

Artikler om gestalt - annotert

Bergheim, B. (2021). Accessing tacit knowledge: a street-level method. *Journal of Social Work Practice*, 35(1), 51-61.

This article draws from a research project aimed at accessing tacit aspects of the practices of social workers engaged in outreach programs for youth at risk. The article describes key features of the methods aimed at assisting these practitioners voice what the literature variously describes as tacit knowledge and practice wisdom. Following a presentation of the research design for the project and its relation to methods developed in earlier studies of the tacit dimensions of social work, the article describes how **Gestalt** therapeutic understandings influenced observations of face-to-face encounters between social workers and clients as well as follow-up discussions about these observations. After presenting illustrations of how these took place and summarizing key elements of the methodology, the article then briefly discusses how these methods relate to social work practice research influenced by phonetic social science. The article concludes by addressing the limitations and benefits shown by the project 's methods in helping social workers research practice as well as voice the tacit dimensions influencing how they think and act.

Butollo, W., Karl, R., König, J., & Rosner, R. (2016). A randomized controlled clinical trial of dialogical exposure therapy versus cognitive processing therapy for adult outpatients suffering from PTSD after type I trauma in adulthood. *Psychotherapy and psychosomatics*, 85(1), 16-26.

Background: Although there are effective treatments for posttraumatic stress disorder (PTSD), there is little research on treatments with non-cognitive-behavioral backgrounds, such as **gestalt** therapy. We tested an integrative **gestalt**-derived intervention, dialogical exposure therapy (DET), against an established cognitive-behavioral treatment (cognitive processing therapy, CPT) for possible differential effects in terms of symptomatic outcome and drop-out rates. Methods: We randomized 141 treatment-seeking individuals with a diagnosis of PTSD to receive either DET or CPT. Therapy length in both treatments was flexible with a maximum duration of 24 sessions. Results: Dropout rates were 12.2% in DET and 14.9% in CPT. Patients in both conditions achieved significant and large reductions in PTSD symptoms (Impact of Event Scale - Revised; Hedges' $g = 1.14$ for DET and $d = 1.57$ for CPT) which were largely stable at the 6-month follow-up. At the posttreatment assessment, CPT performed statistically better than DET on symptom and cognition measures. For several outcome measures, younger patients profited better from CPT than older ones, while there was no age effect for DET. Conclusions: Our results indicate that DET merits further research and may be an alternative to established treatments for PTSD. It remains to be seen whether DET confers advantages in areas of functioning beyond PTSD symptoms. (c) 2015 S. Karger AG, Basel

Clegg, K. A. (2010). Some Gestalt contributions to psychiatry. *Journal of Psychiatric Practice*, 16(4), 250-252.

Gestalt theory and methods support significant behavioral change and personal growth, yet they have not been widely incorporated into modern psychiatric practice. Challenges to employing **Gestalt** principles in psychiatric practice exist, such as focus on diagnosis to guide treatment planning, key elements of psychiatric training, primacy of medication management in psychiatric practice, and financial pressures. However, the concepts of the co-created relational field in the here and now, the paradoxical theory of

change, the cycle of experience, and the use of experiment are **Gestalt** concepts and methods that can be effectively applied in the modern practice of clinical psychiatry and psychiatric education.

Copley, L., & Carney, J. (2020). Using gestalt techniques to promote meaning making in trauma survivors. *The Journal of Humanistic Counseling*, 59(3), 201-218.

Researchers traditionally focus on harmful effects of traumatic events without examining potential transformative outcomes. We highlight posttraumatic growth (PTG) as an outcome, aligning with a humanistic approach that embodies a strength-based perspective and nurturing of human capacity. We propose a trauma-informed framework using gestalt techniques to promote correctional experiences and meaning making found in PTG.

Day, E. (2016). Field attunement for a strong therapeutic alliance: A perspective from Relational Gestalt Psychotherapy. *Journal of Humanistic Psychology*, 56(1), 77-94.

