

Miya Kim

PSY 444_ Psychotherapy (OA)

Unit 5 Essay

Chapter Eight

Questions 1.

Gestalt therapy view human nature as a whole, and it is not the gather of varied parts of human to compete as a whole, rather it is inseparable of every parts to be a one holistic human being. From the Christian perspective, Bible talks about how we are complex blend of related parts, as it is including the minds, the souls, the heart and the strength. From the book of Mark chapter, twelve verses, thirty it says “love the Lord your God with all your heart and with all your soul and with all your minds and with all your strength.” That is, human are made in the completion of the inseparable parts, as these each part are made to awe of the Lord. The idea that Gestalt see human as existential and phenomenal that are in the continuing process in the life each one lives in is aligning with Christianity’s perspective that human are made in the influence of others and each individual are uniquely made with their own destiny that God intended made. As stated in 1 Corinthians, acknowledging that the environment is critical to personal growth fifteen verses, thirty-three “Do not be misled: “Bad company corrupts good character.” It both sees human nature as whole and how influential the context each one of us is living in.

However, the understand of self is limited in the Gestalt approach that it emphasis on looking and searching the self from individual’s own perception and understanding. It is dangerous that we may have the false self awareness if we are aiming at the self-awareness from individual capability. Christian worldview, knowledge that we can only see ourself in truth with

our understanding of salvation from God, and with the leading of Christ. From the book of Jeremiah chapter seventeen and verses nine, “The heart is deceitful above all things and beyond cure. Who can understand it?” That said, the self-understanding that comes from human beings' own abilities is fragile and can lead to erroneous understandings that create a deceptive gestalt of the individual. As Christian, we can utilize the gestalt approach to make self awareness through the core value of knowing Christ as our Savior and to understanding the self with the lens of His. That we pray and putting our trust in his leading in the process of awareness in here and now.

Questions 3.

Gestalt psychotherapy view of human nature as a whole, that it does not see each parts and aspects of varied to complete the whole, instead gestalt sees each part as correlational to complete each individuals. Gestalt therapy does not analyze the components of the parts, it uniquely treats the person as a collection of all the characteristics of the whole. It put into the perspective that bridges the self within the environment it is in, and finding the meaningful relationship between the individuals and the context within.

When applying for gestalt techniques, it focuses on bring the self into awareness, and emphasizes the perception in the present moment rather than the past and the future. It is base on the existential philosophy that human are not fixed via the influential of the environment and experiences, instead, human are in the constantly moving flow of feelings, sensing, rewarding, and experiencing. It is to seek for “who we are” and from there, we can better living a meaning fun live. It stresses on personal responsibility that individuals are capable to achieve the self actualization and made sense to understanding who they are and what they can do to make an

effective changing and achieve assertiveness and confidence. It takes homework as an implication to help the client carrying the practical practice into the living life, which can also serve as a bridge of self into practice of one's interaction with others. It also makes nonverbal behaviors known to the client, and the Gestalt therapist can observe and point out behaviors of which the client is not aware. However, it has to be handled in the sensitive manner.

Questions 5.

The term that is in use in the gestalt therapy as follows:

- Awareness: it is the core of gestalt therapy that self awareness is to bring forth to
- Unfinished business: it is the unawares or not expressed emotion from the past that is negatively influenced individual's present life, which can lead to self criticism, hatred, and anxiety. Gestalt therapist help client to complete experience into awareness of these unexpressed feelings, which is leading to self awareness and know who they really are, for the change and growth.
- Confrontation: it is the technique that gestalt therapist can direct client to exam their gaps between the gaps of the self and the environment with empathy and kindness. While it is often encourages the clients to look into their behaviors verbally and non-verbally.
- Experiment: It is the therapeutic process for client and therapist by engaging in dialogue process, and make the interaction of the imaged object into present moment. For example, role-playing, playing the role of a significant other through dialogue, and customers interpreting dreams through designed interactions. It serves as a tool to understand internal

conflicts and moderate dichotomies. While the dichotomy is the incongruity of the self internally and externally in relation to his/her worlds.

In gestalt therapy, “contact” is an important key for growth, and there are five types of different contact boundary disturbances, which an individual’ contact boundary disturbances with their worlds.

- Confluence: it is when one’s self and its environment are hard to distinguish its differences, that the bridge between an individual and the others is weaken and blurring.
- Introjection: it is when taking other’s view point in without thinking through or with critical thinking.
- Projection: It is the opposite of the introjection. It is referring to one’s own aspects are assigning to others, and dismiss in the understanding of themselves. For instance, a client may project their guilt on to someone to feel less guilty for themselves. Playing the victim by blaming other people or situations for problems.
- Deflection: it is the disconnect with others and avoid to have contact with the environment or others.
- Retroflexion: it is when an individual taking action toward themselves or toward others of what they want for themselves or for others.

Questions 17.

The essence of Gestalt approach to dream as asking the client to exam the dream themselves, which therapist doesn’t involve in interpretation and analysis.

Dreams are the expression of individuality, and the existential problems of any individual are most clearly displayed through dreams. Although it reflects events in the individual's life that he or she is not aware of or is not yet known to oneself. Gestalt encourages to bring the dream into the present life and recreating it, that the therapist directs the client to express and tale about the dream as it is happening at the here and now moment. It is believed to be the projection of dreamer's mental state and reflecting the unfinished business and the energy boundaries.

Gestalt therapist asks client to talk about the dream as it is in the present moment, and may also ask the client to create or image as role-play to the elements in the dream. Gestalt therapists ask clients to create a dialogue of one person or element and another dialogue of another person or element. Gestalt believe that it will help the client to renown and gain awareness of the non expressed self and leading to the resolving of their unfinished business.

