



10 GESTALT THERAPY

Gary Yontef and Lynne Jacobs

OVERVIEW

Gestalt therapy was founded by Frederick "Fritz" Perls and collaborators Laura Perls and Paul Goodman. They synthesized various cultural and intellectual trends of the 1940s and 1950s into a new genre, one that provided a sophisticated clinical and theoretical alternative to the two other main theories of their day: behaviorism and classical psychoanalysis.

Gestalt therapy began as a revision of psychoanalysis (F. Perls, 1942/1992) and quickly developed as a wholly independent, integrated system (F. Perls, Hofferbine, & Goodman, 1951/1994). Since Gestalt therapy is an experiential and humanistic approach, it works with patients' awareness and awareness skills rather than using the classic psychoanalytic reliance on the analyst's interpretation of the unconscious. Also, in Gestalt therapy, the therapist is actively and personally engaged with the patient rather than hovering transcendence by remaining in the analytic role of neutrality. In Gestalt therapy theory, a process-based, phenomenological field theory replaced the mechanistic, analytical, Newtonian system of classical psychoanalysis.

The Gestalt therapist uses active methods that develop not only patients' awareness but also their experience of awareness and behavioral trends. The active methods and active personal engagement of Gestalt therapy are used to increase the awareness, insight, and self-direction of the patient rather than to direct patients toward preset goals as in behavior therapy and recovery groups.

The Gestalt therapy system is truly integrative and includes affective, sensory, cognitive, experiential, and behavioral components (Yontef & Mills, 2000). In Gestalt

therapy, therapists and patients are encouraged to be creative in doing the awareness work. There are no prescribed or proscribed techniques in Gestalt therapy.

Basic Concepts

Holism and Field Theory

Most humanistic theories of personality are holistic. Holism asserts that humans are inherently self-regulating, that they are growth oriented, and that persons and their experiences cannot be understood apart from their environment. Holism and field theory are fundamental in Gestalt therapy. Field theory is a way of understanding how one's current influences one's experiencing. Field theory, described elegantly by Eisner's theory of relationality, is a theory about the nature of reality and our relationship to reality. It represents one of the first attempts to articulate a contextualist view of reality (Philippson, 2001). Field theory, born in science, was an early contributor to the current paradigmatic instability that influences nearly all psychological theories today. Schools of thought that emphasize dependence on context build upon the work of Einstein and other field theorists. The combination of field theory, holism, and Gestalt psychology forms the backbone for the Gestalt theory of personality.

Fields have certain properties that lead to a specific contextual theory. As with all contextual theories, a field is understood to be composed of mutually interdependent elements. But there are other properties as well. For one thing, variables that contribute to shaping a person's behavior and experience are said to be present in one's current field, and therefore, people cannot be understood without understanding the field, or context, in which they live. A patient's life story cannot tell you what actually happened in his or her past, but it can tell you how the patient experiences his or her history in the here and now. The condition of history is shaped to some degree by the patient's current field conditions.

What happened 7 years ago is not a part of the current field and therefore cannot affect one's experience. What does shape one's experience is how one holds a memory of the event, and also the fact that an event 7 years ago has shaped how one may organize one's perception in the field. Another property of the field is that the organization of one's experience occurs in the here and now and is ongoing and subject to change based on field conditions. Also, no one can understand individualism in a field, therefore, all understandings about the nature of reality are relative to the subject's position in the field. Field theory assumes the belief that anyone, including a therapist, can have an objective perspective on reality.

The *Provisional Theory of Change* is the heart of the Gestalt therapy approach (Salant, 1970). The premise is that the more one tries to become who one is not, the more one stops the more. Health is largely a matter of being whole, and healing occurs when one is made whole again. The more one tries to force oneself into a mold that does not fit, the more one is fragmented rather than whole.

Organismic self-regulation requires knowing and owning—that is, identifying with—what one senses, feels emotionally, observes, needs or wants, and believes. Gestalt starts with conscious awareness of what is occurring in one's current existence, including how one is affected and how one affects others. One moves toward wholeness by identifying with ongoing experience, being in contact with what is actually happening, identifying and owning what one genuinely feels and wants, and being honest with self and others about what one is actually able and willing to do—or not willing to do.

When one knows, senses, and feels one's self here and now, including the possibilities for change, one can be fully present, accepting or changing what is not satisfying.

Gestalt Therapy An Introduction Gary Yontef And Lynn Jacobs

Daniela Niemeyer



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