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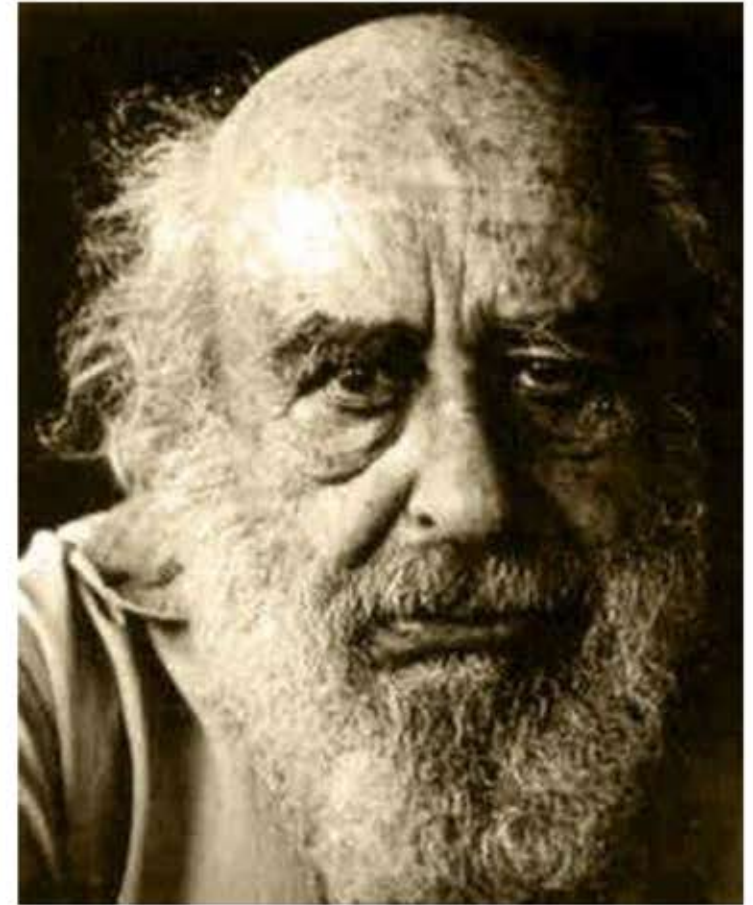


Deep Release Online

Professional Training for Counsellors

**Working Creatively with
GESTALT
in Counselling**

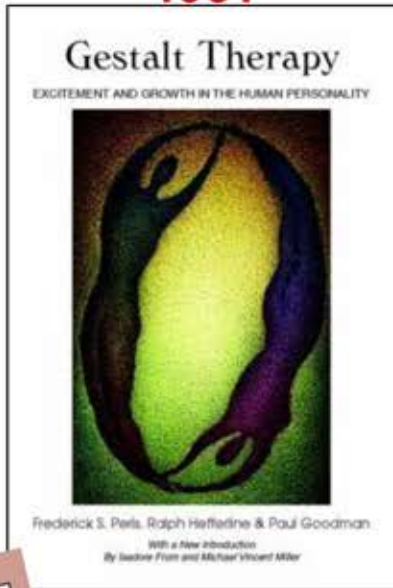
Gestalt Therapy



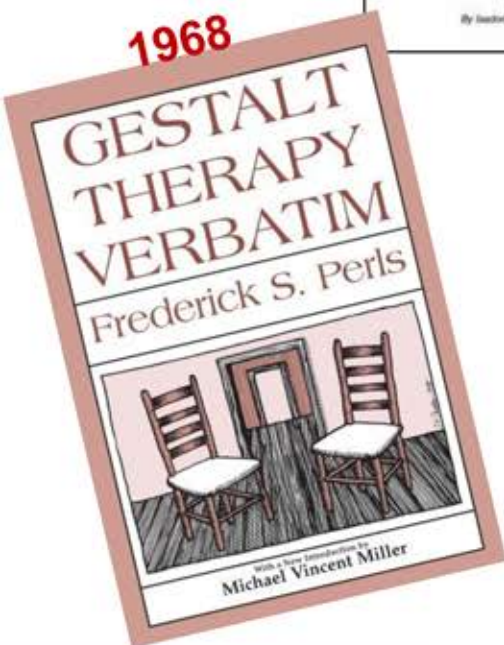
FRITZ PERLS
1893 – 1970
with Laura Perls

Fritz Perls

1951



1968



1893

Born in Berlin into a Jewish family
Tearaway child; later trained in medicine

1926

Became interested in existential
philosophy; met his wife to be, Laura

1928

Trained to become a Freudian analyst but
fell out with Freud. Turned to Gestalt
Therapy.

