

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 5,919	CHAPTER 19 CRISIS PSYCHOTHERAPY: Vincent F. O'Connell <i>Acknowledging quotation changes from masculine only – he to s/he, him to him/her etc</i>
Loc: 5,921	The journey which is the lived life is not an evenly spaced event in space and time as is the highway
Loc: 5,922	It is more like music, a process of rhythm and change that unfolds in time and space,
Loc: 5,923	This rhythm and change of life
Loc: 5,924	is a concrete matter. an affair of the heart and the guts, of works done, of joys felt, of sufferings endured.
Loc: 5,925	to do with the heart, the blood, the muscles with the blocks and expressions, the joys and agonies of living.
Loc: 5,926	Nowhere is this more evident than in the situation of crisis.
Loc: 5,927	In a crisis, the person comes on a crossroads.
Loc: 5,928	encounters both what s/he is and what s/he can be if s/he changes him/her/herself. crisis occurs when a person
Loc: 5,929	must come to know him/her/herself as limited.
Loc: 5,939	What is a crisis? Paul Tillich calls it “the walk through Hell,” apt, descriptive, and phenomenologically precise
Loc: 5,943	mode of conflict and suffering. the person senses the “fire,” holds back from
Loc: 5,944	be processed and changed.
Loc: 5,945	to be analyzing,
Loc: 5,946	is the fantasy crisis. does not foster growth in an essential way since the rational aspect of the personality inevitably takes over.
Loc: 5,947	can never “cheat our way into heaven.”
Loc: 5,948	others might prefer to call “reality,”
Loc: 5,949	what makes it heaven, that things are just the way they are, and none other?
Loc: 5,952	the therapist
Loc: 5,953	takes “the walk through hell” with the person.

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 5,954	can be of no essential help if s/he plans to be a fence-sitter, any kind of therapeutic manipulation that is aimed at diminishing the therapist's participation, will result in closing off the growing edge of the person.
Loc: 5,956	the work depend on encounter—on the giving of oneself to what is there, trust in the organism to guide and support
Loc: 5,957	necessary for the therapist to participate in what is taking place,
Loc: 5,959	The “walk through hell” is the encounter with one's conditioned state of behavior,
Loc: 5,960	involves, in brief, the processing, or changing, of those behavior patterns that are now blocking the person's coming forward in his/her development.
Loc: 5,961	is a destructive process, that the attitudes and behaviors that no longer have survival value for the organism will be destructured
Loc: 5,962	the person may evolve new patterns of behavior more supportive of his/her present stage of development (Perls, 1951).
Loc: 5,963	In the destructuring process, the crisis moves
Loc: 5,964	to become a matter of acute and central concern so to speak, in sight of the “fire,”
Loc: 5,965	at that moment that symptoms also become acute. symptoms? depressions, anxiety, fears, conversions, manipulations, helplessness, etc. — the gamut of human creativeness.
Loc: 5,967	an important consideration for the future progress of this therapy is the therapist's perception of symptoms.
Loc: 5,968	for example, as forms of resistance
Loc: 5,969	that interferes with the therapy process and thus something to be rid of as quickly as possible?
Loc: 5,970	Attention will be directed toward eliminating them — attention that should be directed elsewhere.
Loc: 5,973	approach symptoms as valuable pieces of behavior that can be turned to the person's support once s/he learns to decipher what s/he is saying on these levels of his/her being.
Loc: 5,974	seen as an open-ended center of consciousness who is moving forward in his/her development, as evidenced by these very symptoms.
Loc: 5,975	there is no “treatment” necessary to work

