Summary
Guiding a child to adjust in a children’s home: A Gestalt approach

This single case study was undertaken to determine how the Gestalt approach can be used to guide the child to adjust in a children’s home. The study dealt with two models of children’s homes, namely the traditional setting and the family centered home setting, as well as adjustment and attachment of a single child's experience in the middle school years, in the family centered home setting. In addition, the trauma, loss and culture shock are highlighted to demonstrate the difficulty children experience in adjusting to a new environment such as a children’s home. Data were captured around the participant’s experience and process, entering the children’s home and the facilitating through intervention. Through the intervention the participant’s process was identified, helping him to cope with his new situation. Through Gestalt play therapy the participant’s active involvement in his adjustment process was clear and his adjustment was increased.

Key terms:
Children’s home
Adjustment
Gestalt perspective
Play therapy
Emotional needs
Emotional development
Grieve
The child’s process
Cultural shock
Single case study
OPSOMMING
DIE BEGELEIDING VAN KIND TEN EINDE AAN TE PAS IN KINDERHUIS: GESTALT PERSPEKTIEF

Hierdie gevallestudie is onderneem ten einde te bepaal hoe die Gestalt benadering gebruik kan word om kind te begelei in sy aanpassing binne kinderhuis. Die studie het ondersoek ingestel na twee modelle van kinderhuise te wete die tradisionele model en die gesinsmodel en die proses van aanpassing van enkele kind in sy middelkinderjare binne die gesinsmodel vir residensiële kindersorg. Verder is trauma, verlies en kultuurskok uitgelig ten einde te demonstreer hoe moeilik die aanpassingsproses vir die kind is. Data is ingesamel rondom die enkele geval se ervaring en vordering wat hy deurloop het nadat hy opgeneem is in die kinderhuis. Die terapeutiese intervensie wat met hom gevolg is, word ook weergegee. Deur middel van intervensieproses is die geval se proses geïdentifiseer ten einde hom te help om sy nuwe omgewing te kon hanteer. Gestalt spelterapie het die geval se aanpassing vergemaklik en word in die studie uitgewys. Die tegnieke wat gebruik is het ook aanleiding gegee tot beter aanpassing binne sy nuwe situasie.

Sleutel terme:
Kinderhuis
Aanpassing
Gestalt perspektief
Spelterapie
Emosionele behoeftes
Emosionele ontwikkeling
Rou
Die kind se proses
Kultuurskok
Die enkele gevalstudie
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