This article addresses the basis for the centrality of the therapeutic relationship in effective therapeutic outcomes, especially as distinct from technique, which prevails in the 21st-century Australian mental health context as a focus in determining what constitutes evidence-based practice. Presence-oriented therapeutic approaches infer an intersubjective field within which transformative enquiry can occur. This forms the basis of the article's exploration of the function of the phenomenon of the field for intersubjective therapeutic relationship and its relationship to Levinas' third as the basis for transformative, ethical, therapeutic practice. Work on fields, in different disciplinary domains that share a focus on understanding underlying processes and patterns of physical and social organization yields sufficient common ground to speak of a field as a substantive principle on which to base practice. Relational **Gestalt psychotherapy** has developed the concept of field sufficiently to have evolved principles for working with the felt effects of the field, without firm resolve yet as to the ontological status of relational fields. Paradigmatically the work remains emergent in most disciplines. Further transdisciplinary research into field theory may yield more nuanced analysis of how to work intentionally with field conditions.

Ellegaard, H., & Pedersen, B. D. (2012). Stress is dominant in patients with depression and chronic low back pain. A qualitative study of psychotherapeutic interventions for patients with non-specific low back pain of 3–12 months' duration. *BMC musculoskeletal disorders*, 13(1), 1-9.

Background: There is continuing uncertainty in back pain research as to which treatment is best suited to patients with non-specific chronic low back pain (CLBP). In this study, **Gestalt** therapy and the shock trauma method Somatic Experiencing (R) (SE) were used as interventions in parallel with the usual cross-disciplinary approach. The aim was to investigate how these treatments influence a patient's capacity to cope with CLBP when it is coupled with depression.

Methods: In this qualitative explorative study, a phenomenological-hermeneutic framework was adopted. Patients were recruited on the basis of following criteria: A moderate depression score of 23-30 according to the Beck Depression Inventory Scale and a pain score of 7-10 (Box scale from 0-10) and attendance at five-six psychotherapeutic sessions. Six patients participated in the study. The data was comprised of written field notes from each session, which were subsequently analyzed and interpreted at three levels: naive reading, structural analysis and critical interpretation and discussion.

Results: Three areas of focus emerged: the significance of previous experiences, restrictions in everyday life and restoration of inner resources during the therapy period. The study revealed a diversity of

psychological stressors that related to loss and sorrow, being let down, violations, traumatic events and reduced functioning, which led to displays of distress, powerlessness, reduced self-worth, anxiety and discomfort.

Fogarty, M., Bhar, S., Theiler, S. and O´Shea, L. (2015) Creating a fidelity scale for gestalt therapy. In: *Gestalt Journal for Australia and New Zealand*, 11(2), 39-41.

This paper is based on a presentation at the 9th International GANZ Conference in Brisbane, October 2014. I have tried not to alter it too much, but am uncomfortably aware that there are augmentations and additions that I was tempted to include, particularly since attending the 2nd International Gestalt Research Conference in Cape Cod in May 2015. However, I have been encouraged to stay as close to the original presentation as possible. Suffice to say that there is currently a lot more research going on in Gestalt than this article suggests, and the collaborative environment at that conference bodes well for the future of Gestalt therapy.

Fogarty, M., Bhar, S. and Theiler, S. (2020) Development and validation of the Gestalt Therapy Fidelity Scale. In: *Psychotherapy Research*, 30(4), 495-509.

Objective: Three studies were conducted to develop and validate the Gestalt Therapy Fidelity Scale (GTFS), a 21-item measure of treatment adherence for Gestalt Therapy (GT).

Method: Thirty five items for possible inclusion in the GTFS were generated on the basis of a literature review. In Study 1, a Delphi methodology consulting 63 international GT experts was used to select items for the GTFS. In Study 2, six experts used the scale to rate video-based sessions of GT, and provided feedback on the usability of the scale. In Study 3, 176 participants from 18 countries used the GTFS to rate GT and not-GT video recorded sessions.

Results: The Delphi study consensus method resulted in 25 items for consideration in the GTFS. The scoring system and items were subsequently revised following further feedback from experts (Study 2). The GTFS was found to significantly discriminate between GT and not-GT based sessions (Study 3): raters scored GT sessions significantly higher than not-GT sessions. High levels of internal and inter-rater reliability were found.

Conclusion: The GTFS is supported as a psychometrically sound measure of treatment adherence for GT, and hence can be used to assess the degree to which therapists are administering GT.

