



# Gestalt Therapy

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# Introduction

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- 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

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- 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

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The  
phenomenological  
perspective

The Field Theory  
Perspective

The Existential  
Perspective



# The Opinion about Human

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- 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

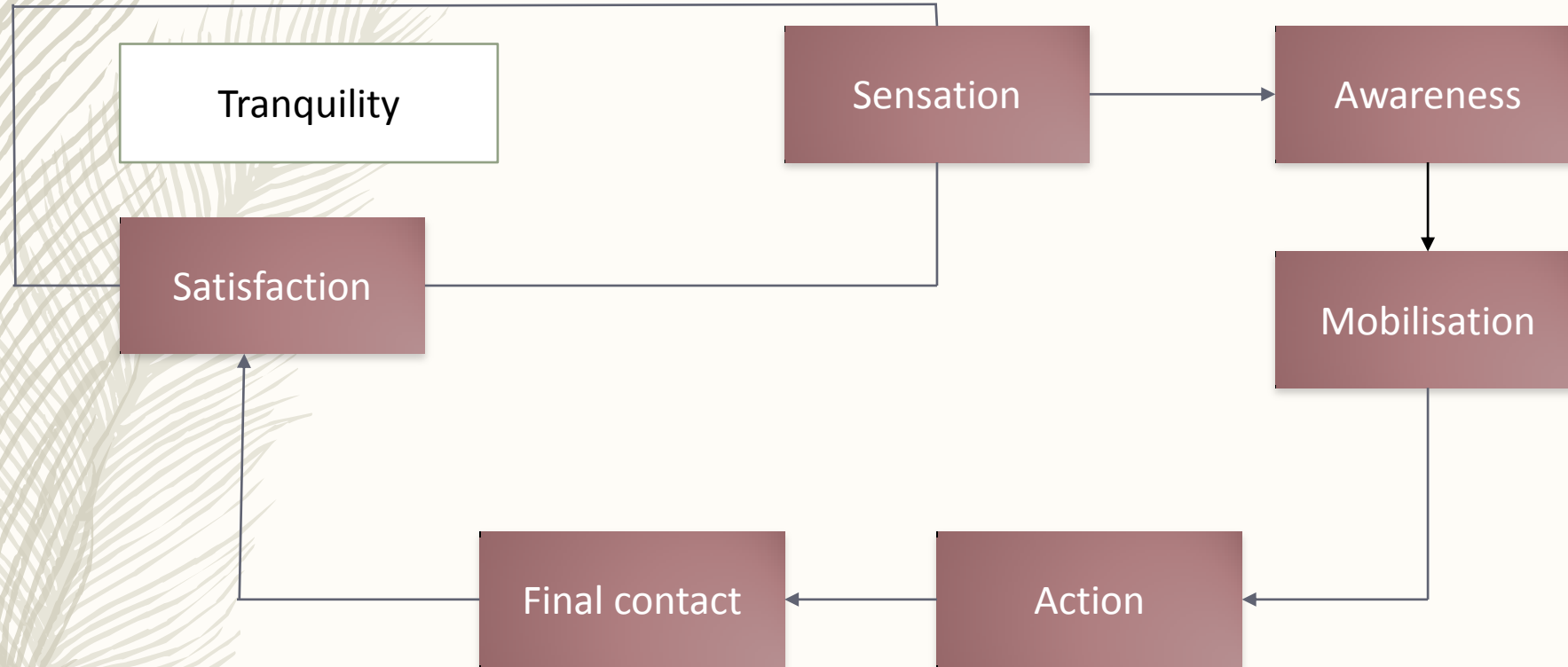
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- People who can keep their awareness alive without any destruction. They will know their own need and the alternative of environment which can fill their need
- People who can feel and share their own conflict or frustration awarenessly and full of 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

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- 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

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Introjection

Projection

Retroreflection

Deflection

Confluence  
and isolation

Avoidance



# Purposes of Counselling

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- 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

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- 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

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The beginning  
phase

Clearing the  
ground

Existential  
encounter

Integration

Ending

# Counselling Techniques

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Empty chair

Topdog vs  
underdog

Making the  
rounds

I take  
responsibility  
for

Playing  
projection

The rehearsal  
experiment

