spiritualnu praksu... Ovi "nevidljivi" unutrašnji elementi podrške, koje kreiramo sami čine snagu i stabilnost našeg bića. Onoliko koliko smo spremni da radimo na razvoju unutrašnje i spoljašnje podrške, toliko ćemo biti podržani u životu. Geštalt terapija ima za cilj razvoj i održavanje jednog harmoničnog, izbalansiranog stanja celog organizma. Osnova tog balansa je DAH. Udah je prva stvar koju načinimo kada se rodimo, a izdah poslednje što uradimo kada odlazimo sa ovog sveta. Između ta dva trenutka postoji bezbroj naših udaha i izdaha i time povezujemo um, telo i dušu, čime osnažujemo sebe da živimo svoj život na smislen i kvalitetan način.

CONSCIOUS BREATHING AS PART OF THE SUPPORT SYSTEM

VALENTINA RELKOVIĆ RADONJIĆ

Abstract

Gestalt psychotherapy has a holistic approach to personal development and change and focuses on the whole - to our emotional, mental, physical and social well-being. Support systems are one of the central concepts in Gestalt psychotherapy and from the point of view of GT, it is the basis for our healthy functioning, the base that enables us to contact ourselves and the environment. Our Support System can be external or internal/self-support. We get external support from family, from partnerships, friends, community... from everything and from all those to whom and what we give importance in our lives. In our work, from the first meeting with the client, we diagnose the strength of his support system in order to determine our future steps in working with him based on that. Self-support, our inner strength is everything that we consider important, accept as our own and can give to ourselves: Physical and mental health, awareness, adopted habits, realistic beliefs about oneself and others, effective defence and adaptation mechanisms, value system, strong sense of identity, connection with nature, conscious breathing, spiritual

practice... These "invisible" internal elements of support, which we create ourselves, form the strength and stability of our being. As much as we are ready to work on the development of internal and external support, we will be supported in life. Gestalt therapy aims to develop and maintain a harmonious, balanced state of the entire organism. The basis of this balance is the breath. Inhalation is the first thing we do when we are born, and exhalation is the last thing we do when we leave this world. Between those two moments, there are countless of our inhales and exhales and thus we connect the mind, body and soul, thus empowering ourselves to live our lives in a meaningful and quality way.

PSIHODRAMA U SPECIFIČNOM KONTEKSTU

PSYCHODRAMA IN SPECIFIC CONTEXTS

VLADIMIR MILOŠEVIĆ

Abstract

In this workshop the author will present own experiences of adaptation of psychodrama method in work in different contexts: clinical, educational, artistic, prison. These adaptations of the method demanded spontaneity and creativity, of the therapist for adequate answer for the challenges of each specific context. This adaptation allowed that the therapeutic potential of psychodrama activated new creative answers in different groups with their specific demands. Some parts of the work of the author will be also illustrated with original film material.

AUTENTIČAN I SVJESTAN KONTAKT U TERAPIJI PAROVA: GEŠTALT ISKUSTVO

AUTHENTIC AND MINDFUL CONTACT IN A COUPLE THERAPY: A GESTALT EXPERIENCE

ROSE FALZON

Abstract

This experiential workshop discusses themes generated through the experience as a Gestalt therapist and supervisor regarding the beneficence of Gestalt therapy with couples. This workshop brainstorms the value of authentic and mindful contact with the self and the couple from the perspective of Gestalt therapy. The therapist in the field with the couple can also be affected, changed and challenged by the experience, and thus what supports or hinders the authentic and mindful relational positionality of the therapist is discussed. Mindful immersion versus enmeshment as a therapist in relation with the couple will be explored, particularly in very contentious relationships. Amongst others, the Gestalt themes in Couple therapy that will be covered are: definition of couple, observation of the couple through the process, content, awareness, experiential cycle and phenomenology of the field, the most common interruptions to contact, polarities, self-regulation, embodiment, aesthetic quality of the relationship and creative adjustments. Finally mindful considerations of ethical issues in couple therapy will be discussed. The first part of the workshop will be in delivery format and the second part will be more exploratory.

SEKSUALNOST U RADU S KLIJENTIMA

NATAŠA BAROLIN BELIĆ

Sažetak

Seksualnost je integrativni dio naših života – prisutna bez obzira na to živimo li aktivan seksualni život ili ne. Ona je temeljna dimenzija našeg bića i prati nas tijekom cijelog života. Duboka je i intimna, često skrivena iza svakodnevnih socijalnih interakcija. Iako rijetko otvoreno govorimo o vlastitoj seksualnosti, iskustva, emocije i doživljaji povezani s njom snažno utječu na naše funkcioniranje. U geštalt terapiji klijenti rijetko u početku terapije iznose teme vezane uz seksualnost. No, kao psihoterapeuti i psihoterapeutkinje, važno je da budemo svjesni kako seksualnost može značajno oblikovati funkcioniranje naših klijenata. Ovo se može očitovati kroz jasno izražene smetnje, ali i kroz suptilnije poteškoće, poput nemogućnosti kontakta s vlastitom seksualnošću. Takva disocijacija može otežati povezivanje s vlastitim tijelom, emocijama i osobnim stavovima prema seksualnosti i intimnom kontaktu. Kako bismo podržali klijente u ovim procesima, ključno je da i sami budemo u miru sa svojom seksualnošću. To uključuje otvorenost prema temama seksualnosti bez osjećaja neugode ili inhibicija. Na radionici Seksualnost u radu s klijentima istraživat ćemo vlastitu seksualnost i moguće osobne inhibicije. Također ćemo se upoznati s pristupima, tehnikama i metodama koje mogu biti korisne u terapijskom radu na ovoj osjetljivoj i važnoj temi.

SEXUALITY IN WORK WITH CLIENTS

NATAŠA BAROLIN BELIĆ

Abstract

Sexuality is an integral part of our lives—present regardless of whether we lead an active sexual life or not. It is a fundamental dimension of our being, accompanying us throughout our entire lives. Sexuality is deep and intimate, often concealed behind our everyday social interactions. Although we rarely speak openly about our own sexuality, our experiences, emotions, and perceptions related to it significantly influence how we function. In Gestalt therapy, clients rarely bring up topics related to sexuality at the start of therapy. However, as psychotherapists, it is crucial to recognize that sexuality can profoundly shape our clients' functioning. This influence may manifest as clearly expressed difficulties or, more subtly, as a disconnection from one's own sexual self. Such disconnection can hinder individuals from connecting with their bodies, emotions related to their physical selves, and personal attitudes toward sexuality and intimate contact. To support clients in these processes, it is essential for us, as psychotherapists, to be at peace with our own sexuality. This includes being open to discussing topics related to sexuality without

KNJIGA SAŽETAKA / BOOK OF ABSTRACTS

discomfort or inhibition. In the workshop *Sexuality in Working with Clients*, we will explore our own sexuality and any potential personal inhibitions. Additionally, we will examine approaches, techniques, and methods that can be valuable when addressing this sensitive and important topic in therapeutic work.

KAKO RECIKLIRATI ZASTARJELI OBRAZAC VAŠEG UMA

HOW TO RECYCLE OUTDATED PATTERN OF YOUR MIND

BERTRAM MULLER

Abstract

An attitude to life that was once creatively adapted but has become fixed by habit makes life difficult. Nevertheless, they also harbour enormous potential. Which particular methods of the gestalt-therapeutic perspective can help to dissolve patterns of experience and behaviour that have become dysfunctional?

Key words: Specific Gestalt therapy methods to forget, to remember, the Law of Donald Hebb, Theory of the Self.

RELACIJSKA PERSPEKTIVA U TERAPIJSKOM RADU S PAROVIMA – SUIGRA PRAKSE, TEORIJE I ISTRAŽIVANJA – PANEL RASPRAVA

DUŠANKA JOVANOVIĆ, DRAGANA ILIĆ I MARIJA KRIVAČIĆ

Sažetak

Na okruglom stolu će se kroz dijalog između samih učesnica i sa publikom, razmatrati kompleksnost partnerskih relacija kako u životnom, tako i u terapijskom polju, iz geštaltističke perspektive. Okrugli sto će se realizovati kroz tri tematske celine: 1) Traganje za teorijskim osnovama i metodološkim okvirima; 2) Obuhvatanje i konceptualizacija iskustava i 3) Terapijske intervencije. U prvom delu, učesnice će diskutovati teorijske osnove koje su im omogućile da partnerske relacije razmatraju u širem sociokulturnom kontekstu, kao i na sistemskom i mikrorelacijskom planu. Takođe će biti reči o metodološkim okvirima, koji su im omogućili da u svojim istraživanjima obuhvate i konceptualizuju složenost partnerskih relacija. Fokusirajući se posebno na tri fenomena: dijalog, stid i neverstvo koje su empirijski istraživale, učesnice će prikazati svoje ključne nalaze: a) dijaloške mikropokrete u konfliktima para, b) poreklo, posledice i strategije nošenja sa stidom, kao i c) faze u procesu suočavanja sa neverstvom. Publika će biti pozvana da neke od ovih nalaza iskustveno doživi. U uverenju da svaka kriza u partnerskom odnosu predstavlja priliku za rast i razvoj, učesnice će predstaviti terapijske intervencije izvedene iz svojih istraživanja. Na taj način će sa publikom podeliti uzbuđenje koje im je donela saigra prakse, teorije i istraživanja.

Ključne riječi: relacijsko polje, koterapijska dijada, partnerski odnos, dinamika polja.

RELATIONAL PERSPECTIVE IN THERAPEUTIC WORK WITH COUPLES - INTERPLAY OF PRACTICE, THEORY AND RESEARCH - PANEL DISCUSSION

DUŠANKA JOVANOVIĆ, DRAGANA ILIĆ I MARIJA KRIVAČIĆ

Abstract

The initial dialogic dynamics in couple therapy are highly complex, as partners bring current distress into the field (misunderstandings, arguments, hurts, accusations...) alongside a deep underlying longing for closeness and connection. This requires the co-therapy dyad to be well-grounded to adequately meet, encompass, and join the client couple's field, collaboratively seeking meaning in what they co-create. When a therapist dyad works with a client couple in this field, it is essential to recognize the 16 relationships that are simultaneously present: the relationship between the two therapists, the relationship between the two partners, each therapist's individual relationship with each partner, each therapist's relationship with the couple as a whole, and each partner's relationship with the co-therapy dyad as a whole. This

significantly complicates the relational field, demanding the therapist dyad's awareness and ability to hold the entirety of all relationships in the field (including projections, fantasies, thoughts, expectations, emotions...). The aim of this workshop is to highlight the layered complexity of relationships when two dyads—therapist and client couples—meet, as well as to examine the benefits and risks of this therapeutic context. Through role-playing therapeutic scenarios in different roles (client and therapist), participants will engage with their own fantasies and projections while directly experiencing decentration. This will be followed by further exploration of these phenomena and an examination of the overall complexity.

