Gestalt and Systems Theory

FELD INSTITUT

Gestalt and Systems Theory

- ... are so-called **Metatheories**.

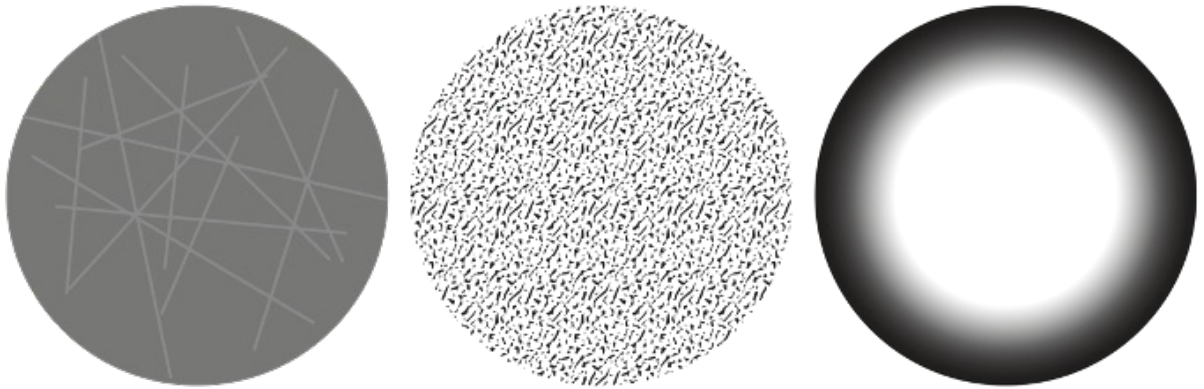
Universal Application
Their insights apply to all fields of science.

Core Significance
Both play a fundamental role in systemic constellation work.

Insight 1 : The Whole is a Gestalt

- A Gestalt is **a whole made of individual parts**, which is not merely more than, but **fundamentally different from the sum of its parts**.

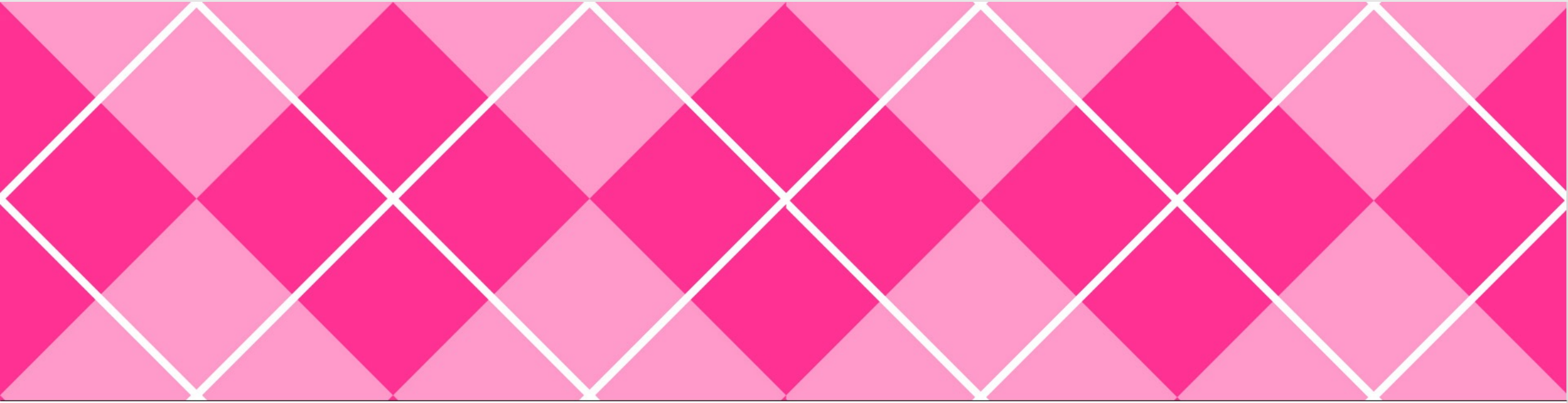
Because it is 'supersummative,' each Gestalt possesses its own unique **structure, holistic nature**, and **essence.**



Insight 2 : We perceive the world through patterns

- Our brain **searches the field** for criteria to **simplify and create order**.

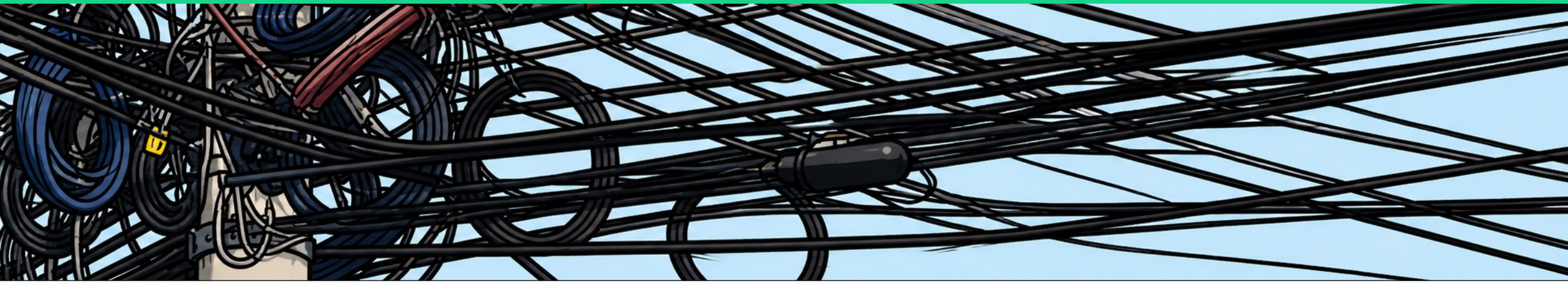
Gestalt theory refers to **pattern recognition** and the **laws of perception.**



