

GESTALT NOTES EBI WORKSHOP

HANDOUT

- 1) Gestalt is **AWARENESS**, EXPRESSION, CREATIVITY, RELATIONSHIP, AUTHENTIC, “NOW” & “HOW”
- 2) Contact
 - a. “How I show up with all of me, maintaining my separateness, while paradoxically forming a union with you, while you maintain your separateness”
 - b. “Where the organism meets the environment”
- 3) Contact Boundary Disturbances
 - a. Introjection: a forced message or belief
 - i. What did you swallow whole? Examples:
 1. Bad boy and good boy
 2. Boys don’t cry
 3. Girls aren’t tough
 4. Anger not OK
 5. Loose boundaries
 - ii. What have you not assimilated as your own, it is someone else’s.
 - iii. What are the messages from the world that you hold onto that impede self from making “contact”?
 - b. Projection: Disowned or unaware part of self put on others
 - i. Putting on others our aspect/attributes/perspective of self
 - ii. Not owning our own “stuff”
 - iii. Impedes contact with the world and other
 - c. Deflection
 - i. Being indirect in the reception and/or sending of a message
 - ii. Changing the subject, minimizing
 - iii. Could be positive or negative
 - d. Retroflection: moves us away from interpersonal to intrapersonal discord
 - i. turning inward to self what belongs to others and/or doing to self what wants others to do to self
 1. May have been a safety mechanism at one time
 2. Served you well but now outdated
 - e. Confluence
 - i. Enmeshment, over-assimilation with other
 - ii. No individuation or separateness, can’t really connect

iii. Can happen with therapist to client, or vice-versa

4) Cycle of Experience: **shake homeostasis** during – at pattern or impasse

- a. Sensation
 - i. What are the physical sensations happening?
- b. Awareness (figure formation)
 - i. What are you beginning to be aware of?
- c. Mobilization
 - i. Ideas or thoughts or strategizing to “do something”
- d. Action
 - i. Responding to self/environment
- e. Contact
 - i. Moment of experience
- f. Satisfaction
 - i. “Resolution” of sensation
 - ii. Made contact with self/world
- g. Withdrawal
 - i. Integration of experience, return to a new homeostasis

5) Therapeutic Circle

- a. Here and Now
 - i. Observable: bring awareness
- b. Experiment
 - i. Set up “something” that allow the client to have an “experience” that is congruent with what is NOW being presented w/o having to impede/stop self from making contact
 - ii. Shake-up the homeostasis so that the body/mind can re-organize in a new, healthier manner
 - iii. The “experiment” counters “aboutism”
 - 1. Shifts from talking “about”, thinking “about”
 - 2. Brings the person’s experience into the room
 - 3. Act out aborted, arrested feelings and actions in safety!!
 - a. Not re-traumatizing
 - b. Not re-enactment
 - c. A new, corrective experience
 - 4. “Experiment does not “reproduce” what has happened or rehearse for a future event, but brings alive the present experience of moving from awareness to action” - Feder/Ronall
- c. Root of behavior
 - i. Experiment explores the “roots” of introjects and polarities as they manifest with projection, deflection and/or retroflection
- d. Integration
 - i. Assimilate and re-appropriate the experience into a new perspective of self/world

- e. Homeostasis (here and now)
 - i. Return to “ordinary” functioning with new awareness, with being “re-assembled” following shake-up of homeostasis