Key words: relational field, co-therapy dyad, partner relationship, field dynamics.

JEZIK: MOST KOJI VODI OD 'USAMLJENOG DO POVEZANOG'

LANGUAGE: THE BRIDGE LEADING FROM 'LONELY TO CONNECTED'

TALIA BAR-YOSEPH LEVINE

Abstract

Dive further into the depths of language and its transformative power in our practices. This workshop offers an immersive exploration of how to harness precision, awareness, and presence in our use of language - a true art form we practice daily. Participants will explore, experiment with speak about the powerful connecting force of language and how it can elevate our everyday interactions and relationships at the working room and outside it.

What to Expect?

1. Exploration of Language Facets: the verbal (spoken & written), nonverbal (body language, tone, pitch), and visual (symbols, icons, art) aspects of communication.
2. Engage with the Gestalt Philosophy of Being as practice, exploring the how language enables connectedness on one polarity and how it can sometimes lead to misunderstandings and be divisive on the other.
3. Interactive experiments and sharing of feelings and thoughts.
4. Learn about the realms of expression, phenomenology, and interpretation, and how paying careful attention to language can impact our connections with others.
5. Space to be and share whatever emerges then and there.

Who could benefit from attending?

- Practitioners interested in deepening their understanding of language as driver to connectedness.
- Those looking to improve their interpersonal connections to the wider field.

**PREMOŠĆIVANJE TERAPIJSKOG ODNOSA I LJUDSKOG ISKUSTVA IZ PERSPEKTIVE
TERAPEUTA**

**BRIDGING THE THERAPEUTIC RELATIONSHIP AND HUMAN EXPERIENCE FROM THE
THERAPIST'S PERSPECTIVE**

SOPHIE DUCROCQ ARCHIBALD

Abstract

Therapeutic relationships are the cornerstone of psychotherapy and correlate to positive outcomes (Norcross, 2010). They profoundly impact providers professionally and personally (Zarzycka et al., 2021). Therapists have reported that their lived experiences are subjective. They are singular from one client to another and interconnected with therapists' lives (Archibald, 2024). This workshop will explore practical ways psychotherapists can extract insight from their therapeutic relationships. Therapists' lived experiences can be better understood within the context of other lived experiences, such as their personal, professional, immediate, and spiritual experiences. In some circumstances, these are compounded and can't be pulled apart. A tool to make sense of this experience is essential for our well-being and clients. Participants in this workshop will receive tools to support their exploration, which they can use in their professional and personal environments.

SVE NAŠE ŽIVLJENJE JE SUSRETANJE

LJILJANA BOŽOVIĆ I ANICA DUDVARSKI

Sažetak

Inspiracija za naziv ove radionice je misao Martina Bubera koja sažeto predstavlja osnovnu ideju njegove filozofije dijaloškog egzistencijalizma do koje je došao kroz sopstveno versko iskustvo. Lično religiozno iskustvo Buber je učinio filozofski relevantnim u filozofiji dijaloga – tako što je opisao i obrazložio bitnu razliku između osnovnih reči Ja- Ti i Ja-to. Samo Ja ne postoji odvojeno od Ja-Ti ili Ja-to. Ja-Ti odnos je duboki interpersonalni susret, koji nas dovodi do granice uzvišenog, a povezanost koju osećamo spaja nas sa „večnim Ti“, što je za Buberu Bog. Dijaloško shvatanje stvarnosti je da je realnost uspostavljanje relacije, a duh u svojoj manifestaciji nije u Ja, već između Ja i Ti. Ja – Ti susret je ono čemu težimo u terapijskom odnosu jer ima najsnažniji isceljujući potencijal. To je jedinstveni događaj koji nas približava Apsolutnom Ti. A šta su fenomenološke karakteristike ovog iskustva? Kako prepoznamo da smo u Ja-Ti susretu i na koji nas način susretanje sa različitostima vodi u proširenje sopstvenog doživljaja... Ova radionica otvorena je za terapeute i edukante koji su spremni da istražuju subjektivni doživljaj Ja-Ti susreta.

Ključne riječi: susret, Ja-Ti, subjektivni doživljaj, promjena.

ALL OUR LIVING IS AN ENCOUNTER

LJILJANA BOŽOVIĆ I ANICA DUDVARSKI

Abstract

All Our Living Is Meeting The inspiration for the title of this workshop comes from a thought by Martin Buber, which succinctly captures the core idea of his philosophy of dialogical existentialism, shaped by his own religious experience. Buber made his personal religious experience philosophically relevant in the philosophy of dialogue by describing and explaining the essential distinction between the basic words I-Thou and I-It. The I does not exist separately from I-Thou or I-It. The I-Thou relationship is a profound interpersonal encounter that brings us to the threshold of the sublime, and the connection we feel unites us with the “eternal Thou,” which for Buber is God. The dialogical understanding of reality is that it is the establishment of a relationship, and spirit, in its manifestation, is not found in the I but between the I and the Thou. The I-Thou encounter is what we strive for in the therapeutic relationship, as it holds the strongest healing potential. It is a unique event that brings us closer to the Absolute Thou. But what are the phenomenological characteristics of this experience? How do we recognize that we are in an I-Thou

encounter, and in what way does meeting with differences lead us to an expansion of our own experience? This workshop is open to therapists and trainees who are ready to explore the subjective experience of the I-Thou encounter.

Keywords: meeting, I-Thou, subjective experience, transformation

KOMPLEKSNOST RELACIJA KOTERAPIJSKOG PARA TERAPEUTA U SUSRETU SA PAROM

MARIJA KRIVAČIĆ I SLAVKO AMULIĆ

Sažetak

Početna dijaloška dinamika u terapiji para veoma je kompleksna, jer partneri donose aktuelnu uznemirenost u polju (nerazumevanje, svađe, povrede, optuživanje...), a istovremeno u pozadini duboku čežnju za bliskošću i povezivanjem. Ovo zahteva dobru uzemljenost terapeutske para kako bi mogao adekvatno da dočeka, obuhvati i priključi se polju para klijenata i zajedno sa njima traga za smislom onoga što ko-kreiraju. Kada par terapeuta radi sa parom klijenata u tom polju važno je imati u vidu 16 relacija koje su istovremeno prisutne: odnos dva terapeuta, odnos dva partnera, pojedinačni odnosi terapeuta sa svakim od partnera, pojedinačni odnosi terapeuta sa parom kao celinom, pojedinačni odnosi partnera sa koterapijskim parom kao celinom. Ovo znatno usložnjava ukupno relacijsko polje i zahteva od terapeutske para svesnost i obuhvatanje celine svih relacija u polju (prisutnih projekcija, fantazija, misli, očekivanja, emocija...). Cilj ove radionice je ukazati na slojevitost relacija prilikom susreta dva para: para terapeuta i para klijenata, kao i sagledavanje benefita i rizika ovakvog terapijskog konteksta. Kroz odigravanje same terapijske situacije u različitim ulogama (klijenta i terapeuta), učesnicima se omogućava kako dolaženje u kontakt sa sopstvenim fantazijama i projekcijama, tako i neposredno iskustvo decentracije. Sledi daljnje istraživanje ovih fenomena i sagledavanje sveukupne kompleksnosti.

Ključne riječi: relacijsko polje, koterapijska dijada, partnerski odnos, dinamika polja.

THE COMPLEXITY OF RELATIONSHIPS IN A CO-THERAPY DYAD ENCOUNTERING A COUPLE

MARIJA KRIVAČIĆ I SLAVKO AMULIĆ

Abstract

The initial dialogic dynamics in couple therapy are highly complex, as partners bring current distress into the field (misunderstandings, arguments, hurts, accusations...) alongside a deep underlying longing for closeness and connection. This requires the co-therapy dyad to be well-grounded to adequately meet, encompass, and join the client couple's field, collaboratively seeking meaning in what they co-create. When a therapist dyad works with a client couple in this field, it is essential to recognize the 16 relationships that are simultaneously present: the relationship between the two therapists, the relationship between the two partners, each therapist's individual relationship with each partner, each therapist's relationship with the couple as a

whole, and each partner's relationship with the co-therapy dyad as a whole. This significantly complicates the relational field, demanding the therapist dyad's awareness and ability to hold the entirety of all relationships in the field (including projections, fantasies, thoughts, expectations, emotions...). The aim of this workshop is to highlight the layered complexity of relationships when two dyads—therapist and client couples—meet, as well as to examine the benefits and risks of this therapeutic context. Through role-playing therapeutic scenarios in different roles (client and therapist), participants will engage with their own fantasies and projections while directly experiencing decentration. This will be followed by further exploration of these phenomena and an examination of the overall complexity.

Keywords: relational field, co-therapy dyad, partner relationship, field dynamics.

ZADARSKE SIRENE, VJEŠTICE I INKVIZICIJA: KORIŠTENJE KONSTELACIJA MITOVA I BAJKI U GRUPNOJ ILI INDIVIDUALNOJ TERAPIJI

SUZANA KRSTIĆ

Sažetak

Mitološke i bajkovite naracije predstavljaju duboko ukorenjene obrasce kroz koje pojedinci oblikuju sopstveni identitet, odnose i razumevanje sveta. Utemeljene u kolektivnom nesvesnom, ove priče funkcionišu kao psihološki kodovi koji utiču na percepciju realnosti, emocionalne reakcije i međuljudske odnose. Ova radionica istražuje na koji način mitovi i bajke oblikuju unutrašnje procese i kako se kroz metodu sistemskih konstelacija mogu osvetliti nesvesne lojalnosti, transgeneracijski obrasci i terapijski odnosi. Kroz promišljanje o omiljenim bajkama ili porodičnim mitovima, koristeći pričanje priča i metodologiju konstelacija istražićemo i sistemske odnose između terapeuta i klijenta – kako terapeuti i klijenti nesvesno usvajaju određene uloge i kako se te dinamike reflektuju u terapijskom procesu, kako se transgeneracijske teme pojavljuju u terapijskom prostoru i na koji način uloge koje nesvesno preuzimamo oblikuju proces zajedničkog rada. Učesnici će kroz iskustveno istraživanje osvestiti kako se ove mitske strukture manifestuju u njihovim profesionalnim i ličnim odnosima, otvarajući prostor za dublju svesnost i uvide. Cilj radionice je produbiti svesnost o skrivenim narativima koji oblikuju terapijski rad i istražiti mogućnosti njihove transformacije. Kroz metodološki okvir sistemskih konstelacija, učesnici će imati priliku da mapiraju i integrišu ove priče u svoje profesionalne i lične procese.

