

#1 Gestalt therapy focuses on awareness, choice and responsibility. This from a Christian stand point is important for change. Christianity emphasises the need for renewing of the mind and spirit. Renewing can only be done if self awareness is achieved and once the awareness kicks in an automatic response to better decision making is possible which furthers responsibility and purpose, aligning one self to one's own created purpose. This therapy makes the individual through awareness conscious of the habits/ behaviours that are limiting oneself from living a life of full potential which is again the will of God, for us to identify who we are in him and that can only happen when we allow for the constant renewing of the mind, it is in the renewing that the secrets to his kingdom are found and met. God allows for the process of change in the awakening of awareness. We learn to see what we were and are living with and check if it aligns with Christ. By looking into it we can then take responsibility and make amends to the current working situation of our body, mind and soul with respect to behaviour and actions.

The therapy however states that its solely the responsibility of the individual in creating the future that is ideal. Only in walking with God with responsibility can the ideal life with purpose and meaning be achieved. The whole concept of God and his purpose in creating a world and humans that are an image of him is so that we might know him, yes awareness can bring us to presence and relieve us from trauma but one will soon find a relapse with no meaning to life if just doing what seems responsible to lived out. It is important that we find God in the journeying of awareness to *live* a life of responsible purpose. The not emphasising the relationship with god in any therapy is lacking its full counsel and effectiveness.

#2 Gestalt is very kinesthetic in nature. It is through the experiencing that awareness is achieved, this aligns with existential therapy with the journeying within the self. It is in the journeying that revelations are made and mysteries are found. Kinesthetic or experiential therapy is best for wholistic healing, it really allows for the full participation of the self-*mind, body and soul* which results in complete healing. The approach is based on awareness, choice and responsibility. In doing experiments one identifies the blocks within the body through behaviour and uses the experiential approach to help alleviate the pain and suffering brought by it. The experiments are catered in such a manner that pace and process is managed by the client itself. Many behaviour experiments that shows the underlying issues are brought to light and the various introjections, projections, retrojections, deflections and confluences are addressed. In addressing these a neutral more relaxed form of body, mind and soul is attained. The person is slowly heading towards an emotionally healthy self which allows for better choices and ownership of responsibility. Gestalt therapy requires full participation of the client and will have them do various uncomfortable behaviour patterns to shed the various masks that societal conditioning has put on. This once mastered can bring about results that are lasting. The only requirement would be the will of the client to engage in activities that stretch the individual to wider and deeper dimensions of the self which can sometimes be unnerving. The therapist must for the very same reasons build a trust relationship that allows for the client to feel safe and secure to complete the experiments. It is the I/Thou concept that applies here as well which dictates the momentum, growth and completion of the therapy sessions. In the process of enlightenment of the self meaning of life is found.

7 “The here and now” is where you are able to observe behaviour patterns that speak into the issues that the soul is carrying. It is in the presence that attention is given to the body and in paying attention to the details in behaviour we pick up on the various introjections, projections etc. The here and now plays a huge role in being able to diagnose what the behaviour of the present is saying about the past. In the deflection or closed behaviour the issues that are “unfinished business” are identified. Without the presence of here and now one is unable to tell what unconscious patterns are running through their body. I personally have been practising the here and now, initially it takes a long time to get a hang of it, that's where the experiments come handy but once you are conscious of the quick methods and find sync within yourself you will find more nuances in the behaviour which is without resistance then consciously changed. Our thoughts or environment that controls behaviour is always either in the past or future, it is in the here and now that the external nor the internal controls behaviour but the soul. The soul is embraced in the here and now, answers from within are available in the here and now. If worked with patience which is what the here and now demands epiphanies are met with. The blocks are identified. Awakening of the spiritual self happens, you realise that there is no past and future, there is only the present and how one treats the present speaks of how the past and future is dealt with. If one can fully invest in the here and now, one is free from the past fully living in the present and building a formidable future. Creativity, flow, synchronicities and insight to building a future of meaning and purpose is achieved with here and now. Experiments are at its best if the client is able to bring themselves fully in the here and now. It is where I found God, in the “here and now”.

#10 Blocks are where the stress and tensions are held in the body. Through Gestalt therapy these blocks are identified using the here and now. The blocks are then given attention and breathing into the parts of the body that's holding them calms them and eases the stress. The here and now allows for breathing patterns that are full and healthy. Interesting observation is that the breathing tends to be shallow if not in the here and now, it tends to signal of some sort of anxiety or fear that has become unconscious and in identifying these blocks through the various experiments one being the breathing you can then monitor behaviour to change to healthy better conditioning. Awareness of the body, its patterns of behaviour can tell you your story. The belief system you carry about your self and the world around you is spoken through your words but more interesting through the details in the behaviour. I picked up a lot of my blocks through experiments presented by learning theatre. Really artistic individuals would come from a neutral place of self and build character from there to install blocks that are unique to the character which gave it authenticity. In unravelling to finding that place of calm I was able to see my story, what the journey's had caused, how I was influenced and why I was the way I was. Then I learnt to maintain neutrality by consciously coming back to presence. This allowed for clearing the blocks that the body accumulated over time. Our body is a source of energy like all things on planet earth, we are constantly giving and receiving energy. It is important that we know what energy to let in and what to filter out. It is in the identifying of the self that this is possible. In knowing one's truth by clearing the blocks, one becomes conscious of what contaminates the self versus what's food for the being. Blocks are what leads to knowing God, all it takes is effort in identifying them. He allows for them so that we would seek after him and in seeking after him find a future that is truly soulful.