1933

Fled from Hitler to Holland and then
S.Africa – started a training institute

WWII

His entire family killed in the Holocaust

50s/60s

Trained and set up Gestalt Institutes around
the world.

1970

Died

What does the word *Gestalt* mean?

A German word with no easy translation but roughly it means

An Organised Whole



“Things are taking shape...”

Stuck Places

Gestalt suggests we get stuck in fixed patterns and beliefs about ourselves that get in the way. Gestalt Therapy aims to uncover these patterns and to help us see how we are being held back from living freely.



Creativity



“With children...it is their bright sensation and free, apparently aimless play, that allows the energy to flow spontaneously and come to such charming inventions... Can the same middle mode of acceptance operate in adult life in more ‘serious’ concerns? We believe so...”

Fritz Perls

The Way you See the World!



Field Theory

THE PAST

BELIEFS

DREAMS

GOALS

Eye Contact

Speech

Mannerisms

**Body
Movements**

Appearance

Breathing

Clothes

Micro Processing & Active Curiosity



I can't see for looking!

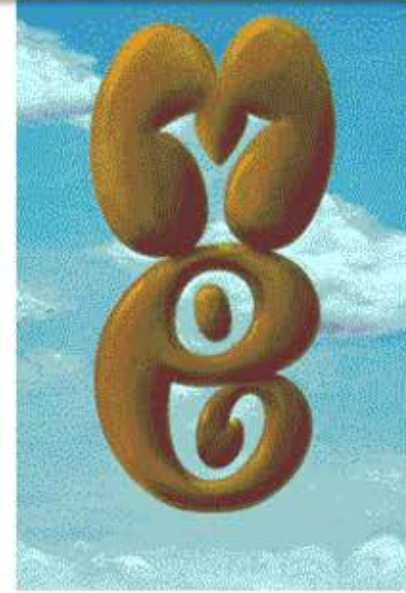


Figure and Ground

Similarity

Our brain groups together elements that look the same into one whole picture



Anomaly

Something that 'doesn't' fit in.
It catches our eye!



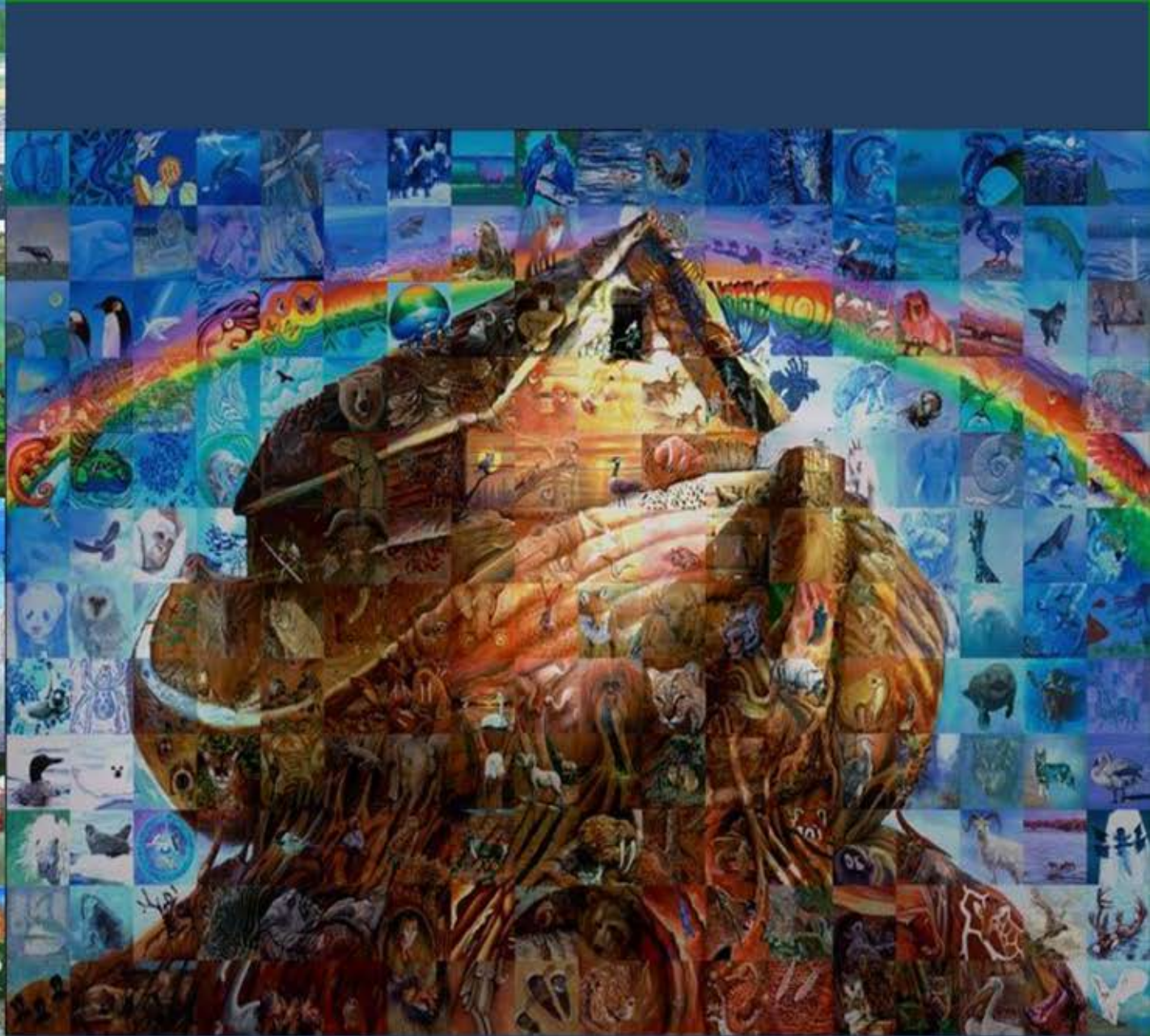
***The whole is made up of different interacting parts –
we can isolate them, examine and analyse them,
and then reassemble them as a whole.***

