

# Gestalt Therapy Techniques

1. **The Empty Chair** – involves having the client talk to an empty chair in order to resolve old issues
2. **Role Plays and Re-enactments** – involves helping the client practice certain skills in the present moment
3. **Experimentation Methods** – involves the use of different Gestalt techniques
4. **Dream Work** – involves re-enacting a client's dreams inside the therapy session
5. **Present Moment Awareness** – helps track a client's body language and notice subtle changes that indicate what they're thinking, feeling, and experiencing

# Gestalt Therapy Theories Of Psychotherapy

**O García**



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web align the timing marks of the camshaft with the mark plates of the timing chain and install the timing chain hint align the timing marks with the mark plates while turning the hexagonal service portion of the camshaft using a wrench 2 install chain tensioner slipper a install the chain tensioner slipper 3 install chain tensioner

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web rotate the crankshaft pulley two complete turns clockwise and check the timing marks if the timing marks are correct tighten the lock bolt for the tensioner to 20 to 34 n m 200 to 350 kgfcm for fe to 37 to 52 n m 380 to 530 kgfcm for f2 engine check the movement on the tension side of the timing belt

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web fe engines use a timing assembly very similar to other ford engines with the aforementioned cam thrust plate an offset positioned dowel pin for locating and a single central cam bolt for retention the factory cam sprockets were often aluminum with molded nylon teeth for quieter operation

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