

Kyoko Uchiki

PSY 444- Psychotherapy

March 24, 2023

## UNIT 5

### **Ch 8:**

Q1. Gestalt therapy believes that humans are constantly in the process of change and are imperfect. Therefore, the therapist works to help clients become more independent by recognizing their inner and outer realities. In Gestalt therapy, the therapist works with the client to explore the imperfect Gestalt problems that interfere with the client's life, trying to discover who the client really is. It should be the client who finds it, not the therapist. The key to achieving this goal is to put a lot of emphasis on the client's awareness. When the client clearly recognizes within himself the beginning of the new Gestalt, the client can be in a healthier state.

The Bible teaches that we humans are imperfect. The Bible also teaches us to face ourselves, find the role God gave us, and grow. We don't need to be stuck in the past or worry about the future because we can surrender it to the Lord. This gives us peace of mind and lets us focus on what we must do now. And it leads to our growth. In that view, I think Gestalt psychology agrees with Christian thought. We suffer by setting goals that don't suit us, belittling ourselves by comparing ourselves to others or becoming jealous of others. However, such time is wasted time, and such feelings make our minds unhealthy. I think we can agree from a Christian point of view that we should pursue our true selves.

However, there seems to be a limit to the idea that only the client's own consciousness can bring about a solution because the danger of self-reflection as a means of completing the Gestalt is that

it can still be wrong. Because humans are imperfect. Therapists are human too, and I don't think they can be sure that their client's new gestalt is a true gestalt and perfect for them. Bible teaches us that the holy spirit leads us, not us. If the client and therapist find the "real me" in the client and if the client finds it was the "wrong me" in the future, how can the client get through next? Gestalt therapy is excellent, but it can not be perfect because we are imperfect.

Q4. Fritz Perls founded and contributed to the development of Gestalt psychology. Freud's psychoanalysis initially influenced Perls, but he did not accept all the theories and methods. Perls believed that the therapist needed to focus on the client's current behavior or feeling rather than the client's unconscious introspection, giving the client self-awareness. In therapy, clients learn about their current self and their environment and think about what kind of self they really are. However, it is not easy for adults to find their true selves. We feel miserable and frustrated when there is a big difference between who we want to be and who we are. So, during the process of therapy, the client's insight could conflict with the therapist's. There might be a little long distance between the client and the therapist.

So Gestalt therapists decided to make the client-therapist relationship warmer. They came to emphasize dialogue in therapy. Their relationship became an I/Thou relationship. The therapy methods evolved into a kind and compassionate style. The therapist works with clients to find their role and meaning in life. The therapist listens to the client, and no therapist interpretation occurs there. Gestalt therapists also deploy phenomenological inquiry as a primary method of extracting client information. They prefer "what" and "how" questions instead of "why"

questions. The answers to these questions may be difficult for clients to define initially, but they help clients extrapolate solutions to their problems.

Gestalt therapy is also valuable for group counseling. While members talk about their problems and feelings, the listening members can compare themselves with their own problems and face themselves. The open atmosphere avoids the members' embarrassment; it would be easier to be accepted in countries of collectivism, such as Japan. But the moderator must be difficultly leading group meetings in Japan. Cooperation or sympathy for others is essential in a collectivist country and greatly helps them. But the counselor needs to have a special technique to lead Japanese members because Japanese members are not good at expressing their honest feelings.

Q9. Past unfinished business interferes with current behavior and psychological functioning. The most common cause of unfinished business is not letting our negative emotions (e.g., resentment, sadness, anger, or guilt) show. We try to keep those feelings to ourselves by making excuses (for example, because we were busy or had no choice). Those repressed emotions accumulate like dust inside us. Over time, we become overwhelmed with these emotions and find ourselves at a dead end. We keep lying to ourselves, and as a result, we would be confused about what to do now and what we are.

Gestalt therapists help clients express negative emotions accumulated in their minds. Clients learn their true selves by letting out their past unfinished feelings. I think this therapy is essential for Japanese people. In fact, we often hear that in Japan, more injuries and murders occur during troubles with family members and acquaintances than with others. This is because Japanese people usually tend to hide and suppress their emotions. Many Japanese don't like to let others

know their feelings, even in close relationships. However, if they continue to put up with it, their accumulated anger and hatred will explode and cause an incident. When I was a child, most Japanese did not know about psychology and counseling. However, at that time, I often saw signs that said, "I'll listen to you." When I was a child, I didn't understand the meaning of the signs, but I think it was a place where adults could express their negative emotions or their honest feeling.

Q20. The Gestalt technique allows the therapist to evoke a high level of emotional intensity in the client. However, this is a very Western method and can cause problems in many Asian countries if therapists do not know Asian culture. Because many Asian countries are educated that expressing their feelings openly is embarrassing, many clients may not be able to tell their therapists how they really feel. Also, many Asians feel that it is a sin to be angry or dissatisfied with their parents or elders. Gender and age differences also affect counseling. For example, Japan is a dominant male country, and it is hard to express female (or male) clients' feelings to a male (or female) counselor. Therefore, therapists must use Gestalt methods with an understanding of each culture. It also requires deep dialogue, so it may not be usable by people with low language proficiency or in foreign languages. For example, Japanese clients will need a Japanese therapist who is a native Japanese speaker.