ZADAR MERMAIDS, WITCHES AND THE INQUISITION: USING MYTH AND FAIRY TALES CONSTELLATIONS IN GROUP OR INDIVIDUAL THERAPY

SUZANA KRSTIĆ

Abstract

Mythological and fairy tale narratives are deeply embedded patterns through which individuals shape their identity, relationships, and understanding of the world. Rooted in the collective unconscious, these stories function as psychological codes that influence perception, emotional responses, and interpersonal dynamics. This workshop explores how myths and fairy tales shape internal processes and how systemic constellation work can illuminate unconscious loyalties, transgenerational patterns, and therapeutic relationships. By reflecting on favourite fairy tales or family myths, and using storytelling alongside constellation methodology, we will examine systemic dynamics between therapist and client—how both unconsciously adopt specific roles, how these dynamics manifest within the therapeutic process, and how transgenerational themes emerge in the therapeutic space. We will also

explore how the roles we unconsciously take on shape the co-creative nature of therapy. Through experiential exploration, participants will gain awareness of how these mythic structures manifest in their professional and personal relationships, opening space for deeper insight and transformation. The goal of this workshop is to deepen awareness of hidden narratives that shape therapeutic work and to explore possibilities for their transformation. Within the framework of systemic constellations, participants will have the opportunity to map and integrate these stories into their professional and personal processes. This workshop is experiential, interactive, and designed for anyone interested in exploring the power of mythological narratives in their life and therapeutic practice.

ZAVIČAJSTVO

SANDRA GRUBIĆ I TAJANA PAVIĆ

Sažetak

U današnje doba „ja“ kao da je otcjepljeno od svoje osnove i tako „oslobođeno“ u globalnom selu usmjereno na ono virtualno-medijsko-artificijelno-potrošačko-ideološko koje ga usmjerava i oblikuje. Čini se kao da prestaje određenje mene kao bića koje uključuje i nosi ono prije, koje biva često tegobno i tragično, a povezano je sa našim precima i traumama, gradom i selom, običajima, tradicijom, folklorom, ljudskom sudbinom u ovo što je sada, koje sam ja, po samoj biti stvari, te je pogled neprestano uperen u budućnost koja me izgleda jedina može zadovoljiti u nezasitnoj želji za najboljim izdanjem „ja“. Stječe se dojam kao da me ničega nije sram, kao da mi nema granica, i da tako nesvjestan svoje malenkosti imam moć i nad prirodom stvari, no u osnovi sam zaglavljen u stidu i neprestance perpetuiram radnje za koje se nadam da će ipak donijeti zadovoljstvo. No, one, nažalost, ne mijenjaju svoje značenje, one postaju „umjetnost radi umjetnosti“. „Dubinski crtež“ ovdje služi kao oslobađanje naših prošlih, urušenih iskustava, naših snova, fantazija i istinskih htjenja, „koje nema cilja u svome procesu, osim slobode“, kao što reče umjetnik Goran Stojčetić (autor pojma i tehnike „Dubinskog crteža“). Slobode izraza, progovaranja i ogledanja u neki novi identitet, procesom prolaska kroz lom zamrznute boli stida koji se u realnom vremenu pretače u sliku.

HOMELAND-NESS

SANDRA GRUBIĆ I TAJANA PAVIĆ

Abstract

It seems that the "I" is split off from its ground in today's world, and thus "liberated" in the global village, focused on the virtual-media-artificial-consumer-ideological aspects that guide and shape it. It appears that the definition of myself as a being which includes and carries what was in the past, often burdensome and tragic, and is connected to our ancestors and traumas, to the town and the village, customs, tradition, has ceased to exist in the present—what I am, by the very nature—and so my gaze is constantly fixed on the future, which seems to be the only thing that can satisfy my insatiable desire for the best version of "me". The impression is that I am ashamed of nothing, that there are no boundaries for me, and that, unaware of my insignificance, I have power even over the nature of things. Yet, essentially, I am stuck in shame, endlessly perpetuating actions for which I hope will bring satisfaction. Unfortunately, they don't change their meaning—they become "art for the sake of art." The "Deep Drawing" here serves as a liberation of our past, shattered experiences, our dreams, fantasies, and true aspirations—"which has no

goal in its process, except freedom," as the artist Goran Stojčetić (the creator of the term and technique of "Deep Drawing") said. Freedom of expression, speaking up and reflecting on a new identity, a process of passing through the cracking of frozen shame, which in real time converts into an image.

PRISUTNOST: KLJUČ USPJEŠNE PSIHOTERAPIJE

PRESENCE: THE KEY TO A SUCCESSFUL PSYCHOTHERAPY

VASILIS GEORGALAKIS, SOPHIE DUCROCQ ARCHIBALD I KIRK SCHNEIDER

Abstract

Existential-Humanistic psychotherapy promotes a shift towards a deeper sphere of liberation. A liberation for a more enriching and authentic life. The important role of this liberation is to learn to be deeply present in one's life. The power of presence is core to the Existential-Humanistic approach. It is like the hub of the spokes on a wheel-both the ground and the aim of the approach. Using effectively the here and now and being deeply engaged in the situation is the principal factor in finding one's authenticity, discovering the "dance" of one's life, and finally in discovering the humility and wonder, sense of adventure, or awe of one's life. From James Bugental and Rollo May to Irvin Yalom and Kirk Schneider presence is viewed as a gateway to living more fully and deeply, to managing the paradoxes of our lives, and to maximizing our freedom of choice. Together we shall identify the meaning of presence and will explore its power, its simplicity, and its limits. How can we cultivate a deep sense of presence, the ways this presence can help our clients; and the ways we can manage fears, maladaptive emotions, and body tensions in the here and now? In short, how can we best invite our clients to be with us so that they can maximize presence themselves and thus become more open, flexible, and inspired in the face of life's many trials.

MAPIRANJE DUŠE KROZ RELACIJSKI PRISTUP

SEVER JURIŠIN

Sažetak

Geštalt terapija se ne bavi direktno religijskim pojmovima, njen cilj je da pomogne ljudima da se čvršće povežu sa autentičnim delom sebe, što može da se smatra radom na nečemu što je slično konceptu duše u psihološkom i duhovnom smislu. Veza između relacionog pristupa i duše može da se sagleda kroz ideju da geštalt psihoterapija omogućava klijentima da dođu do suštine svog bića, svojih dubokih osećanja, potreba i želja. U ovom smislu, duša može da se shvati kao dublje, autentično "ja", ili unutrašnji svet koji je često potisnut ili zanemaren u uslovima svakodnevnice. Cilj radionice je da polaznicima predstavi Model kvantiranih gustina energija, da ga usvoje i praktično primenjuju, kao koristan alat u svojoj psihoterapijskoj praksi, u svrhu jačanja klijentove sposobnosti da bude autentičan, odgovoran i prisutan u svojim odnosima. Na taj način, relacioni psihoterapijski pristup postaje istinski dubinski susret i zajednički tango, klijentove i terapeutove duše.

MAPPING THE SOUL THROUGH A RELATIONAL APPROACH

SEVER JURIŠIN

Abstract

Gestalt therapy does not deal directly with religious concepts, its goal is to help people connect more closely with an authentic part of themselves, which can be considered working on something similar to the concept of soul in a psychological and spiritual sense. The connection between the relational approach and the soul can be seen through the idea that Gestalt psychotherapy allows clients to get to the essence of their being, their deep feelings, needs and desires. In this sense, the soul can be understood as a deeper, authentic "I", or an inner world that is often suppressed or neglected in the conditions of everyday life. Goal of the workshop is to present the Quantized Energy Density Model to the participants, to adopt and practically apply it as a useful tool in their psychotherapy practice, in order to strengthen the client's ability to be authentic, responsible and present in their relationships. In this way, the relational psychotherapy approach becomes a truly in-depth meeting and a common tango of the client's and the therapist's souls.

TIJELO U GEŠTALT TERAPIJI – INTEGRACIJA TJELESNOG ISKUSTVA U TERAPIJSKOM PROCESU

ALAN MEDIĆ I GROZDANA BIOČIĆ ZRILIĆ

Sažetak

Geštalt terapija naglašava važnost povezivanja uma i tijela u razumijevanju ljudskog iskustva. Tijelo se promatra kao integralni dio svjesnosti, komunikacije i osobnog rasta, a tjelesne senzacije često su ključni pokazatelji potisnutih emocija i neriješenih konflikata. Radionica istražuje kako geštalt pristup koristi tjelesnu svjesnost za razumijevanje čovjekovih obrazaca ponašanja, emocija i odnosa. Poseban naglasak stavlja se na osjetilne senzacije, držanje, disanje i pokret kao sredstva za povećanje svjesnosti u "ovdje i sada" iskustvu. Također se razmatra kako disocijacije od tijela može biti prepreka autentičnom izražavanju i kako terapijski proces pomaže u reintegraciji. Kroz praktične primjere i vježbe, sudionici će imati priliku istražiti načine na koje se tijelo koristi u geštalt terapiji za rad s emocionalnim blokadama, stresom i unutarnjim konfliktima. Cilj radionice je pružiti dublje razumijevanje uloge tijela u procesu samoaktualizacije i razvoja autentičnih odnosa.

