



Gestalt Therapy



Introduction

- People have to find their own way and have a responsibility if they want to achieve their wise
- The purpose of this approach is to make client get their awareness about what they feel and they do and learn to respon about their own thinking, feeling and behavior.

The History



- Is develop by Frederick (Fritz) and Laura Perls in 1940
- This approach teaches client and counsellor phenomenological awareness, it's about how people understanding, feeling, and doing
- Focus on process (what is happening) rather than content (what is being discussed)

Philosophis



The
phenomenological
perspective

The Field Theory
Perspective

The Existential
Perspective



The Opinion about Human

- Is influenced existential and phenomenology philosophy
- People can handle and solve their own problem, they can use their awareness and their present experiences
- The important area in counselling process are the thinking and feeling of client in present



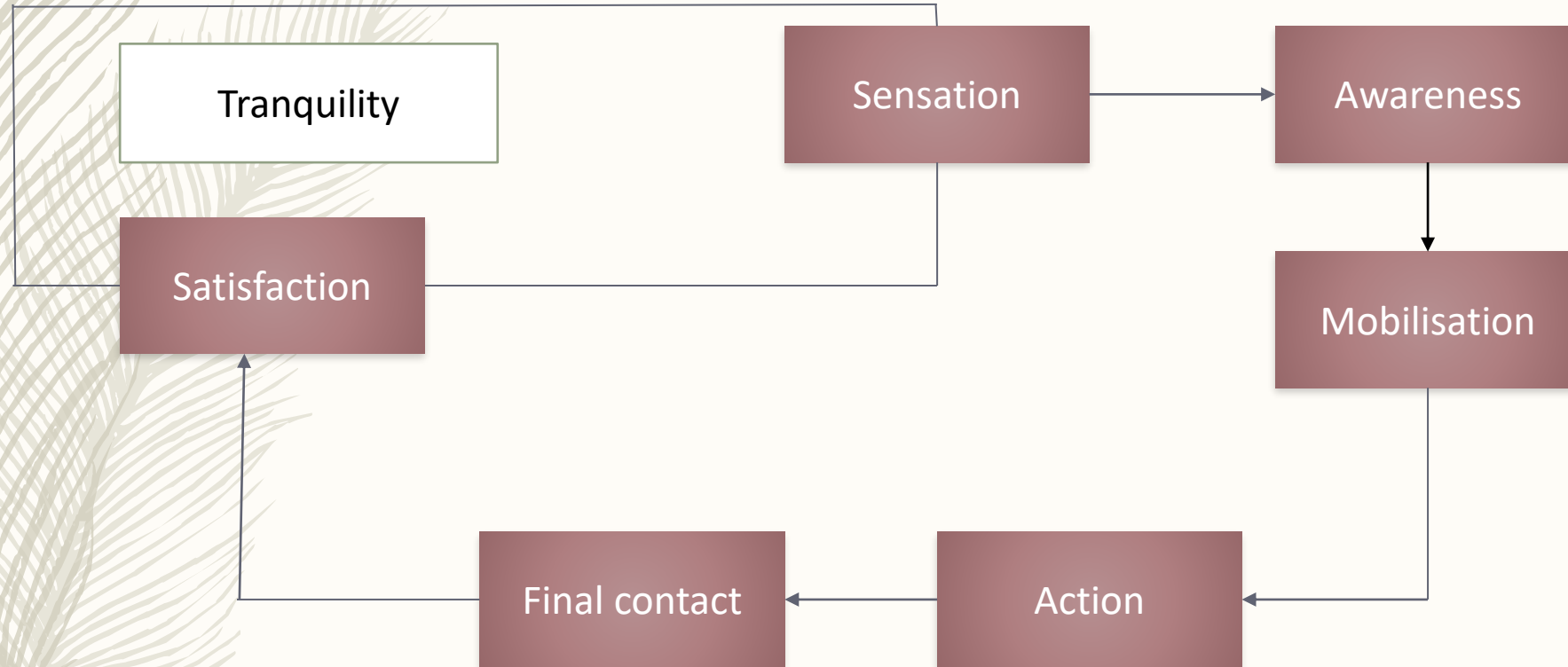
Mental health in human

- People who can keep their awareness alive without any destruction. They will know their own need and the alternative of environment which can fill their need
- People who can feel and share their own conflict or frustration awarenessly and full of concentrate without any fantasy
- People who can different between conflict and problem which can be solved
- Take a responsibility of their self



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- Neurotic people is a person who has many desire at the same time that's why they can't fill all their need
 - Less contact of their environment
 - Confluence
 - Unfinished business
 - Fragmentation
 - Topdog/underdog
 - Polarity

Gestalt Cycle



Basic Concept

- Here and Now
- Power is in the present
- The anxiety is caused of any space between real and future expectation
- Counsellor use “what” question, not “why”



Modes of Defense



Introjection

Projection

Retroreflection

Deflection

Confluence
and isolation

Avoidance



Purposes of Counselling

- To help client to get their awareness of what they do and how they do.
Awareness consist of insight self acceptance, knowledge about environment, and responsibility to their own choice
- Ability to keep contact with others
- Accept and express their feeling, thinking, and self efficacy



The Roles of Counselor

- Focused on feeling, awareness, gesture, obstacle of energy, and obstacle to get client's awareness
- As a artistic participant
- Projection screen
- Can know and interpret kind of client's language



The Phases of Counselling Process

The beginning
phase

Clearing the
ground

Existential
encounter

Integration

Ending

Counselling Techniques



Empty chair

Topdog vs
underdog

Making the
rounds

I take
responsibility
for

Playing
projection

The rehearsal
experiment

