

Student #2

Critical Reflection Number Three

27 September 2020

Sometimes, big tasks seem so daunting and questionable that they appear impossible. When the vacant lot was in the process of being transformed into the sculpture park for the Transitional Living Community, it seemed like one of those times for the people involved. Davis (1999) noted that “it wasn’t until I [Davis] started to try to live by the Gestalt concept of the ‘here and now’ that I could apply this to the many concerns associated with the park and our [Transitional Living Community] clientele” (p. 46). Artistic concepts and other instances in life are all interwoven with the different principles of gestalt.

Usually, when someone mentions gestalt principles to me, I first think of the various uses in art rather than how they apply in real-life situations. It was eye-opening to see these principles brought into an actual scenario. If only seeing the bigger picture and living in the moment helped the crew prepare the sculpture park, I’m curious what other situations the principles can be effectively applied to. I know I tend to be a bit of a detail-orientated person or a little stuck in the past. On the other hand, I know many other people that would benefit from being more gestalt orientated.

References

Davis, J. (1999). Report: Environmental art therapy—metaphors in the field. *The Arts in Psychotherapy*, 26(1), 45-49.