BODY AND GESTALT – INTEGRATION OF BODILY EXPERIENCE IN THE THERAPEUTIC PROCESS

ALAN MEDIĆ I GROZDANA BIOČIĆ ZRILIĆ

Abstract

Gestalt therapy emphasizes the importance of the mind-body connection in understanding the human experience. The body is seen as an integral part of awareness, communication and personal growth, and bodily sensations are often key indicators of repressed emotions and unresolved conflicts. The lecture explores how the Gestalt approach uses body awareness to understand the client's patterns of behaviour, emotions and relationships. Special emphasis is placed on sensory sensations, posture, breathing and movement as means of increasing awareness of the "here and now" experience. It also looks at how dissociation from the body can be a barrier to authentic expression and how the therapeutic process helps with reintegration. Through practical examples and exercises, participants will have the opportunity to explore the ways in which the body is used in Gestalt therapy to work with emotional blockages, stress and internal conflicts. The goal of the lecture is to provide a deeper understanding of the role of the body in the process of self-actualization and the development of authentic relationships.

NAŠE UNUTARNJE DIJETE

OUR INNER CHILD

JOYCE SCIBERRAS

Abstract

This workshop is an invitation to anyone who feels curious and intrigued about their inner child. It lays the ground through a brief theoretical talk on the proposition of the inner child concept. It is designed to focus mainly on eliciting an experiential, personal and intimate connection with this innermost part of our being. This sensitization is invited to be manifested through imagery, fantasy, personal photographs and the use of drawing etc. Reflections, sharing and dialogical process are invited with willing participants. A direction towards ways of healing through reflection and reflexivity is embedded through a co-created process. The invitation is towards owning this innermost part of our being thus creating an integrated self.

Key words: History, Reflections, Dialogue, Healing, Integration.

**"U POČETKU BIJAŠE RIJEČ" – DUHOVNI ŽIVOT KAO RELACIJSKA PERSPEKTIVA
ZDRAVIH LJUDSKIH ODNOSA**

NINA KOLANOVIĆ I SANDRO BELIĆ

Sažetak

Za Buber, odnos s drugim čovjekom je odnos s Bogom jer dijalog između osoba može postojati samo u odnosu na dijalog između čovječanstva i Boga. Iz ovoga možemo zaključiti da osoba teško može ostvariti Ja-Ti odnos s drugom osobom ako njena duša nema otvorenost prema božanskom unutar i izvan sebe. Prihvatanjem postojanja i osvještavanjem uloge naše duše ispunjavamo "conditio sine qua non" prijeko potreban uvjet, za susret sa svijetom. Pred kontakt relacijskog odnosa je susret sa sobom, sa božanskim su sebi, mjestom kojeg u geštaltu zovemo plodna praznina ili tama noć duše. Na tom mjestu, gdje postoji sve ali ne postoji figura od značaja, naša liminalnost nas poziva da se otvorimo i zajedno istražujemo mjesto u kojem duhovno ulazi u naš život. Cilj ove radionice jeste da kroz teorijsku, dijalošku i eksperimentalnu metodu proširimo svijenost o važnosti duhovnog aspekta našeg života, istražujući vlastitu tamnu noć duše, kao jedini preduvjet zdravih relacija sa sobom i svijetom oko nas.

**"IN THE BEGINNING THERE WAS A WORD" – SPIRITUAL LIFE AS A RELATIONAL
PERSPECTIVE OF HEALTHY HUMAN RELATIONSHIPS**

NINA KOLANOVIĆ I SANDRO BELIĆ

Abstract

For Buber, a relationship with another human arises from the relationship with God. Dialogue between persons can only exist in relation to the dialogue between human being and God. A person can hardly achieve an I-Thou relationship with another person if his soul is not open to the divine inside and outside him. By accepting existence and becoming aware of the role of our soul, we fulfill the "conditio sine qua non" a very necessary condition for meeting the world. The pre-contact of the relational relationship is an encounter with the self, with the divine self, a place which in gestalt we call the fertile void or the dark night of the soul. In that place where everything exists but there is no significant figure, our liminality invites us to open up and explore together the place where the spiritual enters our lives. The goal of this workshop is to expand awareness of the importance of the spiritual aspect of our life through the theoretical, dialogic and experimental method, exploring our own dark night of the soul, as the only prerequisite for healthy relationships with ourselves and the world around us.

RELACIJSKI PRISTUP MENTALNOM BLAGOSTANJU: OD POJEDINCA DO DRUŠTVA

A RELATIONAL APPROACH TO MENTAL WELL-BEING: FROM INDIVIDUAL TO SOCIETY

MIKELA GONZI

Abstract

Expanding upon the plenary lecture, this hands-on workshop emphasizes the need for a holistic approach to mental health care, particularly during the recent post-pandemic years. Mental well-being is often approached as an individual effort, centred on personal traits, choices, or biological factors. However, a relational perspective—grounded in the principles of Gestalt psychotherapy—reveals that health is intricately embedded within relationships and broader societal contexts and global events. Key Gestalt concepts, such as the interconnectedness of self and environment, field theory, and the here-and-now relational dynamics, can inform a deeper understanding of mental well-being. We will discuss topics, including fostering resilience through relational interventions, addressing the impact of inequality and stigma, and the transformative potential of collective action in promoting well-being. Practical applications for therapists, educators, and policymakers will be discussed, to create a roadmap for integrating relational frameworks into clinical practice, organizational strategies, and public health initiatives. Together, let us rethink mental health beyond the individual, advocating for a collaborative approach that recognizes the interconnected nature of human well-being, as we strive towards systemic change.

**OD PREŽIVLJAVANJA TRAUME DO KREATIVNE PRILAGODBE BUDUĆNOSTI
FROM SURVIVING TRAUMA TO CREATIVELY ADJUSTING TO THE FUTURE**

ROSE GALEA

Abstract

How do Gestalt therapy experiments help to integrate trauma in the here and now with a better outlook towards the future? Recent research revealed that Gestalt therapy within a group setting focused on trauma, and based on neuroscience supports the integration of the trauma symptoms. In this workshop therapeutic aspects that support the integration of trauma from a gestalt therapy perspective including working with clients providing: Safety and distancing, Embodiment, Validation of the traumatic Self, Acceptance and Transformation, Connection with others, and a Better outlook for the future. The research revealed that Gestalt therapy supports the integration of trauma. This was found through the results of the (Impact of Event Scale - Revised) IES-R scores which revealed a reduction in the symptoms of trauma for the experimental group compared to the scores of the IES-R of the control group. Moreover, this was collaborated with the finding of the participants' experience of the therapeutic group. The workshop will allow the participants to experience Gestalt interventions that were used during the study that were found to be helpful in reducing PTSD symptoms. This will also include the Progressive Process experiment which was created for the purpose of the study, It focused on embodiment and guided visual imagery of the self in the future, which supported the participants in having a better outlook towards the future

Keywords: Gestalt Experiments, Neuroscience, Trauma, Progressive Process Experiment, Our Inner Child.

“NE ŽELIM BITI OVDJE” – KAKO ADOLESCENTNI OTPOR PRETVORITI U ODNOS

VESNA HERCIGONJA NOVKOVIĆ

Sažetak

Ova radionica u trajanju od 1,5 sata bila je posvećena fenomenu otpora u dječjoj i adolescentnoj psihoterapiji. Sudionici su upoznati s različitim oblicima manifestacije otpora kod djece i adolescenata, uz naglasak na prepoznavanje tih ponašanja ne samo kao prepreka, nego i kao značajnih izraza unutarnjeg doživljaja. Kroz praktičnu vježbu, studenti su najprije pisali narativ o djetetu koje pokazuje otpor iz kliničke perspektive. U drugom koraku, preoblikovali su isti narativ u empatičan prikaz, naglašavajući emocije i potrebe djeteta. Ova promjena perspektive otvorila je raspravu o tome kako empatija mijenja terapijski stav, produbljuje razumijevanje djeteta i potiče učinkovitije terapijsko povezivanje.

Ključne riječi: dječja psihoterapija, adolescentna psihoterapija, otpor, empatija, terapijski stav, narativna vježba, terapijski odnos.

"I DON'T WANT TO BE HERE" – HOW TO TURN ADOLESCENT RESISTANCE INTO A RELATIONSHIP

VESNA HERCIGONJA NOVKOVIĆ

Abstract

This 1.5-hour workshop focused on the phenomenon of resistance in child and adolescent psychotherapy. Participants were introduced to different forms of resistance manifested in children and adolescents, with an emphasis on recognizing these behaviours not only as obstacles but also as meaningful expressions of inner experience. Through a practical exercise, students were first invited to write a narrative describing a resistant child from a clinical perspective. In the second step, they reformulated the same narrative into an empathetic account, highlighting the child's underlying emotions and needs. This shift in perspective opened discussion on how empathy transforms the therapeutic stance, enhances understanding of the child, and facilitates more effective therapeutic engagement.

Key words: Child psychotherapy, Adolescent psychotherapy, Resistance, Empathy, Therapeutic stance, Narrative exercise, Therapeutic relationship.

ISKUSTVO POZADINE U RELACIJI SA SADA I OVDJE

MARIJA STEFANOVIĆ I GORDANA MIĆOVIĆ

Sažetak

Naša jedinstvena životna iskustva čine našu pozadinu / ground. Koliki značaj pridajete sopstvenom iskustvu na putu razvoja i rasta ili ga ignorišete? U pozadini se skriva i naša inspirativna snaga. Koja je to inspirativna snaga za vas koja vas određuje u ovde i sada? Kako vaša iskustva doprinose da postajete kreatori sopstvenog života ili onoga čime se bavite u poslednje vreme? Ovo su samo neka od pitanje naše radionice čiji je cilj da proširimo svesnost o neprekidnoj relaciji iskustva pozadine sa našim bivanjem u sada i ovde kroz manifestovanje različitih identiteta.

THE EXPERIENCE OF THE GROUND IN RELATION TO THE HERE AND NOW

MARIJA STEFANOVIĆ I GORDANA MIĆOVIĆ

Abstract

Our unique life experiences form our ground. How much importance do you give to your own experiences on the path of development and growth, or do you ignore it? The ground of our experience also contains our inspirational strength. What is the inspiring force for you that determines who you are in the here and now? How do your experiences contribute to becoming creators of your own life or what you have been doing lately? These are just some of the questions of our workshop, the goal of which is to expand awareness of the continuous relationship of our ground experience with our being in the here and now through the manifestation of different identities.

