

Gestalt Therapy

Techniques

Fantasy and art
Empty chair

1

Oaklander and drawing/painting

- Working model

- » Share experience of drawing

- “What was it like to think about and draw your picture”

- » Describing picture

- “Tell me about your picture”

2

Working model (continued)

- » Describing picture as self

- “Would you tell me about your picture using the word “I”

- “I am this picture, I have red lines all over me and a blue square in the middle”

- » Identifying with parts of picture

- “Be the blue square and describe yourself--
 - What you look like, what you do”

3

Working model (continued)

- » Asking questions

- “What do you do”
- “Who uses you”
- “Who are you closest to”

- » Exaggerating parts of the picture

- “Where is she going”
- “What is the circle thinking”
- “What is she going to do”
- “What will happen to it”

4

Working model (continued)

- Dialogue between parts of picture
 - » “Have a conversation between the car and the road”, or the line and the circle, or the happy side and the sad side.
- Encourage attention to colors
 - » “Think about the colors you are going to use. What do bright colors mean to you? What do dark colors mean to you? Will you use bright colors or dull colors, light colors or dark colors?”

5

Working model (continued)

- Watch for cues in the child’s voice tone,
 - » body posture, facial expression, breathing, silence.
 - » Check out your hunches.

6

Working model (continued)

- Help child own what has been said about picture
 - » “Do you ever feel that way”
 - » “Do you ever do that”
 - » “Does that fit with your life in any way”
 - » “Is there anything you said about the rosebush that’s like you”

7

Working model (continued)

- Leaving the drawing and working on child’ life situation

8