Franceschi, D. (2018). Physician-patient communication: An integrated multimodal approach for teaching medical English. *System*, 77, 91-102.

The aim of this paper is to propose an alternative pedagogical method for teaching physician-patient communication, which integrates traditional ESL/EFL speaking activities with four main techniques employed in Gestalt psychotherapy/counselling, namely the Empty Chair technique, the Making the Rounds exercise, the Exaggeration task, and Empathic Listening. The existing medical English teaching materials tend to focus almost exclusively on the verbal meaning component of language, with activities aimed at building learners' knowledge of technical vocabulary, terminology, and fixed expressions to be used in a variety of different contexts and types of interactions. They seem to disregard the fact that communication is an embodied phenomenon involving not just our linguistic and cognitive capacities, but also our ability to properly use non-verbal elements, such as facial expressions, hand gestures, and body movements. The latter elements seem to play a particularly important role to establish rapport and trust in the physician-patient relationship and to promote patients' compliance. Therefore, a more holistic multimodal approach is called for in order to develop learners' relational communication skills and emotional awareness, thus teaching them to speak not just effectively but also affectively.

Gaete, J., Arístegui, R., & Krause, M. (2017). Four practices to invite a therapeutic shift in focus. *Revista Argentina de Clínica Psicológica*, 26(1), 1-12.

Recent research in **psychotherapy** has shown that shifting the focus of conversation into a self-referential talk, rendering patients themselves, as the focal point of the conversation, is a key aspect for the understanding of therapeutic change processes. The aim of this case study was to perform a microanalysis of the ways in which this shift was achieved through therapeutic conversation. Results display four categories of conversational resources utilized during a successful **gestalt** therapy. Each one of these resources shows how a change in focus was jointly accomplished by the therapist-patient dyad. Implications for future research on change micro-processes are also discussed.

Herrera, P., Mstibovsky, I. and Brownell, P. (2018) Researching Gestalt therapy for anxiety in practice-based settings. A single-case experiment design. In: *Revista Argentina de Clínica Psicológica*. 27(2), 321-352.

Abstract

Despite the proven efficacy of CBT treatments for anxiety disorders, between 33% and 50% of patients do not respond or drop out of these treatments. **Gestalt** therapy has claimed to be an effective alternative, but there is little empirical evidence on its efficacy with anxiety. The Single-Case Experimental Design with Time Series Analysis was used as a practice-oriented study of efficacy. Evidence on ten clients diagnosed with anxiety disorders is presented, supporting the claim that **Gestalt** therapy can be a useful treatment for this. Detailed analysis of one case illustrates the changes in symptom and well-being scores, indicating turning points during the therapy. The paper discusses the use of this methodology for creating a practice-oriented research network.

Kolmannskog, Vikram. (2017). ‘Are we becoming bullies?’ A case study of stress, communication, and Gestalt interventions among humanitarian workers. *British Gestalt Journal*. 26. 42-49.

There is an increasing focus on humanitarian workers and stress. At a workshop in June 2015, the author facilitated self-care, group debrief and communication sessions for senior gender advisers deployed by the Norwegian Refugee Council. This paper presents and discusses survey responses relating to the advisers' experiences of stress, communication, and **Gestalt** interventions. In certain situations, such as humanitarian crises, people – including humanitarian workers themselves – can easily become stressed and their communication violent, which in turn may contribute to more stress and violence around them. However, this cycle can be broken with sufficient support and awareness.

Kolmannskog, Vikram. (2014). Gestalt Approaches to Gender Identity Issues. *Gestalt Review*.

This paper is based on a case study of a transgender therapy group I facilitated in Oslo in January and February 2013. The two interlinked research questions are: How can a **Gestalt** therapist approach gender identity issues and transgender people in particular? What are the important experiences and changes that transgender people report from a **Gestalt**-inspired group? The case study particularly highlights the importance of phenomenology, polarities, and certain modes of contact, and it illustrates the practice of the former in three case descriptions and discussions. The paper concludes that **Gestalt** can work as a transpositive approach in accordance with a new paradigm within transgender health, the “Transgender Model.” In addition to working with transgender clients, **Gestalt** therapists should also address gender identity issues within the larger social field, including norms and polarities on group and societal levels.