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 5,976	What happens is education, teaching, exploring, conversation—an experimental investigation into the person’s present methods of journeying in the world with others.
Loc: 5,978	the approach is oriented toward preventing the “patient syndrome”
Loc: 5,998	TECHNIQUE, RELATIONSHIP, AND ENCOUNTER
Loc: 6,000	1. How does the therapist involve him/her/herself in the crisis so it remains a living difficulty and does not become a “neurotic” problem
Loc: 6,002	2. How does the therapist enable the person to meet the crisis so that s/he takes “the walk through hell”
Loc: 6,008	being in need or confused, or conflicted does not abridge his/her ability to do something for him/her/herself once there is someone who can help him/her/her for a time,
Loc: 6,014	some persons in crisis need only to be taught some techniques of unblocking themselves to enable them to resolve the situation almost immediately on their own.
Loc: 6,017	Another person may need the support of a therapeutic relationship for a limited time. He shows not only the blocking and conflict already mentioned, but the confusions and anxieties that follow when one’s interpersonal supports become unstable.
Loc: 6,019	persons the approach is to strengthen them in relationship until they can be taught the techniques they need to move forward on their own.
Loc: 6,021	the person whose support has been radically unstable—the
Loc: 6,022	the therapist’s full participation in the phenomenal field of the other be an essential requirement.
Loc: 6,023	encounter may be the one bridge to the true state of his/her crisis
Loc: 6,026	Full participation and involvement remains
Loc: 6,027	the call to the “center” of the other, the call that enables him/her/her to see what s/he needs and does,
Loc: 6,028	to mobilize the health in him/her/herself.
Loc: 6,029	with this kind of involvement
Loc: 6,030	the person gives up his/her “role” as patient, and comes out of hiding.
Loc: 6,030	

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 6,031	the person may come to an understanding of what s/he is.
Loc: 6,032	I call this the organismic event.
Loc: 6,033	THE ORGANISMIC EVENT
Loc: 6,035	Enable the person to meet the crisis so s/he takes the “walk through hell”
Loc: 6,036	Participation in the phenomenal field the person’s verbal language and his/her body language. Are they the same voice? Is the message unified?
Loc: 6,038	splitting, when it is present, is a factor in the total crisis situation; if the person fails to understand what the many levels of the organism express,
Loc: 6,039	s/he fails to make peace with him/her/herself.
Loc: 6,040	we see in divided communication a form of conflict.
Loc: 6,041	the pattern of splitting and its body language are always aimed at diminishing the person’s awareness of what happens to him/her/her.
Loc: 6,042	may involve many kinds of alienating maneuvers,
Loc: 6,043	various forms of conditioned behaviors,
Loc: 6,044	called hypnotic trance states.
Loc: 6,045	Perls calls the state of dreaming, but with the additional consideration here of the dreaming state as being a form of hypnosis kept going by, sets of conditioned behaviors
Loc: 6,047	can be literally hundreds of forms of hypnotic dreaming, all of which are a response to fear,
Loc: 6,048	patterns of behaviors the person has evolved and learned in situations of fear, that were, for him/her/her, matters of life and death
Loc: 6,050	conditioned behaviors operate largely on the levels of unawareness (unconsciousness), and are well protected by the fear against penetration and change.
Loc: 6,051	forms of hypnosis that can come up again and again in crisis is the “hypnosis of the spoken word.” the person fails to realize that his/her verbal language may
Loc: 6,052	be mere verbalism
Loc: 6,053	The person creates for him/her/herself a “verbal world,”
Loc: 6,054	we need to jog his/her other senses, sometimes to be silent to hear once again the more central note of the organism.