A System is…

- a **purposeful interaction of elements**, characterized by **organized complexity.**

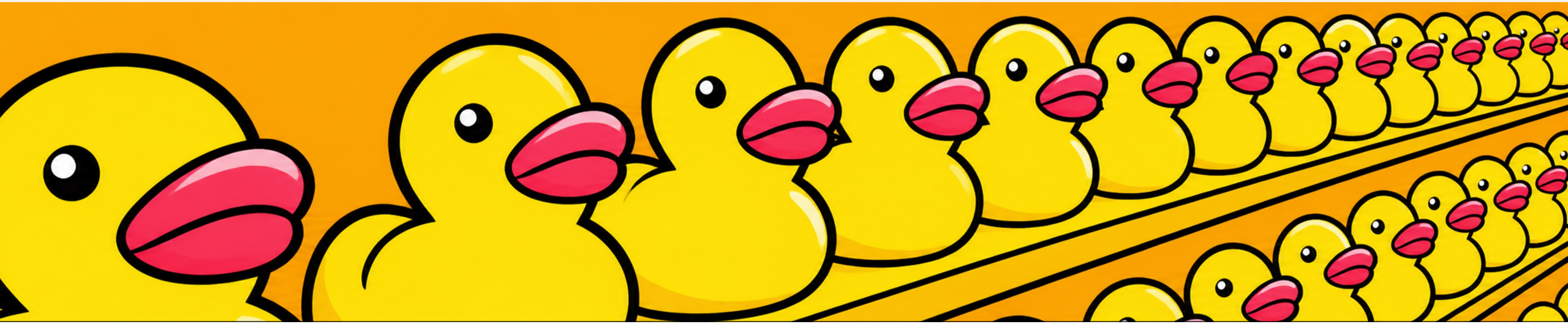
The reality of a system is constructed through the communication of its elements." (Niklas Luhmann)



Self Preservation (survive)

- To ensure self-preservation, systems tend to repeat the same patterns of action over and over again.

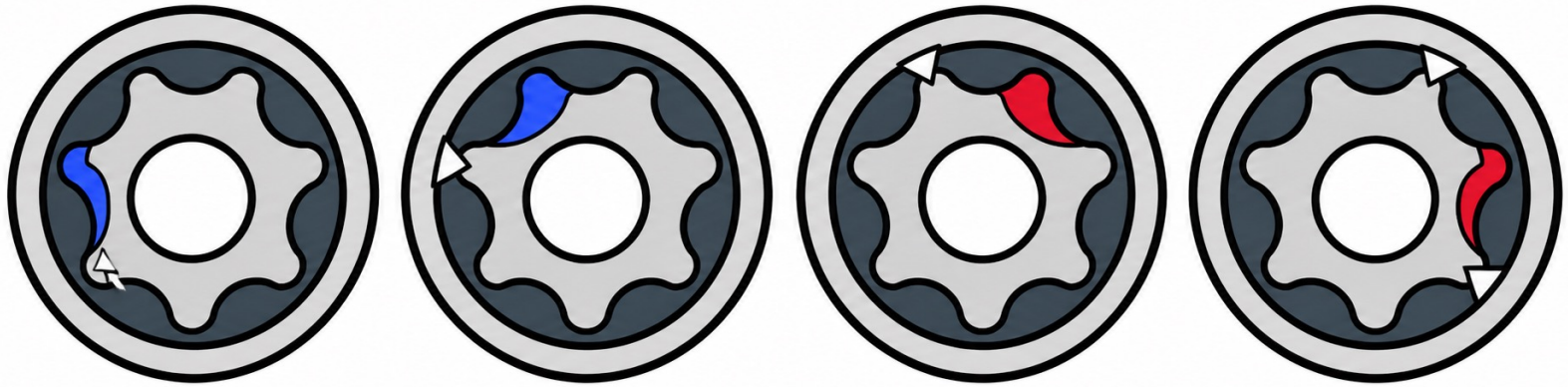
"We are where we are because of what we've done."
"That's just the way we've always done things here."



Functional Principles

- **Self-preservation** and **evolution** operate according to these **four principles:**

Complexity **Feedback** **Balance** **Self-Organisation**



Gestalt Focus

- **Gestalt theory** examines the properties of the whole and the patterns within our perception. **It focuses on the „what“.**

Systems Focus

- **Systems theory** primarily focuses on the basic functions and principles of systems. It replaces the term 'Gestalt' with 'System‘ and **focuses on the „how“.**

By combining both theories,

we focus on **the emergence of systems**, their **functional principles**, and **how we perceive** them.

In this context, we can also refer to this as **Social Sciences**.