König, J., Onnen, M., Karl, R., Rosner, R., & Butollo, W. (2016). Interpersonal subtypes and therapy response in patients treated for posttraumatic stress disorder. *Clinical Psychology & Psychotherapy*, 23(2), 97-106.

Interpersonal traits may influence **psychotherapy** success. One way of conceptualizing such traits is the interpersonal circumplex model. In this study, we analyze interpersonal circumplex data, assessed with the Inventory of Interpersonal Problems (Horowitz, Strauss, & Kordy, 1994) from a randomized study with 138 patients suffering from posttraumatic stress disorder after trauma in adulthood. The study compared cognitive processing therapy and dialogical exposure therapy, a **Gestalt**-based intervention. We divided the interpersonally heterogeneous sample according to the quadrants of the interpersonal circumplex. The division into quadrants yielded subgroups that did not differ in their general psychological distress, but the cold-submissive quadrant tended to exhibit higher posttraumatic stress disorder symptom severity and interpersonal distress than the other three. There was also a trend for patients in different quadrants to be affected differently by the treatments. Correlation analyses supported these results: in cognitive processing therapy, more dominant patients had more successful therapies, while in dialogical exposure therapy, success was not correlated with interpersonal style. Results indicate that especially patients with cold interpersonal styles profited differentially from the two treatments offered. Dividing samples according to the interpersonal circumplex quadrants seems promising. Copyright (c) 2015 John Wiley & Sons, Ltd.

König, J., Unterhitzberger, J., Calmer, C., Kohout, P., Karl, R., Rosner, R., & Butollo, W. (2020). What was helpful in today's session? Responses of clients in two different psychotherapies for posttraumatic stress disorder. *Psychotherapy*, 57(3), 437.

The aim of this study was to qualitatively analyze and compare the written responses clients in treatment for posttraumatic stress disorder (PTSD) gave when asked about helpful and negative aspects of the previous session. Data were collected during a randomized quantitative study comparing dialogical exposure therapy (DET, a **gestalt**-based integrative therapy, n = 58) and cognitive processing therapy (CPT, a cognitive-behavioral therapy, n = 52). We developed a coding manual using Mayring's (2015) qualitative content analysis approach and were able to code responses reliably. Five main categories emerged, unspecified and specific therapy elements, therapeutic relationship, client process, and general positive experience, with the first three containing subcategories. Each therapy had its own codes for specific therapy elements, while the other codes were identical for both treatments. The results for specific therapy elements were in accordance with the theories behind the two treatments with CPT clients naming cognitive factors most frequently, whereas in DET, emotions were the most frequently mentioned. Results for therapeutic relationship were surprisingly similar given that DET therapists consider the therapeutic relationship to be an active ingredient, while CPT therapists consider it as the basis for the intervention rather than a working mechanism in itself.

Kudiaki, Ç., & Sezgin, N. (2018). An examination of Gestalt contact styles, anger and anxiety levels of headache and non headache groups (Turkish). *Journal of Clinical Psychiatry*, 21(1), 68-78.

Object: In migraine and tension type headaches, which constitute the largest part of primary headache disorders, the importance of psychological factors and **psychotherapy** applications are reported consistently. In the **gestalt** therapy approach, studies on physical disorders and body have a special precaution and it is assumed that the physical disorders that are highly related to psychological factors such as headache may be related to **Gestalt** contact patterns. This study was conducted to investigate **Gestalt** contact patterns, anger and anxiety levels, and to identify variables that predict contact patterns in the groups with and without headache. Methods: In the first group, migraine and tension type headache,

there were 161 (141 female/20 male) participants and in the group without headache, there were 126 participants (94 female/32 male). There were 287 participants in total. Data was collected through Personal Information Form, Gestalt Contact Styles Scale - Revised Form, Multidimensional Anger Scale and Beck Anxiety Inventory. Results: The comparisons of groups in terms contact styles, anger and anxiety yields that the individuals in headache group engage in retroreflection, deflection and desensitization contact styles more than individuals who do not have headaches and they have higher anger and anxiety levels. Similarly, the results of the regression analysis show that the negative attitudes towards oneself, others and the world are an important predictor of retroreflection and deflection contacts styles. Also, the attitude of desensitization seems to play a role in decreasing anxious reactions and decreasing quiet responses. Discussion: The results indicate that unhealthy contact styles, anger and anxiety experiences have negative effects on headache. Thus, Gestalt therapy based psychotherapy techniques can be recommended to be an important foundation for treatment of headaches.

