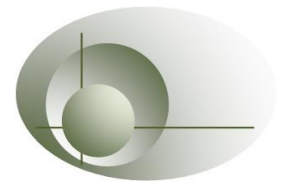
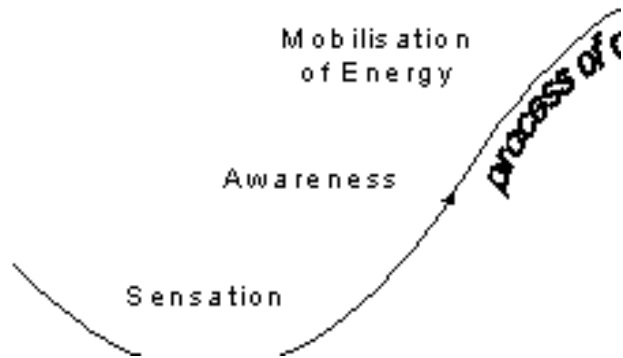
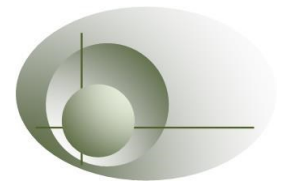


Gestalt Theory

Contact Cycle
Based on Zinker 'wave'





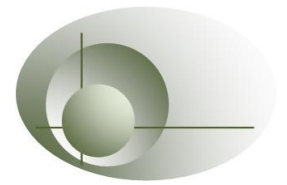
- **Sensation**

At the point where the self is balanced, between cycles, after completion and prior to the next fore-contact there is either internal or external disturbances will impinge upon the self heralding the start of the figure/background formation process.

The self feels, senses, (a) disturbance, a change of status and so (a) figure forms to the fore front. The person is ready to notice, to be aware

- **Awareness**

Gradually or suddenly we become aware of events impinging via our senses, or our feelings, or mentally onto our consciousness. As a form of experience, there is a fresh Gestalten. A need arises and the need is known - you recognise that you have a need; this is not the same as knowing what the need is

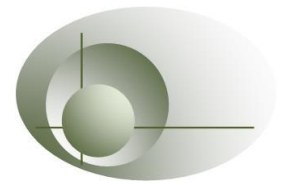


Action

Mobilisation
of Energy

Process of contact an

- **Mobilisation**
- Usually follows awareness in that the person becomes aroused or emotional of the opportunities leading to satisfaction of the need. The healthy person is alive to the senses, to the surroundings, is open to information.
- **Action**
- A punctuation - or figure formation - in the process of contact. The person chooses or rejects possibilities. Behaviours are relevant to the effective fulfillment of needs in the here and now. Action occurs at the boundaries of self and environment. Occurring within dialogue and within the contact with others. The healthy self is able to take from and give to the interaction and to experience its fullness

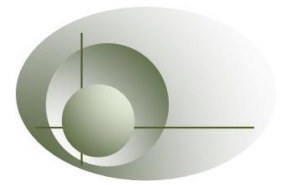


- **Contact**

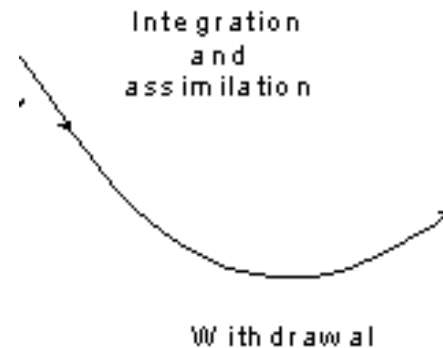
- Having healthily mobilised and acted there will follow full and vibrant contact, termed final contact by Goodman (Perls et al, 1951 p403)
- it is not the act of thinking or remembering that provides the contact but the quality of thought, seeing, remembering, hearing etc, and the summation of these.



