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GESTALT TECHNIQUES AS A MEASURE OF SUPPORT TO DIFFERENT MEDICAL TREATMENTS

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Gestalt therapy has holistic approach and uses techniques that focuses on gaining an awareness of emotions and behaviours in the present rather than in the past, here rather than there. Due to history of most commonly psycho-physical disturbance in paediatrician's practice, psychological reasons are one of commonly mentioned risk factors (beside life style). This paper shows how gestalt therapy could be used both as preventive measure and measure of support to different medical treatments in everyday paediatrician's practice. Through different case studies, I will also present which gestalt techniques might be used in work with children that blocked emotions and interrupted contact on several levels, children from family with extremely complex problems and relationships, beside medical treatment support. Individual counselling work, through play, with children (patients), and counselling and educating the parents were main methods of implementation of gestalt therapy in everyday activities of paediatrician. Besides regular medical treatment, I practice gestalt therapy together with children and parents (mostly mothers). Constantly empowerment of children provides the potential good base for children to face the daily problems (due to medical procedure) and cope with same. A significant step for healthy expressions of emotions and therefore healthy psychomotor development of children is to strengthen the

self. Practicing gestalt therapy in named situations was based on a horizontal relationship. Exactly that provided me a holistic approach as paediatrician and therapist. Together with children and parents we explored nuances within relationships (paying careful attention to present experience). For this reason, techniques and psychotherapist's attention is focused on the spoken (verbalized), the body language (unspoken), voice (colour, strength, manner of speech), emotional status, and the intellect. The importance of working with sick children is highly effective, no matter whether it is acute, chronic, psychological or somatic condition

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