

## GENERAL INFORMATION ABOUT GESTALT THERAPY AND ITS BASIC PRINCIPLES

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<https://doi.org/10.5281/zenodo.15256717>

**Abstract.** *In this study, we have provided information about Gestalt therapy and its basic principles and causes. Based on this information, instructions are given on how to prevent the causes of mental illness in a person, improve the mental state of the person and help them. Gestalt therapy is a type of psychotherapy that aims to increase a person's awareness, freedom and self-control. It is a form of therapy that focuses on the present, not on past experiences. Gestalt therapy focuses on the here and now. Through Gestalt therapy, people can develop new perspectives and make positive changes in their lives. They can do this because Gestalt therapy helps people to develop self-awareness and a clear understanding of thoughts, feelings and behaviors. Gestalt therapy helps people pay attention to the present. This allows people to identify what immediate thoughts, feelings or behaviors may be causing them distress.*

**Keywords:** *Gestalt therapy, modern psychotherapy, psychological methods, mental changes, psychological problems, psychotherapeutic problems.*

## GESHTALT TERAPIYASI VA UNING ASOSIY QOIDALARI HAQIDA UMUMIY MA'LUMOTLAR

**Annotatsiya.** *Ushbu tadqiqotda Geshtalt terapiyasi haqida ma'lumotlar va uning asosiy qoidalari, kelib chiqish sabablari haqida ma'lumotlarni keltirib o'tganmiz. Bu ma'lumotlarga asoslangan holda shaxsda ruhiy kasalliklarning kelib chiqish sabablarini oldini olish, shaxsning ruhiy holatini oshirish va ularga yordam berish haqida ko'rsatmalar berib o'tiladi. Geshtalt terapiyasi - bu psixoterapiyaning bir turi bo'lib, u insonning ongi, erkinligi va o'zini o'zi boshqarish qobiliyatini oshirishga qaratilgan. Bu o'tmishdagi tajribalarga emas, balki hozirgi vaqtga qaratilgan terapiya shaklidir. Geshtalt terapiyasi asosiy e'tiborni shu erda va hozirga qaratadi. Geshtalt terapiyasi orqali odamlar yangi istiqbollarni ishlab chiqishlari va hayotlariga*

*ijobiy o'zgarishlar kiritishlari mumkin. Ular buni qilishlari mumkin, chunki geshtalt terapiyasi o'z-o'zini anglash va fikrlar, his-tuyg'ular va xatti-harakatlarni aniq tushunishga yordam beradi. Geshtalt terapiyasi odamlarga hozirgi kunga e'tibor berishga yordam beradi. Bu odamlarga qanday bevosita fikrlar, his-tuyg'ular yoki xatti-harakatlar ularni tashvishga solishi mumkinligini aniqlashga imkon beradi.*

**Kalit so'zlar:** *Geshtalt terapiyasi, zamonaviy psixoterapiya, psixologik metodlar, ruhiy o'zgarishlar, psixologik muammolar, psixoterapevtik muammolar.*

Gestalt therapy was developed in the 1940s by psychiatrist, psychoanalyst, and psychotherapist Fritz Perls and his wife, psychologist and psychotherapist Laura Perls. Gestalt therapy is a type of psychotherapy that focuses on increasing a person's awareness, freedom, and self-control. Gestalt therapy is based on the idea that people are influenced by their current environment. Each person strives to achieve personal growth and balance. Gestalt therapy focuses on the use of empathy and unconditional acceptance. It helps people overcome distress by learning to trust and accept their feelings. This psychotherapy involves validating clients' experiences of somatic symptoms, increasing body and emotional awareness and regulation, and helping clients understand how their symptoms are rooted in their attitudes and cognitive models. The combination of Gestalt psychotherapy and clinical therapy increases the effectiveness of patients in their recovery. Because through this understanding, both the biological and psychological disruptions caused by the disease are treated at the same time. This, in turn, can be eliminated by managing organic self-healing along with the treatment of biological symptoms through medication. Gestalt therapy is one of the important areas of psychology that focuses on the current experience of a person. It includes methods that help to open personal consciousness and emotions. Today, the demand for psychological health is increasing worldwide, and this, in turn, requires a new look at therapeutic approaches. Gestalt therapy, with its individual approach and concept of grace, is being reevaluated in a new way in modern society. Gestalt therapy is one of the areas that helps to understand the person in accordance with his feelings and experiences and allows him to understand them more deeply. In our time, interest in personal development and self-awareness is increasing. In modern psychotherapy methods, elements of Gestalt therapy are being combined with many approaches. This integration allows for more effective problem-solving in different regions. As a result of the increased stress levels associated with the pandemic and modern lifestyle, Gestalt therapy is being shown as an effective tool for reducing stress and ensuring mental stability. The psychological needs and problems of the younger generation are changing.

