Gestalt Dialogue

The gestalt dialogue is a wonderful way for clients to express themselves in a safe way, and to complete 'unfinished business'.

- Induce trance any way you prefer

- Ask client to imagine other person enters room. Start client off by asking them to say out loud, *"There are some things I want to tell you about..."*

- Guide them as they express their feelings - help them be specific (*"how did it make you feel?", "what did it mean to you"*, etc)

- Ask client to 'switch places' and reply as other person. Start client off e.g. *"[Client] has said [summary]... what's your reply?"*

- Gently guide to resolution if possible (e.g. "*Were you aware that your actions were hurting [client]?", "Did you intend it?", "If you had known, what would you have done differently?"* etc)

- Use gestalt prayer to close if appropriate - e.g. resolution not possible. Ask client to repeat each phrase out loud and then prompt for them to add their own words to end each phrase.

Optional Gestalt Prayer

"I don't have to live up to any childhood patterns or conditionings any more… [client repeats] ... and that means... [client adds own words]."
"And you don't have to live up to anything that I have ever expected of you... [client repeats] ... and that means... [client adds own words]."
"I now understand that I am I and You are You... [client repeats] ... and that means... [client adds own words]."
"From now on I'll do my thing... [client repeats] ... and that means... [client adds own words]."
"And you can carry on doing your thing... [client repeats] ... and that means... [client adds own words]."
"If we can ever discover each other as friends, it will be wonderful... [client repeats] ... and that means... [client adds own words]."
"But if that never happens, I can accept that too, for that's the way it is... [client repeats] ... and that means... [client adds own words]"

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