Gestalt Concepts

**An organised whole that is different
from the sum of the parts**



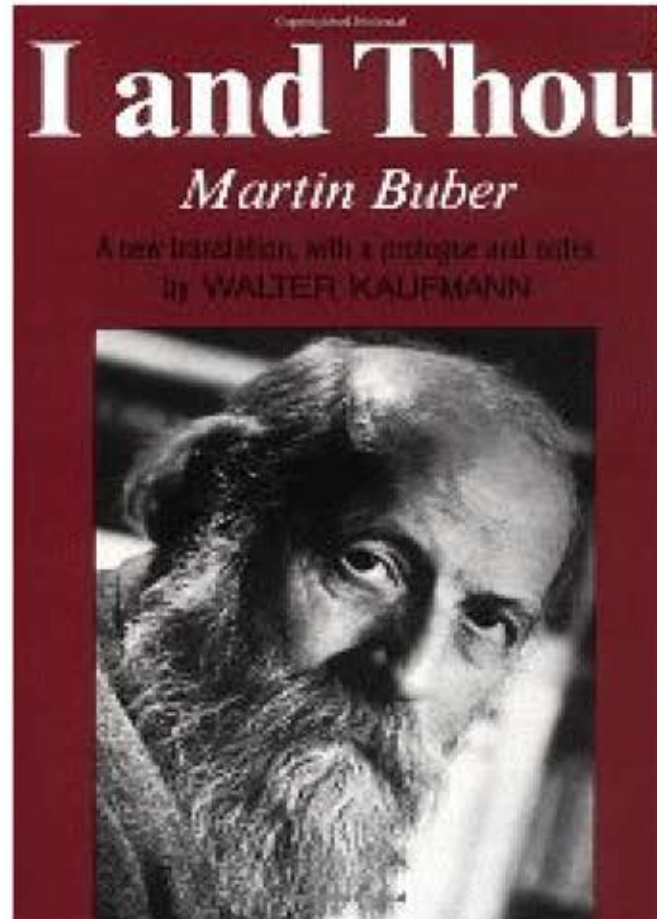
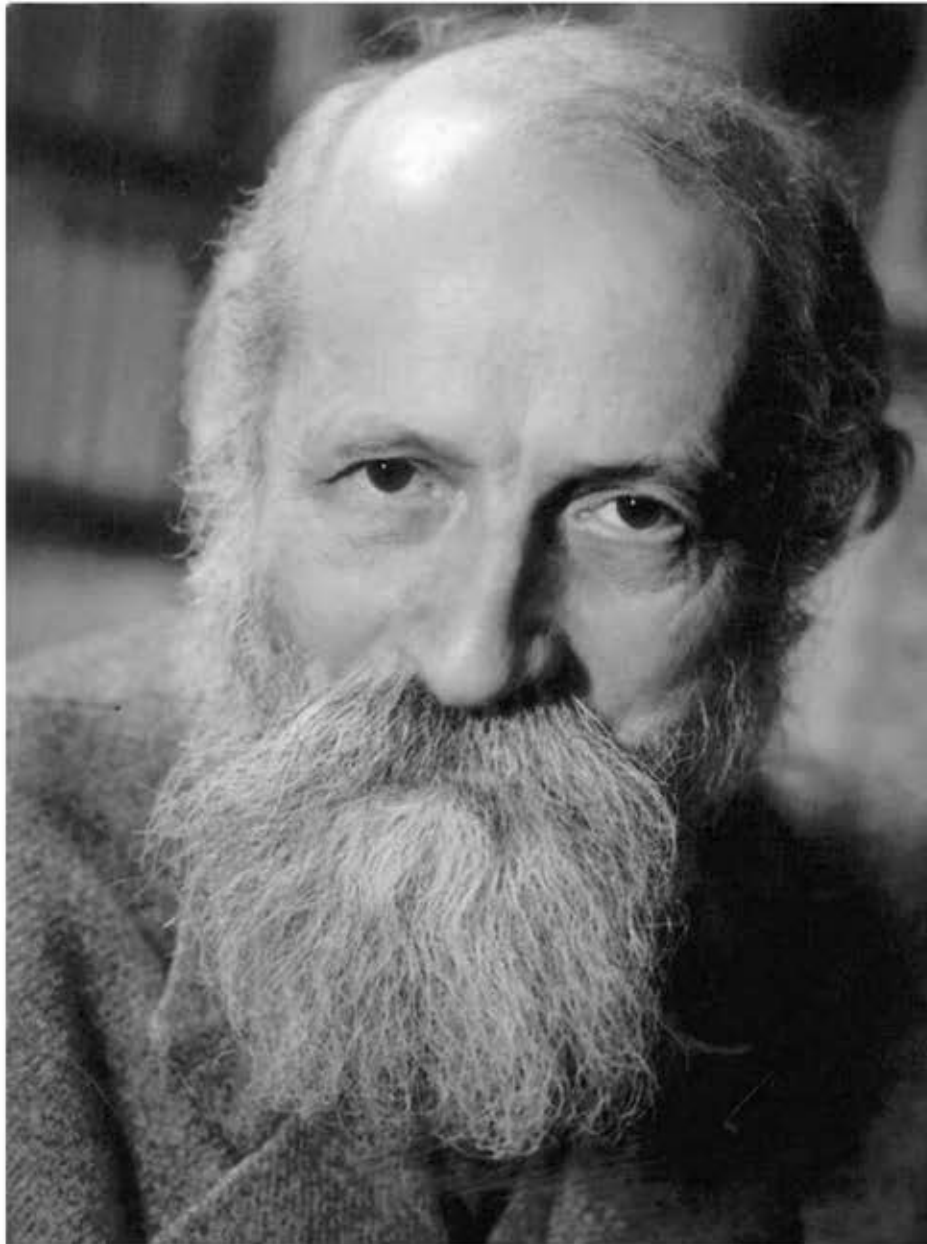
Each component is a part of a system of dynamic relationships



The I-Thou Relationship



The I-Thou Relationship



“Ich und Du”
Martin Buber
1923

The I-Thou Dialogic Relationship

I and Thou

Dialogic (open) Relationship

Here and Now

Immediacy

Not *Why* but *How*

Release the past within the present

“Clients learn to tune into their inner selves, release the past, and engage with the present. Instead of worrying about the past or the future, Gestalt Therapy focuses on the here and now.”

The Dialogic Relationship



Presence

**I am fully present
with you, in the
here-and-now, in
an honest,
authentic
relationship**



Confirmation

**I accept you
unconditionally
I value you and
fully receive you**



Inclusion

**I enter your world
with embodiment,
feeling and
thought, and my
own perspective**



Open communication

**We build the road as
we travel,
discovering together,
each of us sharing
and experiencing**

The I-It Relationship



Don't make your client a project!