La Rosa, R., Tosi, S., Lobb, M. S., Francetti, G. (2019) The outcome research in Gestalt therapy: the Italian CORE-OM research project. In: *British Gestalt Journal* 28 (2), 14-29.

Abstract: This paper describes a three-year research project with CORE-OM (Clinical Outcome Routine Evaluation – Outcome Measure) and illustrates the results of the evaluation of the clinical outcome of psychotherapy in clients undergoing psychotherapeutic process with the Gestalt method within the National Organisation of Gestalt Therapy (NOGT), and the Italian Society of Gestalt Psychotherapy (SIPG). The data was gathered using CORE-OM. The study is an example of a practice-oriented research in Gestalt therapy because it introduces a widely used quantitative method to evaluate the clinical outcome of psychotherapy (CORE-OM) as an integral part of clinical work in a relational approach. The authors have repeated within the Italian Gestalt community a similar study conducted in the UK in 2011 and compared both findings. Results indicate that Gestalt therapy has been effective in improving the condition of clients, with an effect size comparable to those that were observed in similar studies conducted in other countries and with different modalities.

Lac, V. (2016). Horsing around: Gestalt equine psychotherapy as humanistic play therapy. *Journal of Humanistic Psychology*, 56(2), 194-209.

This article explores how the key concepts within Gestalt Equine Psychotherapy (GEP) and Humanistic Play Therapy (HPT) can be compatible modalities for working with children. The connections between GEP and HPT can be seen in their philosophical framework of viewing the self as an embodied, relational process, and the belief in the importance of play and experimentation within the therapeutic encounter. Both approaches emphasize the importance of the therapeutic relationship and trust that the child is able to self-direct his or her own growth and learning. Both GEP and HPT can draw from neuroscience research to provide evidence of the importance of authenticity, congruence, and coherence within both the therapist and the child in building the therapeutic relationship. Through the use of a case example, this article will demonstrate how HPT and GEP can become an integrated approach in supporting the developmental process of the client.

Lee, B. (2017). Language matters in counselling diversity. *British Journal of Guidance & Counselling*, 45(5), 500-507.

The paper presents a personal view of some issues around therapeutic conversations involving difference and minority experience. Language, discourse and mother-tongue are explored from different theoretical standpoints and considered alongside concepts of difference, otherness and the unvoiced. Intercultural counselling offers a framework for unpacking the meaning of decolonizing practice in conversations with clients or counsellors from ethnic or other minorities undertaking counselling or supervision. I discuss possibilities for practice informed by existential and hermeneutic phenomenology, including gestalt

therapy interventions to bring in the body alongside discourse, and phenomenological empathy as a non-colonizing resource in working across difference and diversity.

Mjelve, H., Skottun, G. (2018) Bruk av diagnoseskjema i gestaltterapi. Rapport fra evalueringen av et pilotprosjekt. I: *Norsk gestalttidsskrift* 15 (1), 9-31.

Denne artikkelens fokus er en analyse av hva studenter i **gestaltterapi**utdanningen ved Norsk Gestaltinstitutt Høyskole (NGI) svarte da de ble intervjuet etter å ha brukt et gestalt diagnostisk evalueringsskjema. Det gjøres rede for hvordan intervjuet er en del av et pågående forskningsprosjekt og bakgrunn for dette prosjektet. Evalueringsskjemaet og hvordan det brukes beskrives sammen med resultater av relevant litteratursøk. Intervjuets form og innhold beskrives før innsamlete data drøftes og mulige konklusjoner trekkes. Artikkelen er fagfellevurdert.

