

## From the commitment of being a photographer to the one of being a Gestalt-therapist \*

*"Some fundamental choices can guide your path without you noticing it when it happens. It's only after the bifurcation that you realize you were at a crossroad."*

Théodore Monod, Earth and sky

### February 1979

Although I was still inhibited by the dusty memories of the novice ballerina that I once was, I let a friend drag me to a rehearsal of a Maurice Béjart ballet at the Palais des Sports in Paris ("L'amour du poète"). And it was a shock. I almost forgot to take pictures. The next day, while looking at the few ones that I took, I felt that something essential escapes the eye in the continuity of the movement.

Totally fascinated by what I had just discovered, I decided not to stop there. It wasn't an easy thing to meet Maurice Béjart and to dive into his metallic gaze to convince him to let me follow him around like a shadow, in search of the expression of this complicity that only a "still" image can restore. Dressed in black to remain invisible to the master, and as an author only appointed by myself and therefore with no obligation of results, I would spend 12 years at venues between stages and backstages every time Béjart would be in Paris.

### September 2014

My career as a professional photographer, when working on different assignments, ended in 1992 after a major existential crisis. When I look back now I realize that the "contemplative" posture – letting things come to you – in which I was during this work with no intentionality, already carried the seed of the Gestalt therapist that I was about to become

and that I have now been for the past 18 years... while still being a photographer.

### "Being with" and "being while doing"

\* Joseph Zinker makes a difference between "evocative interventions" and "provocative interventions": "Evocative interventions" are coming from and addressed to what in part of our «being» is withdrawal/satisfaction- sensation- awareness.

"Provocative interventions" are coming from and addressed to what in part of our «being» is awareness-energy-movement.

For me, "evocative interventions" are more focused on "being with" in a "contemplative posture" and "provocative interventions" are more focused on "being while doing" in an intentional posture.



Text and photographs by *Catherine Loury dite Iliona*.

She was published with parts of this text and seventeen black and white photos in SFG (*Société Française de Gestalt*) "Gestalt Revue" N°45 about "Commitment", in December 2014, Paris (France). See all seventeen photos here in a color portfolio:

<http://www.catherineloury-iliona.com/fr/portfolio-40852-0-50-corps-a-coeur.html>



### Biography:

*Catherine Loury dite Iliona* is a French photographer:

<http://www.catherineloury-iliona.com/fr/accueil.html>

and a Gestalt therapist:

<http://www.gestalt-idf.com>

Born in 1944, in Paris (F) in a Russian family, and after a training in Architecture (1963-1969), she has worked as a professional photographer on assignments from 1971 to 1992, and then only as an author.

In 1993, she decided to become a psychotherapist and chose Gestalt therapy, which to her seemed to be the best method to help a person to become an "architect of their life".

She works in Paris in a private practice since 1997, in an existential and phenomenological oriented approach, both with individual clients (adults) and with groups: psychotherapy, supervision, coaching.

She gave a workshop in September 2013 at the EAGT conference in Krakow, where she presented her approach of Gestalt Therapeutic Photography, influenced by the vision of Joseph Zinker, see more here:

[http://www.gestalt-idf.com/doc/krakow\\_workshop-synopsis.pdf](http://www.gestalt-idf.com/doc/krakow_workshop-synopsis.pdf)

She also gives Photo workshops to teach people "to draw with light" in search of the "good form", as a photographer.

She is accredited as Gestalt therapist in the psychotherapy field by the SFG (*Société Française de Gestalt*) and by the EAGT as OM (Ordinary Member).

