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Gestalt Therapy

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Gestalt Therapy

The empty chair technique is one of the most common therapies that most people use. According to the video, the technique involves a situation where the patient or an individual sits next to an empty chair and speaks in a way that a person expresses his or her thoughts and feeling to another person; the only difference is that the second person does not exist. The person empty's his or her thoughts top an empty chair (Brownell, 2016). In this technique, the individual speaks to the empty chair as if he or she is addressing a second person. Mainly, this technique requires the users to imagine that the second person is present while they are talking. The counselor mainly recommends this technique if the client needs to talk to a person who is not available, maybe the deceased or a person who is not emotionally present. Lastly, the counselor may intervene to help one overcome those issues causing emotional struggles.

On the other hand, gestalt group processes involve training a client by creating a learning condition for the client on how the be a member is a particular group. The gestalt processes aim at increasing the personal growth of the members at a personal level. Mainly gestalt processes aim at creating a sense of personal responsibility on an individual at the current moment. Mainly gestalt therapy involves creating an aspect of discipline and maturity in a person. The therapy ensures that the individual develops a healthy social and personal relationship with other people in the society (Béja et al.,2018). The main difference between gestalt group processes therapy and empty chair therapy is that group chair therapy aims at helping the client resolve emotional and other psychological issues that they may be undergoing; mainly, the therapy deals with emotions triggered by past events.

In contrast, gestalt therapy deals with the present issues disturbing the client. The exciting thing about gestalt group processes is that they help train one to be a responsible social person.

The ability of the counselor to study the behavior of the client among the group is one of the elements which makes therapy interesting.

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