



Gestalt Psychotherapist Should Take Place as Significant Support into Everyday Pediatrician's Work

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Abstract

As gestalt therapy does not provide (describe) a series of set goals for the therapeutic application in everyday pediatricians work, with this manuscript idea is to provide therapists support to stay in the created field therapist-patients, strengthen patient's awareness and promote unique way for every single patient for establishing personal balance (psycho, spiritual and body). The methods of gestalt implementation in psychotherapeutic work might (roughly) be divided into four main stages, according to the patient's phase of the disease. We, also, should not forget that in pediatricians practice we have two types of persons to support, kids and their parents, different by many questions.

The most important fact is that gestalt therapy has a holistic approach to the person (patient/client). This is one of the most important reasons (besides work in "here and now") that this direction of psychotherapy is used in everyday physician practice to support different medical treatments [1]. This opinion shows how gestalt therapy can be used in work with children that blocked emotions and interrupted contact on several levels, children from a family with extremely complex problems and relationships, children with psychosomatic symptoms and disorders, but also shows how gestalt therapy can be used as preventive measures and support in everyday pediatrician's practice.

The aim might be defined by exactly those two facts:

- Gestalt psychotherapy should be used as a measure of support in regular medical procedures and treatment
- Gestalt psychotherapy should be used as a measure of prevention in every pediatrician's practice.

Gestalt therapy significantly supports regular medical procedures and should be practiced in all stages of the disease and implemented in regular medical activities with the indicated patients at certain stages of the disease, either individually or in a group.

Keywords: Gestalt psychotherapy; Gestalt techniques; Pediatrician; Holistic approach; Quality of healing

Introduction

There are numerous studies, published all over the world, that support the importance of applying for

psychotherapeutic support in the process of medical treatment in pediatrician's office. Nevertheless, we might find just a few types of research or papers that recommend or describe the most appropriate

psychotherapeutic style, and even more rare recommend or describe techniques and methods that are most appropriate as support named population (regardless the stage of the disease). A similar situation is with gestalt therapy as a measure of support to medical treatments.

As gestalt therapy does not provide (describe) a series of set goals for the therapeutic application in everyday pediatricians work, with this manuscript idea is to provide therapists support to stay in the created field therapist-patients, strengthen patient's awareness and promote unique way for every single patient for establishing personal balance (psycho, spiritual and body). The methods of gestalt implementation in psychotherapeutic work might (roughly) be divided into four main stages, according to the patient's phase of the disease. We should not forget that in pediatricians practice we have two types of persons to support, kids and their parents, different by many questions.

Individual counseling work, through play, with children and counseling and education the parents (single same as couples) should be the main method of implementation gestalt therapy in everyday activities of the pediatrician. Besides medical treatment (pediatrician have to ask and insist for the same where the purpose for the same is obviously), we might practice gestalt therapy together with children and parents [2].

Once more time, because of importance, be aware that a Figure of gestalt therapy in named situations is one based on a horizontal relationship. Exactly that provides practitioners a holistic approach as a pediatrician and gestalt therapist. Together with children and parents, we explored nuances within relationships (paying careful attention to present experience) [2].

The number of researches and articles were published until today regarding child development, different pathology and use of gestalt therapy. Gari M. Yontef decline that "all concepts, principles and theoretical discussions presented in the body of gestalt literature available today can be related to child growth and development as well as to child pathology" [3]. Shmukler and Friedman have connected personality theory and child development through play: "Since play can be regarded as a central developmental process, it provides an important link between understanding healthy development and clinical process".

