

A GESTALT THEORETICAL PERSPECTIVE ON DOMESTIC
VIOLENCE IN MIDDLE-CHILDHOOD

BY

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Submitted in part fulfilment of the requirement for the
Degree of

MAGISTER DIACONIOLOGIAE
(DIRECTION: PLAY THERAPY)

AT THE UNIVERSITY OF SOUTH AFRICA

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NOVEMBER 2004

DECLARATION

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**I HEREBY DECLARE THAT “A GESTALT THEORETICAL PERSPECTIVE
ON DOMESTIC VIOLENCE IN MIDDLE-CHILDHOOD” IS MY OWN WORK
AND THAT I HAVE IDENTIFIED AND GAVE RECOGNITION TO ALL
RESOURCES AND REFERENCES QUOTED.**

.....

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.....

DATE

**I WOULD HEREBY LIKE TO EXPRESS MY GRATITUDE AND
APPRECIATION TO THE FOLLOWING PEOPLE:**

- **My parents for initially providing me the opportunity for tertiary education and my family for the support and encouragement, especially my husband, Mogamat, and children: Mishkah and Abu Bakr.**
- **My supervisor, Dr. van Staden, thank you “SO MUCH” for ALL the assistance and guidance that you have provided.**
- **Solly Engelbrecht, for assisting with the editing on such short notice.**
- **My colleague, Janet Ross-Gillespie, for providing computer literacy and moral support.**

“THANK YOU”

ABSTRACT

The purpose was to give a theoretical perspective on domestic violence in middle-childhood. The aim was therefor to explore and describe domestic violence in middle-childhood from a Gestalt perspective with guidelines for play therapists to utilise with middle-childhood children experiencing domestic violence. Due to the nature of qualitative research triangulation was used where firstly an in-depth literature study on middle-childhood, the Gestalt approach and domestic violence. Secondly semi-structured interviews in the empirical research in example a self-developed questionnaire. Together with this mediums and techniques of Gestalt play therapy for the main purpose of obtaining more information from the respondents. The literature was utilised from a explorative and descriptive nature of the research to refine concepts through semi-structured interviews with six children as respondents. This information is given graphically and applied for guidelines from Gestalt perspective to play therapists to assist these children. The objectives of the study have thus being achieved.

OPSOMMING

Die doel van die navorsing was om 'n Gestalt teoretiese perspektief te gee oor gesinsgeweld in middel-kinderjare. Die doelstelling was om gesinsgeweld binne middel-kinderjare te verken en beskryf asook die voorstelling van riglyne vanuit 'n Gestalt perspektief vir spelterapeute vir hierdie kinders. As gevolg van die aard van kwalitatiewe navorsing was traingulering gebruik, eerstens deur 'n literatuurstudie oor middel-kinderjare, die Gestaltbenadering en gesinsgeweld. Tweedens is semi-gestruktureerde onderderhoude in die empiriese ondersoek gevoer waar 'n selfontwerpte vraelys gebruik was. Hiervoor is mediums en tegnieke van Gestaltspeltherapie vir assesseringsdoeleindes benut om inligting in te samel. Vanuit die verkennende en beskrywende aard van die navorsing is die literatuur studie benut om konsepte te verfyn deur semi-gestruktureerde onderhoude met ses kinder-respondente, is hierdie gegewens geïntegreer en grafies voorgestel en toegepas om vanuit Gestaltspeltherapeutiese benadering 'n riglyn saam te stel vir spelterapeute om vir hierdie kinders behulpsaam te wees. Daar is dus in die doelstelling van die studie geslaag.

KEY CONCEPTS

GESTALT APPROACH

Gestalt is a form, a configuration or a totality that has, as a unified whole, properties, which cannot be derived by summation from the parts of their relationships. Gestalt approach refers to holism seeing the totality from which the person functions.

DEVELOPMENTAL PHASE

Developmental phase refers to the growth periods a child/person go through. This growth period is normally divided according to age.

MIDDLE-CHILDHOOD DEVELOPMENTAL PHASE

The middle-childhood developmental phase refers to the developmental stages of the child between the ages of 6-12 years. This will include physical-, psychological-, social-, emotional-, moral and religious development.

VIOLENCE

Violence is described in this research as a great roughness of force, often causing severe physical injury or damage.

DOMESTIC VIOLENCE

Violence that takes place within the house and will include physical-, emotional-, verbal and psychological abuse. It includes violence that affects the people living in the house.

ENVIRONMENT

Environment is seen as surrounding conditions, especially those influencing development or growth. Environment for this study would include the geographical area in which the research will take place and the type of exposure and experiences of the respondents.

FAMILY

A family can be seen as a group of people related to one another. Also referred to as members of a household with a set of parents and children or of relation.

CHILD

A child can be described as a young human being of either sex. A child for the purpose of this study would be seen as an individual up to the age of 18 years.

PLAY THERAPY

Working therapeutically with young people by using various play mediums and techniques as means of communication and providing therapy.

AWARENESS

Can be describe as a deliberate consciousness about what is happening on a physical, sensational and emotional level in the environment the person is integrated in.

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