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## Gestalt Counseling in Overcoming Unfinished Business

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### Abstract

The purpose of this study was to investigate the effect of Gestalt Counseling in overcoming unfinished business. This research is library research. In solving the problems of this research the writer uses a qualitative approach because it includes the application of a natural approach to the study of a problem related to individual behavior related to unfinished business. The results showed that Gestalt counseling in understanding unfinished business through six stages, namely: identification of unfinished business, investigating client memories, finding the strongest energy to emerge, generating feelings in the client's consciousness, modifying contacts and understanding unfinished business. Gestalt counseling in overcoming unfinished business in several ways, namely: experimentation, interpreting dreams, role playing, training sensitivity to body messages, groups, dialogue games, exercising my responsibility, playing projections, reversal techniques, staying with feelings. Finally, the advantages of Gestalt counseling in overcoming unfinished business are gestalt therapy dealing with the past by bringing relevant aspects of the past to the present, paying attention to nonverbal messages and body messages, refusing to acknowledge helplessness as an excuse for not changing, placing emphasis on the client to find meaning and its own interpretations, and stimulating relationships and expressing immediate feelings avoiding abstract intellectualization of the client's problem.

**Keywords:** Gesalt Counseling, Unfinished Business

### INTRODUCTION



In order to achieve freedom, a person's progress is not necessarily easy and smooth; there are many obstacles and challenges they encounter. In order to improve themselves, escape and solve these obstacles and problems, advice is required in a structured and adherent manner to the values of guidance services. All types of counselling programmes that exist are required to be able to help different academic and non-academic challenges and issues encountered by students because in real life, all students cannot be isolated from difficulties, and not all people are able to overcome their own difficulties, so it is important, Guidance and Counseling is one of the programmes that can be used (Fadila & Hartini, 2015). In fact, there are several approaches that can be used to assist individuals in resolving their problems; one such service is Gestalt counselling.

Gestalt theory in Safaria (2005) is a process of counseling approach based on the concept that individuals must be understood in the context of their ongoing relationship with the environment. In this theory, Gestalt believes that through this awareness, the change will appear automatically. The approach taken by Gestalt directs the counselee to experience the problem directly, rather than just talking about an abstract situation. The gestalt approach essentially allows people to organise themselves. Introspection, for example, is a form of self-therapy that searches for defects in oneself, then repair it (Asnawi, 2017). That way, the Gestalt counselor will attempt to comprehend how the counselee thinks, feels, and acts firsthand, allowing the counselor to be "completely present" in the therapy process and, as a result, achieve genuine interaction with the counselee. Gestalt therapy is a form of existential therapy based on the idea that in order to reach maturity, people must find their own way of life and embrace personal responsibility. By blending and/or integrating the fractured and unknown pieces of the personality, Gestalt therapy focuses on the and how of actions and experience in the here and now. Unfinished business is an issue that has yet to be addressed.

Unfinished Business or unresolved problems can result in resentment, rage, hatred, pain, anxiety, grief, guilt) and abandonment. Some forms of behavior due to unfinished business are that someone is preoccupied with him, forcing others to obey his will, forms of behavior that place him as a loser, and even symptoms of physical illness often appear (Safaria, 2005).

Unfinished bussiness can not be expressed but are associated with certain memories and fantasies. Unexpressed in consciousness, they remain in the background and are brought to the present life in ways that hinder effective relationships with oneself and others. The unfinished business will last until he has faced and dealt with the feelings that have not been expressed.

The counselee should not just talk about the difficulties and difficulties faced, because speaking easily becomes a game of twisting the words (word game) without being accompanied by all his feelings and without realizing his own responsibility. Therefore, the counselor urges the counselee to explore the kinds of feelings that have not been expressed honestly and openly, such as irritation, heartache, sorrow and sadness, guilt, guilt, resentment, or a sense of alienation. All these feelings have never been allowed to surface and enter the counselee's realm of consciousness, but they are very influential in the inner life (unfinished business).

