Chapter 5

Aspirations and Goals

The person's involvement in the Gestalt process is to move toward the experience of this process and the ability—

- moves toward the experience of this process and the ability
- all aspects of himself to be possible, to be whole, to be real, to be complete—
- learns to be aware of his needs and to develop skills to
- learn to take ownership of his experience; rather than
- moves toward a fuller contact with his sensations;
- sensible into himself within wholeness others;
- learns to be aware of his needs and to develop skills to
- learning this ownership of his experience; rather than
- learns to be aware of his needs and to develop skills to
- and his expression—
- learns to take responsibility for his actions and their
- potential destructive or positive outcomes which are time wasted or a gain of freedom which are the same
- becomes sensitive to his surroundings yet at the same

From the environment!

Planning or goal-making in order to mobilize support

Coasts and Aspirations
Construction of a coherent process of Gestalt therapy involves the integration of Gestalt into the psychotherapy process. It begins with the therapist's awareness that the entire process is influenced by the therapist's own experiences and feelings. The therapist must be able to recognize and understand the client's experiences and emotions, and be able to establish a therapeutic relationship with the client. This relationship is built on the therapist's own experience of being understood and validated. The therapist must also be able to recognize and understand their own experiences and feelings, in order to be able to reflect on their own reactions to the client's experiences. This is an ongoing process, and the therapist must be able to maintain a level of self-awareness throughout the therapy session.

The therapist's role is to be an active participant in the process of therapy, rather than a passive observer. The therapist must be able to respond to the client's experiences in a way that is supportive and empowering. This involves being able to listen actively, to be able to interpret the client's experiences and feelings, and to be able to provide feedback that is helpful and constructive. The therapist must be able to maintain a level of empathy and understanding, even when the client's experiences are difficult to understand. The therapist must also be able to maintain a level of self-awareness, in order to be able to recognize their own reactions to the client's experiences and to be able to respond in a way that is congruent with their own values and beliefs.

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unable to mobilize themselves for action. stand themselves confidently, yet feel listless, depressed, and find it difficult to concentrate. This type of situation is common among many individuals. The interruption between sensation and awareness of dysphoria means without consciousness associating these blocked sensations with other existential meanings. The conversation is a slow interruption from the sense of muscular sensations and with my head feels like an explosion and I feel as though I am drowning. Sensations of distress in schizophrenia and related disorders, I feel out of control, like an anxious situation. Hyperventilation and speech are strange and many feel even less control. When a person blocks out sensation, the body is starving. When I notice the body is trying to express itself, I feel I may be able to understand what the body means.

COALS AND AFFIRMATIONS

Creative Process in Gestalt Therapy
The psychological blockage accompanying fear of examination is frequent in examination. The individual anxious about the examination is driven by the desire to succeed and the fear of failure. They feel pressured to perform well, but the stress of examination anxiety can hinder their performance. The physiological blockage often leads to symptoms such as increased heart rate, sweating, and tremors. These symptoms can be overwhelming and may interfere with the ability to concentrate on the examination.

When the individual anxious about the examination is driven by the desire to succeed and the fear of failure. They feel pressured to perform well, but the stress of examination anxiety can hinder their performance. The physiological blockage often leads to symptoms such as increased heart rate, sweating, and tremors. These symptoms can be overwhelming and may interfere with the ability to concentrate on the examination.

Many individuals, although they are aware of what they need to do, are unable to develop enough motivation to overcome the fear of examination. The fear may be so intense that it is difficult to focus on the task at hand. In some cases, the fear may be so overwhelming that it leads to avoidance of the examination altogether.

The process of overcoming examination anxiety involves acknowledging the fear and finding ways to manage it. Techniques such as relaxation exercises, visualization, and positive self-talk can help individuals feel more at ease. It is important to recognize that fear is a natural response and not a sign of weakness. By acknowledging and accepting the fear, individuals can begin to take steps towards managing it and overcoming the blockage.
In this form of blockage, a person is spinning his wheels.

The process of Cestal Therapy is this: you begin by asking the person what their goals and aspirations are. You then help them to identify any barriers or obstacles that are preventing them from achieving these goals. This might involve exploring past experiences, thoughts, or emotions that are holding them back. The goal is to help the person gain a deeper understanding of themselves and their motivations.

Once this process has been completed, you move on to the next step, which is to help the person develop strategies and techniques for overcoming these barriers. This might involve exploring new perspectives, developing new skills, or restructuring their thinking patterns. The goal is to help the person gain greater control over their own life and to empower them to make positive changes.

Throughout the process, the person is encouraged to take ownership of their own growth and development. This is done by helping them to identify their own strengths and resources, and to develop a sense of confidence and self-worth. The goal is to help the person become more resilient and better able to handle challenges and obstacles in the future.

