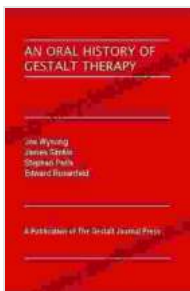


# An Oral History of Gestalt Therapy: From its Origins to Modern Practice

Gestalt therapy is a form of psychotherapy that focuses on the present moment and the relationship between the individual and their environment. It was developed by Fritz Perls, Laura Perls, and Paul Goodman in the 1940s.



## An Oral History of Gestalt Therapy by Joe Wysong

★★★★☆ 4.8 out of 5

Language	: English
File size	: 216 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 100 pages
Lending	: Enabled



Gestalt therapy is based on the idea that people are not simply the sum of their parts, but rather that they are whole beings who are constantly interacting with their environment. The therapist's role is to help the client to become aware of their own experience and to take responsibility for their own lives.

Gestalt therapy has been used to treat a wide range of issues, including anxiety, depression, relationship problems, and addiction. It is also used in organizational development and other settings.

## **The Origins of Gestalt Therapy**

Fritz Perls was born in Berlin, Germany, in 1893. He studied medicine and psychiatry, and worked with some of the leading therapists of his day, including Wilhelm Reich and Otto Rank.

In the 1940s, Perls developed a new approach to therapy that he called Gestalt therapy. Gestalt is a German word that means "whole" or "pattern." Perls believed that people are not simply the sum of their parts, but rather that they are whole beings who are constantly interacting with their environment.

Perls's approach to therapy was based on the idea that people are responsible for their own lives. He believed that people should not blame their problems on their past experiences or on other people. Instead, he believed that people should take responsibility for their own actions and choices.

## **The Development of Gestalt Therapy**

In the 1950s, Perls and his wife, Laura, moved to the United States. They established the Gestalt Therapy Institute in New York City, and began to train other therapists in their approach.

Gestalt therapy quickly gained popularity in the United States. It was particularly popular among counterculture figures, who were attracted to its emphasis on personal growth and self-awareness.

In the 1960s and 1970s, Gestalt therapy continued to develop and grow. New approaches to Gestalt therapy were developed, and it began to be used in a wider range of settings.

## Gestalt Therapy Today

Today, Gestalt therapy is one of the most widely used forms of psychotherapy. It is used to treat a wide range of issues, including anxiety, depression, relationship problems, and addiction. It is also used in organizational development and other settings.

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Gestalt therapy is a powerful and effective form of psychotherapy that can help people to achieve greater self-awareness and growth.

Gestalt therapy is a form of psychotherapy that has been around for over 80 years. It is based on the idea that people are not simply the sum of their parts, but rather that they are whole beings who are constantly interacting with their environment.

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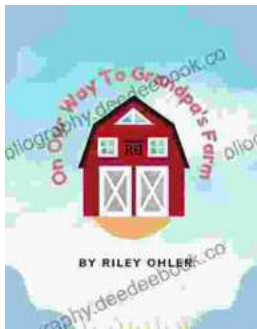
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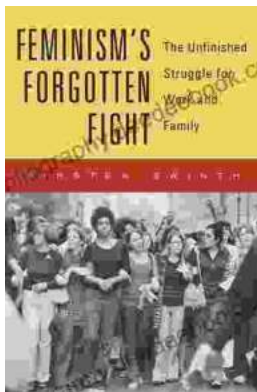


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