“JA I ANKSIOZNOST” – SINTEZA TEORIJE I PRAKTIČNIH VJEŠTINA

SANELA SELMANOVIĆ PODRUG I KANITA SELMANOVIĆ - KULO

Sažetak

Prema Gestalt terapiji, anksioznost je rezultat nepotpunih ili neintegriranih iskustava koja ostaju u svjesnom ili nesvjesnom dijelu čovjekovog bića. Fokusirajući se na sadašnji trenutak i svijest o sopstvenim emocijama, mislima i senzacijama, Gestalt terapija pomaže klijentima da prepoznaju i integriraju ova nekompletna iskustva. Gestalt terapija koristi razne tehnike kako bi pomogla klijentima da se suoče sa anksioznošću pa će i ova radionice ponuditi kratki osvrt na sopstvenu anksioznost i načine nošenja sa njom. Pored toga, učesnici će imati priliku da prepoznaju koje vještine mogu koristiti u svakodnevnom životu kako bi efikasnije upravljali anksioznošću da bi imali veći osjećaj mira i stabilnosti u suočavanju sa izazovima života. Cilj ove radionice je da učesnicima pruži dublje razumijevanje anksioznosti kroz prizmu Gestalt terapije, kao i da im omogući stjecanje praktičnih vještina za prepoznavanje, prihvatanje i efikasno suočavanje sa anksioznošću. Radionica će obuhvatiti kako teorijske osnove, tako i praktičnu vježbu koja će demonstrirati kako Gestalt terapija tretira anksioznost.

Ključne riječi: Gestalt terapija, anksioznost.

"ME AND ANXIETY" SYNTHESIS OF THEORY AND PRACTICAL SKILLS

SANELA SELMANOVIĆ PODRUG I KANITA SELMANOVIĆ - KULO

Abstract

According to Gestalt therapy, anxiety results from incomplete or non-integrated experiences that remain in the conscious or unconscious parts of a person's being. By focusing on the present moment and awareness of one's own emotions, thoughts, and sensations, Gestalt therapy helps clients recognize and integrate these incomplete experiences. Gestalt therapy utilizes various techniques to help clients confront anxiety, and this workshop will offer a brief reflection on one's own anxiety and ways to cope with it. Additionally, participants will have the opportunity to recognize which skills they can use in everyday life to manage anxiety more effectively, in order to achieve a greater sense of peace and stability when facing life's challenges. The goal of this workshop is to provide participants with a deeper understanding of anxiety through the lens of Gestalt therapy, as well as to enable them to acquire practical skills for recognizing, accepting, and effectively coping with anxiety. The workshop will include both theoretical foundations and a practical exercise that will demonstrate how Gestalt therapy addresses anxiety.

Key words: Gestalt therapy, anxiety.

ŽIVOT JEDNOG TERAPEUTA

DAINA UDOVICICH CORELLI I BRUNO BARAĆ

Sažetak

Cilj ove radionice je pogled u život psihoterapeuta. Život je težak i nesavršen i za terapeuta koji radi na sebi. Radionica je nastala kao odgovor na pitanja koja voditelji imaju u vlastitom životu: ljepota nesavršenosti, svjesnost o vlastitoj smrtnosti, traganje za smislom, duhovnost, povjerenje u proces i ljubav prema sebi i drugima, žudnja za ispunjenim životom, odnos posla i životnog poziva, te svih simptoma koji iz toga proizlaze (egzistencijalistička tjeskoba, depresivnost, anksioznost, sreća, zadovoljstvo...). Ova tema će biti prezentirana kroz vođenu fantaziju, rad u grupama i zajedničko dijeljenje iskustva. Očekivani ishod radionice bi bio stvaranje i/ili razvoj podrške za traganje za vlastitim pitanjima.

The art of losing isn't hard to master
So many things seem filled with the intent
To be lost that their loss is no disaster... (Elizabeth Bishop, One Art)

In psychotherapy there are no vacations or days off. You have a licence not just to practice; But to be. (Thomas Moore, Soul Therapy)

LIFE OF A PSYCHOTHERAPIST

DAINA UDOVICICH CORELLI I BRUNO BARAĆ

Abstract

The aim of this workshop is to offer a glimpse into the life of a psychotherapist. Life is hard and imperfect—even for a therapist who is working on themselves. This workshop emerged as a response to questions that the therapists face in their own lives: the beauty of imperfection, awareness of one's own mortality, the search for meaning, spirituality, trust in the process and love for oneself and others, the longing for a fulfilling life, the relationship between work and life calling, and all the symptoms that stem from these (existential anxiety, depression, anxiety, happiness, contentment...). This topic will be presented through guided imagery, group work, and shared experiences. The expected outcome of the workshop is the creation and/or development of support in the search for one's own questions.

KONFLIKTI I STID U RELACIJI PARA - IZAZOVI ZA TERAPEUTE

DRAGANA ILIĆ I DUŠANKA JOVANOVIĆ

Sažetak

Kompleksnost dinamike partnerske relacije uključuje mnogobrojne fenomene i procese od kojih su neki jasno vidljivi, dok su drugi duboko skriveni i nevidljivi. Konflikti se otvoreno i različito manifestuju u polju para tokom terapijskog procesa (kroz svađe, optuživanja, provociranja, vređanja do eskalacije, pa čak i nasilja). Sa druge strane, stid je teško prepoznati i uhvatiti u relaciji para u trenutku kada se dešava. Spolja su vidljive strategije partnera da se zaštite od stida kojih često nisu svesni. Deo tih strategija ide ka partneru (npr. bes i prezir); deo ka sebi (npr. perfekcionizam, unutrašnje povlačenje); deo su dinamike same relacije (npr. umanjivanje, poricanje probleme ili težnja za moći i pokušaj kontrole). Zato terapeutima nije lako da prepoznaju šta je figura, a šta pozadina, tako da ovo polje donosi ključno pitanje Da li konflikti izazivaju stid ili stid aktivira konflikte? Cilj ove radionice je ukazati na složenost i isprepletanost ova dva fenomena u partnerskoj relaciji. Kroz simulaciju konflikta u paru i otkrivanje strategija prevazilaženja stida, učesnici se uvode neposredni doživljaj ovih fenomena i istraživanje "plesu" stida i konflikta. Lični uvidi će omogućiti da se osvesti kako stid lako uvodi u konflikte, a istovremeno i kako konflikti lako provociraju stid.

Ključne riječi: partnerska relacija, stid, konflikt, terapeut, dinamika.

CONFLICTS AND SHAME IN COUPLE RELATIONSHIPS – CHALLENGES FOR THERAPISTS

DRAGANA ILIĆ I DUŠANKA JOVANOVIĆ

Abstract

The complexity of relational dynamics in partnerships encompasses numerous phenomena and processes, some overtly visible and others deeply hidden. Conflicts manifest openly and diversely in the couple's field during therapy (through arguments, accusations, provocations, insults, escalation, or even violence). Shame, on the other hand, is difficult to recognize and grasp in the moment it arises within the relationship. Externally, partners exhibit protective strategies against shame—often unconscious—such as directing them toward their partner (e.g., anger, contempt), inward (e.g., perfectionism, emotional withdrawal), or through relational dynamics (e.g., minimizing, denying problems, or striving for power and control). Therapists thus struggle to discern what is figure and what is ground, raising a pivotal question: Do conflicts provoke shame, or does shame activate conflicts? The aim of this workshop is to illuminate the intricacy and entanglement of these two

phenomena in partner relationships. Through simulated couple conflicts and exploration of shame-management strategies, participants will engage in direct experiential immersion and investigate the “dance” of shame and conflict. Personal insights will foster awareness of how shame readily fuels conflicts and, conversely, how conflicts provoke shame.

Keywords: partner relationship, shame, conflict, therapist, dynamics.

DUHOVNOST I GEŠTALT TERAPIJA

IVICA MEDANIĆ I KRUNOSLAV KOLARIĆ

Sažetak

Radionica će se baviti temom povezanosti duhovnosti i geštalt terapije te će se pokušati doći do određenih spoznaja kako geštalt terapijski pristup može integrirati duhovne aspekte života i podržati unutarnji rast. Geštalt terapija temelji se na principima svjesnosti, prisutnosti u trenutku i autentičnosti, koji su također ključni u mnogim duhovnim tradicijama. Tijekom radionice, sudionici će imati priliku razumjeti kako duhovnost može obogatiti proces samospoznaje i emocionalnog iscjeljenja unutar geštalt terapijskog okvira. Kroz praktične vježbe, diskutirati će se o važnosti svjesnosti, prihvatanja trenutnog iskustva, te o povezivanju s dubljim aspektima sebe i svijeta oko nas. Također, istražiti će se načini kako geštalt terapija može pomoći da bolje razumijemo svoje duhovne potrebe i iskustva, integrirajući ih u svakodnevni život. Duhovnost, shvaćena kao osobni put prema smislu, povezivanju i unutarnjoj ravnoteži, može biti snažan alat u procesu iscjeljenja i transformacije. Cilj radionice je pružiti sudionicima dublje razumijevanje kako geštalt terapija i duhovnost mogu koegzistirati, obogatiti terapijski rad i omogućiti nam da razvijemo potpuniju i autentičniju povezanost sa sobom i svijetom.

SPIRITUALITY AND GESTALT THERAPY

IVICA MEDANIĆ I KRUNOSLAV KOLARIĆ

Abstract

The workshop will address the topic of the connection between spirituality and Gestalt therapy and will attempt to gain some insights into how the Gestalt therapeutic approach can integrate the spiritual aspects of life and support inner growth. Gestalt therapy is based on the principles of awareness, presence in the here and now moment, and authenticity, which are also key in many spiritual traditions. During the workshop, participants will have the opportunity to understand how spirituality can enrich the process of self-awareness and emotional healing within the Gestalt therapeutic framework. Through practical exercises, the importance of awareness, acceptance of current experience, and connecting with deeper aspects of ourselves and the world around us will be discussed. It will also explore ways in which Gestalt therapy can help us better understand our spiritual needs and experiences, integrating them into everyday life. Spirituality, understood as a personal path towards meaning, connection, and inner balance, can be a powerful tool in the process of healing and transformation. The goal of the workshop is to provide participants with a deeper understanding of how Gestalt

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therapy and spirituality can coexist, enrich therapeutic work, and enable us to develop a fuller and more authentic connection with ourselves and the world.

