



Terapia Gestalt:

Qué es y en qué consiste

Cuando hablamos sobre la **terapia Gestalt**, nos referimos a una forma de psicoterapia centrada en la experiencia del individuo en el momento presente y en la relación entre el terapeuta y paciente.

Esta se basa en varios principios fundamentales que guían su práctica. Estos incluyen:

**Enfoque en el
aquí y ahora**

**Responsabilidad
individual**

**Percepción
propia**

**Darse
cuenta**

**El ciclo de la
experiencia**

Además, la terapia Gestalt propone múltiples ejercicios, diseñados para ayudar a los pacientes a aumentar su autoconocimiento, tanto a nivel de pensamiento, como de emociones. Algunas de las técnicas en la terapia Gestalt son la arteterapia y el teatro terapia.

Terapia Gestalt Gestalt Therapy

Julia Schneider



Terapia Gestalt Gestalt Therapy:

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