Mokrivala, M., Farahbakhsh, K., Salimi Bajestani, H., & Yunesi Burujeni, J. (2022). The Effectiveness of Gestalt Therapy Exclusively and in Combination with Cognitive-behavioral Therapy on Hope and Pain Intensity in Women with Breast Cancer. *Journal of Client-Centered Nursing Care*, 8(3), 0-0.

Background: Breast is a sensitive organ for women. In addition to pain, breast cancer can cause many psychological problems for the patient. The aim of this study was to compare the effectiveness of **Gestalt Therapy (GT)** and **Gestalt therapy** combined with Cognitive-Behavioral Therapy (**GT-CBT**) on the hope and pain intensity of women with breast cancer.

Methods: It was a quasi-experimental study with pretest posttest control group design. Out of 96 available patients with breast cancer who had referred to Imam Khomeini Hospital Cancer Clinic in Tehran-Iran, 60 were selected based on inclusion criteria and were randomly assigned to the control (n = 20), **GT** (n = 20) and **GT-CBT** (n = 20) groups. Patients in the intervention groups received eight weekly online sessions (90minutes) of **GT** or **GT-CBT** during eight weeks of training in Zoom application. The data was collected through Miller Hope Scale (MHS) and Hayes& Peterson Visual Analog Scale (VAS) and were analyzed using descriptive (mean, standard deviation) and inferential statistics (analysis of covariance) in SPSS 20.0. Significance level was set at 0.05.

Results: The results indicated that both **GT** and **GT-CBT** have significantly increased hope and decreased pain intensity scores ($\eta^2 = 0.73$, $F(51, 2) = 70.06$, $P < 0.001$). **GT-CBT** showed significantly higher effectiveness than **GT** ($P < 0.05$).

Conclusion: According to the results, it is suggested to use integrated methods such as **GT-CBT** to enhance hope and manage the pain intensity of patients with breast cancer.

Nizar, A. L. I., & Cerkez, Y. (2020). The Effects of Group Counseling with Gestalt Therapy in Reducing Depression, Anxiety and Stress among Traumatized People. *Revista de Cercetare si Interventie Sociala*, 71, 343.

The current study aimed to explore the effects of group counseling with **Gestalt** therapy in reducing psychological disorders such as depression, anxiety and stress among Yezidi Women who have fled the Islamic State of Iraq and Syria. It also aimed to investigate the impact of **Gestalt** group **psychotherapy** in reducing the flashbacks of the traumatic events in Yezidi women who have been traumatized and experienced traumatic events, which will help them to forget about their past experience and start a new life. The participants of the study consisted of (15) women from the age group (14-24) who were selected from Bersiv Camp2 located in Zakho city in North Iraq. Depression, Anxiety and Stress Scale were used to reveal the levels of depression, anxiety and stress. The data was analyzed using independent sample t-test to examine the mean difference between the pretest and posttest of the level of depression, anxiety, and stress among the participants. The findings of this study indicated that these traumatized women suffered from depression, anxiety and stress. However, after undertaking group counseling with **gestalt** therapy techniques during two months, their levels of depression, anxiety and stress have been reduced.

The differences were put to test and found to be significant. The researcher specified a number of recommendations and suggestions for further studies that will be of help for psychotherapists, psychologists and counselors to design psychological programs and strategies to control psychological disorders among traumatized people; especially women who have experienced traumatic events.

Palombi, M. (2018). From Gestalt therapy to family systems: How theoretical frameworks inform clinical applications. *Australian and New Zealand Journal of Family Therapy*, 39(4), 514-527.

Working with a client, the author transitioned from a Gestalt psychotherapy framework informed by attachment theory and developmental theories to Bowen family systems theory. Using a Gestalt framework, the development of self was seen as embedded at times in the interconnectedness of all things and at times in the mother/child dyad with the clinical priority working within the therapeutic relationship. From a Bowen family systems theory framework, the author viewed self as an evolutionary biological process that developed through the family system and worked outside the therapeutic relationship. Working within the therapeutic relationship, there was evidence of a decrease in anxiety, an increase in self-regulation and a more positive self-perception. Working outside the therapeutic relationship, the client demonstrated an increased ability to self-soothe in the midst of challenging interactions with significant others and less dependence on the therapist for self-regulation. Whilst the therapeutic relationship was effective in achieving self-regulation in non-challenging relationships, working outside the therapeutic relationship was effective in achieving self-regulation within challenging relationships.