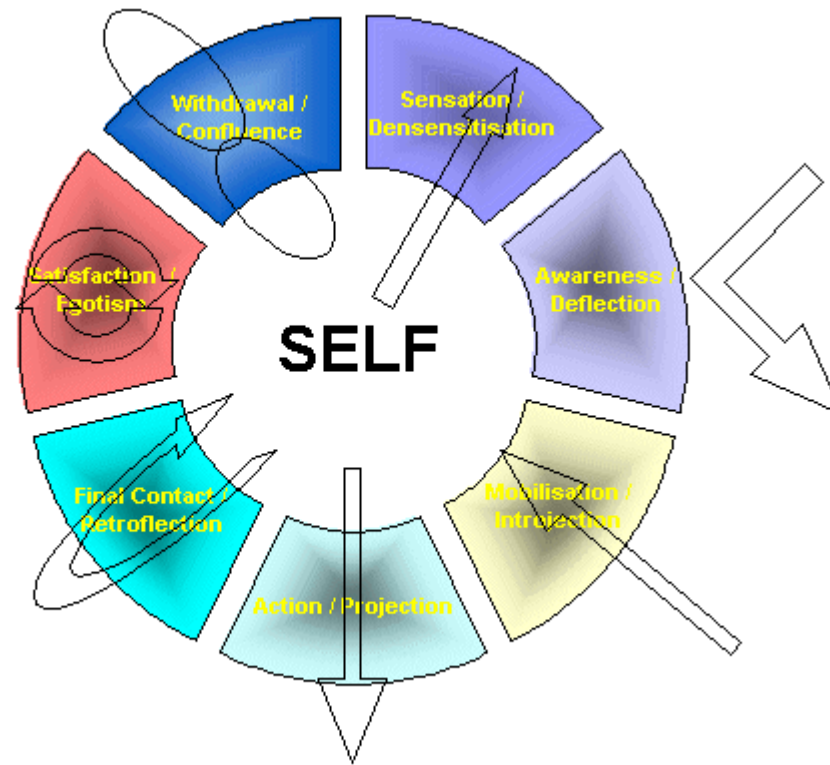
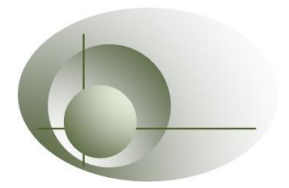
- Contact occurs at the boundary of our self and the environment. within the moment of contact all else merges to the background; as seeing your loved one in a crowd, everyone and everything else blurs and melts with your loved one in the fore-ground
- The full and final contact marks the closure of a particular Gestalt.
- Contact is a basic need of human beings, providing and opening to the possibility for change



- **Integration and Assimilation: Satisfaction**
- Perls et al(1951/1969) refer to this as post-contact. This is the after glow, the satisfaction following the full and complete experience. This is the quiet after the storm prior to separation or withdrawal. In a full and vibrant contact-cycle the individual is able to savour the completion and is ready to move on with satisfaction and readiness of the next sensation



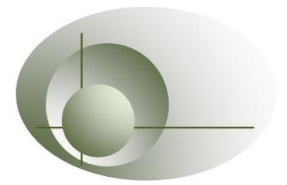
- **Withdrawal**
- Following the satisfaction experienced in the post contact phase the person is able to withdraw to the balanced fore- and back- ground stasis. Another way of viewing this is moving into the resting void; where sensation has yet / is awaiting to be felt.





Contact and Resistances to Contact

- Contact
 - interacting with nature and with other people without losing one's individuality
 - Contact (connect) and Withdrawal (separate)
- Resistance to Contact
 - the defenses we develop to prevent us from experiencing the present fully
- Five major channels of resistance:
 - Introjection
 - Projection
 - Retroflection
 - Deflection
 - Confluence



Resistances

- **Introjection:**
 - uncritically accept others' belief and standards without thinking whether they are congruent with who we are
- **Projection:**
 - the reverse of introjection; we disown certain aspect of ourselves by assigning them to the environment
- **Retroflection:**
 - turning back to ourselves what we would like to do to someone else;
 - directing aggression inward that we are fearful in directing toward others.
- **Deflection:**
 - A way of avoiding contact and awareness by being vague or indirect, e.g., overuse of humor
- **Confluence:**
 - less differentiation between the self and the environment, e.g., a need to be accepted - to stay safe by going along with other and not expressing one's true feeling and opinions.

Clients are encouraged to become increasingly aware of their dominant style of blocking contact