Bracketing



Awareness



The I-I Relationship

The dialogue between

GUT
HEART
MIND

Response-ability



Choices

- I become increasingly aware of myself and all my senses
- I gradually assume ownership of my own experience
- I take responsibility for what I think, feel and do
- I take responsibility for the consequences of my actions
- I seek to acquire values and develop skills to live as full a life as possible, without violating the rights of others
- I can give help to, and receive help from, other people

Working with Fairy Tales



Polarities

On the one hand....

- I want to please you and for you to like me...
- I let you decide because I'm scared of making the wrong decision...
- I want to have this therapy and get well...



On the other hand....

- ...I want to do what I want to do
- ...Don't tell me what to do!
- ...I'm tired and it's too hard...



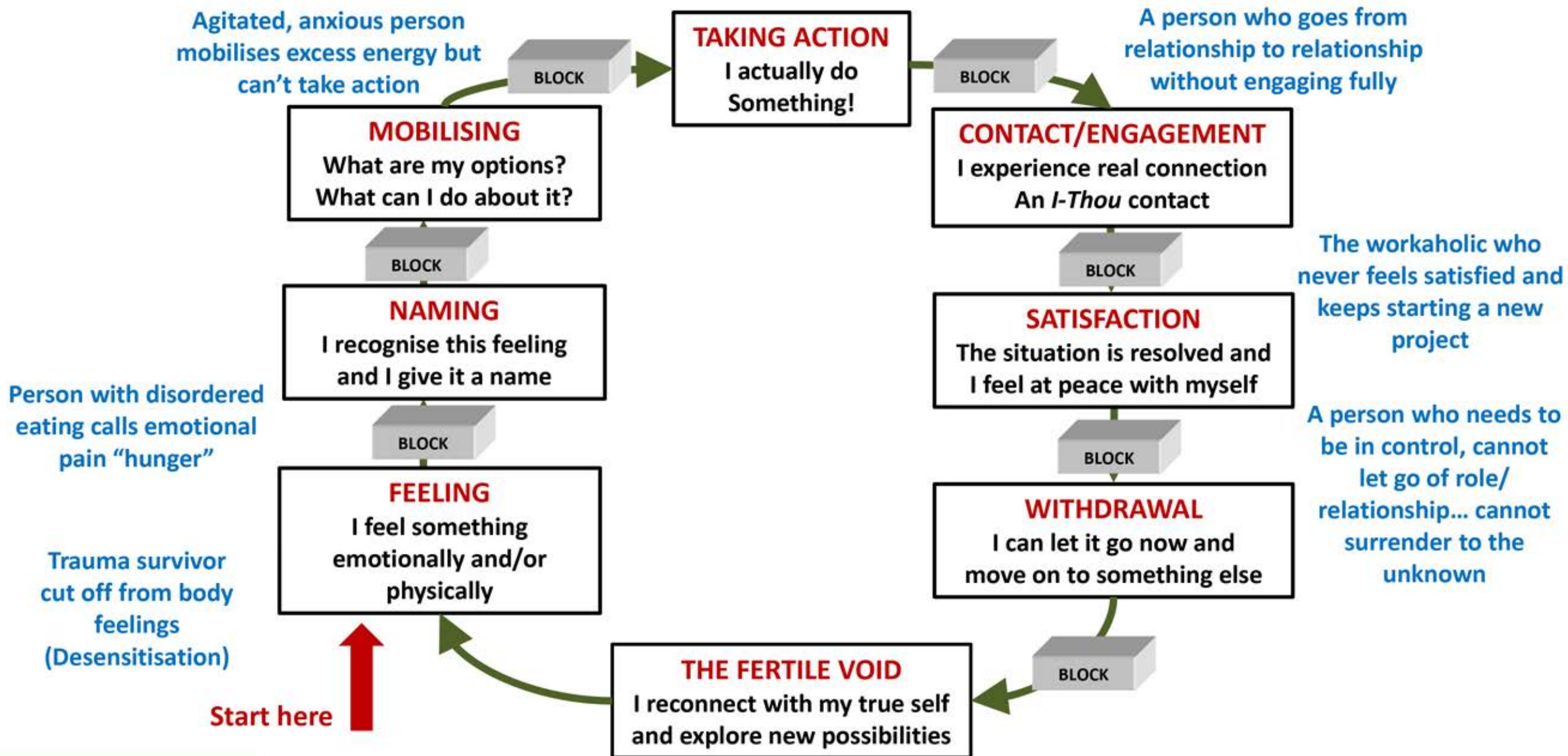
The 'Liberating Paradox' (Brian Thorne)

