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For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food,

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nutrition, fitness, wellness, travel, and fashion and beauty.

From the title chapter, "Teaching a Paranoid to Flirt" to "The Aesthetics of Commitment: What Gestalt Therapists Can Learn from Cezanne and Miles Davis," author Michael Vincent Miller explores the facets of Gestalt therapy - the aesthetic, the theoretical, and the clinical. In his forty-year career as a practicing Gestalt therapist, a teacher of Gestalt therapy, his essays,

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reviews and commentaries on Gestalt therapy in particular and psychology in general have appeared in publications throughout the world including The New York Times Review of Books and The Boston Globe. His book, Intimate Terrorism, appeared in eight languages. This 400 page volume is divided into three sections: "Themes: Clinical and Philosophical," "Commentary," and "Founders and Shapers: Introductions and Elegies."

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This text is a comprehensive introduction to Gestalt Awareness Practice.

In the second phase of the investigation, judges identified explicit therapist operations and methods which, when carried out under identified client conditions or states, were judged as being instrumental in the subsequent occurrence of the given category of very good moments. The main finding was as follows: (a) The skilled

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and competent use of specific therapist operations, (b) with a client who is ready and willing to use the operations, and to move toward that very good moment, (c) appeared to result in the occurrence of that very good moment.

This unique text is the first to provide an introduction to the theory and practice of the major theories of psychotherapy and, at the same time, illustrate how these approaches are

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dealing with the ever-increasing diversity of today's clients. Frew and Spiegler have assembled the leading contemporary authorities on each theory to offer an insider's perspective that includes exposure to the style and language used by adherents of the approach, which is not available in any other text. The history of each approach and the latest, cutting-edge theory and practice are integrated with an emphasis on an awareness of the

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needs of diverse non-majority clients, creating a comprehensive, practical, and invaluable text for any counseling theories course. The major psychotherapeutic approaches are presented in roughly the chronological order in which they were developed, and each chapter follows the same basic format to ensure consistency throughout the text. Along with traditional theories, there are chapters on reality therapy, feminist therapy, and

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narrative therapy, and the chapter on ethics includes multicultural and feminist perspectives. Each chapter includes: the origin and evolution of the theory theoretical foundations and how the theory is manifested in practice an evaluation of the evidence for the theory's success, limitations, blind spots, and challenges "The Author's Journey," in which authors describe what lead them to adopt their approach and how their own practice has

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evolved over time multicultural competencies and their importance in the context of the theory. Resources are available online for instructors to supplement the material in the text and include a test bank and PowerPoint lecture slides.

There is no available information at this time.

[**100 Key Points and Techniques History, Theory, and Practice Contributions to Adlerian Psychology**](#)

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[EBOOK: Psychology: The Science of Mind and Behaviour, 4e](#)

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Gestalt therapy is well-grounded in its daily practice, but is a field which is still in the process of developing a research tradition to support this practice. Gestalt practitioner researchers devote themselves to the generation of interest in the field, the enlargement of capacities and expertise, and the sharing of research projects and their findings. The larger Gestalt community realises that such research has begun to take place, but it requires more information and to be brought into the conversation through a book that speaks of philosophy and method and actually shares some of the research that emerges. This volume fills this lacuna,

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collecting for the first time the theoretical grounds for research in Gestalt therapy, and introduces useful research methods and presents actual research projects to provide inspiration to Gestalt practitioner researchers. The book will be helpful not only to Gestalt therapists interested in research, but also to students of Gestalt therapy involved in training, as it will serve to bolster their own academic performance. It will also be of interest to the larger field of psychotherapy research, in demonstrating how a clinical school based on principles such as existential dialogue, phenomenology and field theory is responding to the

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need for evidence-based practice, and is keeping pace with the needs of a twenty-first century professional community.

