**Gestalt**

Gestalt therapy is a client-centered approach to [psychotherapy](https://www.psychologytoday.com/us/basics/therapy) that helps clients focus on the present and understand what is really happening in their lives right now, rather than what they may perceive to be happening based on past experience. Instead of simply talking about past situations, clients are encouraged to experience them, perhaps through re-enactment. Through the gestalt process, clients learn to become more aware of how their own negative thought patterns and behaviors are blocking true self-awareness and making them unhappy.

Gestalt therapy can help clients with issues such as [anxiety](https://www.psychologytoday.com/us/basics/anxiety), [depression](https://www.psychologytoday.com/us/basics/depression), [self-esteem](https://www.psychologytoday.com/us/basics/self-esteem), relationship difficulties, and even physical ones like migraine headaches, ulcerative colitis, and back spasms. Good candidates for gestalt therapy are those who are interested in working on their self-awareness but may or may not understand the role they play in their own unhappiness and discomfort. Gestalt techniques are often used in combination with body work, dance, art, drama, and other therapies.

What else is existential therapy recommended for? Psychological problems—like [substance abuse](https://www.psychologytoday.com/us/basics/addiction)—result from an inhibited ability to make authentic, meaningful, and self-directed choices about how to live, according to the existential approach. Interventions often aim to increase self-awareness and self-understanding. Existential psychotherapists try to comprehend and alleviate a variety of symptoms, including excessive anxiety, apathy, alienation, nihilism, avoidance, [shame](https://www.psychologytoday.com/us/basics/embarrassment), addiction, despair, [depression](https://www.psychologytoday.com/us/basics/depression), [guilt](https://www.psychologytoday.com/us/basics/guilt), [anger](https://www.psychologytoday.com/us/basics/anger), rage, resentment, embitterment, purposelessness, [psychosis](https://www.psychologytoday.com/us/conditions/psychotic-disorder-due-another-medical-condition), and violence. They also focus on life-enhancing experiences like relationships, love, caring, commitment, courage, [creativity](https://www.psychologytoday.com/us/basics/creativity), power, will, presence, [spirituality](https://www.psychologytoday.com/us/basics/spirituality), individuation, self-actualization, authenticity, acceptance, transcendence, and awe.