This inner content must be accepted as the counselee's own responsibility and should not be seen as the responsibility of others. Thus the counselee realizes that he has entered a



dead end; but at the same time it is acknowledged that he should stand on his own feet and should have moral support from himself and not from others. With the help of the counselor, the counselee then begins to open the dead end by leaving various tactics to get sympathy from others. and began to take a more active role in managing his own life. Unlike most other therapies, Gestalt Therapy makes the counselee feel frustrated (in a dead end), but that frustration is seen as the basis for new, more constructive endeavors. In other words, admitting failure in yourself is a mirror for yourself.

## **THEORETICAL FRAMEWORK**

### **Definition of Gestalt Counseling**

Gestalt theory is better known as the concept of deep learning (insight learning). Many people misunderstand what is shown here, they do not talk much about flashes of intuition, but are more inclined to talk about solving problems using recognition of the Gestalt principle or the principle of regulation (Boeree, 2005). Gestalt counselling is a process-based existential, phenomenological method founded around the idea that people can be considered in the light of their ongoing interaction with their setting. The initial aim is for the client to become aware of what they went through and how they were going to deal with it. Shift happens spontaneously and immediately as a result of this knowledge (Fitriawati, 2019).

A gestalt-inspired approach offers a systematic and constructive conceptualization of self growth, which is particularly useful in understanding the diverse interactions of traumatised clients. Deepening and revealing new ways of thought and experiencing changes perceptions and experiences (Stevenson, 2016). Gestalt psychotherapy focuses on everything that arises at this time. This approach is neither concerned with the past nor concerned with the future. So the Gestalt approach emphasizes the processes that exist during therapy. In Geralt Corey's book emphasizes concepts such as expanding consciousness, accepting personal responsibility, unresolved business, avoidance, and being aware of the present moment. For Perls, nothing "exists" except "now" (Sarwono, 2000). Since the past is gone and the future hasn't happened, the present is what counts. In order to help the client make contact with the present, the therapist prefers to ask "what" and "how" questions rather than "why", because the question of why can lead to endless thoughts about the past which will only generate resistance to the present.

### **Basic Concepts of the Gestalt Approach**

Basically, a gestalt definition has a special grade attribute of a system that can be known as something complete; gestalt can be thought of as a whole what is ideal is more than just a portion of components. Because of frustration with the flow structuralist, a stream of gestalt emerged. Gestalt psychology is based on existentialism and phenomenology (Mujahidin, et.al, 2016). Gestalt counseling's central principle is here right now (here and now). What is now meant is what is being conscious, being remembered, being what is being felt and what is being said anticipated since the past is past and cannot be repeated, and the future does not exist or has not yet appeared, gestalt resuscitated ones life is being lived here and now. The equation that describes the current state (now) is as

follows: now = perception = consciousness = fact. Just under such conditions is it real today, because the past has gone and the future is unclear (Yusuf, 2016).

The basic concept and main goal of the Gestalt approach are Awareness and the attainment of consciousness, respectively (Sarwono, 2000):

1. Awareness would be effective if it is focused on and driven by the individual's current needs.
2. Consciousness will be incomplete without a direct understanding concerning the reality of a situation and how a person positions him/herself in said situation.
3. Consciousness always exists here and there. It is the result of the human senses, not of something that is impossible.

In more depth, gestalt therapy has four continuous stages, including the first phase of establishing a pattern therapeutic conference, the second phase of carrying out monitoring (control), the third phase of allowing the counselee to share emotions and disappointments, and the fourth phase of gestalt counselling. Finally, the counselee already has an integrated identity as a distinct, conscious, and responsible entity. (Asnawi, 2017).

### **Gestalt Counseling Techniques**

The working principles of the Gestalt counseling technique are (Golemon & Riosdan, 1993):

1. Emphasis on client responsibility. The counselor is willing to help the client but will not be able to change the client, the counselor emphasizes that the client takes responsibility for his behavior.
2. Current and current orientation. The counselor does not rebuild (repeat) the past or unconscious motives, but focuses on the present. The past is only in relation to the present.
3. Orientation of consciousness. The counselor increases the client's awareness of himself and his problems.