- My parents did the best they could AND their choices wounded me
- I'm scared to take the next step AND I know it's the right thing to do
- I'm afraid to fail AND I believe in myself
- I can have foot-in-mouth disease AND I can have real wisdom and sensitivity
- I can feel weak as a kitten AND brave as a lion
- I can feel full of faith AND I can feel full of doubt

**We can split off parts of ourselves that
are too difficult to face**



THE GESTALT CYCLE OF AWARENESS





VISUALISATION: THE GARDEN

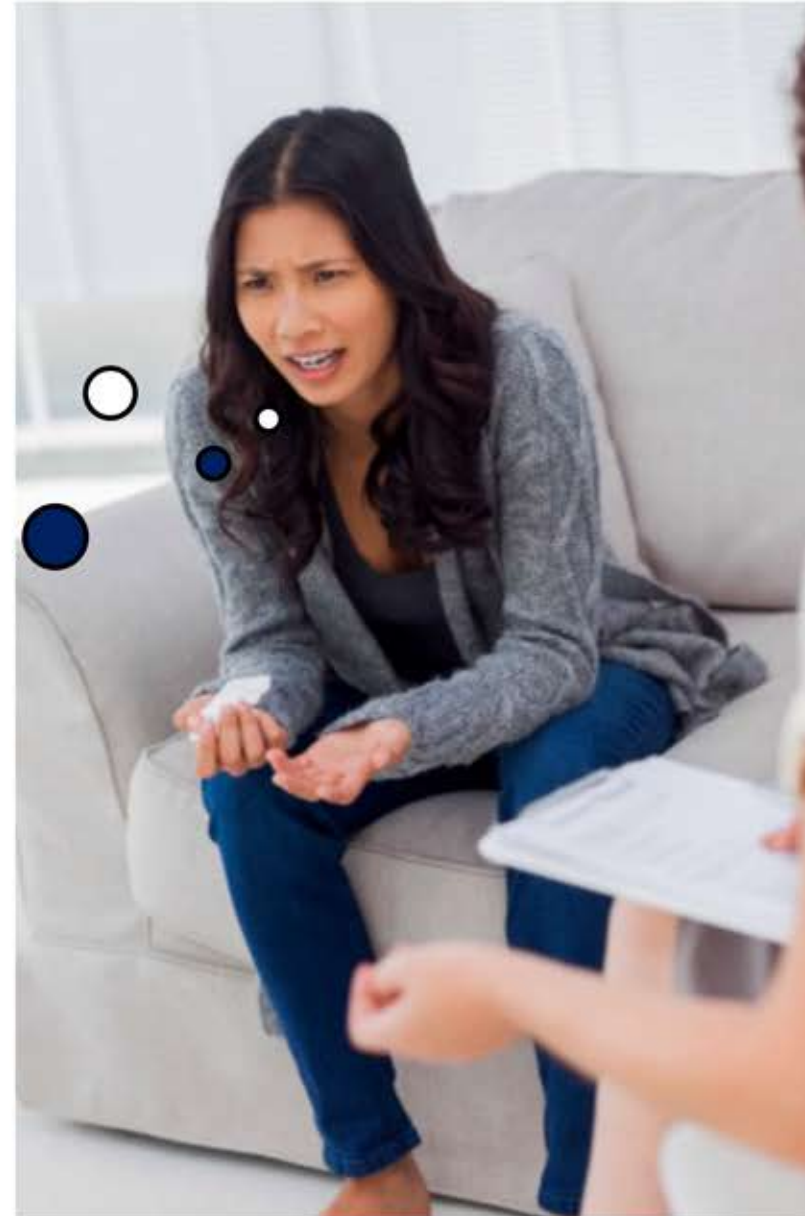
THE EMPTY CHAIR



THE EMPTY CHAIR : UNFINISHED BUSINESS

*What do I really
want to say to
you?*

*How do you see
me? What might
you say back to
me?*



Healthy Ways of Experiencing Life

- Live in the 'now'
- Live in the 'here' of the immediate situation
- Accept yourself as you are
- See your environment and interact with it as it is, not as you wish it to be
- Be honest with yourself
- Express yourself in terms of what you want, think and feel, rather than manipulating yourself and others through rationalisations, expectations, judgements and distortions

Story-making and Story-breaking

How do you want to live?

**Pain Identity
Suffering**

**Victim
Identity
Stuck**

**Healing
Identity
Growth**

**Living and Loving After Betrayal
Steven Stosny**

“Can we try something?”