ODNOS IZMEĐU EMOCIONALNOG PREJEDANJA – SVJESNOSTI, PERCIPIRANOG STRESA I RELIGIOZNOSTI

THE RELATIONSHIP BETWEEN EMOTIONAL OVEREATING – MINDFULNESS, PERCEIVED STRESS AND RELIGIOUSNESS

BERINA BARAKOVIC

Abstract

Background: Emotional overeating, the tendency to consume food in response to emotional distress rather than physical hunger, is a maladaptive coping mechanism linked to stress, anxiety, and depression. From a Gestalt perspective, mindfulness involves present-centred awareness, embodied experience, and contact with one's internal and external environment. By fostering self-regulation and enhancing awareness of emotional triggers, mindfulness can interrupt automatic eating patterns and promote intentional choices. However, the interaction between mindfulness, perceived stress, and religiousness in emotional overeating remains underexplored, particularly within culturally specific populations. **Methods:** This study examines the relationship between emotional overeating, mindfulness, perceived stress, and religiousness in Bosnian adult women residing in the United States. A cross-sectional design was used, employing the Emotional Eater Questionnaire (EEQ), Perceived Stress Scale (PSS-10), Five Facet Mindfulness Questionnaire (FFMQ-15), and the Duke University Religion Index (DUREL). Data from 350 participants will be analysed using correlation and multiple regression analyses to assess the role of mindfulness as a moderating factor in stress-related emotional overeating. **Results:** It is hypothesized that higher mindfulness levels will be associated with lower emotional overeating by fostering greater awareness of emotional responses, enhancing self- contact, and reducing impulsivity. Additionally, mindfulness is expected to buffer the relationship between perceived stress and emotional overeating, reinforcing an adaptive approach to distress management by increasing the ability to stay present with emotions rather than avoiding them through food. **Conclusion:** This study highlights the importance of Gestalt-oriented mindfulness in disrupting habitual emotional eating by enhancing present-moment awareness, self-support, and organismic self-regulation. By integrating mindfulness-based interventions, individuals may develop healthier relationships with food, emotions, and coping strategies, contributing to holistic psychological well-being and therapeutic interventions for stress-related eating behaviours.

GEŠTALT PERSPEKTIVA U ARHITEKTURI I UMJETNOSTI: DIJALOG PERCEPCIJE I KREACIJE

THE GESTALT PERSPECTIVE IN ARCHITECTURE AND ART: A DIALOGUE OF PERCEPTION AND CREATION

SONJA TADEJ

Sažetak

Ovaj rad istražuje na koji način geštalt principi oblikuju našu percepciju i razumijevanje svijeta, njihovu primjenu u stvaranju i doživljavanju umjetničkih i arhitektonskih djela, ali i obrnuto – kako umjetnost omogućuje dublji uvid u ljudsku psihu i potiče emocionalno iscjeljenje kroz kreativne procese. Ključni geštalt principi, poput figure i pozadine, blizine, zatvaranja i kontinuiteta, imaju značajnu ulogu u arhitekturi i umjetnosti, posebno u djelima Bauhaus škole. Umjetnici poput Gropiusa, Moholy-Nagya i Kleea demonstrirali su kako perceptivni zakoni omogućuju spajanje estetike i funkcionalnosti. Primjeri umjetnosti nisu ograničeni na strukturni ili vizualni aspekt – teoretičari poput Freuda i Junga tumačili su umjetnost kao sredstvo introspekcije i transformacije, dok je Laura Perls kroz gestalt terapiju naglašavala kreativnost u procesu emocionalnog iscjeljenja. Thomas Moore pak povezuje umjetnost s razumijevanjem duše i introspektivnim promišljanjem. Zaključno, geštalt principi nisu samo teorijski alat za razumijevanje percepcije, već omogućuju stvaranje umjetnosti i arhitekture koje razvijaju dublje emocionalne i društvene poveznice. Kroz njih, umjetnost i arhitektura postaju most između unutarnjeg svijeta pojedinca i društva, omogućujući cjelovitije razumijevanje ljudskih odnosa, emocionalnih iskustava i šireg konteksta zajednice.

PROMIŠLJANJE O KONCEPTU DUŠE IZ PERSPEKTIVE GEŠTALT TERAPIJE

INA DELIĆ

Sažetak

Rad istražuje koncept duše kroz filozofski, povijesni, znanstveni i psihoterapijski okvir pristupajući joj kao multidimenzionalnom fenomenu i nudeći geštalt terapiju kao specifičan način za razumijevanje i rad s dušom. Duša se promatra kao dimenzija iskustva, nije reducibilna na kemijske ili biološke procese, već je dinamičan prostor koji se manifestira kroz tijelo, emocije, odnose i simbole. Fokus je na fenomenološkom pristupu i usmjeravanju terapijskog procesa na stvaranje autentične i relacijske povezanosti terapeuta i klijenta. Također se ističe važnost kontratransfera i terapeutove svjesnosti i rada na sebi u svrhu boljeg razumijevanja i podrške klijentovom procesu samospoznaje, kao i imaginacija i rad na tjelesnim senzacijama u svrhu istraživanja dubljih aspekata duše. Pozivajući se na relevantne studije (Bronnie Ware o važnosti međuljudskih odnosa u procesu smrti i Grantova studija koja ističe važnost emocionalne povezanosti za mentalno zdravlje) dolazimo do zaključka kako duša u terapijskom kontekstu zahtijeva disciplinu, strpljenje i povjerenje, a terapija treba biti usmjerena na uspostavljanje ravnoteže između introspekcije, svijesti o sebi i otvorenosti prema svijetu. Rad podupire geštalt terapiju kao izuzetno prikladnu za navedenu temu jer omogućava klijentima da kroz terapijski odnos i proces iscjeljenja postignu veću autentičnost i emocionalnu slobodu, integrirajući različite aspekte svog postojanja u cjelovito iskustvo.

REFLECTION ON THE CONCEPT OF THE SOUL FROM THE PERSPECTIVE OF GESTALT THERAPY

INA DELIĆ

Abstract

This paper explores the concept of the soul through philosophical, historical, scientific, and psychotherapeutic frameworks, approaching it as a multidimensional phenomenon and presenting Gestalt therapy as a specific way to understand and work with the soul. The soul is viewed as a dimension of experience, not reducible to chemical or biological processes, but rather as a dynamic realm manifesting through the body, emotions, relationships, and symbols. The focus is on the phenomenological approach and directing the therapeutic process toward creating an authentic and relational connection between therapist and client. The importance of countertransference, therapist's self-awareness, and personal development is highlighted as essential for better understanding and supporting the client's process of self-discovery. Additionally, imagination and body awareness are emphasized as key tools for exploring deeper aspects of the soul. Referring to relevant studies—

such as Bronnie Ware's research on the importance of interpersonal relationships in the dying process and the Grant Study, which underscores the significance of emotional connection for mental health—the paper concludes that the soul, in a therapeutic context, requires discipline, patience, and trust. Therapy should be focused on establishing a balance between introspection, self-awareness, and openness to the world. The paper supports Gestalt therapy as particularly well-suited for this topic, as it enables clients to achieve greater authenticity and emotional freedom through the therapeutic relationship and healing process, integrating different aspects of their existence into a holistic experience.

**STUDIJA SLUČAJA POREMEĆAJA PREHRANE KAO KREATIVNE PRILAGODBE:
GEŠTALT PERSPEKTIVA**

LANA IVEZIĆ PASSINI

Sažetak

Ova studija slučaja prikazuje učinkovitost Geštalt terapije u radu s poremećajima hranjenja ukorijenjenima u traumi iz djetinjstva i poteškoćama u odnosima. Klijentica, 37-godišnja žena, potražila je terapiju nakon 23-godišnje borbe s anoreksijom nervozom, bulimičnog tipa. Ispod njezine nježne vanjštine skrivala se duboka tuga i iscrpljenost zbog kontrole poremećaja hranjenja. Terapija je naglasila svjesnost sadašnjeg trenutka kroz fokus na misli, osjećaje i tjelesne senzacije. Rano emocionalno zanemarivanje dovelo je do desenzitizacije, čineći ovaj proces izazovnim. Uz pomoć tehnika poput vježbi disanja i osvještavanja tijela, uspjela je ponovno povezati se sa svojim tijelom i povećati kapacitet za emocionalno izražavanje. Ključni fokus terapije bili su nezavršeni poslovi/odnosi s roditeljima i tetom kao značajnim drugima u djetinjstvu, koja su otkrila osjećaj nevidljivosti i kontrole. Ove dinamike učvrstile su osjećaj neprihvaćenosti i uvjerenje da mora ugađati drugima kako bi izbjegla napuštanje. Terapija je pružila sigurno okruženje za procesuiranje tih iskustava, potičući iscjeljenje i integraciju. Rad na polaritetima, povezanost naspram izolacije, spontanost naspram kontrole omogućio je veći balans i osobni rast. Poremećaj hranjenja, desenzitizacija i poteškoće s granicama prepoznati su kao otpori kontaktu, obrađivani tehnikama poput prazne stolice, igre uloga i kreativnih eksperimenata. Poremećaj hranjenja, desenzitizacija i poteškoće s postavljanjem granica shvaćeni su kao otpori kontaktu. Terapijski odnos, temeljen na empatiji i inkluzivnosti stvorio je sigurno okruženje za istraživanje i iscjeljenje. Ovo putovanje pokazuje transformacijski potencijal Gestalt terapije: promicanje samosvijesti i prihvaćanja, rješavanje nedovršenih poslova/odnosa iz prošlosti, učenje zdravijeg kontakta sa sobom i okolinom, te osnaživanje klijenata da preuzmu odgovornost za vlastiti život.

**CASE STUDY OF AN EATING DISORDER AS CREATIVE ADJUSTMENT: A GESTALT
PERSPECTIVE**

LANA IVEZIĆ PASSINI

Abstract

This case study highlights the effectiveness of Gestalt therapy in addressing eating disorders rooted in childhood trauma and relational difficulties. The client, a 37-year-old woman, sought therapy for a 23-year struggle with anorexia nervosa, bulimic type. Beneath her gentle demeanour lay deep sadness and exhaustion from the eating disorder's control. Therapy emphasized present-moment awareness,

reconnecting her with her thoughts, feelings, and bodily sensations. Early emotional neglect led to desensitization, making this process challenging. However, techniques like breathwork and body awareness exercises helped restore her connection to her physical self and emotional expression. A key focus was unfinished business with her parents and aunt as significant others in her childhood, revealing feelings of being unseen and controlled. These dynamics reinforced her belief that pleasing others was necessary to avoid abandonment. Therapy offered a safe space to process these experiences, fostering healing and integration. Work on polarities, connection versus isolation, spontaneity versus control enabled greater balance and personal growth. The eating disorder, desensitization, and boundary difficulties were reframed as resistances to contact, addressed through techniques like the empty chair, role playing and creative experimentation. The therapeutic relationship, grounded in empathy and fostering a greater focus on inclusion, created safe space for exploration and healing. This journey demonstrates Gestalt therapy's transformative potential: promoting self-awareness and acceptance, resolving unfinished business from the past, facilitating healthier contact with oneself and the environment, empowering clients to take responsibility for their lives.