In Gerald Corey's book, commonly used Gestalt counseling techniques are (Corey, 2009):

a. Dialogue Games

This technique is carried out in a way that the client is conditioned to dialogue two contradictory tendencies, namely, the tendency of top dog (fair, demanding, and acting as an employer) and under dog (victim, being helpless, defending himself, and being powerless). Here there is an empty chair game, where the client is expected to play a dialogue playing the role of top dog or under dog so that the client can feel both and can see the point of view of both.

b. Inversion Technique

The theory underlying the reversal technique is the theory that the client plunges into something he is afraid of because it is thought to cause anxiety, and establishes a relationship with parts of himself that he has suppressed or denied. Symptoms and behavior often present a reversal of underlying drives. So the counselor can ask the client to play a role that contradicts the feelings he complains about or the reversal of his personality.

c. Play Projection

Projection means reflecting upon other person feelings which he himself does not want to see or accept. Deny one's own feelings by reflecting them on to others. Often times, the feelings that are reflected on other people are an attribute of his. In playing projection techniques, the counselor asks the client to try or do things that are projected to other people. In simple terms, playing with projections means reflecting to others feelings that oneself do not want to see or accept.

d. Stay with Feelings

This technique can be used when the client points to an unpleasant feeling or mood that he or she really wants avoid it. Therapy urges the client to persist or endure the feelings he or she wants to avoid.

Most clients want to run away from frightening stimuli and avoid unpleasant feelings. In this case the counselor continues to encourage the client to endure the fear or pain he is experiencing now and encourages the client to dive deeper into the behavior and feelings he wants to avoid.

To open up and pave the way for the development of a new sense of feeling it is not enough to confront and face the feelings it wants to avoid but it takes courage and experience to endure the pain of the feelings it wants to avoid.

e. Empty Chair

Empty chair is one of the most frequently used Gestalt counseling techniques in the counseling process. This technique is used so that the way to strengthen what is on the edge of the counselee's consciousness, explore polarity, projections, and projections in the counselee. As well as completing unfinished business matters previously in the counselee's life. The empty chair strategy should be used to satisfy unmet desires, convey emotions that cannot be shared, and address unresolved situations that interfere with the client's time (unfinished business) (Suryaman & Karneli, 2020).

Empty chair is one of the gestalt therapy techniques developed by Frederick Fritz Perls. Empty chair is a role-playing technique in which the counselee portrays himself and the roles of others by using a chair as the medium. Empty chair is a way to invite the counselee to internalize his introjection. In this technique two chairs are placed in the middle of the room. The counselor asks the counselee to sit in one chair and act as the top dog, then move to another chair as the under dog. Top dog is authoritarian, demanding, acting as master, powerful and authoritarian. Meanwhile, the role of the under dog itself is as a victim, defensive, helpless, weak and powerless.

The main purpose of this empty chair is to resolve conflicts that exist in the individual person that disturbs the totality of his personality. In addition, there are other objectives of this technique, including:

1. In order for catharsis to occur in the counselee.
2. Express hidden feelings.
3. Streamlining communication.
4. Helping the counselee achieve a fuller awareness and internalize the conflict that is within him.
5. Striving for an integrated function and acceptance of the aspects that are trying to be discarded or denied.



6. End conflicts by deciding unfinished business that originates from the counselee's past.
7. Prevent the counselee from separating his feelings, by helping the counselee realize that feelings are a very real part of the self.
8. Helping the counselee identify parental projections that are unpleasant to the counselee, which previously may have been ignored, not fully realized, and not assumed to exist.
9. The empty chair technique by using a dialogue game between two opposing tendencies has the aim of increasing the level of integration of polarity and conflicts that exist in a person to a higher level.
10. Moving counselees towards actually experiencing role-playing. the role they play in perpetuity, which will often result in the rediscovery of aspects of the autonomous self.
11. Understand and regain the qualities of the counselee who have been alienated or denied, and do not want to experience. Resolving conflicts originating from unfinished business in the past.

