

Pros

A great choice if you want to:

- Improve your self-awareness and self-confidence
- Develop coping skills to deal with stressful situations
- Understand your needs and responses

Cons

May not be the right fit if you're:

- Looking for a more traditional, structured form of therapy
- Looking for treatment for a specific issue (i.e. panic attacks)
- You're interested in a less-intensive or online form of therapy

Alternatives

- Cognitive Behavioural Therapy
- Person-Centered Therapy
- Existential Therapy

Gestalt Self Therapy

Ansel L. Woldt, Sarah M. Toman



Gestalt Self Therapy:

gestalt self therapy and further techniques for personal growth muriel schiffman ,1971 **Gestalt Self Therapy**
Muriel Schiffman,1980 **Gestalt Self Therapy and Further Techniques for Personal Growth** Muriel Schiffman,1972
Gestalt Therapy for Addictive and Self-Medicating Behaviors Philip Brownell,2011-12-20 Print CourseSmart *Gestalt Self Therapy* Michael Schiffman,Muriel Schiffman,1979-09-01 **Gestalt Therapy** Talia Levine Bar-Yoseph,2012 This book is a collaboration of some of the best thinkers in the Gestalt therapy world and offers a high level summary of recent and future developments in theory practice and research Gestalt Therapy Ansel L. Woldt,Sarah M. Toman,2005-01-20 Praise for Gestalt Therapy History Theory and Practice This is an incredibly important addition to the world of psychotherapy and Gestalt in particular This book will be very helpful for use with various courses of study not just Gestalt institutes and special training programs but also general graduate school classes in masters programs for mental health social work counseling allied health professionals psychiatry and psychology I highly recommend this book I think it will make an excellent contribution Norman Shub Gestalt Associates Columbus Ohio however this is one of the most expansive books of the recent collection Each of the chapter authors has written impressive selections that taken one by one are valuable additions for serious students and practitioners What earns this book an evaluation as extraordinary is both the content and the structure J Edward Lynch Southern Connecticut State University Gestalt Therapy History Theory and 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 classic and cutting edge constructs In each chapter understanding of concepts proceeds from content to case applications to experiential exercises 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 takes both a conceptual and a practical approach to examining classic and cutting edge constructs In each chapter understanding of concepts proceeds from content to case applications to experiential exercises Key Features Organized into two parts to provide the background theory and methodology first in Part I before examining the applications of Gestalt therapy in Part II Chapters are written by theorists and practitioners who are experts in various aspects of Gestalt therapy Chapters follow a consistent format Introduction with bios of chapter authors and dialogue respondents Body Content with case study examples Conclusion Review Questions and Experiential Applications and Activities Dialogue Boxes run alongside the content thus mirroring a key Gestalt concept of

valuing multiple perspectives and voices An Epilogue guides readers to training resources Gestalt Internet resources and Gestalt organizations Gestalt Therapy is designed for graduate students studying mental health as well as for trainees at the many Gestalt training institutes around the world is designed for graduate students studying mental health as well as for trainees at the many Gestalt training institutes around the world *Gestalt Therapy* Ansel L. Woldt, Sarah M. Toman, 2005-01-20 Praise for Gestalt Therapy History Theory and Practice This is an incredibly important addition to the world of psychotherapy and Gestalt in particular This book will be very helpful for use with various courses of study not just Gestalt institutes and special training programs but also general graduate school classes in masters programs for mental health social work counseling allied health professionals psychiatry and psychology I highly recommend this book I think it will make an excellent contribution Norman Shub Gestalt Associates Columbus Ohio however this is one of the most expansive books of the recent collection Each of the chapter authors has written impressive selections that taken one by one are valuable additions for serious students and practitioners What earns this book an evaluation as extraordinary is both the content and the structure J Edward Lynch Southern Connecticut State University Gestalt Therapy History Theory and 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 classic and cutting edge constructs In each chapter understanding of concepts proceeds from content to case applications to experiential exercises 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 takes both a conceptual and a practical approach to examining classic and cutting edge constructs In each chapter understanding of concepts proceeds from content to case applications to experiential exercises Key Features Organized into two parts to provide the background theory and methodology first in Part I before examining the applications of Gestalt therapy in Part II Chapters are written by theorists and practitioners who are experts in various aspects of Gestalt therapy Chapters follow a consistent format Introduction with bios of chapter authors and dialogue respondents Body Content with case study examples Conclusion Review Questions and Experiential Applications and Activities Dialogue Boxes run alongside the content thus mirroring a key Gestalt concept of valuing multiple perspectives and voices An Epilogue guides readers to training resources Gestalt Internet resources and Gestalt organizations Gestalt Therapy is designed for graduate students studying mental health as well as for trainees at the many Gestalt training institutes around the world is designed for graduate students studying mental health as well as for

trainees at the many Gestalt training institutes around the world

A Gestalt Self Therapy Support Group Paul S. Rowe,1983

Gestalt Therapy Georges Wollants,2012-02-13 This seminal textbook on Gestalt therapy refreshes the theory of Gestalt therapy revisiting its European roots Taking the basic premise that people do the best they can in relation to their own situation a thoroughly Gestalt idea leading European therapist Georges Wollants explains Gestalt theory and provides a useful critique of commonly taught concepts Each section approaches a key area of psychotherapy theory in context while chapter summaries illustrations and worked through case examples help to make the theory accessible to all those training in Gestalt therapy Commentaries from current experts in different areas of Gestalt provide a balanced overview of Gestalt therapy today The author brings in his extensive knowledge of European philosophers and psychologists to offer a unique insight into Gestalt therapy A readable engaging clarification of Gestalt theory and practice this will be a worthy addition to any trainee s reading list not only in humanistic and integrative counselling and psychotherapy but also pastoral care in wider mental health training

