

Modul of Gestalt Therapy (An Introduction overview)

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Abstract

This module has given the authors great experience on how to create a module and make it beneficial for their readers. This paper intended to introduce an overview of module which will guide the beginner therapist. Psychology refers to a discipline which involves the scientific study of human mental functions and behaviours. This paper aims to guide an understanding the role played by an individual mental function in determining why different people behave differently. This paper aims at exploring the gestalt therapy in psychology and exposed some useful techniques in gestal therapy. However, this paper only stated the overview of the model, for further reading, the module can be archieved from Department of Psychology, Widad University College, through direct emel with the corresponding author.

Keywords: *Psychology, Behavior, Therapy, Module, Widad*

Introduction

Gestalt psychology is a school of thought that looks at the human mind and behaviour as a whole. It also suggests that we do not simply focus on every small component and focus on the bigger picture. Instead, our minds tend to perceive objects as a part of greater whole and as elements of more complex systems.

Gestalt therapy can help clients with issues such as anxiety, depression, self-esteem difficulties, and even physical ones like migraine headaches, ulcerative colitis, and back spasms. Good candidates for gestalt therapy are those who are interested in working on their self-

awareness but may or may not understand the role they play in their own unhappiness and discomfort. Gestalt techniques are often used in combination with body work, dance, art, drama, and other therapies. A gestalt therapist focuses on what is happening in the moment and finding solutions in the present time. In other words, you will be asked to experience your feelings, rather than simply talk about them.

Module Overview (Introduction to the Model Developed)

This module is done to instil the Gestalt knowledge in one's life. It can give a greater exposure to someone about Gestalt Theory and its therapy that are provided. The various techniques said listed and explained will bring more enlightenment to one's life about Gestalt Theory and its therapy. The objectives of the module are as listed below.

The first objective of this module is to understand the aims and objectives of psychology in life. Psychology plays an important role in life. It gives you an image of how psychology plays an important role in one's life. Based on cognitive, emotional and physical factors are very important parts in psychological development.

The next objective is to find out the psychology in Gestalt Theory. Psychology is completely a different study and the psychology in Gestalt Theory is another different study. One must read through the module done thoroughly to understand what the psychologies that contain in Gestalt theory are. It can help is understand better and also get to know the importance of the module and also the importance of psychology in Gestalt psychology.

The third objective is to study the techniques that are present in Gestalt Therapy. There are four techniques that are listed and explained in this module. These techniques play an important role in Gestalt Therapy as it can be used to obtain results from one. The techniques are unique and compile a lot of procedures that help one achieve better experience and help them achieve better experience.

Discussion

This overview will help the beginner therapist in achieved some input view of gestalt therapy from this module. It will help one learn more about Gestalt Theory and its therapy. It

will also enhance one's knowledge much further and give one an acknowledgement about psychology and all the therapy involved, not necessarily about Gestalt Theory and its therapy only. Gestalt therapy is practiced in the form of exercise and experiments. It can be administered in individual or group settings. In general, exercises are somewhat established practices in gestalt therapy designed to arouse action, emotion, or goals from the person in therapy. The therapist and person in therapy can then examine the result of the exercise in order to increase awareness and help the person understand. In contrast to exercises, experiments arise throughout the development of the therapeutic process and therapeutic relationship. They are a core component of gestalt therapy and allow the person in therapy to understand different aspects of a conflict, experience, or mental health issue. Gestalt theory was the first attempt within psychology to give a fundamental treatment to problems of wholes and part whole relations. It was productive of new discoveries and concepts; it generated new questions and proved relevant to basic issues of psychology. Its contributions laid the foundations for the modern study of perception; it broke new ground in the investigation of thinking, memory, and learning; it initiated new steps in social psychology. These achievements deeply affected the outlook of psychology, not least so when they provoked opposition. They spurred a sharpening of issues and the revision of alternative positions; there is little work of consequence in psychology that has been wholly untouched by gestalt ideas.

Further, gestalt psychologists were selective with respect to the problems they studied; in general, they preferred those that lent themselves to exact investigation and clear theoretical decisions. Consequently, there are large areas to which it has not notably contributed, among them developmental and abnormal psychology and the psychologies of personality, of language, and of action. Neither has it contributed directly to the psychology of motivation, with the exception of Lewin and his group, whose concepts are related to those of gestalt theory. At the same time, the formulations of gestalt theory contain important implications for these areas.

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