

Gestalt Therapy Techniques

1. **The Empty Chair** - involves having the client talk to an empty chair in order to resolve old issues
2. **Role Plays and Re-enactments** - involves helping the client practice certain skills in the present moment
3. **Experimentation Methods** - involves the use of different Gestalt techniques
4. **Dream Work** - involves re-enacting a client's dreams inside the therapy session
5. **Present Moment Awareness** - helps track a client's body language and notice subtle changes that indicate what they're thinking, feeling, and experiencing

The Gestalt Therapy

Jicheng Xie



The Gestalt Therapy:

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The Gestalt Therapy Introduction

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