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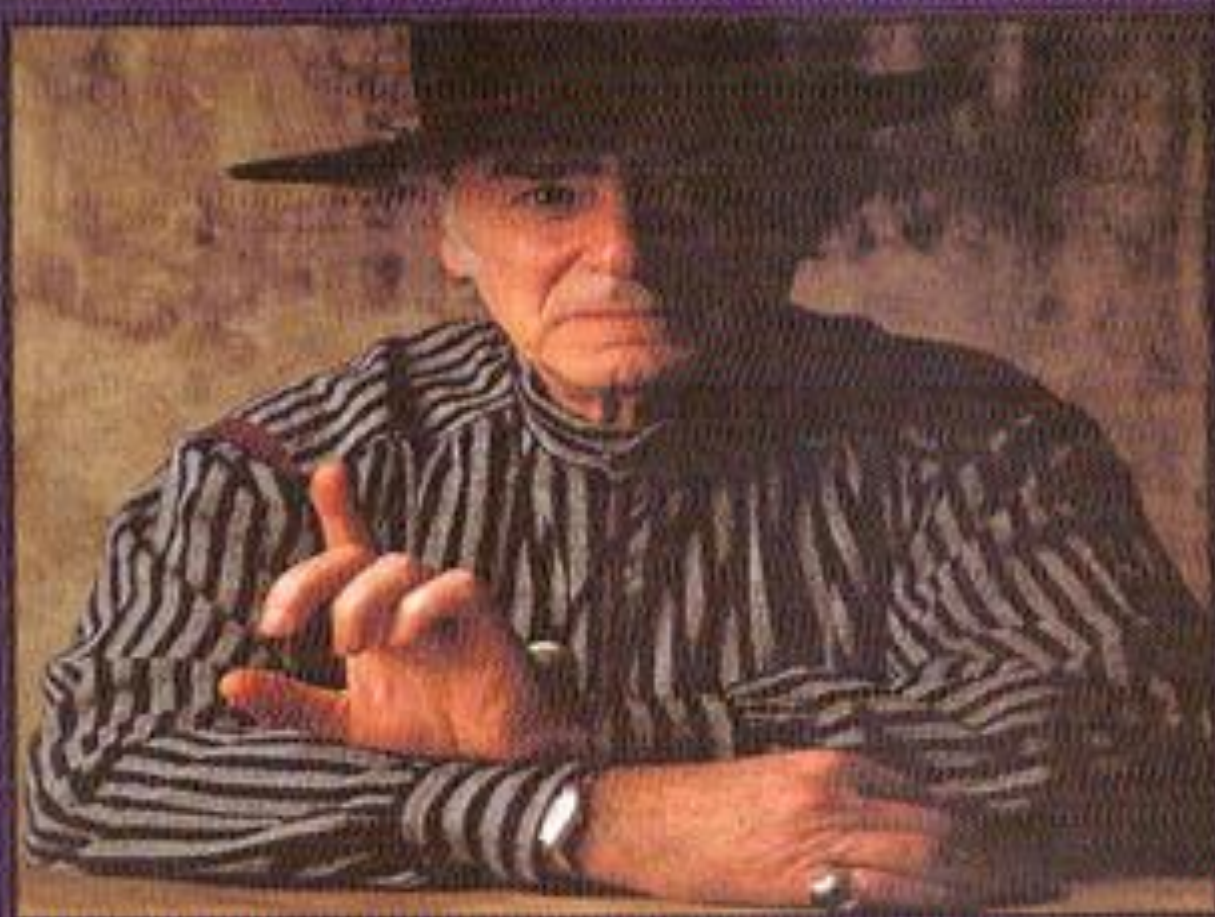
COUNSELLING PSYCHOLOGIST

**APPROVED SUPERVISOR & CERTIFIED COUNSELLOR, HONG KONG PROFESSIONAL
COUNSELLING ASSOCIATION (HKPCA)**

PEELING THE ONION

JORGE ROSNER

Maira Canes, B.A., H.E.D. Lisbet Trier-Rosner, Cand. Psych.

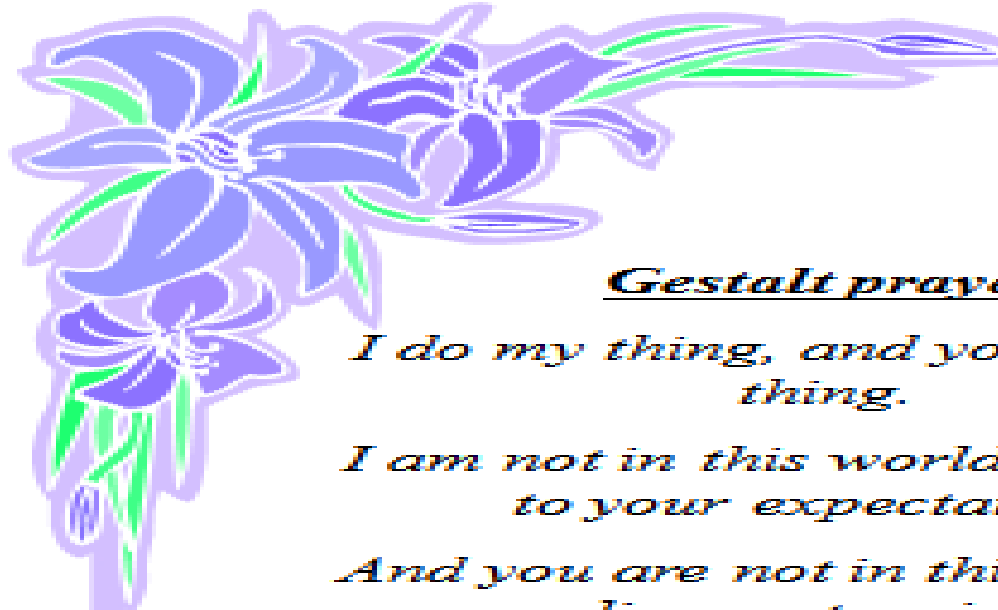


PROMOTING WELLNESS-

THE GESTALT APPROACH 完形的身心靈健康

- ✘ My career as a teacher, teacher trainer, counsellor and educator- administrator
- ✘ My learning from Gestalt Therapy (Fritz Perls) in 1990s in Canada
- ✘ Gestalt helps me live healthily and keeps me alive
- ✘ It reminds me that I am human, and therefore I make mistakes and learn.....