In summary, the process of Cestal Therapy is a collaborative process that involves helping the person to gain a deeper understanding of themselves, to develop new strategies for overcoming barriers, and to take ownership of their own growth and development. By doing this, it is hoped that the person will be better able to achieve their goals and live a more fulfilling life.
Distinctions in Myth

One example of an actual cycle is that of wakefulness and

This is a person who is often critically "hypersensitive". His feel-

Interruption between action and contact

Creatine Process in Gestalt Therapy
Everything there is a season, and a time to every purpose.

A time to kill, and a time to break down; a time to plant, and a time to pluck up that which is planted.

A time to kill, and a time to break down; a time to plant, and a time to pluck up that which is planted.

He sets the planets in their places, and put all the frame of them together.

He sets the planets in their places, and put all the frame of them together.

Psalm 8:3-4

There is a time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted.

There is a time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted.

Ecclesiastes 3:2

There is a time to love, and a time to hate; a time to war, and a time to peace.

There is a time to love, and a time to hate; a time to war, and a time to peace.

Ecclesiastes 3:8

For every thing there is a season, and a time to every purpose under heaven:

For every thing there is a season, and a time to every purpose under heaven:

Ecclesiastes 3:1

There is a time to keep silence, and a time to speak.

There is a time to keep silence, and a time to speak.

Ecclesiastes 5:2

But I said, O Lord, be merciful to me: for who can withstand thy anger? and who can stand before thy power?

But I said, O Lord, be merciful to me: for who can withstand thy anger? and who can stand before thy power?

Psalm 86:5

The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding.

The fear of the Lord is the beginning of wisdom: and the knowledge of the holy is understanding.

Proverbs 9:10

The victory of the righteous is from the Lord; he hath made all the ends of the earth: he remembereth his covenant forever.

The victory of the righteous is from the Lord; he hath made all the ends of the earth: he remembereth his covenant forever.

Psalm 111:8

He makes darkness light and gloom for a dancing, and places deep darkness over the deep.
COALS AND ASPIRATIONS

The Case of Carol

Time to hate. A time to war, and a time of peace. A time to keep silence, and a time to speak. A time to lose, and a time to keep. A time to cast away, and a time to cast. A time to heal, and a time to harm. A time to build, and a time to pull down. A time to plant, and a time to pluck up. A time to weep, and a time to laugh. A time to give birth, and a time to die. A time to search, and a time to rest. A time to seek, and a time to lose. A time to embrace, and a time to refrain from embracing. A time to keep silence, and a time to speak. A time to give, and a time to take. A time to love, and a time to hate. A time to war, and a time of peace.

ENVIRONMENT

From the Environment

Renewal, with transition to resolution, and then the process begins. The Anamnetic - Extract

Creative Process in Gestalt Therapy
GOALS AND ASPIRATIONS

Creative Process in Gestalt Therapy

By John F. Davis

115
The discovery of new concepts.

The word "concept" is used to describe a new concept that has been developed.

Edward M. A. C. E.

CREATIVE PROCESS IN CREATIVITY THERAPY

117

GOALS AND ASPIRATIONS

118
The expansion of experiential range

Concept of the self.

Coals and Aspirations

Creative process in Gestalt therapy
Understanding much less considered, the range of human needs which focus the client's goals they never. These can be divided into two main categories: Basic Needs and Developmental Needs. Basic Needs include physiological needs such as food, water, and shelter, and safety needs which are related to the need for protection and security. Developmental Needs, on the other hand, focus on the development of the mind and the self.

Basic Needs
- Physical needs (food, water, shelter)
- Safety needs
- Love and belonging needs
- Esteem needs

Developmental Needs
- Self-actualization
- Growth
- Creativity

Counseling and therapy can help address these needs by focusing on helping the client identify their needs and work towards fulfilling them. This can involve setting goals, developing strategies, and providing support and encouragement. The goal is to help the client grow and develop in a healthy and fulfilling way.
the one in this book is to impress ourselves. These essences—health becoming fixed in any system, inducing
seems, and after we must learn to see the cosmic irony in
able to distill a range of the experiences into personal es-
with our senses and with loved ones. We must learn how to
within ourselves. This is the only thing we can enjoy
does, taste, and smell the delicious tastes before we can enjoy
ways of having simple and concrete support experiences
sometime I feel that we are too ambitious in our goals and
complexity of human functioning.

These goals by no means summarize the system nor do they
person to experiential insights. Such are some of the goals.
active therapeutics and behavioral modulation. We explore the
functional ways. Causal theories bridge the gap between the
self in causal depth; yet continue behaving in the same dys-
learned over the years that a person may "understand" him-
and change rather than intellectual insight alone. We have

Generally speaking, causal methods are oriented to behav-

Creative Process in Causal Therapy