Gestalt therapy can respond appropriately to the emotional and social issues of this generation. Attention to mental health is increasing in Uzbekistan. As a result, psychotherapy methods, including Gestalt therapy, are being used more widely. Ensuring mental health is an important factor for the overall health of the population. Gestalt therapy is based on the idea that people are influenced by their current environment. Everyone strives for personal growth and balance. Gestalt therapy focuses on the use of empathy and unconditional acceptance. It helps people to overcome distress by learning to trust and accept their feelings. Materials and methods of investigation: The word "Gestalt" is a German term that does not have a direct English translation. It usually means "whole" or "form". It is the idea that each person is seen as a unique combination of mind, emotions, body, and spirit with a unique experience and reality. In practice, psychologists apply this concept by helping people focus on what is happening in their lives in the present moment, rather than on their past experiences. Gestalt therapy focuses on the here and now. Through Gestalt therapy, people can develop new perspectives and make positive changes in their lives. They can do this because Gestalt therapy helps to develop self-awareness and a clear understanding of thoughts, feelings, and behaviors. What conditions can be treated with Gestalt therapy? Since its introduction, Gestalt therapy has become a proven and effective therapeutic approach to addressing and treating a variety of mental health conditions. Some of these conditions include:

- Behavioral health issues. Gestalt therapy can help people with behavioral issues such as bipolar disorder. It is also an effective therapeutic method for treating substance abuse, compulsive gambling, and PTSD. People struggling with these conditions can develop a new perspective on life through Gestalt therapy and see positive changes in their lifestyle.

- Depression. Because Gestalt therapy focuses on self-awareness, it can help people with depression become aware of potential stressful situations that can trigger depression.

- Relationship difficulties. Gestalt therapy can help couples recognize underlying destructive behaviors that may be negatively impacting their relationship. This can help them make positive changes in their relationships and personal lifestyles.

Self-esteem issues. Gestalt therapy helps people with low self-esteem identify and overcome the underlying factors that contribute to their low self-esteem.

Gestalt therapy techniques: Different Gestalt therapy techniques involve a series of experiences and exercises. Therapy can be done individually or in a group setting. The exercises and experiments help people increase their awareness and understanding of the here and now.

Different Gestalt therapy techniques work differently for different people because each person's past experiences are unique. Examples of different Gestalt therapy techniques include:

- Paradoxical change. Paradoxical change theory focuses on the need for self-acceptance. It helps people develop a sense of self-awareness. When a person is in harmony with who they are as a person, it helps them live in the present moment. This leads to more positive emotions and mood. helps them live. This leads to more positive emotions and mood.

- “Here” and “now”. This technique allows people to evaluate their past experiences and how they affect their current thoughts and behaviors. By becoming aware of the internal factors that affect their current lives, people can learn to let go of the past. This helps them focus on the here and now. The goal of this technique is to help them live for the present and make positive changes in the future.

- Empty Chair Technique. This technique helps people open up to talking to an empty chair. The goal of this technique is to imagine yourself opening up to a specific person you need to talk to. If you open up as if the person is sitting there listening, the therapeutic experience will set the stage for healing.

- Exaggeration technique. This technique works by making the person aware of underlying issues that may be related to their current problem. The therapist may ask you to exaggerate a certain behavior or emotion. This can help identify and address the root of the problem.

### **Conclusion**

Gestalt therapy is a comprehensive therapeutic method that provides long-term benefits to the mind, emotions, body, and spirit of a person. General advantages of Gestalt therapy include, but are not limited to: The only limitation of Gestalt therapy is that it may not help with the psychological effects of hereditary behavior. It also does not help with psychological factors that are not influenced by the person's mind.

However, it is an effective therapeutic treatment option for several addiction problems and mental health conditions. In conclusion, it can be said that, according to modern views, a large number of somatic and mental disorders of diseases are caused by a combination of biological and psychological factors and therefore require combined biological and psychological therapy. What is relevant to the psychological characteristics of patients and the appropriate approaches to therapy are analyzed and methods are devised.

A systematic study of the results of therapy and their relationship not only to the methods used, but also to the personal and clinical characteristics of patients allows the development of specific guidelines for a particular type of treatment.

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