

SUMMARY

Emotional abuse is present in all forms of abuse and neglect, which implies that emotional abuse has a devastating impact on all the developmental factors of the pre-adolescent in the phase where he is striving towards independence and where his relations towards his environment are crucial. The Gestalt approach forms the basis for this recommended program, and makes provision for a holistic approach, which brings the child in contact with himself, his environment and his perception there of. The study focuses on a descriptive research methodology and according to the first five phases of the intervention research design, developed a play therapeutically program for the emotionally hurt pre-adolescent within the Gestalt approach.

A literature study was undertaken to establish a theoretic perspective on the following aspects:

- The impact of emotional abuse on the pre-adolescent within the boundaries of the family system.
- The influence of abuse on the development of the pre-adolescent and how a child can be assisted through play therapy.
- A theoretic foundation of the Gestalt approach and the application of this approach within the theoretic play therapeutic process with the pre-adolescent.

The above mentioned theoretic perspective answered the first research question.

An empirical survey was done to supplement the literature study. A qualitative study was done and the play therapeutic program was implemented. The program was implemented through eight sessions and by utilizing eight activity forms. Through this process direct, systematic and participant observation could be recorded directly on the activity form, which took the format of a case study.

The above mentioned empirical research and measuring scales answered the second research question.

As a result of the study the conclusion was reached that a play therapeutic program for the emotionally hurt pre-adolescent within the Gestalt approach can be successfully implemented and that the pre-adolescent can be empowered by the use of this program. Two measuring scales confirmed the results of this program. Recommendations with regard to the content of the program as well as further research as a result of the conclusions were formulated.

KEYTERMS

Pre-adolescent

Emotional abuse

Abuse

Gestalt

Gestalt approach

Gestalt therapy

Integration

Self-regulation

Play therapy proses

Proses of the child