

## **Negotiating with Gravity**

to propose film as a research medium particularly well suited to Gestalt psychotherapy  
*Hugh Pidgeon*

I would very much like to offer a presentation on research methods, based on my original experience of making a film for the AAGT conference in Puebla on the subject of Martin Buber's contribution to our understanding of our relationship with Nature, and the work that has followed from that working up a publishable DVD and brochure.

I had decided for the Puebla conference to do 4 things:

- to go right back to core texts from 'I&Thou'
- to take head on the anomaly of speaking about a subject which Buber himself described as 'beneath the threshold of speech' - and use film as the basis of the presentation
- to draw in as a thread the inspiration I first brought to the 2008 AAGT conference in Manchester of Daniel Barenboim's work with the West East Divan Orchestra and return to the very first mention he made of having met Martin Buber - in his Reith lecture given in Jerusalem in 2006
- and to allow dialogue to arise simply from there without further preparation.

I have enjoyed the whole experience hugely and it actually owes its genesis to my participation in a writers conference on the Cape in 2010 in which I finally got in touch with what had inhibited me for so long in getting any of this out in publishable form. The process of enquiry has added a personal dimension to the research and helped me identify what had really prompted me to make the film in the first place – which I really only became aware of in the doing of it.

### Research Methods

In this sense:

- the insights of the research came out of the whole experience of undertaking it
- the film itself offers an opportunity to explore those occasions all of us will have encountered when our words 'cling to the threshold of speech'.
- and in a group setting, the film commends itself as a means for evoking the sense of the wider field that would otherwise be hard to bring into articulation – which becomes a field of research in its own right.

It is these aspects that I would like to explore further at our session on the Cape.