

GESTALT CONTACT

ODA Tuesday 30 June, 2009

The contact boundary is the point at which one experiences "me" in relation to that which is "not me".
Martin Buber, "I-Thou" : We meet together and yet remaining separate individuals

Gestalt Experiments

PLAYFUL – HAVE FUN – COULD BE "EDGY"

- Here and now experiential learning and/or growth
 - Take a risk, or choose not to
 - Non-verbal experiences because words can obscure what is going on
 - Please respect other people's choices and reactions
 - It's up to you, what you do with your learning – where is it appropriate? – reflect on own learning
-

LOOKING

"You see me"

Observing, staring, adoring, looking away, curious, scanning, glazed over eyes, connecting, intimate, cold, fascinated, distant, challenging, twinkle in the eyes...

TALKING – Voice

Tone, expression, music, singing, laughing, breathy, harsh, soft...

TALKING – Words

Pithy, jargon, circumlocution, erudite, sparse, verbose...

LISTENING

"You hear me"

Listening with/for feelings, hidden agendas, facts, assessment, problems, criticism, support, love, curiosity, judgement, scepticism...

TOUCHING

"You touched me deeply"

Conventional, intrusive, cautious, warm, roughly, loving, sexual, gently...

MOVING

"You have moved me"

Walk, dance, mime, graceful, jerky, steady, fluid, slow, fast...

Small and contained or arms spread wide

SMELLING & TASTING

Dogs smell each other's bums – *what does that say about us humans?*

Perfume, burning, sewerage, cooking, flowers, body odour – pleasant and unpleasant!

Sam Luxemburg

Sam@luxcollege.com.au

0428 270 401

The Lux College

www.luxcollege.com.au