EBOOK: Psychology: The Science of Mind and Behaviour, 4e

This book is a practical, professional reference on the practice of Gestalt Therapy (GT) by Philip Brownell, a leading practitioner and scholar in the field. The book covers the philosophical basics of GT and contrasts it with various types of psychotherapeutic approaches. The book also provides guidelines on how to apply GT principles to therapeutic practice with clients. Lastly, the authors

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cover training on a post-graduate level, certification, and continuing education issues relevant for the practicing therapist. Key Features: Explains Martin Buber's use of "dialogue" in gestalt therapy and how to practice in a dialogical manner Compares and contrasts the features of a gestalt system of diagnosis with Diagnostic and Statistical Manual of Mental Disorders (DSM) Provides GT treatment planning and case management practices Simon Cavicchia has oriented Clarkson's seminal work of Gestalt Counselling in Action within a more contemporary context, adding voices of significant and divergent thinkers as counter-point and

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extensions of the author's work. Michael Clemmens, Gestalt Institute of Cleveland, USA This popular and well written book which is now in its 4th edition provides an accessible and thorough introduction to the Gestalt approach. Danny Porter, Manchester Gestalt Centre Now 24 years old with over 40,000 copies sold worldwide, Petruska Clarkson's classic text is the definitive introduction to Gestalt therapy. This fourth edition, updated by Simon Cavicchia, covers the latest in Gestalt theory, research and practice. It includes: An extended case study running through the book to help you understand the process of therapy and the techniques used in

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each of the phases. Learning features and case examples translating theory into practice. New 'reflection sections' showing you the most recent developments in the field. New material on the relational turn and research. As a student of Gestalt therapy, this is the one book you need to buy; it offers a uniquely practical and accessible approach to an often complex topic. Petruska Clarkson was a professor and fellow of the British Association for Counselling and Fellow of the British Psychological Society. Petruska sadly passed away in 2006. Simon Cavicchia is a primary tutor on the MSc in Gestalt Psychotherapy and Joint Programme Leader of the

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MSc in Coaching Psychology/MA in Psychological Coaching, both at Metanoia Institute, London. These lively conversations provide a unique insight into the mind of one of the most original psychoanalysts of our century. The various subjects covered here spread over a wide range of interest, which Michael Eigen talks about with a rich and almost ecstatic flow. He analyzes the madness and psychopathy of our society, and tells us of work with clients and himself. Topics expand to include spirituality, meetings with British and French analysts, psychoanalytic writing, work with trauma and many other areas that go with being alive today

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and and with the difficulties we share in constituting ourselves as fully human beings. This book provides a wonderful introduction to his writings and for Eigen readers it is a delightful and challenging filling out of nuances of his life and work.

The Gestalt approach is based on the philosophy that the human being is born with the healthy ability to regulate needs and wants in relationship with the environment in which she/he lives. Heightening of personal awareness and exploration of needs is enabled by the therapist who actively engages in supporting and assisting the therapeutic journey of the client. Gestalt Therapy: Advances in Theory and

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Practice is a collaboration of some of the best thinkers in the Gestalt therapy approach. It offers a summary of recent advances in theory and practice, and novel ideas for future development. Each chapter focuses on a different element of the Gestalt approach and, with contributors from around the world, each offers a different perspective of its ongoing evolution in relation to politics, religion and philosophy. Incorporating ideas about community, field theory, family and couple therapy, politics and spirituality, this book will be of interest not only to Gestalt therapists but also to non-Gestalt practitioners, counsellors, psychologists,

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psychiatrists and other mental health professionals. Counselling, behavioural science and psychotherapy students will also find this a valuable contribution to their learning.

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[Gestalt Therapy](#)

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[Psychology](#)

[Gestalt Therapy](#)

[Gestalt Therapy Now](#)

[Michael Speaks: The Legacy of Sarah Chambers
\(Volume 1\)](#)

[First Revised Edition](#)

Continuity and Change: Gestalt Therapy Now describes what is quite possibly the most unique and significant gestalt therapy organization in the world. There are, of course, many other associations of gestalt therapists, but many of them are either much smaller or qualitatively different because they attend to certifying and regulating their members. The Association for the Advancement of

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Gestalt Therapy (AAGT) does not certify nor regulate; its sole purpose is to advance the theory and practice of gestalt therapy through the associating of its members. This book both highlights the nature of contemporary gestalt therapy and makes known the existence and nature of the AAGT through the lens of its tenth biennial conference, which was held in Philadelphia, Pennsylvania, USA. In 2010 the AAGT returned to the Unites States for a venue in its biennial conference after having been in Amsterdam in the Netherlands; Vancouver, Canada; and Manchester, England. It's regional growth had been sustained, and its international scope had become expansive. The 2010 conference, with its theme of

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continuity and change, was a look at contemporary gestalt therapy, and it also featured a significant and growing dialogue with recognized leaders in other clinical perspectives. The 2010 conference featured many long-time, recognized colleagues from the field of gestalt therapy, including many aging colleagues who trained personally with the founders of gestalt therapy. The conference proceedings were rich and varied. This book includes papers based on pre-conference workshops, and conference presentations and panels. Chapter contributors emerge from the structure of the conference itself, and they include many of the most compelling thinkers and practitioners in the world of contemporary gestalt therapy.