HUMANISTIČKI KONCEPT GEŠTALTA KROZ INICIJALNE METODE TERAPEUTSKOG RADA

HUMANISTIC CONCEPT OF GESTALT THROUGH INITIAL METHODS OF THERAPEUTIC WORK

SANIDA SEHMEHMEDOVIĆ

Abstract

The main goal of this research workpaper is to analyze the development of the Gestalt direction (on the basis of Psychoanalysis, Existentialism and Experimental Reich techniques - Goldstain and Goodman's approach, Friedlander's approach) through the therapeutic methods of work: "Assimilation", "Awareness", "Patience", "Border Contact", "Information Field/ Essential Support"; This research paper is based on a qualitative descriptive analysis, a comparison of the theoretical aspect of the works, primarily by Laura Perls (1977), and by Fritz Perls and Paul Goodman (1951). The great significance of the Gestalt approach is the knowledge that defense mechanisms are not only unconscious processes of the figure, i.e. dysfunctional symptoms of our behaviour, but exclusively those mechanisms are functional processes of awareness, motivation and emotions, which are established in the contact boundaries of relations, with the background that surrounds us. Conclusion based on the fact that Gestalt has no fixed methods of work. The formation of a "character", as a fixed gestalt/ whole of the person, in accordance with the automatic demands of the background, creates blockages in the developmental process of "full contact". Gestalt methods work on the analysis of these blockages, processes of deautomatization, by strengthening the figure, accepting risks, including awareness of their causes . Awareness means the illumination of an idea, an "Aha" moment, which occurs with essential support, in contact with the field we are in. For this field it is important that we have the support in the contact with a self-aware person of a pronounced aesthetic need. Creative work and life imply the expression of emotions through suffering, in which we function, in which we are satisfied, from which we evoke a new moment of satisfaction, as part of the conviction of a legitimate definition of "happiness" (Paul Goodman, 1950).

**OD DRUŠTVA DO SLOMLJENIH POJEDINACA, DO ONIH KOJI SU PREŽIVJELI I NATRAG
U DRUŠTVO**

FROM SOCIETY TO BROKEN INDIVIDUALS TO SURVIVORS AND BACK TO SOCIETY

SLOBODANKA VELOV

Abstract

This main purpose of this poster is to present my own research with trauma victims in the last decade from 2014-2024 in cases of domestic physical and sexual violence in R. Macedonia. During my work with my clients, I have noticed a pattern of behavior and from this have created these three general case-scenarios of reactions to traumatic experience, most common aftermath effects from the Trauma, and possible direction toward healing. Along with the explanation of the three scenarios the poster will contain unofficial research data from my work. The scenarios are called - Trauma, Aftermath, Healing paths (TAH paths).

Key words: trauma, victims, aftermath, healing, survivor.

"TERAPIJSKI SUPUTNIK": DIGITALNI ALAT ZA PSIHOTERAPEUTE

THERAPY COMPANION: A DIGITAL TOOL FOR PSYCHOTHERAPISTS

INES SKELAC, TIHANA IVIČEK I LEONARDO DOKŠA

Abstract

Therapy Companion is a digital application, developed by Amigdala Centar, designed to assist psychotherapists and counselling professionals in managing their practice. It provides an integrated platform for scheduling appointments, maintaining structured therapy notes based on Gestalt psychotherapy methodology, and conducting statistical analyses for both clinical practice and research. The project is funded by The Recovery and Resilience Facility of EU with a total budget of €176,562.29. The development of Therapy Companion followed a user-centered design approach, incorporating feedback from psychotherapists and researchers. The system includes a CRM module for appointment management, a digital note-taking system tailored to Gestalt methodology, and an analytics platform (Therapy Explorer) for statistical evaluation of therapy outcomes. The project demonstrates the potential of Therapy Companion to streamline therapy sessions by improving access to structured, theory-driven case documentation and facilitating evidence-based insights through large-scale data collection. The application supports both experienced therapists and trainees, providing a structured framework for therapy organization and effectiveness tracking. By digitalizing key aspects of psychotherapy practice, Therapy Companion represents an innovative step toward integrating technology into therapeutic processes. The collected data holds significant potential for scientific research, contributing to the validation of psychotherapeutic methods and reinforcing the position of psychotherapy as a scientific discipline. Key words: Gestalt therapy tools; Therapist workflow management; Therapy Companion.

PRIMJENA GEŠTALT PSIHOTERAPIJE U RADU SA SPORTAŠIMA

MARTA TUTIĆ

Sažetak

Ranije su sportisti bili posmatrani izolovano, bez konteksta i uviđanja koja okruženja utiču na njihov život. Danas sportiste posmatramo uzimajući u obzir njihov fizički, psihološki, tehnički i taktički kontekst. Bronfenbrennerova teorija nam može pomoći da razumemo kako fizički, tako i mentalni razvoj sportista, kroz okruženje koje se menja i nekada može biti neadekvatno i/ili nedostupno za sportiste. Podrška je neophodan uslov za kontaktiranje sa sobom i sa drugima. Svrha ovog izlaganja je da predstavi upotrebu Bronfenbrennerovog modela ekosistema u Geštalt psihoterapijskom radu sa sportistima. U izlaganju će biti predstavljena studija slučaja klijenta-sportiste koji se bori sa predtakmičarskom anksioznošću i izostankom podrške (spoljašnje i samopodrške). Pored Bronfenbrennerovog modela, u radu sa klijentom je korišćen eksperiment prazna stolica. Tokom dugotrajnog psihoterapijskog procesa, klijent je spoznao načine kako da bude u kontaktu sa svojim telom, koje mu je ranije predstavljalo samo sredstvo za dolazak do cilja, tj. pobjede u sportu. Pored toga, uvideo je značaj sistema podrške, sa akcentom na samopodršku. Danas koristi sisteme podrške koje ima na aspolaganju i u preplavljujućim momentima pojačava osećaj povezanosti sa svojim telom. Cilj izlaganja je da učesnici na primeru iz prakse vide celinu koju stvaraju Geštalt psihoterapija i sportska psihologija.

Ključne riječi: sportska psihologija, Geštalt psihoterapija, sistemi podrške, eko sistemi, rad na telu.

IMPLEMENTING GESTALT PSYCHOTHERAPY IN WORKING WITH ATHLETES

MARTA TUTIĆ

Abstract

Previously, athletes were observed in isolation, without context and understanding of the environments that affect their lives. Today, we look at athletes taking into account their physical, psychological, technical and tactical context. Bronfenbrenner's theory can help us understand both the physical and mental development of athletes, through an environment that changes and can sometimes be inadequate and/or unavailable to athletes. Support is a necessary condition for contacting ourselves and others. The purpose of this presentation is to present the use of Bronfenbrenner's ecosystem model in Gestalt psychotherapy work with athletes. The presentation will bring a case study of a client-athlete struggling with pre-competition anxiety and lack of support (external and self-support). In addition

to the Bronfenbrenner model, the empty chair experiment was used in the work with the client. During the long-term psychotherapy process, the client learned ways to be in contact with his body, which previously represented only a means to reach the goal, i.e. winning in sports. In addition, he saw the importance of a support system, with an emphasis on self-support. Today, he uses the support systems he has available and in overwhelming moments he enhances the feeling of connection with his body. The goal of the presentation is for the participants to see the whole created by Gestalt psychotherapy and sports psychology using an example from practice.

Key words: sport psychology, Gestalt psychotherapy, support systems, eco systems, body work.

AUTISTIČNA RELACIJSKA TRAUMA – OD IZOLACIJE DO KONTAKTA

LEA IVANČIĆ ŽIC

Sažetak

Autizam, kao neurodivergentnost, donosi jedinstven pogled na svijet. Autistične osobe često se susreću s intenzivnijim senzornim iskustvima, drukčijim obrascima socijalne interakcije i specifičnostima u procesiranju informacija. Međutim, u svijetu koji je dizajniran prema neurotipičnim standardima, često nailaze na nerazumijevanje, isključivanje i otpisivanje njihovih specifičnih potreba. Za autistične osobe, trauma često proizlazi iz svakodnevnih situacija poput prisilne prilagodbe neurotipičnim normama (maskiranje), neprepoznavanja i neuvažavanja senzorne osjetljivosti, isključivanja ili pak bullyinga/ mobinga, te nedostatak interesa i podrške za njihove specifične potrebe i interese. Ova svakodnevna iskustva mogu postati kronično stresna i postaviti temelje za ono što nazivamo kompleksnom traumom. Kompleksna trauma nastaje kada se osoba suočava s ponavljajućim, dugotrajnim i nerijetko interpersonalnim stresorima bez odgovarajuće podrške. Istraživanja pokazuju da autistične osobe imaju veću vjerojatnost da će doživjeti traumatične životne događaje, posebice izloženost interpersonalnim traumama uslijed nedostatka socijalne podrške što povećava rizik od PTSP-a (Brewin et al. 2000). Zastupljenost kompleksne traume (c-PTSD) uz autizam kreće se između 32-60%, te da čak 70% autističnih odraslih doživi neku vrstu seksualnog zlostavljanja, a stopa suicidalnosti veća je za 3-7 puta u odnosu na neurotipičnu populaciju. Mnogi stručnjaci mentalnog zdravlja zbog nepoznavanja obilježja neprepoznate neurorazličitosti u odrasloj dobi obilježja autistične traume skloni su pripisati kompleksnoj traumi i propustiti dijagnozu autizma u podlozi, što uvelike utječe na terapijski pristup i učinkovitost istog.

