

# **GESTALTPLAYTHERAPEUTIC GUIDELINES FOR THERAPEUTIC INTERVENTION WITH A CHILD EXPERIENCING LOSS: A PASTORAL APPROACH**

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## **Summary in English**

In Gestaltplaytherapy there is a need for guidelines with a pastoral perspective for the child that is experiencing loss. This research is undertaken to set Gestaltplaytherapeutic guidelines with a pastoral perspective for the therapeutic intervention of the primary school child who is experiencing loss due to the death of a loved one. The study consulted relevant literature and compared the literature study with experience acquired in practice.

The impact of the loss that the child is experiencing has an influence on the child as a whole. The researcher has found that the Christian child's experience of loss due to the death of a loved one is influenced greatly by the child's spiritual experience. For this reason it is necessary that Gestaltplaytherapy includes a pastoral approach within the therapeutic setting when working with a child experiencing loss due to the death of a loved one.

## **Key terms**

Experiencing loss; Gestaltplaytherapeutic guidelines; Pastoral approach; Therapeutic intervention; Primary school child; Death of a loved one; Spiritual experience; Holistic approach; Emotional impact of death; Developmental stage; Overcoming grief.

## **Opsomming in Afrikaans**

In Gestaltspelterapie is daar 'n leemte aan riglyne vanuit 'n pastorale perspektief wat die kind wat verlies ervaar kan begelei. Hierdie navorsing het ten doel om Gestaltspelterapeutiese riglyne met 'n pastorale perspektief daar te stel vir die hantering van die laerskoolkind wat verlies ervaar as gevolg van die dood van 'n geliefde. Die studie ondersoek die kind se geestelike beleving van verlies deur middel van navorsing in relevante literatuur en vergelyk dit met praktiese ervaring wat opgedoen is in die praktyk.

Die impak van die verlies wat die laerskoolkind ervaar as gevolg van die dood van 'n geliefde raak sy totale menswees. Die navorser het waargeneem dat die Christenkind se ervaring en verwerking van die dood van 'n geliefde ook deur sy geestelike beleving beïnvloed word. Daarom is dit nodig dat die kind wat verlies ervaar ook op die pastorale vlak binne die Gestaltspelterapeutiese opset hanteer word.