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Gestalt therapy sees healthy living is a series of creative adjustments (Latner, 1973, pp.54). This means adjusting one's behavior, naturally and flexibly, to the figure in awareness. One example of this process is that I am writing when suddenly I realize that my lips are dry and my mouth is parched.

Gestalt Therapy Explained: History, Definition and Examples

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1. Author(s): Masquelier,Gonzague; Cojean,Sally Reeder Title(s): Gestalt therapy : living creatively today/ Gonzague Masquelier ; translation by Sally Reeder Cojean.

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and Psychotherapy: Gestalt Therapy was his collaborator on his seminal 1951 book Gestalt Therapy), Erich Fromm, Clara Thompson, and Harry Stack Sullivan. Although Gestalt therapy today

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