

MFT– PSY 444 Psychotherapy

Dr. Maret

Esther Oliveira

Chapter 8 Questions – Gestalt Therapy

3

Fritz Perls was the founder of Gestalt Therapy. Gestalt therapy is a holistic approach that views human nature where the therapist will guide the client to bring past awareness of the environment. Gestalt deals with the environment in both ways internal and external worlds. With the premise that the individual is always in the process of becoming, remaking, and rediscovering themselves, Gestalt therapy brings the awareness of there are experiencing in the present moment. As an existential approach therapy, Gestalt therapy believes that awareness will guide the individual to have individual experience leading to growth and healing through interpersonal contact insight. The therapist will guide the client into understanding what they are doing and how they are doing moment by moment. Perls believes that when client is aware of their environment inside and outside, he is more continuous in understanding their behavior, can deal with it, and focuses on changes. Gestalt therapy approach in a dynamic relationship system, where the therapist will help the client know his environment inside and outside, bringing awareness and responsibility for his choices and the ability to change them. The therapist will guide the client to review his feelings, insecurity, sensation, and perception and give their interpretation, insights, and answers. The therapist will not intend to answer the client's behavior or assign the performance of his awareness; the client must understand that he is not the expert

on his experiences. The work between the therapist and the client is cooperative to seek understanding and knowledge of the client's behavior and issues.

4 Describe the development of the Gestalt approach. How has it changed over time? How does the modern Gestalt approach differ from its original form?

Gestalt therapy approaches focus on the therapist's relationship with the client. They work cooperatively, aiming to search for the client to understand his behavior. The therapist will emphasize dialogues with his client, demonstrating acceptance, empathy, and support but confronting his awareness and approaches. The client must understand his responsibility and accept the consequences of his choices. The therapist will bring life into therapy. The therapist will help the client be fully present during sessions by understanding his inside and outside perceptions to promote growth and answers.

9

Gestalt therapy sees unfinished business when the client experiences something from his past that was blocked. The experience was unfurnished, interrupted, or even avoided because the client felt resentment, fear, pain, anxiety, guilt, hatred, or even abandonment. Gestalt therapy approaches unfinished business intending to help the client cross that past feeling, believing that he wants to deal with and continue his life with growth and new goals. The awareness will bring the past into the client's reality, allowing him to face his feelings and experience his deepest emotions, contact himself and others that cause him emotional pain, and promote healing. When a client deals with unfinished business, the therapist will notice the reaction in his body language. The therapist will help the client to realize what is holding him back and what must be

done to solve the problem. Making the client aware of his feelings, they will work together to solve and bring a reality that the client can live without that heaviness from his past and move to ownership of his emotions and behavior.