Pitulko, K., Li, O., Kolosova, O., Sedova, T., & Antonova, N. (2022). Students' Coping with Mental States Caused by Intrapersonal Conflict. *Polish Psychological Bulletin*, 8-14.

Abstract: This paper conducts a comparative analysis of internal conflict's intensity among students according to three parameters (loneliness, guilt, and resentment), taking into account digital technology use. The research was conducted in 2020 in Moscow (Russian Federation) among 98 university students, who were diagnosed with intrapersonal conflict. Interviewing methods and Gestalt therapy were used to reduce the intensity of internal conflicts. The level of three parameters among students at the beginning and at the end of the study was taken into account: loneliness, resentment, guilt. The number of students with a high level of loneliness decreased 25 times ($p \leq 0.001$) after therapy. The number of students with an average level of loneliness increased because students with a high level of loneliness moved into this category. The number of students with a maximum level of resentment decreased fivefold, and there was a 17-fold decrease in students with a high level of resentment ($p \leq 0.001$). There were no students with a maximum level of guilt after the consultation, while the number of students with a high level of guilt decreased only 0.5 times ($p \leq 0.05$) because students from the previous category moved to this one. The most popular activities among students were Internet use (100% of students), reading books (61 students, $p \leq 0.05$ compared to the Internet use), and watching TV (32 students, $p \leq 0.01$). Keywords: intrapersonal conflict, resentment, loneliness, guilt, Gestalt therapy, Internet technology.

Romera, R. A., & Naranjo, M. C. R. (2020). terapia de aceptación y compromiso y terapia gestalt: Factores de convergencia. *Revista de Psicoterapia*, 31(116), 263-278.

Given the strength with which the therapies of the contextual approach are presented in the current psychotherapeutic scene, and the incorporation of elements of humanistic therapy as something natural in the process of emergence and development of this approach (Hayes, 2012). The objective of this article is to identify and develop the specific ingredients that denote a convergence between Acceptance and Commitment Therapy and Gestalt Therapy, which constitute significant exponents of the contextual

and humanistic approach, respectively. While Acceptance and Commitment Therapy is a Contextual Therapy based on the Relational Frame Theory. **Gestalt** Therapy was developed by Fritz Perls, who brought together in this approach the existing knowledge of his time and gave rise to a therapy with great impact on clinical practice. After presenting the theoretical foundations of both approaches, this article identifies a series of theoretical and practical principles in which they coincide despite having followed different paths to reach them, and which are useful both for the understanding of psychological problems and for the development and implementation of effective clinical practices, from a contextual-functional perspective. Finally, a critical analysis is made of the impact of this convergence on fixture research into the processes responsible for effectiveness in **psychotherapy**.

Roubal, J., Francesetti, G., & Gecele, M. (2017). Aesthetic diagnosis in Gestalt therapy. *Behavioral Sciences*, 7(4), 70.

The diagnostic process in **psychotherapy** using the aesthetic evaluation is described in this article. Unlike the classical diagnostic process, which presents a result of comparing clinicians' observations with a diagnostic system (DSM, ICD, etc.), the aesthetic evaluation is a pre-reflexive, embodied, and preverbal process. A **Gestalt** Therapy theoretical frame is used to introduce a concept of the aesthetic diagnostic process. During this process, the clinicians use their own here-and-now presence, which takes part in the co-creation of the shared relational field during the therapeutic session. A specific procedure of the aesthetic evaluation is introduced. The clinical work with depressed clients is presented to illustrate this perspective.

Stevens, C., Stringfellow, J., Wakelin, K., & Waring, J. (2011). The UK gestalt psychotherapy CORE research project: the findings. *British Gestalt Journal*, 20, 22-27.
Åpent tilgjengelig på <https://www.britishgestaltjournal.com/features/2014/10/24/core>

Abstract: This is the account of a three-year research project within the Gestalt therapy community in the UK. It is an example of clinically-based mostly quantitative research carried out in a methodical and rigorous way, using voluntary effort and minimum funding. The results can be compared with national data bases of similar UK studies and show that Gestalt psychotherapists are as effective as therapists trained in other modalities working in the NHS and in primary care.