### **Definition of Unfinished Business**

In the Gestalt approach, there is a concept of unfinished business, which includes feelings that cannot be expressed such as resentment, anger, hatred, heartache, anxiety, position, guilt, and neglect. Unfinished business refers to emotions that were not planned in the past, such as discomfort, fear, remorse, or frustration. These emotions are synonymous with memory and illusion, despite the fact that they are not shared. This is attributed to the fact that these emotions are not articulated and continue to compete with the individual's current existence, leaving them unable to work and unable genuine touch with other people (Komalasari et al, 2014). Unfinished business may irritate the person by causing unnecessary fear, which causes the individual to be unable to pay attention to more essential matters (preoccupation), uncontrolled behaviour (compulsive behaviour), becoming too cautious (wariness oppressive energy), and harming oneself (self-defeating behaviour). (Corey, 1986, in Komalasari, et al, 2014).

Although they cannot be expressed, they are associated with certain memories and fantasies. Unexpressed in consciousness, they remain in the background and are brought into the present life in ways that hinder effective relationships with one and others. The unfinished business will last until he confronts and deals with the feelings he cannot express.

Unfinished business can be resolved using the *empty chair* technique in several ways, namely (Mohamad, 2003):

1. Identify the unfinished situation for this situation will be known after the counselor conducts deep exploration and sharpens the counselee's problem.
2. Investigate the counselee's memory about the original situation or especially in the counselee's past which he felt was unfinished.
3. Figuring out where the strongest energy appears, for example, emotional energy.
4. Encouraging the counselee to be able to bring up feelings, thoughts, physical sensations, and beliefs in the counselee's full awareness.
5. Identifying any contact interruptions or modifications that arise from the counselee.



## **Types of Unfinished Business**

People who cause them to be surrounded by several unfinished business problems or run into deadlocks can experience developmental disruption. Many people tend to procrastinate or stockpile tasks or work, leave things floating and unfinished, or believe that all problems are insignificant and will inevitably pile up and go unresolved. Unresolved challenges, on the other hand, have the ability to stymie progress in particular, and the important point is that feelings are hidden or not articulated. As a result, the purpose of gestalt therapy is to assist individuals in becoming mindful of the backlog of unforeseen challenges that they are facing and then revealing them, particularly concealed emotions, so that they can completely experience them in the present.

Individuals' troublesome activity continuum includes (Corey, 2009):

1. Strict disposition
2. Inability to be accountable, choosing to be dependent
3. Reluctance to contribute to the world
4. Failure to complete unfinished business
5. Ignore one's own desires
6. Imagine yourself on a "black-and-white" scale.

Individuals who have unfinished business with others often have issues in the past. According to Gestalt, unresolved past issues are referred to as Unfinished Business, and they can manifest as anger, frustration, hate, suffering, fear, sorrow, remorse (guilt), and abandonment.

## **Unfinished Business Factors**

Individuals face challenges as a result of a dispute between the dominance of "top dogs" and the presence of "underdogs." The top dog is a power that demands, challenges, and needs. Under puppy, there is a feeling of defensiveness, self-defense, helplessness, vulnerability, passiveness, and a need to be excused.

The individual is troublesome, according to Gudnanto's description in the Counseling strategy, because of the tension between the powers of "top dog" and "under dog." The top dog is a powerful status that commands, mangancam, while the underdog is a state of self-defense, helplessness, and passivity. Individuals face difficulties as a result of their difficulties in integrating ideas, Since it is triggered by having a difference between the present and the future, it affects emotions and behaviour.

Disrupted production happens where there is a lack of equilibrium between what should be (self-image) and what needed (self) is. In more depth, the following are the symptoms of undesirable behaviour: (Mohamad, 2003):

1. There is a conflict between social and biological existence
2. The individual's inability to integrate his thoughts, feelings and behavior
3. Experiencing gaps / gaps now and in the future
4. Escape from the reality that must be faced

## **RESEARCH METHODOLOGY**

### **Kind of Research**



This research is library research, which was conducted using literature materials, either in the forms of books, notes, or research reports from previous research (Hasan, 2002). This study aimed to collect data and information with the help of various materials in the library room, such as books, magazines, documents, notes and historical stories, and others.

### **Kind of Approach**

Lexy J. Moleong (1998) in her book *Qualitative Research Methodology* concluded that the definition of qualitative research is research that intended to understand the phenomena experienced by research subjects such as behavior, perceptions, motivation, actions, etc. holistically and with the way of description in the form of words and language, in a specific natural context and by making use of various natural methods.

