

gestalt therapy verbatim pdf

Gestalt psychology or gestaltism (/ ˈɛː ɡɛˈstɪl ˈpsɪkɒlədʒi, -ˈstɪl ˈpsɪkɒlədʒi, -ˈstɪl ˈpsɪkɒlədʒi /; from German: Gestalt [ˈɡɛːstalt] "shape, form") is a philosophy of mind of the Berlin School of experimental psychology. Gestalt psychology is an attempt to understand the laws behind the ability to acquire and maintain meaningful perceptions in an apparently chaotic world.

Gestalt psychology - Wikipedia

Self-actualization is a term that has been used in various psychology theories, often in different ways. The term was originally introduced by the organismic theorist Kurt Goldstein for the motive to realize one's full potential. Expressing one's creativity, quest spiritual enlightenment, pursuit of knowledge, and the desire to give to and/or positively transform society are examples of self ...

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