**COMPETENCIAS ESPECIFICAS PARA LA TERAPIA GESTALT EN LINEA**

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Duración del taller: 1:45h

Idioma del taller: Inglés

**RESUMEN**

El desarrollo de la tecnología en los últimos 35 años permitió que la psicoterapia pasara al ámbito en línea. Parece que la pandemia de Covid-19 aceleró aún más este proceso, ya que muchos terapeutas tuvieron que estar disponibles para sus clientes en un entorno en línea. Pero incluso sin esta "intervención" de Covid-19, la psicoterapia en línea es cada vez más popular entre las nuevas generaciones.

Nosotros como terapeutas Gestalt, y como comité de competencias, que tenemos en un segundo plano la fenomenología, el contacto, el cuidado de la relación y el encuadre, estamos cuestionando este tema para que se convierta en un procedimiento adquirido conscientemente, y masticamos y reflexionamos sobre limitaciones y recursos. y qué competencias aplica un terapeuta Gestalt con este nuevo paradigma.

Hemos identificado 6 dominios:

(2) La Relación Psicoterapéutica;

(3) Exploración-Evaluación, Diagnóstico y Conceptualización;

(4) Contratación-Desarrollo de Metas, Planes y Estrategias;

(5) Diversas Técnicas e Intervenciones;

(6) Manejo del trabajo de Crisis de Cambio y Trauma;

(7) Terminación y Evaluación.

Después de una breve presentación del trabajo sobre competencias de terapia en línea por parte del comité. En el desarrollo del taller partiremos de la discusión de estos 6 dominios para ofrecer momentos vivenciales y reflexiones sobre qué habilidades hacen posible la terapia en línea. Se pedirá a los participantes que tengan un poco de experiencia. Después de eso, los participantes se dividirán en pequeños grupos. A continuación, se realizará una discusión en grupo.

**Specific Competencies of Gestalt Therapists**

**for online psychotherapy**

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Duration of workshop: 1:30h.

Workshop language: English

**ABSTRACT**

The development of technology in the last 35 years enabled psychotherapy to move to online-realm. It seems that Covid-19 pandemic further accelerated this process, since many therapists had to become available for their clients in an online setting. But even without this Covid-19 "intervention", online psychotherapy is more and more popular with new generations.

We as Gestalt therapists, and as a competence committee, who have the phenomenology, contact, relationship care, and setting in the background, are questioning this issue so that it becomes a consciously acquired procedure, and we chewing on and reflecting on limitations and resources and what competencies a Gestalt therapist applies with this new paradigm.

We have identified 6 domains : (2)The Psychotherapeutic Relationship; (3) Exploration-Assesment, Diagnosis and Conceptualization; (4) Contracting-Developing Goals, Plans and Strategies; (5) Various Techniques and Interventions; (6) Management of Change Crisis and Trauma work; (7) Completion & Evaluation.

After a brief presentation of work about online therapy competencies by committee. In the workshop development we will start from the discussion of these 6 domains to offer experiential moments and reflections on what skills make online therapy possible. Participants will be asked to have a little experience. After that participants shall be divided into small groups. Group discussion will follow.

**Keywords**: online psychotherapy, competencies,

**Bios:**

**Monica Bronzini:** I graduated in psychology (1985) , after which I specialized in Clinical Psychology (1990) ,Family therapy (1993)and Gestalt therapy. I have had my own practice for 25 years. I’m a practicing psychotherapist , and a supervisor with a senior psychotherapist .

I’ve taught clinical psychology at the University of Florence and Siene ,and Gestalt Psychotherapy in training programs.

I trained with Hcc Italy in the Gestalt Therapy approach to Psychopatology and New disorder(2012-14). I attended the Developmental somatic psychotherapy training workshops in New York between 2015 and 2017.

I’m president of Spazio Gestalt (Pisa), and member of PC&QS,EAGT and FIAP.

**Roberta La Rosa,** Psychologist (1996), Gestalt psychotherapist (2007), Supervisor and Trainer at Istituto di Gestalt HCC Italy. She is supervisor accredited by EAGT.

Since 1998 she has been working as psychologist and psychotherapist in private practice. She coordinate the Clinical and Research Centre HCC Italy in Milan.

She has been as presenter at several congresses, she has published articles about female sexuality and research in psychotherapy. She has been part of Planning Committee of Taormina Conference 2016. She co-chair the CORE-OM research in Gestalt therapy (SIPG). She is member of EAGT and SIPG. Since 2020 she has been member of PCQS (Professional Competencies and Quality Standard) EAGT Committee

**Miša Avramović,** Psychologist and Gestalt Psychotherapist. He worked on the OECD/PISA project at the Institute of Psychology at the Faculty of Philosophy in Belgrade. He worked as Teacher Assistant at the Faculty of Law and Business Studies at Novi Sad, Serbia, on the Bachelor Programme in Business Psychology and on the Master Programme in Psychotherapy.He was a part or leaded teams that wrote around 10 accredited programs in Serbia and Malta. Among them: Master in Psychotherapy, Bachelor and Masters in Business Psychology, Master in Gestalt Psychotherapy, Doctorate in Gestalt Psychotherapy etc. He worked as Academic affairs counselor of the European Accredited Psychotherapy Training Institute – Gestalt Psychotherapy Training Institute Malta. Since 2017 works as a psychotherapist in private practice in Belgrade, Serbia. He co-founded the Center for education and personal development "In between us", an NGO registered for promoting mental health.He is member and chair of EAGT's Professional Competencies and Quality Standards Committee.

**Lina Jurkstaite-Pacesiene** is psychologist, gestalt psychotherapist, supervisor and psychotherapy trainer. She has Bachelor and Master's degree in Psychology sciences and qualification degree of Gestalt psychotherapist.

Lina’s memberships include: member of Lithuanian Gestalt Association and she is board member of Lithuanian Gestalt Association; member of European Association Gestalt Therapy and she is Professional Competencies and Quality Standards Committee member; member of Society for Psychotherapy Research.

She is practicing privately incl. psychological counseling, psychotherapy and supervision.

**Michele Settanni,** PhD, is a Gestalt therapist and associate professor at the University of Turin, Italy, where he teaches Testing and research methods in clinical psychology and Data collection techniques. His research interests include the measurement of psychological constructs, the study of psychotherapists' competencies, machine learning approaches to study and predict individual characteristics based on digital traces in social media, and the evaluation of the efficiency and effectiveness of psychological treatments.