Strümpfel, U. (2013) Forskning på gestaltterapi – del 1. I: *Norsk Gestalttidsskrift* 10 (1), 14-42.

Se beskrivelse under.

Strümpfel, U. (2013) Forskning på gestaltterapi – del 2. I: *Norsk Gestalttidsskrift* 10 (2), 31-34.

Disse oversiktene over empirisk forskning på **gestaltterapi** inneholder beskrivelser og funn fra rundt seksti prosess- og evalueringsstudier, og dekker en rekke forskjellige kliniske undergrupper og temaer. I de kliniske evalueringsstudiene har data om rundt 3000 klienter blitt dokumentert, og omtrent halvparten av disse klientene mottok **gestaltterapi**. Enkelte av evaluerings-studiene som sammenliknet **gestaltterapi** med kognitiv atferdsterapi eller klientorientert terapi, dokumenterte at effekten av gestaltterapi var tilsvarende, eller bedre enn, andre terapiformer. I enkelte tilfeller viste vurderingene fra klienter og terapeuter også bedre resultater for **gestaltterapi**. Så langt har vi, ved hjelp av en rekke eksempler, sett at gestaltterapi og kognitiv atferdsterapi er like effektive ved behandling av symptomer. Dette er verdt å merke seg med tanke på at **gestaltterapi** i motsetning til kognitiv atferdsterapi ikke er symptomorientert. Det meste av dataene som er presentert i denne artikkelen, dokumenterer effekten av **gestaltterapi** ved alvorlige personlighetsforstyrrelser i psykiatrisk forstand (psykotiske og ikke-psykotiske), affektive lidelser,

avhengighet og andre forstyrrelser, i tillegg til spesifikke, terapeutiske områder som arbeid med par, foreldre og barn med forskjellige former for psykososialt utfordrende bakgrunn. Effektforskning på innlagte pasienter, dagpasienter, individual-terapi og gruppeterapi viser med all tydelighet den ønskede langtidseffekten av endring, oppnådd ved hjelp av **gestalterapi**. Prosessforskning ble løftet frem i starten av denne oversikten, fordi effekten av **gestalterapi** ikke ene og alene kan forstås på grunnlag av symptomreduksjon.

Sucharek, P. (2014). SELF AWARENESS AND OPENNESS. THE RECONSTRUCTION OF THE PHENOMENOLOGICAL APPROACH IN PSYCHOTHERAPY. *FILOZOFIA*, 69(10), 847-858.

Phenomenological approach is not only a matter of academic philosophy; it is also effectively applied in the field of psychotherapeutic practice. Technology of self-awareness in the sense of self-experiencing of our existence in the world developed on the phenomenological grounds aims primarily at the integration of behavior observed and experiencing deeper levels of personal condition with an ambition to get as close as possible to the situation experienced. The connection of **Gestalt** therapy and its specific theoretical model of "field" with modern phenomenological concept of "event" can be seen as a paradigmatic example of the application of such a method. The existential analysis of French philosopher Henri Maldiney is the background of the description of contemporary art-therapeutic approaches with an emphasis on the key categories of the whole process, i.e. self-awareness and openness.

Trelles Rivas, G. E. (2022). Terapia gestáltica en el desarrollo de la resiliencia en mujeres víctimas de violencia familiar.

This research sought to examine the incidence of an intervention program to develop the level of resilience through **Gestalt psychotherapy**, in women victims of violence who study at the CETPRO Maria Mazzarello de Piura. The research is of a causal level, applied and the design is experimental, quantitative, with two study groups: experimental and control, at the same time with input and output tests that is, with pretest and posttest. We worked with a probabilistic sample that included 40 women. The instrument used was the Wagnild & Young Resilience Scale (ER) adapted in Peru by Novella (2002), whose reliability with Cronbach's Alpha reached the value of .919 in its post-test stage, considering it excellent reliability. The program lasted eight sessions and the results indicate that there is a statistically significant difference in the experimental group before and after the application of the program, but no revealing differences were found in the control group.