

What is Gestalt therapy?

Gestalt Therapy is a model of Psychotherapy based on living the patients' experience and promoting their psychological and emotional health based on the functional and conscious relationship with their environment (therapist).

Gestalt (the form) is a way by which the individual will use the contact with the therapist to make sense of all the things that generate a dysfunctional behavior and that keep the individual away from growing. Chronic anguish, mourning, breakup, living in fear, not feeling the emotional strength to face the daily challenges or going through a moment of deep reflection and change in life style are situations and conditions where human beings do not always have the tools and the balance for leading their own destiny. It is here where Gestalt Psychotherapy helps clients to build their present and to be aware of the things that may interrupt them from being themselves. From the experience lived in the here and now you will find the sense and the answers necessary to be who you truly are.

Do you experience any of these situations?

- Indecision
- Fears in your relationships
- Blockages that prevent you from acting
- Phobias
- Catastrophic Fantasies
- Bad mood
- Frequent mistakes
- Rejection
- Demotivation
- Personality disorders
- Overestimate situations
- Underestimate situations
- Euphoria
- Loneliness
- Anguish
- Addictions
- Depression
- Stress

And you do not know how to get out of them?

Would you like to have better tools and resources to improve your personal life, work, couple relationship or family life?

Do you think you have outstanding issues?

Do you make the same mistakes over and over?



Do you realize that there is something wrong with yourself or your environment (sometimes or permanently)? Do you have obsessive thoughts and cannot find balance or peace?

Do you feel tired of experiencing loneliness or abandonment and rejection?

Do you believe that life and people are unfair to you?

If you find yourself in any of these situations, Gestalt Humanist Therapy will allow you to find a solution and development tools for yourself.

We accompany you on your path to true transformation

Feeling good about ourselves and our environment leads in the way of growing and seeking our true nature, as well as our way of being in the here and now. To accomplish this, it is necessary to unravel, to understand and assimilate the unfinished experiences or beliefs that have not been updated to our reality and environment. Fixed patterns of behavior generate lost opportunities, keeping us away from what is important and perhaps that is the reason that stops you from obtaining adequate support from your environment.

The psychotherapeutic goal is that you can achieve your own self support, which is obtained through facilitation, the therapeutic process and the "Adult elections accountability".

HUMANIST THERAPY WITH A GESTALT APPROACH WITHIN THE REACH OF YOUR HAND:

With a series of sessions that combine different aspects of the human being: physical, emotional and mental, you will obtain the help required to generate your own self support and get the answers you need.

Face to face or on-line therapeutic modalities:
SHORT THERAPY

INTERVENTION THERAPY BY CASE.

FREQUENCY AND DEVELOPMENT THERAPY

(Teenagers, Adults, Couples, Groups)

We will contact you within 24 hours.