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This book uncovers a holistic sensibility in post-World War II American culture that challenged Cold War logic and fed some of the century's most powerful social movements. This impulse is illustrated by focusing on Rachel Carson, Buckminster Fuller, Martin Luther King Jr., Abraham Maslow, Pierre Teilhard de Chardin, and the Esalen Institute.

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

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health. Gestalt Therapy: 100 Key Points and 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.

An international selection of authors provide a detailed exploration of Gestalt as a somatic and relational practice. Covering many aspects of this relationship, the chapters

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include discussion of our relationships with nature, the role of Eros, energy in Taoism, affect and methods of practice. Both theoretical and practical application of an embodied relational approach to GT are presented, and many chapters include case studies from the contributors' own work. The overall view of the book is that our bodies are inextricably embedded and co-creating with the environment, and that we know our body and the world through our embodiment.

Peer supervision is an important component of many psychotherapists' professional lives, particularly those in private practice. This first and only book on peer supervision groups describes in detail the experience of

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being in a peer group and gives concrete guidelines for creating and running a group.

This unique text is the first to provide an introduction to the theory and practice of the major theories of psychotherapy and, at the same time, illustrate how these approaches are dealing with the ever-increasing diversity of today's clients. Frew and Spiegler have assembled the leading contemporary authorities on each theory to offer an insider's perspective that includes exposure to the style and language used by adherents of the approach, which is not available in any other text. The history of each approach and the latest, cutting-edge theory and practice are integrated with an emphasis on an awareness of the

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needs of diverse non-majority clients, creating a comprehensive, practical, and invaluable text for any counseling theories course. The major psychotherapeutic approaches are presented in roughly the chronological order in which they were developed, and each chapter follows the same basic format to ensure consistency throughout the text. Along with traditional theories, there are chapters on reality therapy, feminist therapy, and narrative therapy, and the chapter on ethics includes multicultural and feminist perspectives. Each chapter includes: the origin and evolution of the theory theoretical foundations and how the theory is manifested in practice an evaluation of the evidence for the theory's success,

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limitations, blind spots, and challenges "The Author's Journey," in which authors describe what lead them to adopt their approach and how their own practice has evolved over time multicultural competencies and their importance in the context of the theory. Resources are available online for instructors to supplement the material in the text and include a test bank and PowerPoint lecture slides.

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[Continuity and Change](#)

[Gestalt Therapy Around the World](#)

[A Guide to Contemporary Practice](#)

[Holistic Worldviews and the Transformation of American
Culture After World War II](#)

[The Gestalt Journal](#)

This book examines alternative healing practices in American popular culture. From traditional folk approaches to more recent developments, it discusses the rise and fall of more than 100 popular

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approaches to addressing both physical ailments and mental health needs. • Provides illuminating descriptions of popular treatments, describing their underlying philosophies, the historical impetus behind each, and their fate with consumers • Casts a critical yet sympathetic historical eye on the development of numerous popular remedies and how they came to serve (or not) their users • Looks at both notable "alternative" therapies and therapies that emerged or split off from the mainstream

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to address a different need of their audiences • Explores treatments designed for healing the body, the mind, the spirit, and all three

Dialogues with Michael Eigen spans 20 years of diverse interviews and interactions with the acclaimed psychologist Michael Eigen, including interlocutors from Italy, Spain, Portugal, Argentina, Sweden, Israel, and the United States, published together for the first time. This book explores the importance of soul reveries, psychoanalytic "prayers",

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and cultivation of psychoanalytic "faith" in Eigen's work. The dialogues lay out Eigen's privileging of emotions as messengers in need of recognition, as welcoming inner gestures for incubation, enabling a deep vitalizing contact of being with oneself and others. Eigen reminds us that struggling with one's personality remains a life-long task, exposing us to various existential sufferings, agonies, traumas, and losses in need of soul confession, if not analytic prayer. The book seeks to help

