



HUMANS OF GESTALT

An International Experiment in Dialogue founded by Heather Anne Keyes and Kamila Biały.

WHAT DOES HUMANS MEAN TO YOU?

HAVE YOU WATCHED?
HAVE YOU LISTENED?
HAVE YOU INTERVIEWED?

HUMANS OF GESTALT IS STILL GROWING- PLEASE, FEEL FREE TO CONTACT US TO BOOK YOUR INTERVIEW, OR TO SUGGEST OTHER GESTALTISTS WHOSE VOICES, PERSPECTIVES AND EXPERIENCES ARE MISSING FROM THE PROJECT.
humansofgestalt@gmail.com

LISTEN TO HUMANS



humansofgestalt.com/podcast/

AUDIOS NOW AVAILABLE DIRECTLY ON OUR WEBPAGE NO ADS. NO INTERRUPTIONS

Thank you for all of your interest in Humans and for the support you have shown for our work.

Feel free to support the Humans of Gestalt team by making a donation of any amount towards the general project, or use the "buy me a coffee" buttons to show your thanks for any of our interviewers directly.

Total amount received in donations to Humans of Gestalt project since June, 2021: 188.28 USD



HUMANS STATISTICS

Channel founded: March 21, 2020

Views to date: 108, 372 views

19.9K hours of "watch time"

Subscribers: 2539

Viewed from 66 countries around the world

IN MEMORY OF KAILASH TULI

The Humans of Gestalt Project wishes to express our sincere condolences to the family, friends and colleagues around the world who knew and loved Kailash Tuli, who passed away suddenly on Nov 28th, 2021, surrounded by his family in India.

Kailash was a passionate Gestaltist, physicist, professor, consultant, teacher, mentor and world traveller whose enthusiasm and love for learning and teaching was palpable every time we met. We thank you, Kailash, for connecting us to some of the many people particularly in the world of Gestalt whom you knew and loved. Namaste, and thank you, Sir.



GIVING BIRTH AT HOME AS A HUMAN EXPERIENCE

Federica Ronchi

My daughter Tea was born on Thursday, August 5th 2021, at 3.05 a.m., in my bed, at home, while I was surrounded by loving arms and caring hands, and my firstborn was asleep in his bedroom nextdoors. In the intimacy of our home, giving birth has been such a powerful, natural and human experience. We had an ordinary day the day before and we had an ordinary day the day after. In between we made space for this extraordinary experience.

As a mother, my main concern is that the life of my children flows in the most natural of ways – no major interruptions to the flow of their days made of ordinary, small, yet necessary acts and events. In this natural flow, at some point during summer, I knew I had to make space and time for giving birth to my daughter. I made choices for this second pregnancy, to have the fewest and least invasive medical appointments – only two or three scans – I personally chose the professionals I wanted on my side during this journey. I knew and felt it was a girl since I had a positive pregnancy test in my hands. The choice for a homebirth has felt right since the beginning; after giving birth to my son two years ago, in a hospitalized birth, I felt powerless and frustrated. It had taken two days, shots of antibiotics and pitocin and a painful recovery (not to mention the unpleasant encounters with some de-humanized and insensitive doctors) to be

Birth as a human experience has an animal component – the instinct, that voice within that guides us with its ancient knowledge. And as a human experience it also has a spiritual component, that openness to the possibilities 'elsewhere' from our Ego. Being present during labour makes it possible to feel this shift and when coming back from that journey, one might discover a whole new set of energies and capacities to face the post-partum, the fourth trimester. The human body is the connection between animal and spiritual. The tendency to over-control events is the main obstacle to a natural birth. Breathing is the most important instrument we have in ourselves to help us flow through the circumstances. Mind is also important when it is able to visualize images and words to support the body and the breathing. All such features made my birth a Human experience that feels integrated in my personal narrative; the birth of my son opened in myself a gestalt, I had unresolved issues linked to that event that had to do with my submission to the words of a man wearing a scrub; I had time to elaborate that; I had time to meet my anger and transform it; my anger became my ally; the birth of my daughter felt like a closure of that previous gestalt.



able to hold him in my arms. I had the strong feeling that something different was possible for a woman, to give birth under different conditions. I went through a post-partum depression (MY post-partum depression) learning from my anger, that I was able of a much more powerful "power"; I dived into manuals of Spiritual Midwifery, read hundreds of stories of positive births, watched documentaries that made me feel it is possible to have a human experience of birth. I talked to pregnant women, finding in myself the words to empower them and bringing them in touch with their own inner strength; those words I found for them turned out to be the words I much needed to heal myself from within.

I imagined and desired a second pregnancy; I imagined it would have been an encounter with my feminine power; I imagined a delicate yet powerful homebirth. And so it has been. It manifested. I felt respected in my choice of time and space to give birth. I felt supported. I felt free to listen to myself without having to worry about my surroundings – that innate instinct to protect myself and my baby from unknown threats could switch off, and I was able to navigate between the worlds. Labour is a door towards a non-ordinary state of consciousness that a woman can access through breathing and letting her body release the hormones that she needs for her Journey "through".



