

SUMMARY OF GESTALT THEORY AS APPLIED TO COACHING

PAMELA FAY www.pamelafay.ie

PRINCIPLES

The Relationship at the heart of Gestalt practice

- » I – thou
- » Contactful meeting
- » Strategic and intimate interactions
- » “Here and now”

Awareness

Slowing down to notice with all our senses “what is”
Working with polarities
Including the *Paradoxical Theory of Change*
(Arnold Bessier)

Formation and completion of Gestalts

1. Satisfaction of needs
2. Working with Resistance
3. Wholeness
4. Completion

Embodied Self

Lose your mind and come to your senses
(Perls)

Interconnectedness/ Field Theory

People are part of their system/field and cannot be understood outside of that

Experimentation

The experiment is the cornerstone of experiential learning
(Zinker, 1977)

CONCEPTS

Wholeness

How we make meaning of the world

Needs based psychology

What needs do you have?

Unfinished business

Avoiding painful emotion

Responsibility

The client is whole, healthy and resourceful

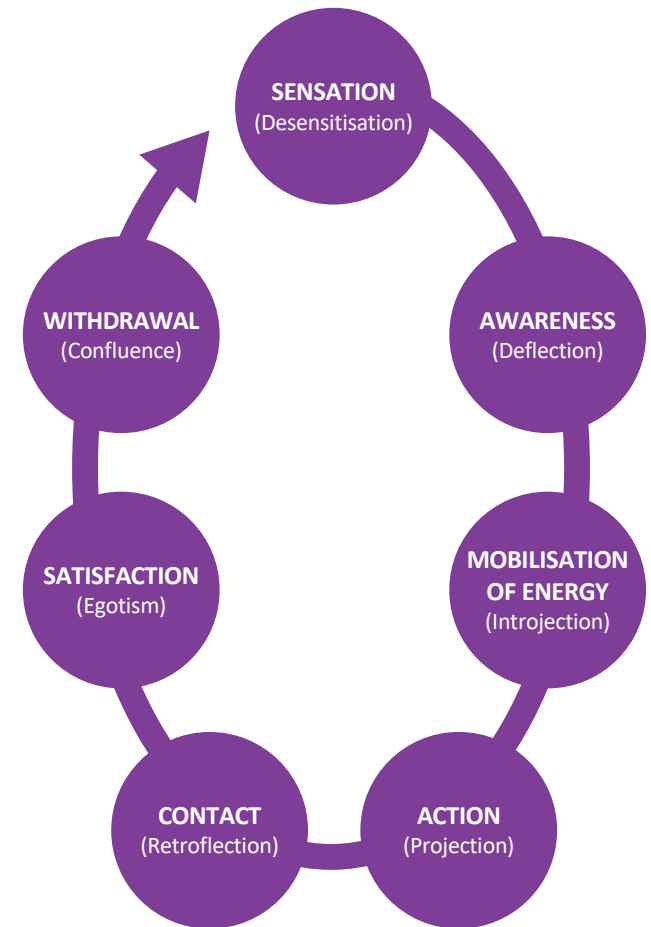
Phenomenology

We perceive our current reality based on our experience

The ROLE OF THE COACH

1. To raise awareness
2. Noticing “what is”
3. Holding an optimistic stance
4. Providing support to the client to allow contact
5. Use of Self

CYCLE OF EXPERIENCE AND CREATIVE ADJUSTMENT



*I do my thing and you do your thing.
I am not in this world to live up to your expectations
And you are not in this world to live up to mine.
You are you and I am I,
And if by chance we find each other, it's beautiful.
If not, it cannot be helped*

(Fritz Perls, 1969)