AUTISTIC RELATIONAL TRAUMA – FROM ISOLATION TO CONTACT

LEA IVANČIĆ ŽIC

Abstract

Autism, as neurodivergence, brings a unique perspective of the world. Autistic people often face more intense sensory experiences, different patterns of social interaction and differences in information processing. However, in a world designed according to neurotypical standards, one often encounters misunderstanding, exclusion and discounting of their specific needs. For autistic people, trauma often results from everyday situations such as forced adaptation to neurotypical norms (masking), failure to recognize and disregard sensory sensitivity, exclusion or bullying/mobbing, and lack of interest and support for their specific needs and interests. These everyday experiences can become chronically stressful and lay the

foundation for what we call complex trauma. Complex trauma occurs when a person faces repetitive, long-term and often interpersonal stressors without adequate support. Research shows that autistic individuals are more likely to experience traumatic life events, particularly exposure to interpersonal trauma due to lack of social support, which increases the risk of PTSD (Brewin et al. 2000). The prevalence of complex trauma (c-PTSD) with autism ranges between 32-60%, and even 70% of autistic adults experience some kind of sexual abuse, and the rate of suicide is 3-7 times higher than in the neurotypical population. Many mental health experts, due to their ignorance of the characteristics of unrecognized neurodiversity in adulthood, the characteristics of autistic trauma, tend to attribute complex trauma and miss the diagnosis of underlying autism, which greatly affects the therapeutic approach and its effectiveness.

PODRŠKA I STID – OSNOVNI UVJETI RELACIJSKOG POLJA ZA RAZVOJ SELFA

SNJEŽANA OPAČIĆ

Sažetak

Internalizovani stid je vrlo rasprostranjen relacioni ljudski fenomen koji može imati razarajući efekat na self, jer su se kao osnovni uslovi polja za postajanje, rast i razvoj našeg selfa, pokazali, upravo podrška i stid. Ovi uslovi polja funkcionišu i u trening grupama u edukaciji za geštalt terapeute. Mnogobrojna istraživanja pokazuju da je stid neophodni pratilac procesa učenja uloge psihoterapeuta, koji za cilj ima i profesionalni, ali i lični razvoj selfa. S obzirom na važnost teme, predmet ovog istraživanja bio je stid u treningu za geštalt terapeute. Istraživanje je bilo sekvencionalnog tipa, i uključivalo je i kvantitativnu i kvalitativnu metodologiju. Nalazi celokupnog istraživanja ukazuju na to da je u većini EI grupa u edukaciji za geštalt terapeuta u EAPTI SEB uspostavljeno podržavajuće, intersubjektivno polje za isceljivanje doživljaja internalizovanog stida edukanata, ali i da edukatori moraju više pažnje da obrate na doživljaj stida, da bi umeli da rade na rupturama u odnosima, kroz preuzimanje odgovornosti i ponovno uspostavljanje doživljaja povezanosti. Jer, za kvalitetnu i efikasnu obuku za psihoterapeute neophodno je autentično, živo, samootkrivajuće prisustvo i edukatora i studenata, empatično usklađivanje sa polaznicima i posvećenost dijalogu, kao i zajednički rad na horizontalnom nivou – dakle, Ja-Ti odnos.

Glavne riječi: stid, podrška, self, edukacija za geštalt terapeuta, Ja-Ti odnos.

SUPPORT AND SHAME – THE BASIC CONDITIONS OF THE RELATIONAL FIELD FOR THE DEVELOPMENT OF THE SELF

SNJEŽANA OPAČIĆ

Abstract

Internalized shame is a very widespread relational human phenomenon that can have a devastating effect on the self, because the basic conditions of the field for the creation, growth and development of our self have proven to be support and shame. These field conditions also function in training groups in the education of Gestalt therapists. Numerous studies show that shame is a necessary companion in the process of learning the role of a psychotherapist, which aims at both professional and personal self-development. Given the importance of the topic, the subject of this research was shame in training for Gestalt therapists. The research was of sequential type, and included both quantitative and qualitative methodology. The findings of the overall research indicate that in the majority of EI groups in Gestalt therapist education at EAPTI SEB, a supportive intersubjective field has been

established for healing the experience of internalized shame of educators, but also that educators must pay more attention to the experience of shame, in order to be able to work on ruptures in relationships, through assuming responsibility and re-establishing the experience of connection. Because, for high-quality and effective training for psychotherapists, an authentic, lively, self-revealing presence of both educators and students, empathetic alignment with participants and commitment to dialogue, as well as joint work on a horizontal level - that is, an I-You relationship - are necessary.

Keywords: shame, support, Self, Gestalt therapist, education, I-You relationship.

VAŽNOST PROCJENE VISOKE OSJETLJIVOSTI U GEŠTALT TERAPIJI

MARIJA ŠKRINJARIĆ

Sažetak

Visoka osjetljivost, često povezana s povećanom emocionalnom reakcijom i dubokim procesuiranjem, igra ključnu ulogu u oblikovanju iskustava i interakcija pojedinaca. U kontekstu Geštalt terapije, prepoznavanje i procjena visoke osjetljivosti bitna je za poticanje samosvijesti, emocionalne regulacije i holističkog iscjeljenja. Ova prezentacija istražuje važnost procjene postojanja osjetljivosti kod klijenata kao dijela osobnosti i prilagođavanja terapijskih pristupa u skladu s tim. Integriranjem Geštalt principa kao što su svjesnost, iskustvo ovdje i sada i dijaloški odnos, terapeuti mogu podržati visoko osjetljive pojedince (VOP) u prihvatanju njihove osjetljivosti kao snage, a ne ograničenja. Rasprava će istaknuti praktične strategije za terapeute, uključujući jačanje mehanizama samopomoći, upravljanje prekomjernom stimulacijom i olakšavanje smislenog kontakta s okolinom, kao i neke konkretne primjere iz prakse kako je procjena, potvrda i rad na svjesnosti visoke osjetljivosti u Geštalt terapiji doprinijela izlječenju klijenata. Kroz dublje razumijevanje visoke osjetljivosti, Geštalt terapija može postati inkluzivniji i učinkovitiji modalitet za osobni rast i emocionalno blagostanje.

THE IMPORTANCE OF ASSESSING HIGH SENSITIVITY IN GESTALT THERAPY

MARIJA ŠKRINJARIĆ

Abstract

High sensitivity, often associated with heightened emotional response and deep processing, plays a key role in shaping individuals' experiences and interactions. In the context of Gestalt therapy, recognizing and assessing high sensitivity is essential to fostering self-awareness, emotional regulation, and holistic healing. This presentation explores the importance of assessing the presence of sensitivity in clients as part of their personality and adjusting therapeutic approaches accordingly. By integrating Gestalt principles such as awareness, here-and-now experience, and dialogic relationship, therapists can support Highly Sensitive Individuals (HSI) in accepting their sensitivity as a strength rather than a limitation. The discussion will highlight practical strategies for therapists, including strengthening self-help mechanisms, managing overstimulation, and facilitating meaningful contact with the environment, as well as some concrete examples from practice of how assessment, validation, and high-sensitivity awareness work in Gestalt therapy have contributed to client' healing. Through a deeper understanding of high sensitivity, Gestalt therapy can become a more inclusive and effective modality for personal growth and emotional well-being.

DRUŠTVENA SVIJEŠT I ODGOVORNOST – GEŠTALT RELACIJSKI PRINCIP U POLJU

IVANA VIDA KOVIĆ

Sažetak

Kaže se da dela govore više od reči, ali nekada je delovanje u stajanju i tišina odjekuje snažnije. Nedavno smo se suočili sa nizom nezamislivih događaja koji su pokrenuli masovne javne reakcije i proteste. Na neke od tih događaja ostali smo doslovno bez reči. U društvu, kao i u psihoterapiji, tišina prevazilazi puko odsustvo zvuka. Ona odražava polje, nosi različita značenja, odslikava složenost relacija i generiše transformativni potencijal. Poštovanje i razumevanje tišine ključno je za istinsko povezivanje, razmenu emocija, dijalog, u svakom relacionom prostoru, društvenom kao i terapijskom. Pol Gudman, koji je simbol aktivizma, društvene svesnosti i odgovornosti psihoterapeuta, govorio je da terapijske grupe ljudi koji se direktno bave jedni drugima u malom obimu, stvaraju novu, humanu i pristojnu zajednicu. Melnik i Nevis opisuju intervencije društvenog isceljenja kao otvaranje relacionih prostora i udruživanje energije radi kolektivne akcije oko važnih pitanja. Podržavanjem spontanog prisustva i izraza, vraćanjem izgubljene životnosti, osetljivosti, svesnosti i kapaciteta za dobar kontakt, oslobađamo kreativne energije ljudi i njihovu autentičnosti. Podsticanjem povezanosti-relacije sa sobom i drugim ljudima, sa zajednicom, sa širim okruženjem i prirodom, psihoterapija doprinosi društvenoj promeni. U ovoj prezentaciji bavimo se istraživanjem iskustva i geštalt teorijskih koncepata značajnih na nivou intervencija društvenih promena.

SOCIAL AWARENESS AND RESPONSIBILITY – GESTALT RELATIONAL PRINCIPLE IN THE FIELD

IVANA VIDA KOVIĆ

Abstract

Actions speak louder than words, but sometimes action lies in stillness, and silence resonates with great power. Recently, we have been confronted with incomprehensible events that have triggered massive public reactions and protests. Some of these events have quite literally left us speechless. In both society and psychotherapy, silence transcends the mere absence of sound. It reflects the field, carries multiple layers of meanings, mirrors the complexity of relationships, and generates transformative potential. Respecting and understanding silence is essential for genuine connection, emotional exchange, and dialogue within every relational space, social or therapeutic. Paul Goodman, a symbol of activism, social awareness, and the ethical responsibility of psychotherapists, emphasized that therapeutic groups—people engaging directly with one another on a small scale — create a new, humane, and decent community. Melnick and Nevis describe social

healing interventions as the opening of relational spaces and the joining of energy in pursuit of collective action around issues of importance. Supporting spontaneous presence and expression, by restoring lost vitality, sensitivity, awareness, and contact-ability, we unlock people's creative energy and authenticity. By fostering connections/relations — with oneself, with others, with the community, with the broader environment and nature — psychotherapy contributes to social change. This presentation explores lived experience and Gestalt theoretical concepts relevant to interventions in the domain of social transformation.



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