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WHAT IS GESTALT THERAPY?

Gestalt therapy focuses more on process (what is happening) than content (what is being discussed). The emphasis is on what is being done, thought and felt at the moment rather than on what was, might be, could be, or should be.

Gestalt therapy is a method of **awareness**, by which perceiving, feeling, and acting are understood to be separate from interpreting, explaining and judging using old attitudes. This distinction between direct experience and indirect or secondary interpretation is developed in the process of therapy. The client learns to become aware of what they are doing psychologically and how they can change it. By becoming aware of and transforming their process they **develop self acceptance** and the ability to **experience more in the "now"** without so much interference from baggage of the past.

The objective of Gestalt therapy, in addition to helping the client overcome symptoms, is to enable him or her **to become more fully and creatively alive** and **to be free from the blocks and unfinished issues** that may diminish optimum satisfaction, fulfillment, and growth. Thus, it falls in the category of humanistic psychotherapies.

***“Develop self-awareness and a sense of personal responsibility
for your decisions here and now.”***