“The therapist’s job is to invite clients into an active partnership where they can learn about themselves by adopting an experiential attitude towards life in which they try out new behaviours and notice what happens.”

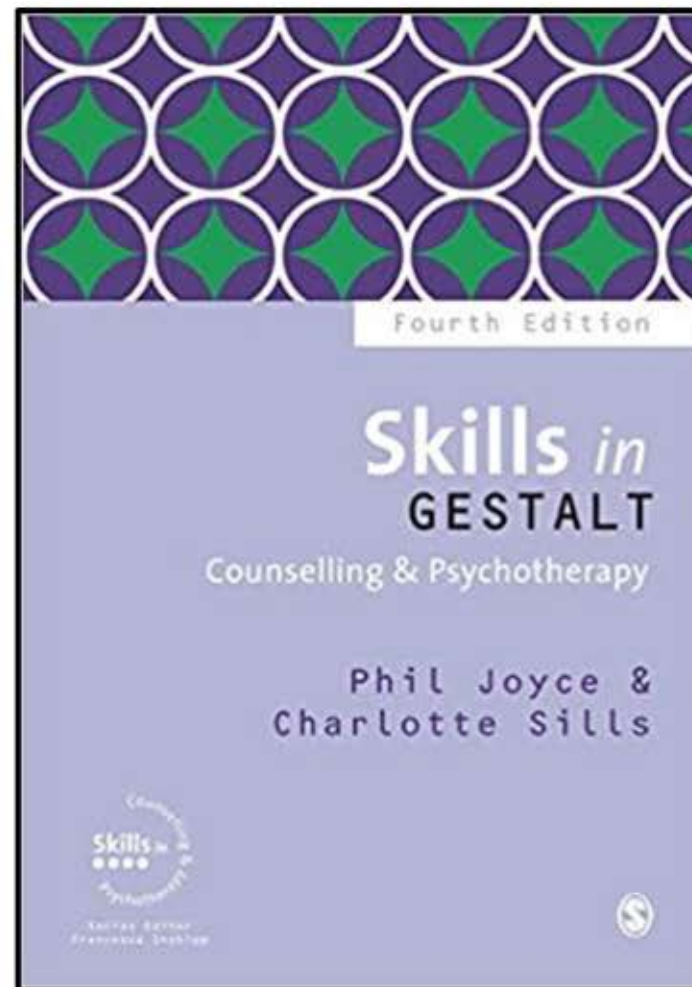
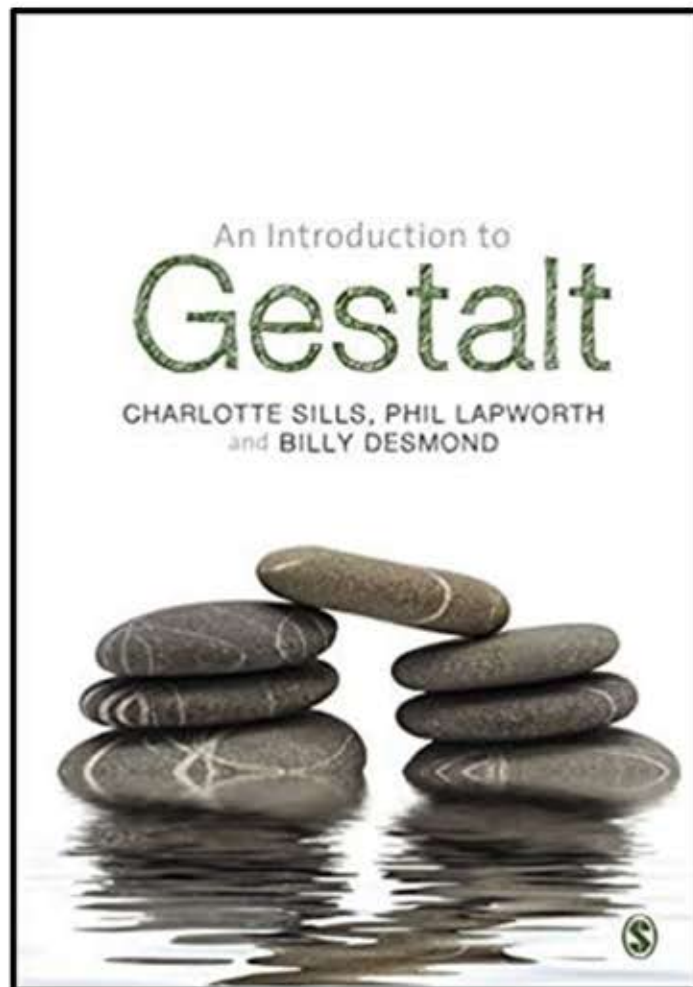


NOTHING HAPPENS
until the *pain* of **REMAINING THE SAME**
OUTWEIGHS the *pain* of **CHANGE**.

