

**MOVEMENT IN GESTALT THERAPEUTIC INTERVENTION FOR  
ADOLESCENTS WITH DISRUPTIVE BEHAVIOURAL TENDENCIES**

**by**

**ANNAMARIE HORN**

**Student number: 588 409 8**

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**SUPERVISOR: DR M. VAN HEERDEN**

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Student number: 588 409 8

I hereby declare the dissertation titled MOVEMENT IN GESTALT THERAPEUTIC INTERVENTION FOR ADOLESCENTS WITH DISRUPTIVE BEHAVIOURAL TENDENCIES as my own work. I also declare that all references used or quoted are acknowledged in full.

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SIGNATURE

(MRS A. HORN)

\_\_\_\_\_

DATE

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## SUMMARY

Movement in Gestalt therapeutic intervention, using structured activities and free improvisations, is a successful alternative to punishing adolescents with disruptive behavioural tendencies in the classroom. An overview of the existing literature regarding the therapeutic value of movement in Gestalt therapeutic intervention for adolescents with disruptive behavioural tendencies is firstly presented. Various techniques supporting the adolescent in his quest to achieve equilibrium, ultimately improving his relationships with others and his environment, are described. A case study, involving eight adolescents with disruptive behavioural tendencies in group therapy follows, which indicates that movement in Gestalt therapy is an alternative to punishment. In the light hereof it is suggested that movement in Gestalt therapy could be implemented successfully in the formal school environment. This form of intervention can contribute to the adolescent's growth, his ability to communicate and his relationships with self, others and the environment, culminating in improved behavioural tendencies.

### **Key terms:**

Achieving emotional equilibrium; Adolescents with disruptive behavioural tendencies; Awareness; Confluence; Dialogue; Here-and-now; Impasse; I-Thou relationship; Mind-body unity; Movement therapy; Polarity continuum; Therapeutic relationship; Transference and counter-transference; Unfinished business.

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