The researcher used a qualitative approach to solve the problems of this study since it involved the application of a scientific approach to the study of problems related to human actions related to unfinished business.

### **Technique of Collecting Data**

Data collection techniques are technical methods used by a researcher in collecting research data. Several stages that must be taken by a researcher are as follows (Mukhtar, 2009):

1. Collecting or searching for literature related to the object of research
2. Classifying books based on content or type (primary or secondary)
3. Citing data or theories or concepts complete with their sources (accompanied by photocopy, author's name, title, place, publisher, year and page).
4. Checking or confirming or cross-checking data or theory from sources or with other sources (validation, reliability, or trustworthiness) in order to obtain data reliability.

### **Technique of Data Analysis**

Data analysis is the process of arranging, processing, classifying, and labeling, coding, and categorizing data in order to find and formulate work hypotheses centered upon that (Moleong, 1998). A researcher's data analysis techniques are technical approaches for analyzing and developing the data that has been obtained. A researcher must perform several steps when performing data analysis, including summarizing data, identifying/making different trends, defining themes and topics to be addressed, creating sources/data, explaining data / introducing makeshift data, and using a thought approach as analysis acuity..

## **FINDINGS**

### **Gestalt Counseling in Understanding Unfinished Business**

Understanding the client's unfinished business requires a deep exploration process that includes understanding how the unfinished business arose, its history, the beliefs behind the event, and understanding the projections that hinder the client (Palmer, 2010). The technique used is the phenomenological inquiry method and empathic understanding of the counselor.



*Table 1. Identifying unfinished business*

<b>Problem description</b>	<b>Problem Identification</b>
<p>Almost all of Kris' life was overshadowed by her stepfather. She creatively pulled out of the way saying she didn't need a father or even a man. Later in his life, she began to face intimacy problems with his girlfriend. When she and her boyfriend were to face problems, Kris quickly became bored with her boyfriend. The relationship became cold. Eventually, his girlfriend left him. This happened several times, which made her think "Surely he was also involved/played in this matter" then after a few months she began to realize that her unconscious contact medication had brought her into trouble due to past influences / unfinished business in the past. in his childhood "</p>	<p>Counselee felt she does not need a father or even a man.</p>

We can see from the table above that identifying unresolved situations helps the counselor to discover the client's problem after a thorough investigation and sharpening of the client's problem. Following the identification of the client's issue, the next step is to explore the client's recollection of the original situation or trauma in the past, which the client felt was incomplete.

*Table 2. Investigating counselee's memories*

<b>Couselee's Actions</b>	<b>Counselor's Actions</b>
<p>Kris began to remember the details of the story of his stepfather's presence in his family life. Then she was able to feel her feelings of distress and pain again as if she had been repeatedly neglected and abandoned by her stepfather. Then he too could feel the frustration and inadequacy as a result of it and in the end him</p>	<p>Provided full support and encouragement.</p>

Investigating memories about the counselee's past trauma that were considered unfinished helps the counselor understand the client's problem and could encourage clients to find out where the strongest energy appears, such as emotional frustration, body tension, stiffness, and memories of the past. Repeation concerning to how self-criticism or self-blame happened (Safaria, 2005).

*Table 3. Finding out the strongest energy*



<b>Couselee's feelings</b>	<b>Strongest energy that appeared</b>
Kris became aware of how tense she felt and then felt weak when her boyfriend asked her to move out and live together. This situation reminded her of her childhood when her stepfather did the same thing when he asked her, her mother, and her siblings to move.	Tense and Limp

After finding out where the strongest energy appears, the next step is to encourage the client to be able to bring out feelings, thoughts, physical sensations, and beliefs in the client's full awareness (Safaria, 2005).

**Table 4. Bring out the Couselee's feelings**

<b>Couselee's actions</b>	<b>Kinds of actions</b>
After several sessions, Kris returned to recall the details of his past events in his memory, becoming sharper and more focused, especially around his body's reactions and the emotions that arose at that time.	Sad, angry, crying, standing and sitting back restless.

