

Ordinary People: Gestalt Therapy

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Gestalt Therapy is a phenomenological approach to help individual become more self-aware of their present reality and how their behavior interacts with the environment around them. Because past experiences can have an impact on client's perception, gestalt therapy helps to provide a holistic approach that will assist clients embrace their current reality and foster personal growth.

Using different experimental approaches, a therapist is able to increase a client's awareness of their behavior and how it fluctuates in different moments. This self-awareness helps the clients to discover in their behavioral patterns, allowing the opportunity for self-acceptance in what they are feeling, thinking and how they are reacting.

In order for gestalt therapy to be effective in a client's journey to personal growth, they have to be fully present during therapy. During the therapeutic process, clients will develop the ability to take responsibility of their personal growth through becoming aware of external factors in the environment around them while reowning internal factors of their personality that they may have disowned to cope with stressful situations. When therapy is successful, clients will have the ability to self-regulate themselves in response to what is happening around them. This unification process will allow them to make decision that will aid in their meaningful existence.

If I was a therapist using Gestalt therapy with Conrad, My overall goal with Conrad will be to develop his ability to be his authentic self in the different environments he frequents. I will start with observing him in day to day routines. If I am unable to physically observe him, I will ask him to journal his daily experiences. During the time that he is recapping his experiences with me, I will pay close attention to his non-verbal cues like tone, and body gestures. This will

allow me to understand his patterns in thought and reactions to the environment around him.

Through the therapeutic process I will discover any unfinished business he may have with his brother and impasse with mother. I will encourage him to express himself as if they both were present in the room. Hopefully this will avail a deeper understanding and awareness for Conrad. He can begin to take ownership of what he's experiencing and develop the necessary skills to navigate through his emotions and his self-development.

I believe this form of therapy can be beneficial to Conrad because it may provide resolution to unfinished business stemming from his brother's death. Also gestalt therapy may help him self regulate his emotions when he is at home with his mother, as she did not provide emotional support.

References

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