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readers find, touch, and work with emotional realities a little better and support a growing intimate, creative relation to ourselves. The rich explorations of the interviews and interactions with Eigen help contribute to further appreciation of our experiential life and worlds it opens. Building on his work on mind-body-soul connections, Dialogues with Michael Eigen is an essential book for anyone interested in the spiritual side of psychoanalysis. Leading gestalt therapist Michael

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Kriegsfield led therapy groups around the world. Gestalt therapy focuses on conflicts between aspects of the self, and the attempt by patients to avoid responsibility for their choices and behavior. When Kriegsfield died suddenly in 1992, he left 170 three-hour-long videotapes of his work with groups in the United States and Europe. Through excerpts from these tapes, author Lee Kassan provides examples of Kriegsfield's methods that will be of use to every therapist regardless of his or her field. Divided

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into five main sections, *Who Could We Ask?* The Gestalt Therapy of Michael Kriegsfield delivers a revealing, personal portrait of Kriegsfield. Kassan explains Kriegsfield's theory of the gestalt model as an alternative to the medical model that dominates the therapy field today. Kassan brilliantly illustrates and explains the procedures that Kriegsfield used in gestalt therapy. Informative and intimate, *Who Could We Ask?* is a rare glimpse of a master therapist at work.

Gestalt Therapy: History, Theory, and

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Practice is an introductory text, written by major Gestalt theorists, that will engage those new to Gestalt therapy. Editors Ansel Woldt and Sarah M. Toman introduce the historical underpinnings and fundamental concepts of Gestalt therapy and illustrate applications of those concepts to therapeutic practice. The book is unique in that it is the first Gestalt text specifically designed for the academic and training institute settings. Gestalt Therapy takes both a conceptual and a practical approach to examining

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classic and cutting-edge constructs. In *Human Interaction and Emotional Awareness in Gestalt Therapy* H. Peter Dreitzel explores a model of the contacting processes between human beings and their environments and presents a phenomenological exploration of the emotions guiding such contacts. The book makes an important contribution to our understanding of the role of psychotherapy in the modern world, especially in the context of change and crisis. Dreitzel sets out a new perspective of how we

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interact with each other, how we frame our encounters and differentiate them from one another, how we give them meaning, and how they are related to our needs and wants. This is followed by a unique phenomenological exploration of the emotions guiding such contacts, the first time the world of human feelings has been explored in depth and systematically analysed in Gestalt thought. These innovative explorations are framed first by a discussion of the historical development of Western conventions

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regarding everyday behaviour, and secondly by an examination of perspectives on climate change. Dreitzel analyses the mental and emotional states of potential clients as they are affected by these global processes and the book also includes an epilogue which evaluates how to work with climate anxiety. Dreitzel's conception of social change, with Gestalt therapy at its core, is relevant to all aspects of humanistic psychology. It elevates empathy, emotional development and the prevention of suffering at all

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levels of society, filling important gaps in Gestalt therapy theory and expanding it into exciting new territory. Human Interaction and Emotional Awareness in Gestalt Therapy also contains an insightful foreword by Michael Vincent Miller, PhD, and will be essential reading for Gestalt therapists, other professionals with an interest in Gestalt approaches and readers interested in social interaction, climate change and the role of psychotherapy in a changing world. This practical book outlines the essential

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principles and practices of couple counselling. Demystifying this form of therapy, the author provides a step-by-step guide from the first meeting through to subsequent sessions. The book includes a wealth of supporting features including case examples, student exercises, points for reflection and memory-jog pages to use in practice. As well as chapters illustrating counselling for problems frequently experienced by couples, such as sexual difficulties, infidelity, violence and abuse, key content includes: -

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cultural differences in couples work -
varieties of committed relationships -
responses to specific difficulties -
ethical issues that arise as a result of
working with two people - gender
differences in relation to the
counsellor's own sexuality and/or gender -
the value of training courses and
supervision - persons' narratives as a
basis for change. This book comprises a
sound basis for one-to-one practitioners
wishing to expand their expertise and
practice of therapy into working with

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couples, and for students training in this mode of counselling

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[THE GESTALT JOURNAL SPRING 1985](#)

[Partners in Exploring Life](#)

[How They Work and why You Need One](#)

In this ground-breaking book, Michael Clemmens offers a new model of treatment for long-term recovery which goes beyond the traditional "disease" paradigm. Working from the belief that a fuller life for the recovering addict is grounded on a foundation of abstinence, the author explores a "self-modulation" approach which leads to a change in the behavior from within the individual while developing and expanding connection with others.