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 6,056	the precise use of language can be, paradoxically, one of the paths to liberation. naming things and experiences by their given (existential) names,
Loc: 6,057	often the person in therapy is unable to name his/her experiences precisely.
Loc: 6,058	example of that difficulty lack of contact with anxiety.
Loc: 6,059	can be overwhelmed by its many manifestations; Such persons become “clutchers,” always on the edge of the breakthrough
Loc: 6,060	they lack contact with adequate breathing.
Loc: 6,062	process of naming helps
Loc: 6,063	to understand what s/he experiences, process of localization helps to know where s/he experiences it.
Loc: 6,065	Naming and localization,
Loc: 6,066	lead toward the terminus in the organismic event that moment finally allows him/herself to be grasped by some aspect of his/her/total being
Loc: 6,067	heretofore been avoiding,
Loc: 6,070	The emphasis is,
Loc: 6,071	on the discovery that will enable this person to resolve his/her/total crisis and come forward in his/her/total development.
Loc: 6,072	is always a cooperative endeavor, in which they adopt and discard hunches and techniques with splendid abandon until the moment of breakthrough and integration happens.
Loc: 6,080	DIALOGUE
Loc: 6,085	Treatment becomes dialogue when there is a response in kind and in sympathy.
Loc: 6,087	dialogue is one of the more profound solvents for hypnosis
Loc: 6,090	He will need to enter the conditioned state in order to contact and assimilate,
Loc: 6,091	these conditioned pieces of him/herself. will come to realize that on those levels of him/herself s/he is a machine,
Loc: 6,092	hypnotized
Loc: 6,093	This can be a shaking experience. wrench to his/her/total accustomed perception

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 6,094	this wrench may be necessary if s/he is to awake to the mechanical factors in his/her/her living and him/herself,
Loc: 6,095	those levels on which s/he is an object. The extent to which a therapist will confront
Loc: 6,096	person with his/her/her machine-like pattern, is determined,
Loc: 6,097	by the particular situation. is a matter of therapeutic intuition,
Loc: 6,098	It is seldom easy, for anyone to swallow and digest the fact that s/he is a machine, in the beginning.
Loc: 6,099	the primary considerations be how necessary the conditioned behaviors are to the person, how available s/he is (with support) to assimilating the fact, and how essential it is for his/her/her growth that s/he know.
Loc: 6,101	Two things
Loc: 6,102	these levels of the person most resistant to change, the realm also in which the therapist him/herself is in his/her/her most vulnerable
Loc: 6,103	liable him/herself to become hypnotized, or conditioned,
Loc: 6,111	Paying attention to become aware of the phenomenal situation in the relationship
Loc: 6,112	to put it in another way, the difference between entering the person's world and wallowing with him/her in it.
Loc: 6,114	In the indulging mode, there is encouraging of the continued existence of a piece of conditioned behavior the organism no longer needs.
Loc: 6,115	of shared hypnosis — that is, when the therapist does not mobilize him/herself enough to interrupt it!
Loc: 6,119	the fitting response is honest and loving anger (when it comes), in that anger there is intimate involvement and a call to the person.
Loc: 6,120	then the possibility of an encounter with what is occurring and “living it out” in the here and now.
Loc: 6,125	The person's motivation indulging the “pathological” side
Loc: 6,126	is his/her fear of tackling and facing his/her incompleteness. his/her unwillingness also to reenter those situations of indignity, confusion, and loneliness in which s/he feared his/her world would collapse
Loc: 6,127	an investment in speaking of it, but not to it,

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 6,128	presents his/her neurosis for treatment instead of him/herself. When someone else refuses to accept this statement
Loc: 6,129	when s/he can be persuaded to abandon for a time this mode of camouflage, the chance that contact and change can occur through dialogue
Loc: 6,130	this requires a partner s/s/he can trust.
Loc: 6,131	The work of crisis intervention entails the building of just that situation — namely, partnership.
Loc: 6,133	CRISIS RESOLUTION
Loc: 6,135	management of the environment. important since in many crisis situations
Loc: 6,136	environmental pressure can be the key factor in the crisis, and its modification is therapeutic.
Loc: 6,137	understanding the larger gestalt of in this community
Loc: 6,139	intervening for him/her wherever necessary in his/her community,
Loc: 6,140	Being useful to him/her in the crisis thus means working with him/her on his/her attitudes, and manipulating those environmental factors which s/s/he cannot now manage successfully.
Loc: 6,141	speak to him/her, and speak to the significant others who are in relationship with him/her and with us.
Loc: 6,142	The partnership with the person in crisis is, therefore, a partnership of the person and of all those who are involved in the crisis
Loc: 6,143	What makes the
Loc: 6,144	approach work is continued conversation among the many “helping” persons
Loc: 6,149	When the therapist can help to modify the external pressures so they become less insistent,
Loc: 6,150	energies can be focused on the “internal” environment,
Loc: 6,151	In that regard, I have found that full resolution of the crisis hinges
Loc: 6,152	on four existential situations: (1) allowing oneself to be processed, (2) saying good-by, (3) forgiveness, and (4) allowing oneself to love.
Loc: 6,154	the willingness to undergo the suffering of having one’s conditioned behavior pattern made conscious and then changed.
Loc: 6,169	Saying good-by basic formulation of neurosis as an unfinished situation,

