

Dysthymia: A Case study from a Gestalt Perspective

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Abstract

The purpose of the study was to address the targeted symptoms of dysthymia via a tailor made version of gestalt therapy. The research design adopted was single case study, constituting a specific case of dysthymia. A tailor made gestalt therapy was given to a dysthymic 23 years female student pursuing engineering course. The results indicated the relevance of a “tailor made perspective”, in treating dysthymia via the gestalt modality. The findings of the study have implications for the management and treatment of similar cases of dysthymia following symptom based individualistic approach.

Key words: dysthymia, depression, tailor made version, gestalt perspective, case study

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