What is Gestalt Therapy?

I see Gestalt therapy as a dynamic; fluid, relational therapy that explores an individual's subjective experience, while considering the backdrop of the social constructs that influence an individuals' understanding of who they are as human beings. A form of contact that privileges much more than dialogue, but the holistic whole person, as they attach meaning to the process of what it means to interrelate with others and their environment. At the heart of Gestalt therapy is raising one's awareness in the moment with a level of immediacy that encourages an openness to explore and consider what is possible.

What is Existential Therapy?

I see Existential therapy as an intimate and deeply personal therapy, more concerned with deliberating how we choose to live our lives than setting out formulaic strategies and solutions. Existential therapy attempts to seeks out meaning for the individual in a vibrant manner, aware that our ability to be reflective beings is aligned with our knowledge that we have the capacity to make choices and take responsibility for our own actions. As with Gestalt therapy, Existential therapy is focused on intersubjectivity and the notion that we are intricately linked with other and our environment.