

GESTALT THERAPY

In Gestalt therapy, discordant elements are brought into a mutual, self disclosing confrontation. This approach focuses attention on immediate behavior and calls for the personal participation of the therapist. Individuals often feel fragmented, with at least some perceptions, feelings, behaviors or thoughts that are puzzling, unrelated or troubling because they are not integrated with the whole. The task of this therapy is to discover the relatedness of these alienated aspects through awareness.