From the video, Jerry did not interpret or analyze Stan's dream, instead, Jerry was asking the questions in guiding Stan to re exam the dream by having him telling the story in the present tense. Stan was creating the conversation between himself and other person in the dream, one is his father and his therapist. It seems to me that the created dialogues by Stan during the session were clearly expressed in about his mental state of how he views himself and this awareness in relation to his world. I see that it brought Stan's attention to be made acknowledgement to his perception, feelings and the unfinished business in his present life, and gaining self understanding to an effective growth and change.

Chapter Nine

Questions 21.

Behavioral perspective, view human as the response to its environment or stimulus, and it believes that human behavior can be learned and can be obtained through repeated reinforcement. It looks into the observable actions of individuals, and stresses the individual's capability to shape behavior from learned experiences. When it comes to behavior therapy, its strategies are often scientifically based and tailored to be systematic and empirical, and are applied in the client's daily life for modifying unwanted behaviors. It looks at current issues and emphasizes the client's cooperation in learning a new way of behaving in regard to her/his environment or situations. Behavior therapy aims at the current problem of the clients, and minimizes looking at past experiences.

From a Christian perspective, understanding human behavior as mechanisms oversimplifies human nature. Human behavior is not simply a reaction and response to the environment, while it involves more complexity in human behaviors. That is, humans are not only made to respond physically to the world, but are created in God's image, and spirituality cannot be neglected in human understanding. I see that behavior therapy overlooks human mental development and dismisses the holistic understanding of human nature.

However, it seems to me that the acknowledgment of recognition to environmental influence has echoes in the Bible verses from the book of First Corinthians 5:9-13, in which the apostle Paul emphasizes how influential others can be to individuals' actions and spirituality, and its corruption of bad impact from its environments.

Questions 22.

Classical conditioning: it is to input a response by pairing the stimulus, and it is the learning process how one obtains a response by associate the two stimulus repeatedly. Ivan Pavlov studied classical conditioning by pairing the food with a bell ring, while the dog salivate wen seeing food, and the repeatedly present food with the bell can condition the dog to salivate when hearing the bell.

Operant conditioning: It is the behavior that follows the consequences to either increase or decrease a target behavior. The principle is to create a response by adding or removing a stimulus to influence the likelihood of a behavior in occurring. These principles of molding and shaping of the method including the reinforcement, punishment, extinction.

Social learning: it is stress how the environment and one's perception of it with experiences can be an influential factor in the behaviors.

The Cognitive trend: it is individual's way of thinking in process in relation to his/her experiences, environment and situation, the leading to the behaviors.

Modern behavior, therapy has expended merely observable behaviors to individuals' cognitive process internally, and how it re relation to the environment (stimulus). That is, the thinking process has included in understanding the human behavior, and how one's thinking patterns can be influential to how one act to his/her environment and experiences.

Questions 29.

The main operant conditioning techniques in behavior therapy are to make modifications in behaviors by conditioning and molding. it is including the five conditioning: these are positive

reinforcement, negative reinforcement, positive punishment, negative punishment and extinction (2015 Corey).

Positive reinforcement is a type of operant conditioning that promotes and increases a desired behavior by adding a positive consequence to it. For instances, in order to facilitate my daughter to play the piano, I give her a lollipop whenever she plays the piano for 30 minutes. In doing so, the increase of the prize (lollipop) was reinforced as a result of her behavior of playing the piano.

The negative reinforcement is to remove the any undesired stimulus to motivate a wanted behavior. For examples, I start to write my paper in the avoidance of getting a bad grade. That is, the negative reinforcement is to strengthen a desire behavior, by doing the targeted can avoid the aversive consequences.

In operant conditioning, the punishment is the way of modification and control of individual's behaviors. Positive punishment is to bring forth an unwanted and unpleasant consequence (stimulus) follow by the targeted behavior, and it decreases the likelihood of that targeted behavior. Such as sibling getting time out when they fight with each other. While negative punishment is by taking away, the pleasant consequences (stimulus) follow by a behavior to reduce it occurring. Such as taking away my son's screen time when he is misbehaving.

Questions 42.

Dialectical behavior therapy (DBT) is in relation to the cognitive behavioral therapy, while it is more suitable to deal with intense emotion, and this including borderline personality disorder, people with chronic suicidal thought, post traumatic stress disorder, self harmed and eating disorders. Dialectical behavior, therapy implication of therapeutic process in the educational and instructive way, that believes the client is capable to self direct for change. It is combined with

cognitive-behavioral therapy, emphasizing thought processes as governing behavior, and emphasizing awareness of ongoing emotional changes and how to learn coping skills such as mindfulness.

There are a variety of key concepts in DBT therapy skills, and these concepts are mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. (2015 Corey)

- Mindfulness is the skill and tool to help the client into the acceptance of the environment and bring into awareness of the varied emotion states during the process of distress situations. Interpersonal effectiveness educate the client to be assertive and confident as who they are in relationships with others. Emotional regulation teaches the clients to learn how to cope with their emotions in the positive way. Distress tolerance is to extend the client 's toleration in dealing with the negative emotions in the aversive situation.

The strength of DBT is how it can intensively work for people with psychological disorder that are emotional intended involved, and it provides skills and instruction for guidance that give client tools to practically practice in their life. The management tools of emotions can effectively carry out into daily life, and teaches the clients to cope with their feelings in the time of distress situation. While DBT's weakness is that it takes longer time to make effectiveness into the change, and require the commitment for clients to willing to make life change on the daily basis.