**UNA SITUACIÓN PARA MORDER**

GERRIE HUGHES

gerriehughes1@gmail.com

 +44.7779 198917

PIERGIULIO POLI

*cambiodentro@gmail.com*

*+39.3276640527*

Duración del taller: 1:30 h

Idioma del taller: Inglés

**RESUMEN**

Propósito del trabajo

Hay hambre en las comunidades Gestalt Therapy por más reflexión sobre el impacto

de grandes eventos globales, a veces traumáticos, en la salud mental de clientes y

terapeutas. Nosotros, como un par de colegas, amigos, amantes de la comida, nos

gustaría proporcionar un terreno fértil para explorar cómo las actitudes locales, aquí

y ahora, hacia la alimentación que surgen en las sesiones de terapia se ven

afectadas por grandes cambios estructurales en la producción, distribución y

consumo de productos alimenticios. Al mismo tiempo vemos las sesiones de terapia

como un laboratorio de cambio de hábitos personales y sociales en torno a la

alimentación.

Marco teórico

Nuestro taller se basa en el GT clásico que establece que comer, como respirar o

moverse, es una función fundamental del campo organismo/ambiente (PHG, 4).

Pasando de un concepto de situación como una herramienta para explorar el nexo

social/individual (Robine, 2015), haremos uso creativo del actual redescubrimiento

del concepto de terreno estructurado de Wheeler (Kenofer 2018, Kiønstad 2016).

Diseño/metodología/enfoque

El taller experiencial está diseñado para apoyar y resaltar el valor de un proceso cocreativo

entre todos los participantes, incluidos los facilitadores.

Hallazgos + impacto social

Los participantes se volverán más conscientes de los sentimientos de placer,

vergüenza o dolor, la dinámica relacional en las familias y los grupos sociales en

torno a la comida. Es probable que surjan temas en torno a los riesgos y las posibles

soluciones locales a los desafíos representados por el cambio climático, la geopolítica

y la globalización de las grandes empresas.

Originalidad/valor

Incluso si comer es la metáfora principal de GT, ha habido relativamente poca

investigación sobre el impacto de cambiar las prácticas sociales en torno a la comida

en el campo terapéutico. La exploración del uso conjunto de conceptos como fundo

estructurado (*structured ground*) y situación podría contribuir al debate emergente

sobre campos de poder, agencia, respuesta creativa al cambio social y mayor

regulación.

**QUIENES SOMOS**

**Gerrie Hughes, psicoterapeuta Gestalt registrada y supervisora. Escritor.**

Mi propia relación con la comida ha sido problemática. En el Reino Unido ha habido

una epidemia de mala salud física relacionada con la dieta y una creciente base de

evidencia de la conexión entre la dieta y la salud mental también. Reconocí que los

individuos y las sociedades pueden tener relaciones disfuncionales con los alimentos

y sentí que era importante integrar este nuevo conocimiento en mi trabajo, así que

escribí ‘Food and Mental Health: a guide for health professionals’ (Alimentación y

salud mental: una guía para profesionales de la salud), publicado por Routledge

(Reino Unido) en 2022. Soy autor de varios artículos de revistas, tanto con Piergiulio

como solo, y mi libro anterior ‘Competence and self-care in counselling and

psychotherapy’ (Competencia y autocuidado en counseling y psicoterapia) fue

publicado en 2014, también por Routledge. Vivo en Gales, en parte de lo que alguna

vez fue una gran casa victoriana, donde me reúno con mis clientes y supervisados,

además de seguir trabajando en línea. Soy abuela y cocinera casera.

www.psicoterapiacardiff.co.uk.

