



European  
Association  
for Gestalt  
Therapy

## **Statement in Support of the Recognition of Gestalt Therapy in Spain**

The European Association for Gestalt Therapy (EAGT) expresses its full support for the Asociación Española de Terapia Gestalt (AETG) in its ongoing efforts to ensure the recognition of Gestalt Therapy as a scientifically validated psychotherapeutic approach within Spain's national mental health system.

As a leading European organisation representing Gestalt Therapy, EAGT is committed to safeguarding the professional integrity, scientific credibility, and accessibility of this therapeutic modality across Europe. We acknowledge and emphasise the role of AETG as a member of EAGT, which reflects its dedication to maintaining high standards in training, clinical practice, and ethical oversight, in full alignment with European psychotherapy regulations.

Gestalt Therapy is a recognised humanistic psychotherapeutic approach, supported by a strong theoretical foundation, an expanding body of empirical research, and well-established professional practice across Europe. It has demonstrated effectiveness in treating depression, anxiety disorders, trauma, and psychosomatic conditions, while its holistic, relational, and experiential methodology is widely valued in various psychotherapeutic contexts.

AETG, in collaboration with academic researchers and professional psychotherapy organisations, has conducted a comprehensive scientific review, compiling 42 studies and clinical trials that were submitted to the Spanish Ministry of Health, alongside a Systematic Review Report on the efficacy of Gestalt Therapy. This research provides a robust empirical foundation supporting the effectiveness of Gestalt Therapy across diverse therapeutic settings.

EAGT supports all initiatives aimed at ensuring scientific rigour and evidence-based practice in psychotherapy. We believe that scientific recognition should encompass a broad spectrum of established psychotherapeutic modalities, each of which adheres to rigorous scientific, ethical, and professional standards.

In this context, we welcome the recent communication from the Spanish Ministry of Health, indicating that Gestalt Therapy may be excluded from further evaluation within the Health Protection Plan Against Pseudotherapies. This position aligns with the extensive scientific evidence demonstrating the effectiveness of Gestalt Therapy and further reinforces its status as a recognised and evidence-based psychotherapeutic approach.

To ensure clarity and alignment with international standards, we encourage the formal recognition of Gestalt Therapy. Gestalt Therapy is widely acknowledged within the European psychotherapeutic community, integrated into accredited training programmes, and supported by clinical research.

The recognition of Gestalt Therapy within Spain's mental health system is crucial in the context of protecting patient choice and ensuring access to a broad range of effective psychotherapeutic approaches. The diversity and richness of psychotherapeutic practices



European  
Association  
for Gestalt  
Therapy

reflect the complexity of human experience, and ensuring the availability of different methodologies allows individuals to receive the most appropriate and tailored support for their needs.

Gestalt Therapy plays a valuable role in contemporary mental health care, complementing other recognised modalities and offering an approach that has proven effective across various clinical and therapeutic settings. It is essential that Spain's mental health regulations reflect a broad, integrative, and scientifically grounded vision of psychotherapy, recognising the contributions of different methodologies to public health.

EAGT reaffirms its full readiness to collaborate with the Spanish Ministry of Health, AETG, and other relevant institutions, to ensure that the recognition of Gestalt Therapy aligns fully with scientific research and best clinical practices. We firmly believe that our shared goal is to support a mental health system that values diversity, clinical effectiveness, and patient-centred care.

Michał Lewandowski

President

European Association for Gestalt Therapy