

## **Gestalt theory**

### **Gestalt Definition & Meaning**

The word Gestalt is used in modern German to mean the way a thing has been “placed,” or “put together.” There is no exact equivalent in English. “Form” and “shape” are the usual translations; in psychology the word is often interpreted as “pattern” or “configuration.”

### **Definition of cambridge dictionary**

something such as a structure or experience that, when considered as a whole has qualities that are more than the total of all its parts.

### **History of gestalt**

Frederick fritz perls (1893 – 1970) and Laura Perls worked together to connect these disciplines with new knowledge about human growth and interaction. Frederick (Fritz) Perls initially trained as a psychiatrist in Germany. In the 1920s, he worked with brain-injured war veterans as assistant to the famous humanistic psychologist Kurt Goldstein. He later trained with Karen Horney, Otto Rank, and Wilhelm Reich.

In 1960, Fritz Perls moved to California and later held the first West Coast Gestalt Therapy training at the Esalen Institute.

The approach, with its emphasis on directness and experiential method, became a central part of the human potential movemen.

Gestalt psychology school, founded by Max Wertheimer, Kurt Koffka, and Wolfgang Köhler. These psychologists sought to understand the "intrinsic nature of the whole" when approaching behavioral therapy and psychoanalysis.

### **Gestalt laws**

#### **proximity**

The proximity of object or soundes is considred one of the factors that help to perceive them. If we draw group of close points on the paper, those points form integreted units for us, for exemple to draw a traingle or sequare.

#### **similarity**

We percive elements as group if they are similar in shape, site and colour.

## **closure**

we tend to perceive cognitive units more easily if they are in closed spaces (we perceive missing objects by completing them according to their general image in our mind)

## **continuity**

the Organisation of the field of sensory perception tends to occur in such

a way that a straight line remains straight, a circle in a circle, and soon, although these perceptions can take different forms.

## **Organisation**

Organisation is important for correct understanding and perception, especially if we organize things into pictures, tables or shapes.

## **Form and ground**

The basis of the process of perception, as the perceptual field of phenomena is divided into two parts – the first part is the dominant shape, which is the center of attention. The second part is the ground, meaning the rest of the field, which acts as a harmonious background on which the shape becomes clear.

## **uses of theory**

- it is a form of psychology therapy because they understand the whole person.
- It helps individuals to treat from anxiety stress depression and addiction.
- It helps patients (therapist) on the present over the past.
- It helps designers and products to develop their creation.
- Shows humans' response to innate associations can contribute towards knowledge acquisition.

- It proposes an integrated approach to education involving both cognitive and affective domains of learning. Teachers should present lessons holistically and use discovery-based strategies to facilitate insight learning.

### **Criticism**

The Gestalten framework has been strongly criticized for its lack of quantitative descriptiveness. Critics argue that the Gestalt suppositions seem to be only qualitative descriptions that do not truly explain the phenomena, and the Gestaltists' holistic theories were often vague and perhaps even obscure.