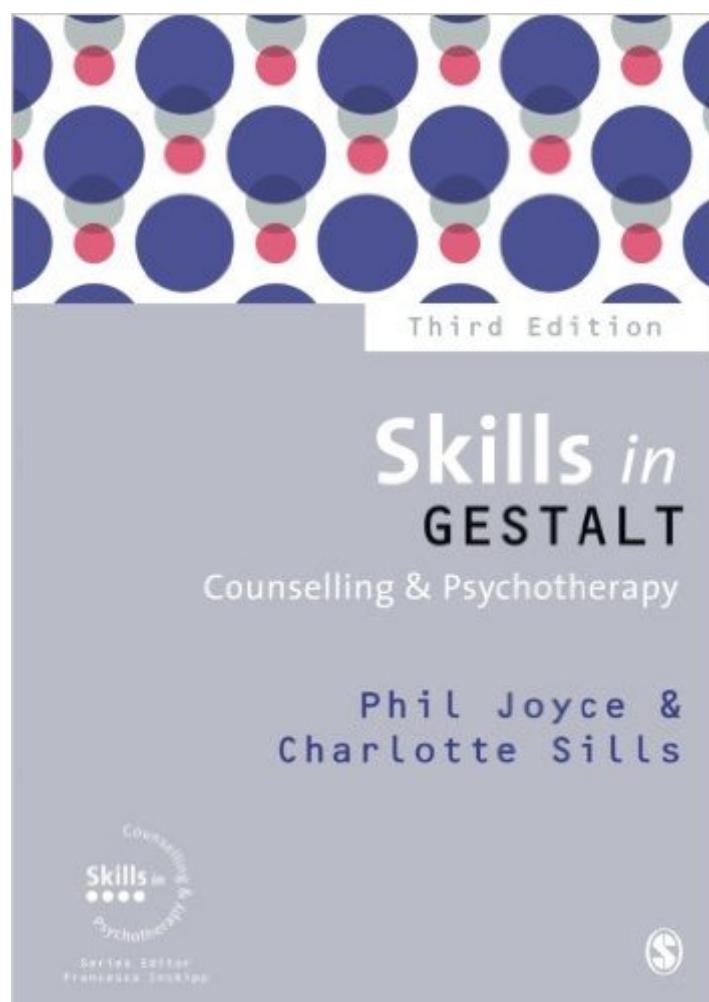


The book was found

Skills In Gestalt Counselling & Psychotherapy (Skills In Counselling & Psychotherapy Series)



Synopsis

This practical guide to the Gestalt approach has successfully introduced thousands of trainee therapists to the essential skills needed in Gestalt practice. Now in its third edition, the book includes:

- New chapters on working with trauma, and building client resources
- New material on depression and anxiety
- Expanded content on working with more challenging client issues
- Integration of leading ideas from contemporary trauma therapies.

The authors offer practical guidance on the entire process of therapy including setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, supervision, adopting a research approach, and managing difficult encounters.

Book Information

Series: Skills in Counselling & Psychotherapy Series

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Customer Reviews

Great book for first time 'Gestalters.' Goes all the way from setting up your office to examples of sessions and real life self examination exercises. A little short on detailed theory, but an excellent referred reading list. It's a good book for all levels of Gestalt practice. Can be used by beginners as a great primer for beginning the wonderful world of Gestalt therapy. Seasoned practitioners get a look at the changes in definitions and trends in the field. Long time 'Gestalters' may find it a little light and not 'pure' as many other styles are integrated in the therapy process.

Clear, concise explanations on a wide range of topics. Very readable and accessible to trainees.

2013 edition very up to date. Great references for further reading. I would recommend it to all Gestalt training organizations.

An excellent resource! I highly recommend it.

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