

SUMMARY OF GESTALT THEORY AS APPLIED TO COACHING

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PRINCIPLES

The Relationship is at the heart of Gestalt practice

- » I – thou (Buber)
- » Contactful meeting
- » Strategic and intimate interactions
- » Working in the here and now

Embodied Self

Lose your mind and come to your senses
(Perls)

Awareness

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

Interconnectedness/ Field Theory

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

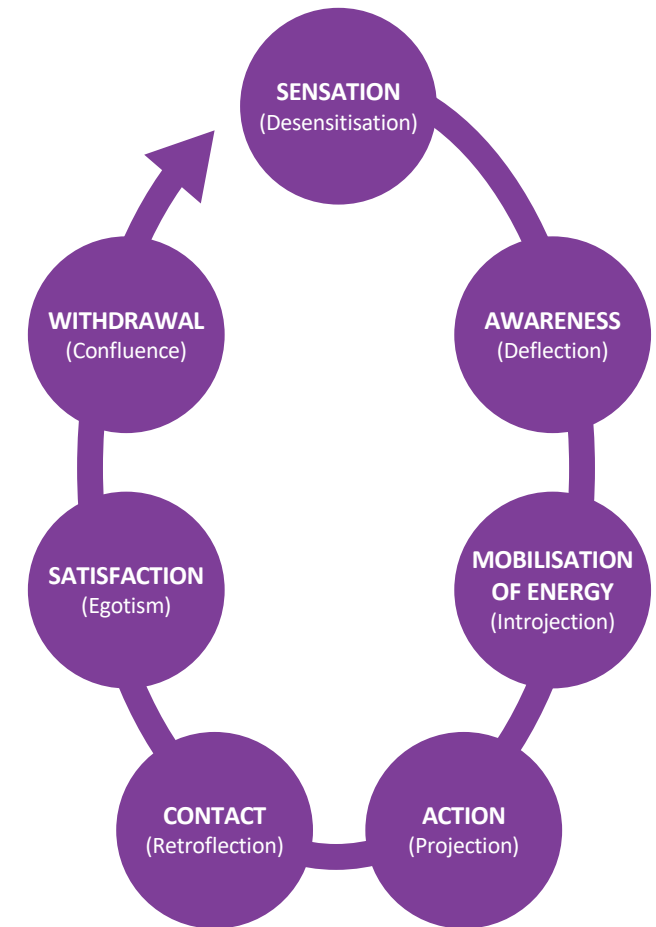
Formation and completion of Gestalts

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

Experimentation

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

CYCLE OF EXPERIENCE AND MODERATIONS TO CONTACT



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” with the client
3. Holding an optimistic stance
4. Providing support to the client to allow space for contact
5. Use of Self

*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)