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Sinopsis

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Gestalt therapy offers a present-focused, relational approach, central to which is the fundamental belief that the client knows the best way of adjusting to their situation. By working to heighten awareness through dialogue and creative experimentation, gestalt therapists create the conditions for a client's personal journey to health.

Gestalt Therapy: 100 Key Points & Techniques provides a concise guide to this flexible and far-reaching approach. Topics discussed include:

the theoretical assumptions underpinning gestalt therapy
gestalt assessment and process diagnosis
field theory, phenomenology and dialogue
ethics and values
evaluation and research.

As such this book will be essential reading for gestalt trainees, as well as all counsellors and psychotherapists wanting to learn more about the gestalt approach.