

"How will you work with me (as a client) using gestalt psychotherapy?"

Gestalt Psychotherapy has an holistic approach to human functioning – the mind, body, emotions and spirit entwined as an interactive whole, constantly working to achieve balance. An individual's personal growth is encouraged through development of self awareness and self support for appropriate, spontaneous and creative contact with others.

The learning and application of Gestalt Therapy is experientially based and experimentally oriented. As a therapist I work with what is immediately obvious and available to awareness, in the Here and Now. Blocks in awareness and behaviour may emerge in the therapy in the same way as they manifest themselves in the client's life. From there the therapy may proceed in small steps using mini-experiments with new behaviours in order to expand awareness. In this way optimal support for creative and adaptive contact with one's environment becomes possible. It's an interactive process where past experiences and future longings are appreciated and explored as manifested in present thinking, feeling and behaving. Ideally, and with time, the client experiences relief as s/he becomes able to expand their experience and behaviour. In this way gestalt psychotherapy results in an increased capacity for living more authentically and fully.

The Gestalt approach is much more than a psychotherapy which enables people to cope with their daily lives. It is a deep philosophy that also provides a practical method of transformation, leading progressively to the realisation of the evolving authentic self. The aim is the awakening of a person's full potential, supporting what is most alive and energising.

Gestalt Psychotherapy is based on the philosophy of trusting the human potential for a growing relationship with their particular environment. Gestalt as a method has a holistic approach to psychotherapy and is based on a core belief that the desired outcome of psychotherapy is achieved through heightened awareness within the therapeutic relationship in conjunction with creative and active experimentation.

The Gestalt Psychotherapy and Training Institute (GPTI) describes Gestalt therapy as:

Gestalt provides a practical, creative approach to psychotherapy and emphasises, that we can only be understood as part of the environment in which we live. It underlines the importance of the connection between events and the settings in which the events occur. In the famous phrase: "no man is an island": we all influence and are influenced by our surroundings all the time.

The therapeutic relationship is integral to the process of growth and involves supporting a fuller sense of the ways that experience emerges, including feelings thoughts and actions, in different situations and at different times. The approach focuses on the development of holistic awareness of each other, our circumstances and how we function differently in different situations. Through raised awareness of moment-to-moment activity in the therapeutic setting, choices about how we live, interact with our world and make contact with others are increased" ([Click Here](#)).

In a nutshell, as they say, I work with you holistically as whole person including your body. This does not mean touch or anything like that. I am able to work using my own body and observation of movement etc. to inform my work with you. This might mean working with you to raise awareness of how you might be holding you body or body parts for example. There are many ways of working. The most important aspect of my work is to establish a professional yet therapeutic relationship with you. For greater explanation, please see the next page.