The client has taken up feelings in his consciousness in order to alleviate the emotional pressure of the client's feelings from the past. The counselor would then recognize any interruptions or changes in interaction that occur as a result of the client (Golemon & Riosdan, 1993).

**Table 5. Contact Modification**

<b>Couselee's Actions</b>	<b>Conatact Modification</b>
The client has brought up feelings in his consciousness in order to alleviate the emotional pressure of the client's feelings from the past. The counselor would then recognize any interruptions or changes in interaction that occur as a result of the client (Golemon & Riosdan, 1993).	Emotional retroflection, self-desensitization, and projecting self-displeasure.

Make sure the counselor understands and remembers the principles of field theory, as well as the meaning, work, and interconnection of specific interruptions to contacts that are being understood at the time. Discuss the effect on the client's life, as well as the historical and current implications. The client must comprehend how his life would be affected if he continues to behave in this manner. A variety of factors necessitate a thorough review of the ramifications of this unfinished business (Corey, 2009).

*Table6. Understanding Unfinished Business*

Couselee's acts	Undertsnading problems
When Kris and her boyfriend moved to a new location, it was obvious that she was bored and uninterested. This is linked to her past experiences, and taking steps now will prevent her from getting harmed in the future.	The client is aware of how his past still affects his thoughts, feelings and actions in the present

### **Gestalt Counseling in Coping with Unfinished Business**

The Gestalt counseling technique in dealing with unfinished business is (Hikmawati, 2010):

#### *Experiment*

Experimenting involves motivating the counselee to try new things. The counselor teaches the counselee to discuss and relive unresolved issues in the present situation using this approach.

#### *Understanding Dreams*

Gestalt therapy, like psychoanalysis, employs dream interpretation. A dream, on the other hand, is not a "wide route to the unconscious" as psychoanalytic therapy suggests, but rather "a broad pathway to self-integration" in Gestalt counseling. The counselee is more likely to gain awareness, take responsibility for his dreams, see his dreams as part of himself, become more integrated, and become more conscious of the feelings and emotions expressed in these dreams if he recognizes them.

#### *Role Playing*

In Gestalt counseling, role-playing in different forms is an important technique. Psychodrama is the oldest mode of play used in Gestalt therapy. However, it is almost no longer used in its production. For individual therapy, the "empty chair," also known as "hot counseling," is the most widely used form of role-playing.

#### *Become more aware of body language*

The counselor aims to help the counselee achieve a sense of wholeness. Many people are conscious of their feelings and perceptions, but not so much of their physical sensations. As a result, Gestalt counselors seek to help the counselee become more receptive to his body language (Mohamad, 2003).

#### *Group counseling*



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Practices in Gestalt counseling can be carried out through individual or group formats. However, the group format is seen as more efficient. Feedback received from the Counselor as well as from group members can accelerate the awareness process.

#### *Dialogue games*

This technique is carried out in a way that the client is conditioned to dialogue two contradictory tendencies, namely the top dog tendency and the underdog tendency, for example, (a) parental versus childish tendencies; (b) responsible versus indifferent tendencies; (c) "good children" versus "poor children" tendencies; (d) autonomous versus dependent tendencies; (e) strong aggression tendencies (Corey, 2009).

#### *Become more responsible*

It's a strategy that helps clients to consider and recognize their emotions rather than projecting them onto others. In this method, the counselor asks the client to make a statement, and the client then adds the phrase "... and I am responsible for it" to the statement.

#### *Projecting*

Projection is the act of dwelling on another person's emotions that he does not want to see or consider for himself. By reflecting his feelings to others, he is denying his feelings. He also exhibits qualities that are mirrored in others' feelings. The psychologist advises the client to try or do things that are projected to other people by using prediction strategies (Golemon & Riosdan, 1993).

#### *Reversal technique*

Certain symptoms and behaviors often present a reversal of the underlying impulses. In this technique the counselor asks the client to play a role that is opposite to the feelings he is complaining about. For example: The counselor allows the client to play an "exhibitionist" role for the excessively shy client.

#### *Holding on to the feeling*

This technique can be used for a client who is showing unpleasant emotions or moods or trying to escape them. Clients are allowed to hang on to the emotions they want to escape (Corey, 2009).

