

Ordinary People Gestalt **Theory**

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The Gestalt therapy originator was Fritz Perls who believed in the holistic approach to the personality. Perls believe how a person acts in the present is more important than why they are acting that way. The Gestalt therapy believes it is important to know what is going on in your environment in the present. It is an existential, process based, and phenomenological approach. Author Gerald Corey (2021) explains the Gestalt therapy as, "Self-acceptance, knowledge of the environment, responsibility of choice, and the ability to make contact " .(200)

As a therapist, I would use the Gestalt approach to dream work and staying with the feeling. In one part of the movie, Conrad is seen relaying his dream to the therapist. The therapist does not try to interpret the dream for Conrad instead he allows Conrad to replay the dream as though it is happening in real time to the best of his recollection. The therapist helps Conrad to understand that everything in the dream has significance and if it does how it affects Conrad long term. Corey (2021) explains dreams, "represents unfinished business, but every dream also contains an existential message regarding oneself and one's current struggle. (218) The therapist help Conrad understand the relationship with his brother and how the last minutes of his brother life was not a condemnation but was a different understanding of how each brother made a choice of surviving. The dream help to unleashed feelings and thoughts that Conrad had kept in his subconscious and by doing so it help Conrad to become free of the shackles that kept him bound to the accident.

The second part that I agreed and would use is once Conrad made the choice of exploring what the dream meant, the therapist encouraged Conrad to stay in the feeling. The therapist encouraged him and gave Conrad a safe space to explore what and how he was feeling instead of ignoring the feeling. It can be a scary time for a patient if they are not ready and a therapist has to be able to encourage the client instead of discourage them

from going deeper into the unknown places that they may fear to revisit. Corey (2021) states it, “take courage but also a mark of willingness to endure the pain necessary for unblocking and making way for newer levels of growth”. (217)

The limitations that are of concerns is if the therapist is not trained in not trained properly and do not exhibit the qualities needed to help a client in a open communication process. Since this theory focuses on the relationship between the therapist and client having an open dialogue so that the client is able to reach their own conclusion, it would be hard for certain cultures that do not talk about their feelings. The therapist has to be knowledgeable of how to reach clients from different cultural background that are not open to dialogue.