Your Kindle Notes For:
 Gestalt Therapy Now
 Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
 Saturday February 2, 2019

Loc: 6,170	failure to respond to a situation in terms of the “reality needs”
Loc: 6,170	the failure thus to assimilate and digest what was there.
Loc: 6,171	failing to say good-bye (to finish the situation), the person creates for him/herself a coterie of ghosts and phantoms
Loc: 6,172	then remain on the fantasy levels of his/her living as various forms of plaguing, nagging, fear induction, etc.
Loc: 6,173	Forgiveness
Loc: 6,174	example of finishing the situation, emphasis on giving up the resentments, hatreds, and other feelings which are the core of the conflict
Loc: 6,175	Many of the resistances erects against the processing of his/her conditioned state
Loc: 6,176	on resentment for their motive power.
Loc: 6,176	when s/s/he sees how a piece of behavior is operating to his/her detriment and that s/s/he no longer needs it,
Loc: 6,177	remains stuck in the behavior because s/s/he refuses to forgive whomever may have been the “culprit” in the long ago.
Loc: 6,183	will need to confront these facts if s/s/he is to change essentially.
Loc: 6,185	needs to be taught
Loc: 6,186	not to resist but gently to let go of his/her resenting. it is “to starve the conditioned behaviors out of existence”
Loc: 6,188	As the person learns how to let go of the resentment and to forgive, his/her capacity for loving comes forward
Loc: 6,189	s/s/he has, what s/s/he needs to effectively decondition his/her state of hypnosis.
Loc: 6,191	Allowing oneself to love the essential solvent of the state of hypnosis. the step into genuine freedom and the new beginning,
Loc: 6,192	on the basis of loving that the mechanical factors in the personality become transparent and are eventually transcended.
Loc: 6,194	Development of the loving possibilities in the person is a matter of practice and training.
Loc: 6,196	involves conversation, learning to love, to send out love to another, is also this, but something more also, since the conversation in loving is the conversation of the heart.

Your Kindle Notes For:
Gestalt Therapy Now
Irma Lee Shepherd, Joen Fagan, and Seán Gaffney
Saturday February 2, 2019

Loc: 6,198	we speak from the heart,
Loc: 6,202	not until the conversation reaches the heart of the crisis at hand that the speaking out becomes the sounding out to each other.
Loc: 6,203	this shared experience
Loc: 6,204	is the genuine dialogue that Martin Buber knew wherein resolution and reconciliation becomes possible.
Loc: 6,205	The therapist enables the coming of dialogue in every moment
Loc: 6,206	when s/s/he is mindful of the difference between speaking out to the person and sounding out to him/her. enables dialogue by centering him/herself in his/her heart,
Loc: 6,207	mobilizing his/her capacity to love, works with him/herself and the other toward the coming of dialogue,
Loc: 6,209	holds as background for him/herself the possibility that in the next moment s/he will be changed, transcend his/her own conditioned slate and sound out to the other.
Loc: 6,210	the work of the crisis, to transform ourselves with the other, and in this sounding Out to meet him/her and know him/her.
Loc: 6,214	when we send out love, when we sound out to someone with whom there is conflict, bitterness, resentment, and unfinished situations — when we sound out to that person his/her heart is enabled to respond.