"THE FLY STORY" FROM THE INTERVIEW WITH CHRYS H. KIM



"...then my dad was like "wow that kind of image of a fly comes to my mind that they could fly in a jar like that's trying to escape right?" and then he was like "let's be a fly together" and I was like "what? uh..." so we did this thing where we both sort of became a fly and we started kind of like flying around in the room me and my little phone me and my room and him in his room and then we're just kind of flying and then he suggested "why don't we try landing?" so

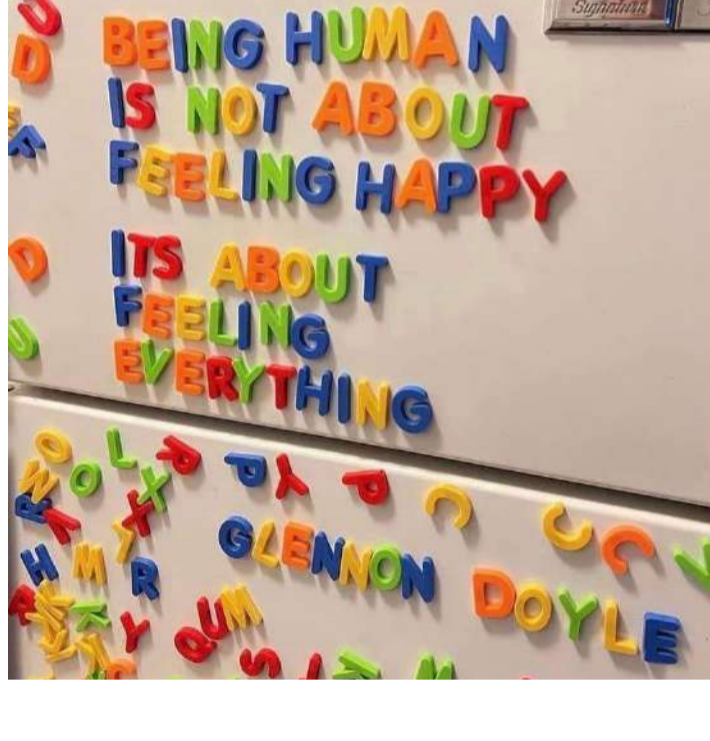
we landed as flies and then he was like "look around and see if there's anywhere you can escape" and then I found this little crack underneath the door of my room and I was like "I found it! There's a crack!" and he was like "let's try it let's try it... you can squeeze through it" and I somehow managed to do it and then it was a whole different experience because now it's outside in the world just flying as a fly um and that that was the experience and I later talked about it to my wife now -at the time my girlfriend- and then she actually drew me. She's an artist she's an illustrator and she drew me a landing strip and a fly um doing this with a signal... and that was very cute and so that's I think such a moment of connection. It was very touching and very helpful, so between my relationship with my dad and with my wife that really supported me to discover something of a new experience. There's nothing dry or intellectual about that- I think that that's such a good illustration of gestalt"



MEET JOE ACOURY

I was very moved by my meeting with Joe Acoury for several reasons. I get something out of each interview for myself and that's what I like about these meetings. Joe's personality, the hardships that made him who he is, but also the imprint of the deep influence of a close person, his great modesty and dignity, all contributed to make me feel connected to him beyond beliefs. Our common will and desire to be in the truth and authenticity of ourselves on the occasion of this meeting - at the risk or in favor of our differences - allowed me this experience of contact, lived, the real illustration of what we were talking about. The meeting is possible and effective when we are not encumbered by our representations, fully ourselves, with this courage to be and this affirmation of oneself of which Paul Tillich speaks so well. I liked that Joe defused my representations with his reality and I felt changed by his contact.

Beatrice V.



NEW MEMBER OF HUMANS

Welcome to Aleksandra Vanchevska

Aleksandra will be joining us in 2022 with Humans interviews in English, Serbian, Macedonian, Bosnian and Croatian, in addition to continuing the really cool interviews she has done on her own Podcast called "Being and Doing". Aleks is a talented traditional dancer and singer, as well as being a biomedical research scientist and a Gestalt therapy student at Metanoia.

My name is Aleksandra Vanchevska. Beyond all the labels I am human first and then all the boxes I often put myself in. Some of those are being from the Balkans, being a scientist, being a friend, a lover, a daughter, being a dancer, singer, podcast host, Gestalt student, yoga practitioner, bodybuilder, avid reader and others. I am fascinated by life and curiosity is what got me where I am today. I am really excited to explore the flavour of the Balkan gestalt because as a place where East and West often meet and collide the emergence of deep splits or wholeness happen.

HUMANS OF GESTALT AS A RESOURCE FOR RESEARCHERS:

The Humans of Gestalt team will be presenting on the project at the 2022 Gestalt Research Conference in Hamburg, Germany, and many people have already begun to notice that we have created one of the largest open-source resources on Gestalt Therapy history and practice in the world. To help you understand how to navigate the massive amounts of information within the videos, Mark McIntyre from Australia has created this video about using the internal transcript search feature built into the Youtube Channel. Please, feel free to reference the interviews in your work, and don't hesitate to contact us if you have any questions about any aspect of the project.

SEARCH TIPS

Explainer video ON YT



CLICK HERE



Out of all of the projects I had in mind in 2020, Humans is the one I almost let slip off the edge – It was the least "practical", the least "useful", the least "marketable" and yet, it has been the single most impactful project I have been a part of to date. I believe that what has helped Humans to become what it is so far is how it resonates with our collective hunger for human connection – for intimacy, for community, and with our fundamental curiosity about the people around us. The videos seem to be a safe way to give ourselves permission to lean into one another's worlds and feel our way into a community like we can't do over email or through the printed word. I am very glad that this project did come to be, and am humbled and appreciative of how it has grown over these past two years. Let's see where we go in 2022.... Please stay safe and be kind humans.

Heather

REMEMBERING LAURA PERLS

Inspired by a viewer's request for "more stories about Laura", I have begun to reach out to those who knew and worked with Laura Perls for a special series of short interviews about their experiences of her and her legacy in the Gestalt Community. Stay tuned in as we bring those pieces together.