The first internationally focused book on gestalt therapy to provide a comprehensive overview of current practice

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around the world. Features coverage of the history, training, theoretical contributions, and research initiatives relating to gestalt therapy in seventeen countries Points to future directions and challenges Includes extensive information on worldwide gestalt associations, institutes, and professional societies that promote the development of the approach Introduction to Counseling by Michael Scott Nystul provides an overview of counseling and the helping professions from the perspective of art and science—the science of counseling that generates a knowledge base proven to promote competency and efficacy in the practitioner, and the art of using this knowledge base to build skills that can be applied sensitively to clients in a

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multicultural society. The Fifth Edition has been organized into three sections: (1) an overview of counseling and the counseling process, (2) multicultural counseling and counseling theories, and (3) special approaches and settings. It continues to address key topics and issues, including gender, culture, and sexual orientation, and offers ways to integrate multiculturalism into all aspects of counseling, rather than view it as a separate entity. Highlighting emerging trends and changes in ethical codes, as well as reflecting the latest updates to the Diagnostic Statistical Manual (DSM-5), the book successfully illustrates the importance of art and science to modern-day counseling.

The Handbook of Body Psychotherapy and Somatic

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Psychology provides a comprehensive overview of body-centered psychotherapies, which stress the centrality of the body to overcoming psychological distress, trauma, and mental illness. Psychologists and therapists are increasingly incorporating these somatic or body-oriented therapies into their practices, making mind-body connections that enable them to provide better care for their clients. Designed as a standard text for somatic psychology courses, The Handbook of Body Psychotherapy and Somatic Psychology contains 100 cutting-edge essays and studies by respected professionals from around the world on such topics as the historical roots of Body Psychotherapy; the role of the body in developmental psychology; the therapeutic

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relationship in Body Psychotherapy; and much more, as well as helpful case studies and essays on the use of Body Psychotherapy for specific disorders. This anthology will be indispensable for students of clinical and counseling psychology, somatic psychology, and various forms of body-based therapy (including dance and movement therapies), and is also an essential reference work for most practicing psychotherapists, regardless of their therapeutic orientation. Contributors: Gustl Marlock, Halko Weiss, Courtenay Young, Michael Soth, Ulfried Geuter, Judyth O. Weaver, Wolf E. Bütig, Nicholas Bassal, Michael Coster Heller, Heike Langfeld, Dagmar Rellensmann, Don Hanlon Johnson, Christian Gottwald, Andreas Wehowsky, Gregory J. Johanson,

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Many books have been written about gestalt therapy. Not many have been written on the relationship between gestalt therapy and psychotherapy research. The Handbook for Theory, Research, and Practice in Gestalt

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Therapy is a needed bridge between these two concerns, and a timely addition to scholarly literature on gestalt therapy itself. In 2007 an international team of experienced gestalt therapists devoted themselves to create this book, and they have collaborated with one another to produce a challenging and enriching addition to the literature relevant to gestalt therapy. The book discusses the philosophy of science, the need for research specifically focused on gestalt therapy, and the critical realism and natural attitude found in both research and gestalt praxis. It provides discussions of qualitative and quantitative research, describes the methods of gestalt therapy as based in a unified theory, and illustrates the application of research in the contexts

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of emerging gestalt research communities. The discussion contained in this book is needed at a time when warrant for the practice of psychotherapy is increasingly sought in the empirical support available through psychotherapy research—the so called evidence-based movement—and at a time when public policy is increasingly driven by the call for "what works." Enchantment and Gestalt Therapy is a personal exploration of Erving Polster's remarkable career, the value of the Gestalt approach, and the power of enchantment in psychotherapy. Polster points ahead to a vision of a psychotherapy that includes the population as a whole rather than focusing on individuals, highlights common aspects of living, and focuses on creating an

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ethos for a shared understanding. The book outlines the six Gestalt therapy concepts that have formed the basis of Polster's work and describes Life Focus Groups, with an emphasis on the communal relationship between tellers and listeners. Polster also describes the phenomenon of enchantment in psychotherapy in detail, with reference to his own experiences. This unique work is essential reading for Gestalt therapists, other professionals interested in Gestalt approaches, and readers looking for a deeper insight into community and connection.

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[Introduction to Counseling](#)

[Peer Supervision Groups](#)

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