

SUMMARY

The utilization value of the paradoxical theory of change in Gestalt Play Therapy with adolescents

Adolescents undergo significant changes on physical, emotional, and cognitive levels during this development stage. These changes have a great influence on their self-awareness. Most adolescents experience great problems with who they are and who they should be according to the expectations of others. This causes a never-ending process of efforts to change. Change can only take place if the adolescent is who he is, but not if he tries to be what he is not. The consequence hereof is that change cannot take place in the adolescent, because he should first become aware of who he is. The awareness of who he is leads to change. The paradoxical theory of change is all about being who one is and not about trying to be what others expect one to be. The adolescent should be accompanied to become aware of who he is, by utilization of the paradoxical theory, in order to be able grow and change.

The aim of this study was to explore and describe the utilization value of the paradoxical theory of change in Gestalt Play Therapy with adolescents. In order to achieve this goal, the research process was directed by qualitative research, and triangulation was utilized as a technique for gathering information. Out of the processing and integration of conclusions drawn during the empirical investigation, data could contribute to exploration and description of the assessment of the paradoxical theory of change in Gestalt play therapy with adolescents. The aim of the investigation was therefore achieved, namely the exploration and description of the **utilization value of the paradoxical theory of change in Gestalt Play Therapy with adolescents.**

KEY TERMS:

Adolescents, Gestalt play therapy, Gestalt therapy, Here and now, Awareness, Paradoxical theory of change, Introjection, Impasse, Topdog, Underdog.