#21 Behavior therapy is the use of goals to alter behaviour that is causing pain to the self. It uses empirically and evidence based processes that helps in obtaining results that are ideal and in balance. The issues are studied and the solutions with the processes are empirically identified which is then used for clients subject to the situation that they are facing. It aligns with the Christian faith of behaving in a manner that is inclusive of the people around and in their life. This therapy takes into account the environment around the client which when dealt with causes change to the self and influences the people to whom the client is related causing a more community effect of change. God calls us to be disciples of love and light. In rectifying behaviour that is self sabotaging one influences others to want to change when love and light is given to them. God is interested in communal growth which starts from one and with effect reaches all.

God also seeks for us to allow his intervention in the process of spiritual growth. Any kind of psychological growth to me is spiritual in nature, we are "*spiritual beings having a human experience*" and any internal growth leading to external change is spiritual. In all the therapies developed for human growth there is no mention of God. Yes, all of them are proven to help better the condition of the human psyche which leads to transformation and unity but it lacks the very essence of why we were created. It is important that we know our creator and in him we find a sense of communion with the self that transcends any blocks amongst one another and builds community in this actual sense. Any therapy avoiding God in the picture is only half effective. We are knitted the way we are for a specific purpose, therapy allowing for God to reveal that purpose is complete. The behaviour therapy in this context does not align with the Christian faith.

#23 The behaviour therapy is goal oriented and result based. It has its solutions to problems already stated. It is not the finding of oneself and identifying the meaning to one's life but it is the assessment of behaviour patterns that are negatively reflecting and harmful to the self, correcting those patterns through procedures and getting results that are known to be healthy behaviour. The existential therapy is the journeying of the self and figuring out solutions to the problems from within, the process isn't defined. The answers are found and revealed during the process and healing is undergone. It does not entail goal oriented results but is open ended in its destination allowing for the result to take form subject to the client and his or her journey.

The behaviour therapy can achieve humanistic goals by achieving behaviour that is healthy and not abusive to the self for another. It allows for healthy interpersonal relationships which fosters growth for more than the individual. Behaviour therapy stresses on building the confidence of the self by dealing with limiting behaviour that keeps the individual constrained and non influential. In opening up to behaviour patterns that are holistic in nature one is able to fully come from a place of esteem and be sensitive to others esteems as well. It is respectful to the self and people. This is how it aligns with the humanistic concept.

The integration of the behaviour and humanistic approach is so that it becomes more of a people thing versus an individual. It is important that humanity as whole is reached and healed without which relapses are inevitable going back to square one. Society needs change as it is the environment that causes disruption in behaviour and if it is not influenced for the better, therapy or no therapy life would seem meaningless without connectivity and compassion for one another.

#30 I see punishment as a good ordeal to have gone through for any person if done with moderation. Positive and negative reinforcement can go along way in bringing changes to behaviour that are sometimes stubborn and hard to change. Punishment can push the client to achieving results that are difficult with just will power, punishment of some kind when enforced pushes the client to doing the behaviour that is resisted by wanting to get rid of the punishment. Its like incentive for the better, although negative in its tone, it is effective. The therapist and client must view the whole punishment and problem at hand so that there is clarity in how this might affect the process of changed behaviour. It is vital that the client be made comfortable in enforcing the punishment and given support through it so that goals are achieved. I look at punishment in a positive light like parents do for kids, the parent becomes the bad person but with due time if the parent manages the situation wisely the child benefits from it and over time is adaptive to what punishment has to offer. Punishment must be given the definition of constructive enforcement for desirable change. The child not knowing what would be desirable for oneself must be taught by explaining to them and encourage them to take up the task. If the results are obtained the child reflects the whole process as constructive if effort is put in the right manner! Punishment in behaviour therapy must be somewhat in this tone. Positive reinforcements are easier than negative but both are equally effective if they are made an ally versus an enemy. Its the therapists skill to identify what punishment would best suit the client, set it in the right manner and direct it as an incentive for changed behaviour. The way it is perceived by the client needs to be dealt with before putting it into motion. If the narrative behind it is positive through the process then the results of changed behaviour becomes an easy milestone.

#31 Relaxation training work is to bring the mind, body and soul to the here and now allowing for stress to be found and released. Breathing techniques are best for relaxation training to start with and later meditation could be introduced. Through theatre I had learned the Alexandre Technique which is the lying down of the body in a semi spinal position and bringing the attention to the breathing of the individual. In the breathing more calm is found and stress accumulated body parts are made aware of. In breathing into these body parts more calm is achieved. Most tensed places that intense thoughts hold are generally on the forehead and jaw in the face, shoulders and stomach, and joints. If attention is brought to this area and inhalation through the nose and exhalation through the mouth is done for 20 minutes every day great results are achieved. It is hard to lay down without the thoughts wandering to the past or future for 20 minutes, it is the breath that allows for presence and aligns the mind with the body. Many health problems are because of the shortness of breath. When the body is tense it is the breath that it restricts to the entire body causing a defect in oxygen which is food for the body. When sufficient levels of oxygen is given through deep breathes the body is energised to its calm state and activities are better done. The mind is also brought to the present moment allowing for better flow of thought and positivity. Mindfulness is also interesting for those that like to go into the dream world for escape. Mindfulness splits the attention 50% internally and 50% externally so that one can process what is given to us from the outside and process it on the inside before reacting. I am of the belief that what we create is mostly on how we react to what is presented to us, if we can be mindful of this life becomes easy. It is important to be catalysts of change and influencers of truth. Relaxation aids to both.