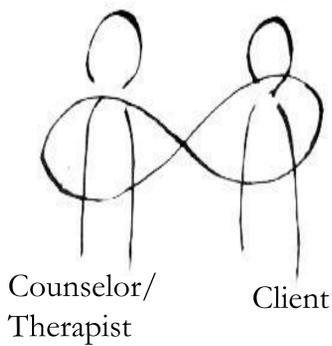


Introduction

- In Nepal, anger is mostly repressed.
- Anger is taken as negative behaviour and not just as an emotion.
- Many people do not express or communicate anger.
- Anger leads to verbal and physical abuse, like screaming, hitting, and other forms of outbursts.
- Anger can also lead to suicide, self-harm, and depression.



Gestalt Approach

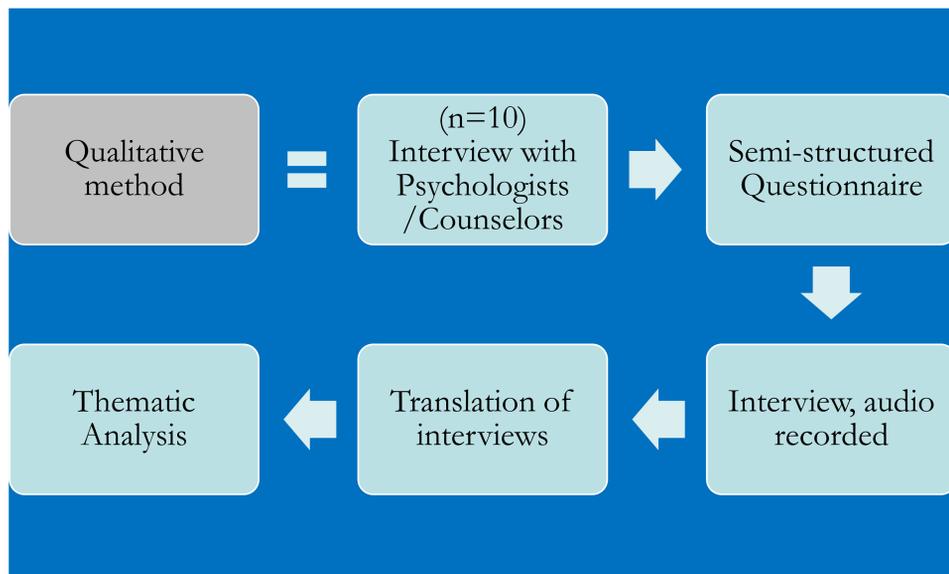


- Gestalt therapy focuses on what is happening right here and now in relationships, in the interacting field
- As a part of the field, the counselor can be aware of what is happening and share this with the client
- In this way the counselor increases the awareness of the client

Objectives

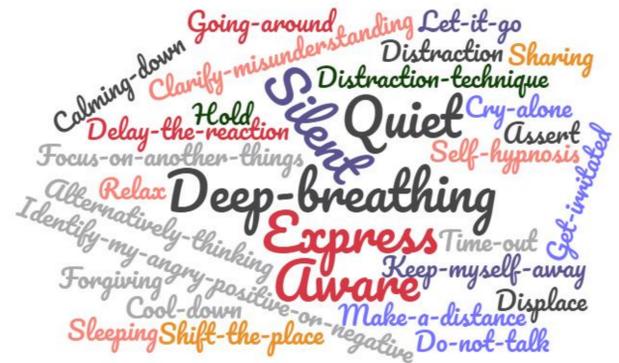
The aim of this study was to explore how counsellors/ psychologists/ therapists handle their personal anger and intervene on anger of clients.

Method

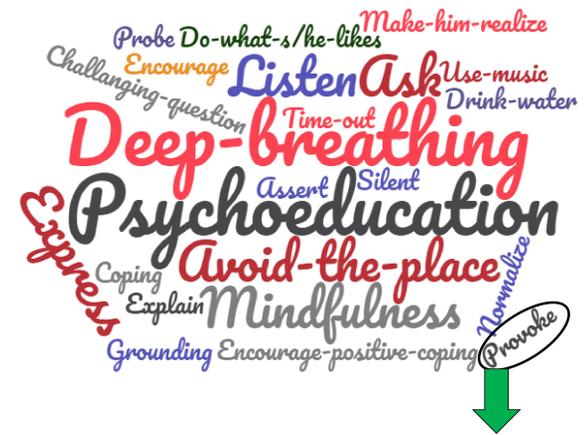


Results

How does counselor/psychologist deal with their personal anger?



How does counselor/psychologist intervene in anger of client?



Gestalt Approach
Systemic Approach

Interventions on anger with clients included listening, psycho-education, and teaching mindfulness or deep breathing methods. Although, there was not a significant comparison of modalities included in this research, it showed that therapists, who mostly use the Gestalt approach or the Systemic approach were more likely to provoke or confront anger than therapists who used a client-centred approach.

Conclusions

Provoking or confronting anger can make positive change. A good strategy is to encourage the client not to repress anger or to act upon it prematurely.

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