**Piergiulio Poli, Psicólogo Clínico Registrado y Counsellor Gestalt, MSc.**

**Investigación Social Aplicada, MA Sociología.**

52 años Casado con Giuliana, papá de Emilia, 4 años. Nací en una finca

autosuficiente que producía todos los alimentos que necesitábamos. Saqué mis

primeros pasos de ese mundo rural durante las visitas a una taberna local regentada

por la familia de mi madre. A través del dolor y la alegría, pasé de allí a la sociología

académica, al desarrollo comunitario (Irlanda/UK) y desde 2007 a la práctica privada

de counseling gestalt (Italia). Tengo una larga experiencia dirigiendo grupos de

apoyo para personas que están pasando por cambios dolorosos en la vida. Ex

miembro del personal de SGT (Escuela Gestalt de Turín), editor de la revista gestalt

italiana www.figuremergenti.it, traductor italiano de "Psychopatology of Awareness"

de F. Perls (2023). https://www.linkedin.com/en/piergiuliopoli/

**A SITUATION TO BITE INTO**

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Duration of workshop: 1:30 h

Workshop language: English

**ABSTRACT**

Purpose of the work

There is hunger in the GT communities for more reflection about the impact of large

global, sometimes traumatic, events on the mental health of clients and therapists.

We, as a pair of colleagues, friends, food lovers, would like to provide a fertile ground

to explore how local, here-and-now attitudes towards food emerging in therapy sessions

are affected by large structural changes in production, distribution and consumption

of food. At the same time we see therapy sessions as a laboratory for

change of personal and social habits around eating.

Theoretical framework

Our workshop is grounded in classic GT which states that eating, like breathing or

moving is a fundamental function of the organism/environment field (PHG, 4). Moving

from a concept of situation as a tool to explore the social/individual nexus (Robine,

2015) we will creatively make use of the current rediscovery of Wheeler's concept of

structured ground (Kenofer 2018, Kiønstad 2016).

Design/methodology/approach

The experiential workshop is devised to support and highlight the value of a co-creative

process between all participants, including the facilitators.

Findings + social impact

Participants will become more aware of feelings of pleasure, shame or pain, relational

dynamics in families and social groups around eating and food. Themes around

risks and possible local solutions to challenges represented by climate change, geopolitics

and globalisation of big business are likely to emerge.

Originality/value

Even if eating is the primary metaphor of GT there has been relatively little research

into the impact of changing social practices around food on the therapeutic field. Exploration

of the joint usage of concepts like structured ground and situation might

contribute to the emerging debate around fields of power, agency, creative response

to social change and increased regulation.

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**Keywords**:

Food, field theory, structured ground, situation.

**BIO**

**Gerrie Hughes, Registered Gestalt psychotherapist and supervisor. Writer.**

My own relationship with food has been problematic. In the UK there has been an

epidemic of poor physical health linked to diet, and a growing evidence base for the

connection between diet and mental health too. I recognised that individuals and societies can each have dysfunctional relationships with food and felt that it was important to integrate this new knowledge into my work, so I wrote ‘Food and Mental

Health: a guide for health professionals’, published by Routledge (UK) in 2022. I am

the author of several journal articles, both with Piergiulio and alone, and my previous

book ‘Competence and self-care in counselling and psychotherapy’ was published in

2014, also by Routledge. I live in Wales, in part of what was once a grand Victorian

house, where I meet with my clients and supervisees, as well as continuing to work

on- line. I am grandmother and a home-cook. www.psychotherapycardiff.co.uk.

**Piergiulio Poli, Registered clinical psychologist and gestalt counsellor, MSc.**

**Applied social research, MA Sociology**

Married to Giuliana, dad of Emilia, 4 y.o. I was born on a self-sufficient farm

producing all the food we needed. I moved my first steps out of that rural world during

the visits to a local tavern run by my mother’s family. Through pain and joy, I moved

from there to academic sociology, to community development (Ireland/UK) and since

2007 to private practice gestalt counselling (Italy). I have a long standing experience

running support groups for people who are going through painful life changes. Former staff at SGT (Gestalt School in Turin), editor of the Italian gestalt journal www.-figuremergenti.it, Italian translator of F. Perls’ “Psychopathology of Awareness” (Astrolabio, May 2023). https://www.linkedin.com/in/piergiuliopoli/