The most important fact is that gestalt therapy has a holistic approach to the person (patient/client). This is one of the most important reasons (besides work in "here and now") that this direction of psychotherapy is used in everyday physician practice to support different medical

treatments [1]. Looking from the side of the physicians, the holistic physician (the physician with a holistic approach) will support the patient in confronting the problems beneath the surface that are the cause of the disease from a holistic perspective. The holistic process theory of healing and the related quality of life theories state that the return to the natural state of being is possible whenever the person gets the resources needed for the existential healing [4]. The resources needs are "holding" in the dimensions awareness, respect, care, acknowledgment, and acceptance with support and processing in the dimensions feeling, understanding, and letting go of negative attitudes and beliefs. Existential healing is not a local healing of any tissue, but a healing of the wholeness of the person, making him much more resourceful, loving, and knowledgeable of himself, his own needs and wishes. In letting go of negative attitudes and beliefs, the person returns to a more responsible existential position and an improved quality of life. The philosophical change of the person healing is often a change towards preferring difficult problems and challenges, instead of avoiding difficulties in life [4].

Due to etiology, most of the health disturbance in everyday pediatrician's practices has a psychological base (besides lifestyle, as one of the commonly mentioned risk factors). Asthma, allergy, and eczema are believed to have a psychosomatic dimension [4], which can be understood because many children and adolescents who have asthma, allergy, or eczema, etc. grow out of it. This is very fortunate because many modern-day children suffer from allergies. Many medications exist today on the pharmaceuticals market and might relieve the children from the worst of these symptoms, but the problems often remain throughout life, as a chronic disease [4].

We often see that the child's quality of life and health status from the perspective of holistic medicine often is a thermometer for the thriving of the whole family [4]. Depending on the phase of development, young children need confirmation from society (Hercigonja D, 2015). Main idea for this collaborative (combined) work as pediatrician and gestalt therapist came from McPherson definition of chronically sick children who have some special needs of care: "Children with special health care needs are those who have or are at risk for a chronic physical, developmental, behavioral, or emotional condition and who also require health and related services of a type or amount beyond that required by children generally" [5].

Aim

This opinion shows how gestalt therapy can be used in work with children that blocked emotions and

interrupted contact on several levels, children from a family with extremely complex problems and relationships, children with psychosomatic symptoms and disorders, but also shows how gestalt therapy can be used as preventive measures and support in everyday pediatrician's practice.

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a. Importance of the theme

The pediatrician plays a significant role in the growth and development of the child primarily through preventive work. This preventive work is equally important both in the period of child's growth (growth and development), as well as in the period of the same child's aging in an adult (puberty and adolescence). At the same time, we (pediatricians) almost on a daily base listen to parents' complaints about children's feeding or sleeping procedures. Children no longer have the limits about their real needs, their duties, joys, what a pleasure is, what contact does mean. Despite this, parents overdo and overprotect their children. Developmental fears are a normal phenomenon, unlike neurotic. Neurotic fears are the result of weakness in the parent-child relationship [6]. After all, it would be no fear of anything (deep water, snakes, some natural disasters, darkness, shootings, abandonment, death, etc.).

Once more time, I will and I should underline the importance of quality communication within the relationship between parents and children. Do not forget - communication should always be two-way. "Recognize, respect and acknowledge the opinions and concerns of your child, look for the emotional meaning that often hides behind the word, identify the feelings and reflect ("return") to the child" [6].

Do not forget, taking care of the child and monitoring proper growth and development begins during pregnancy maintenance with a selected gynecologist and in a genetic counseling center where the examination of hereditary factors, hereditary diseases, developmental anomalies are carried out. Prenatal psychology today takes the place worthy of attention. Professor V. Jerotic in the chapter Achievements of prenatal psychology said: "Today, scientists ask the following questions in the study of prenatal psychology:

- Are there signs indicating that sensory organs (eyes, ears, sense of touch and taste) can receive external irritation, since when and how much?

- How are these irritations processed?
- Are external pleasures packing in some kind of memory?
- How can they recall again?
- Is there any kind of consciousness in the fetus? ...The most important and most interesting question of prenatal psychology was and still is the question: when do the child's personal experiences begin?" [7].

And again, I would like to put attention on the importance of psycho-neuro-endocrine regulation. We should always take this systemic regulation in mind, no matters are we pediatricians or psychotherapists or both. There is exist explanation for psychosomatic manifestation.

