

There are seven principles that form the basis of Gestalt therapy:

- Everything flows and is in movement, everything is a process. Processes always take place in a certain environment (or field).
- Each field is divided into elements that are referred to as a 'gestalt'. A gestalt is characterized by foreground aspects, which are separate from the background aspects. A gestalt is defined by the fact that it is different to its environment, although at the same time it can be integrated into the whole of things. This process of the gestalt integrating into the field is referred to as gestalt formation.
- Contact is to appreciate the difference between the foreground and the background; this difference is determined by how the contact boundaries are set up.
- Awareness is essential in order to make contact; it is also the primary process within gestalt therapy.
- Awareness and contact result in an experience that can be integrated. An experience is characterized by the process, awareness and contact. Experience and process can only be determined through contact.
- The objective for gestalt therapy is to improve creative adaptation. Creative adaptation presents itself during contact with other people.
- People only exist if they are in contact with others.