### **The Advantages of Gestalt Counseling in Coping with Unfinished Businesses**

In particular, Gestalt counseling has the following advantages (Bunarsa, 2000):

1. Gestalt therapy deals with the past by bringing relevant aspects of the past to the present.
2. Gestalt therapy pays attention to nonverbal messages and body messages.
3. Gestalt therapy refuses to recognize helplessness as an excuse for not changing.
4. Gestalt therapy places emphasis on clients to find meaning and their own interpretations.
5. Gestalt therapy excites relationships and expresses immediate feelings of avoiding abstract intellectualization about client problems.



## DISCUSSION

Gestalt therapy deals with the past by putting specific facets of it into the present, channeling relationships and sharing direct emotions, and preventing abstract intellectualization of client issues. refusing to accept helplessness as an excuse for not changing; paying attention to nonverbal messages and body language; refusing to accept helplessness as an excuse for not changing; focus on the client's ability to deduce their own definitions and make their own interpretations; Via a series of gestalt exercises, the client will intensely experience his own emotions in a short period of time.

The Gestalt counseling process occurs in flexible stages. Each stage has specific priorities and goals that assist the counselor in organizing the counseling process. These stages, namely:

### *The First Stage (The Beginning Phase)*

At this stage, the counselor uses phenomenological approaches to increase the counselee's knowledge, build dialogical interactions, encourage them to be more functioning, and stimulate them to improve personal support for own self and the surrounding.

### *The Second Stage (Clearing The Ground)*

The therapy phase is now moving forward with more realistic techniques. The counselee considers different estimates, adjustments to relations, and unfinished business. The counselor's job is to continually encourage and arouse the counselee's confidence to communicate his experiences and emotions in a cathartic context, as well as to provide the counselee with opportunities to engage in various experiments to increase knowledge, personal responsibility, and understanding of unfinished business..

### *The Third Stage (The Existential Encounter)*

This stage is defined by the counselee's actions, which include discussing the issue in detail and making major changes. This is the most challenging stage since the counselee is forced to confront his or her anxieties, doubts, and concerns that have been hidden inside him or her. Furthermore, the counselee is experiencing strong feelings of danger, as well as feelings of hopelessness for a more secure life. In this process, the counselor offers encouragement and inspiration to the counselee when he or she is nervous or reluctant to confront an issue.

### *The Fourth Stage (Integration)*

This stage is defined by the counselee's actions, which include discussing the issue in detail and making major changes. This is the most challenging stage since the counselee is forced to confront his or her anxieties, doubts, and concerns that have been hidden inside him or her. Furthermore, the counselee is experiencing strong feelings of danger, as well as feelings of hopelessness for a more secure life. In this process, the counselor offers encouragement and inspiration to the counselee when he or she is nervous or reluctant to confront an issue.



### *The Fifth Stage (Ending)*

At this stage the counselee is ready to start life independently without the supervision of the counselor.

### **CONCLUSION**

Based on the findings that have been described in previous chapters, the conclusions of this study are as follows.

1. Identifying unfinished business, investigating client experiences, identifying the best energy to emerge, creating emotions in the client's consciousness, changing contacts, and realizing unfinished business are the six stages of Gestalt therapy.
2. Experimenting, interpreting visions, role-playing, training attention to body language, groups, dialogue games, practicing my duty, playing projections, reversal tactics, and remaining with emotions are some of the strategies used in Gestalt therapy to address unfinished business.
3. Coping with the past by taking important facets of the past to the present, paying attention to nonverbal and body language, refusing to recognize helplessness as an excuse for not improving, stressing the client's desire to find meaning and its meanings, and stimulating relationships and communicating immediacy are all benefits of Gestalt therapy in resolving unfinished business.

### **SUGGESTIONS**

The researchers suggest the following after performing the evaluation using Gestalt counseling:

1. Gestalt counseling, which deals with the past by bringing relevant aspects of the past into the present, should be used by counselors.
2. Be mindful of nonverbal messages and body language and pay attention to them.
3. The client should refuse to use helplessness as an excuse for not making a move.
4. Clients are supposed to be able to understand and find their own context.

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