The easiest way to realize this could be the transformation structure of cellular membrane into contact boundaries. If we remember the images of the cell membrane (Figure 1) and if we transferred it to ourselves, i.e. our borders (the membranes) towards the environment and ourselves, that is, if we look at ourselves from the gestalt perspective, as a whole, an organism (a whole made up of these powerful billions of cells), our semi-permeability, the structure of boundaries could be shown as in Figure 2 [8].

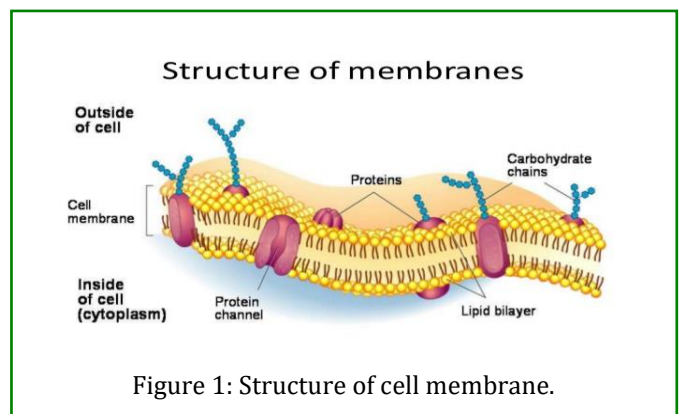


Figure 1: Structure of cell membrane.

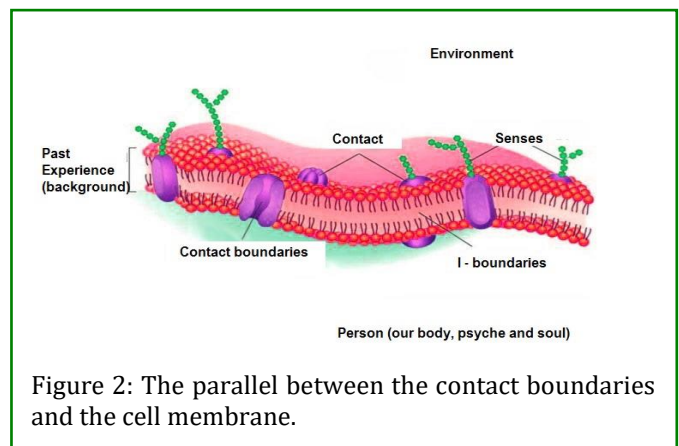


Figure 2: The parallel between the contact boundaries and the cell membrane.

We pushed our cells, even 75 billion them to work beyond the measure, until they let down. Think of the power of our sense, our defense mechanism, that each of us has when 75 billion of cells in one way or another jump out of the system more or less! And can you now imagine the same strength that we would direct for us and towards us?! This would be a safe path to treating and to healing processes [9-13].

Conclusion

Healthy psychomotor development of children is a dynamic process, and gestalt support will ensure that they adapt creatively to these processes, build their identity, and manifest feelings. In somatic diseases, e.g. asthma, the number of acute anxiety attacks has decreased, and the strength of the same (same results I got with eczema or gastrointestinal symptoms or disorders). Working with different patients, I realized that an important (supporting) factor for children with asthma, eczema or some (very common in last a few years) gastrointestinal pain, as well as for their recovery, has the role of one of the parents (mostly mothers). Their (mother's / father's) functionality provides a safe, fast recovery. The relationship between parents and the environment is crucial when the first symptoms occur [8,14-20].

Due to the Figures above, supporting children and providing a better relationship with their parents all hemodynamic processes in organisms might be improved, but this should be the theme for some new manuscript, because of complexity. In conclusion, gestalt therapy significantly supports regular medical procedures and should be practiced in all stages of the disease and implemented in regular medical activities with the indicated patients at certain stages of the disease, either individually or in a group [21,22].

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