~ Arthur Burt

the change blog . com

What can I read?



Connect with us!

FACEBOOK GROUP

Search: Deep Release Ltd – Counselling & Training

- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



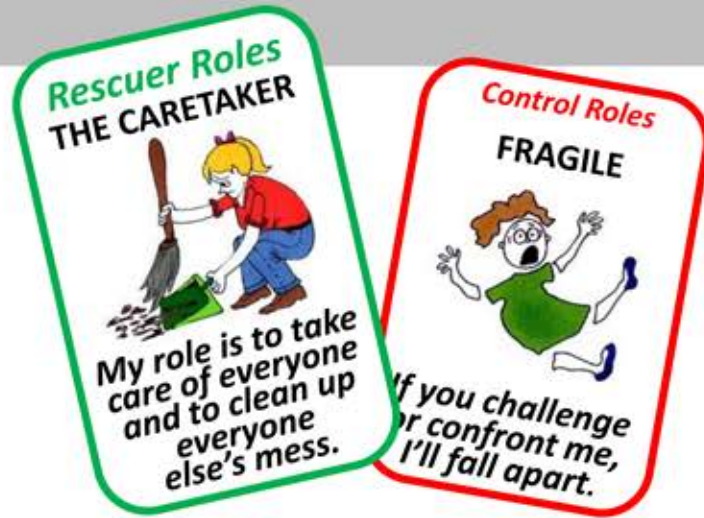
YOUTUBE CHANNEL

Search: Pauline Andrew Creative Counselling

- Lots of videos on working creatively
- Please subscribe!



Or visit: [YouTube.com/c/PaulineAndrewCreativeCounselling](https://www.youtube.com/c/PaulineAndrewCreativeCounselling)



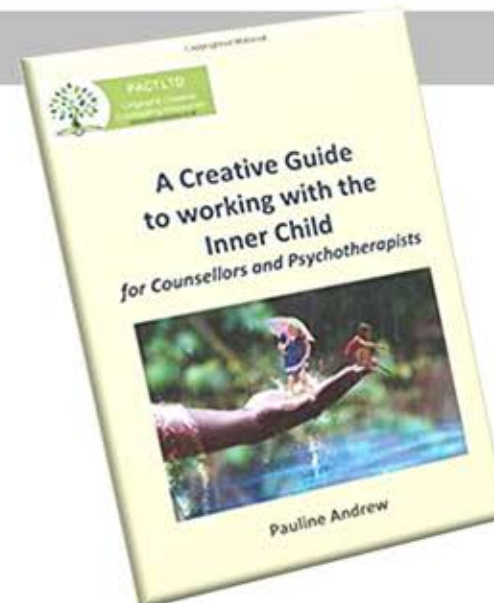
ROLES PLAYED IN FAMILIES CARDS



CORE NEEDS IN FAMILIES CARDS



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GUIDED VISUALISATION: THE GARDEN

Picture yourself approaching a garden.

- What kind of garden is it?
- What can you see?
- What is the weather like, and what are you wearing?

Take your time and wander round the garden, exploring it.

You notice that part of the garden has not been tended – it needs a lot of work. What do you feel as you look at it? What does it need?

Your eye is caught by a flower in the garden. It is a very special flower, and it has a message for you. What is it?

There is a seat in the garden for you to sit in and look around once more. You notice two people wanting to come into the garden: it is your choice to let either or both of them in, or not. Explore your feelings

The light is fading now and it is time to leave the garden. How are you feeling? Will you come back?

NOTES:

- This is best done if the client has their eyes closed, but some may not feel comfortable to do this.
- Explain they can open their eyes and 'come out' of the visualisation at any time if they feel uncomfortable.
- The pacing of the visualisation can be hard to judge, but allow time for the client to explore their feelings at different stages.
- Ensure that the client is grounded at the end of the visualisation. Make sure that there is enough time to talk about what happened before they leave.
- It is helpful to progress this work by getting them to draw either the whole garden, or a particular part of it. Encourage them to give the picture a 'feeling title', add feeling words, and speech bubbles coming from different parts of the garden.