GESTALT PRAYER (FRITZ PERLS)



Gestalt prayer

*I do my thing, and you do your
thing.*

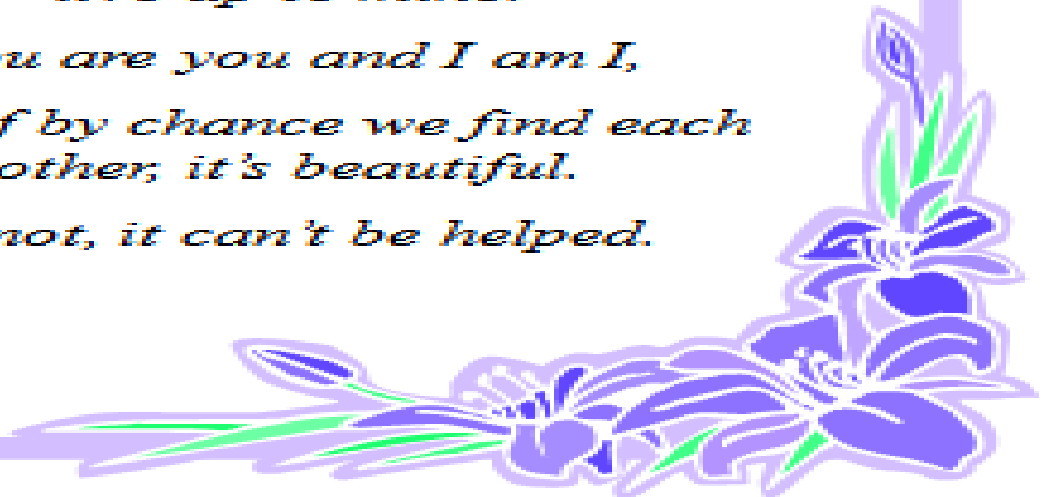
*I am not in this world to live up
to your expectations*

*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 can't be helped.



“GESTALT THERAPY IS ALL ABOUT AWARENESS”

- ✘ A humanistic therapy that believes we are born with resources and ability to lead a satisfying and creative life
- ✘ Somehow, somewhere, something **interrupts** these abilities and we **got STUCK** in the growth process-
LOST
- ✘ Gestalt therapy aims at uncover, re- discover those **STUCK-NESS** in our lives to regain or restore vitality and energy and wholeness through a human-to-human therapeutic process

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- ✘ GESTALT & GROUND-Fixed?
 - ✘ FIGURE & GROUD – SHIFT?
 - ✘ GESTALT FIGURE & GROUND-INTEGRATE?

OUTER ZONE OF AWARENESS EXERCISE

- ✘ Work with a partner. Start each sentence with “Now I’m aware of...” using your senses. Be aware of what is happening in this moment.
- ✘ (look at the shapes, things and people around you; their color and size; listen to the noise around you; any taste in your mouth; smell and breathe deeply; speaking at different pitch/tones; use different body postures)
- ✘ Outer Zone of Awareness
- ✘ Five senses: seeing, touching, smelling, tasting and hearing, talking and moving

MIDDLE ZONE OF AWARENESS EXERCISE

Take a few minutes to sit comfortably. Close your eyes if you wish. Let yourself be aware of any thoughts, memories or fantasies that you have. Try not to get “attached” to any of them. Simple “notice” and “let go”. Share your thoughts with your partner “as free as you can”.

Middle Zone of Awareness

Includes all thinking processes: thinking, planning, imagining, remembering, analyzing, rationalizing and dreaming.

INNER ZONE OF AWARENESS EXERCISE

Close your eyes and concentrate on your breathing- the rise and fall of your chest and stomach as you breathe in and exhale.

Aware of the different sensations of your inner body.

Notice any strained parts inside your body

Share your experience with your partner

Inner Zone of Awareness

Awareness of the body, bodily sensations of all kinds; feelings & emotions

WITH AWARENESS, A QUICK REFLECTION

- ✘ What do you know more about yourself?
- ✘ What do you know more about the environment?
- ✘ Which layer is stronger? Which weaker?
- ✘ What is your choice for now?
- ✘ How do you feel in the process?

CHECK 2 INTERRUPTIONS.....

- × **Desensitization/ over- sensitization**
 - How to take criticisms
 - How to take feedback
 - Make your choice- improve in tim
- × **Deflection**
 - Procrastination due to fear/ choose to hang on/
healthy ways of deflecting- putting aside as a
matter of priority
 - **KEY: Doing in awareness or not in awareness**

SELF & ENVIRONMENTAL SUPPORT....

- ✘ **Emotional support-** friends and spousal communication time and space/ Accept and appreciate tears and laughter ☹️ 😊
- ✘ **Intellectual nourishment-** workshop/ retreat/ study a course/ Psychological break away/ do something you enjoy/ haven't tried before/ allow yourself to feel foolish/ stupid 😊/ fun
- ✘ **Spiritual Vitamins-** Bible study fellowship/ appreciation of nature/ see / remember something beautiful...
- ✘ YOU make your own list.....