As a piece of evidence, Fritz Perls seems like he knew it. I read a review of the Japanese translation of Perls' book "In and Out the Garbage Pail (1969)," and I found the information interesting. According to the book, to understand other cultures, Fritz Perls came to Japan around 1960 and stayed at Daitokuji Temple in Kyoto for two months and practiced Zen meditation.

Unfortunately, he could not attain Buddhist "Satori" (enlightenment), but Perls mentioned he called the awareness "mini satori."

So I think the Gestalt method is also a therapeutic method that can be adapted to different cultures. Because this therapy is inherently humane. The therapist works with the client to enhance the client's strengths and to discover the client's life worth. This is a universal idea all humans need. There is a reason why we were born, and there should be a meaning to living. Through this therapy, the client will be happy if they are able to put all their pieces together and realize who they are and where they are.

## **Ch 9.**

Q21. From a Christian perspective, Cognitive behavior therapy (CBT) seems like to be self-centered and distrustful of spiritual forces. The idea is that we are responsible for recognizing and improving our behavior. However, facing and solving our problems and obstacles ourselves must be difficult sometimes. There are some problems we cannot solve ourselves, we sometimes discourage, and we need help. The therapist is not perfect, and they cannot take the role of a pastor. However, the therapist is the client's lifeline. I believe that the therapist's empathy for the client, the warm relationship of trust with the client, and the sincere attitude toward the client can soothe the client's mind and put them at ease. CBT is based on evidence-based therapy, but I think only visible evidence is untrue.

However, some points fit the Christian point of view. In CBT, therapists make clients believe that they can change. This matches the Bible because the bible teaches us we should be able to change by renewing our thoughts. (Romans 12:2)

The Bible also teaches us to live in the present, not dwell on the past. There is a famous Japanese idiom that we cannot put water back into the vessel that has already been spilled. We cannot change the past. But by changing the present, we can change the future. Bible teaches us if we are tired from carrying heavy loads, Jesus can give us rest (Matthew 11:28). God gives us the opportunity to restart when we recognize our mistakes. At that point, the idea of CBT is consistent with the Bible.

Q25. One of the major features of behavioral therapy is that it is an educational approach. The clients learn from the therapist how to solve the problem by themselves and take action. The therapist helps the client understand the procedures correctly, helps them take action, and ensures that the results are consistent with their goals.

Another characteristic of behavioral therapy is that therapy is based on the principles and procedures of the scientific method. So, the therapist takes the time to analyze the client and make an assessment. That's because the therapist creates a customized plan. It has to be an order-made one because we are all different. The therapist must figure out what is happening now in this client's self and circumstance. Based on the evidence, the therapist creates the plan, and it helps the client can voluntarily change their behavior. The therapist also creates treatment goals agreed upon by the client and therapist. Behavioral therapy recognizes the importance of

the individual, the individual's environment, and the interaction of the individual with the background in facilitating change in clients.

Behavioral treatment assumes the client actively participates in specific behaviors to deal with the problem. This therapy does not work if clients do not understand what they must do, do not take action, or do not recognize their changes; the client cannot reach their goals. Behavioral therapy approaches share the assumption that certain cognitive, emotional, and physiological states lead to dysfunctional behaviors.

Q35. The third wave of behavioral therapy expanded its goals from simply relieving symptoms to developing skills to significantly improving the quality and quantity of activities patients value.

In the approaches of the first two generations, they were not interested in less scientifically supported practices, and there was a distance from other therapies such as psychoanalysis, gestalt therapy, and humanistic therapy. But the third generation has a more broad view, and their approach seems to connect humanistic therapies and behavioral therapies. Especially, considerations including mindfulness, the therapeutic relationship, spirituality, values, meditation, being in the present moment, emotional expression, self-management and acceptance-base approach in behavioral practice are new in behavior theory. These new behavioral therapies increase skills and behavioral repertoires that can be used in many situations.

Also, the third generation expanded the view of psychological health. Unlike other therapeutic approaches, the therapist did not seek out the cause of the client's psychological problems in former models. The therapist focused on the client's present and did not delve into the client's past or the causes of their problems. So, this is a big difference from the former models. For example, some new skills taught include meditation or yoga, aimed at cultivating mindfulness. These new approaches represent a blend of Eastern and Western practices. New behavioral therapy does not narrowly focus on dealing with simple problems. They can address more complex aspects of personal functioning to fit a more complicated world. And new model became a more global model.

Q41. Behavioral Therapy may be suitable for group counseling because it can be structured, directive, and supportive, and it is easy to create a time limit. A behavioral group focuses on teaching, modeling, and applying the scientific method to target specific behaviors for change.

The therapist is a group leader and has a teacher's role. Leaders need to follow group members' progress through the ongoing collection of data before and after all interventions. Leaders must know what is happening now in the group and each member. Leaders encourage members to learn, practice skills, and apply them to everyday living.

Members learn self-management skills, a range of new coping behaviors, and how to restructure their thoughts. After they complete the group counseling, members can control their lives and deal with problems effectively.

The benefit of the group session is that members can encourage each other. Sometimes, it is hard to change behavior alone. But if group members feel they are not alone, I believe members are encouraged. It is like teamwork for the goal. And leaders' and members' continuous feedback about therapeutic progress would bring positive energy to the challenge.