Counseling and Psychotherapy Siang-Yang Tan,2022-04-19 This substantially revised and updated edition of a widely used textbook covers the major approaches to counseling and psychotherapy from a Christian perspective with hypothetical verbatim transcripts of interventions for each major approach and the latest empirical or research findings on their effectiveness The second edition covers therapies and techniques that are increasing in use reduces coverage of techniques that are waning in importance and includes a discussion of lay counseling The book presents a Christian approach to counseling and psychotherapy that is Christ centered biblically based and Spirit filled

Psychopathology of the Situation in Gestalt Therapy Margherita Spagnuolo Lobb,Pietro Cavaleri,2023-03-24 This collection explores the impacts and new ways of treatment of difficult clinical situations in the uncertainty of a world in crisis through a phenomenological and aesthetic field oriented lens Each author offers a Gestalt centered perspective on clinical issues a situational window which includes the therapist and avails itself of tools configured to modify the entire experiential field Through clinical case studies and theoretical reflections the book examines the experience of children difficult childhood situations such as separations abuse neurodevelopmental disorders adolescent social closure the experience of dependency couples and family therapy the condition of the elderly and the end of life interventions for degenerative diseases and the trauma of loss and mourning all of which are considered according to two cardinal points first the description of the relational ground experiences of patients and second the aesthetic relational knowing a field perspective which allows the presence of the therapist to be modulated Psychopathology of the Situation in Gestalt Therapy A Field oriented Approach is essential reading for Gestalt therapists as well as all clinicians with an interest in phenomenological and aesthetic understanding of the complexity of clinical situations

Self-help for Trauma Therapists Margaret Pack,2016-07-22 For those offering trauma informed care it can be difficult to maintain wellbeing and a balanced positive outlook when the nature of their job requires frequent engagement with traumatic disclosures Self help for Trauma Therapists A Practitioner s Guide

intends to assist human service workers such as those working as therapists social workers and counsellors to maintain their self care and professional effectiveness when working in fields where stress and trauma play a key factor in their everyday working lives Adopting a comprehensive multi layered approach to self care based the book grounds its exploration of practice through researched accounts with experience professionals Including accounts from clinical psychologists therapists counsellors social workers and the friends and family of people in these professions this book creates a narrative on stress and trauma from the human service worker perspective Interwoven with these stories of practice the author includes reflections on her own experiences in practice over the past 25 years with trauma survivors With discussions on risk and resilience compassion fatigue and vicarious traumatisation readers are introduced to the theories and practical applications of developing a professional model for maintaining wellbeing and self care in their work Self help for Trauma Therapists A Practitioner s Guide is the first book of its kind to be written solely for human service workers It is essential reading for beginning and more advanced practitioners who are involved in working with trauma and recovery and will also be of interest to supporters of those working in the helping professions

The Relational Heart of Gestalt Therapy Peter Cole,2022-05-12 This compelling and comprehensive volume is an anthology of current thinking by many of gestalt therapy s leading theoreticians clinicians and researchers Including many well known voices in the field and introducing several new ones to the current gestalt therapy literature the book presents a broad ranging compendium of essays scientific articles clinical applications and integrative approaches that represent the richness and vibrancy of the field Each contributor brings intellectual rigor honest personal reflection and humanism to their area of inquiry This ethos the spirit of relational gestalt therapy infuses the whole book bringing a sense of coherence to its seventeen chapters Following an introduction written by Mark Winitsky PhD as an entry point into the field for students and psychotherapists from other schools of thought the book is organized into three sections Theory Clinical Applications and Integrative Approaches Readers will encounter new ways of thinking about psychotherapy new skills they can bring to their work and new ways of integrating gestalt therapy with other approaches The Relational Heart of Gestalt Therapy is essential reading for Gestalt therapists as well as other mental health professionals with an interest in Gestalt approaches

Relational Gestalt Therapy in India Vanaja Ammanath,2023-06-06 This fascinating book examines the place and practice of Relational Gestalt therapy RGT within an Indian cultural context and how it can be applied in a group setting The book begins by introducing the foundational concepts of Gestalt therapy GT namely phenomenology field theory and dialogic existentialism Through stories and vignettes it then invites the reader to enter the circle of the group a profound way of learning akin to the old Indian folk tradition of village communities sharing stories and bonding as a social group Drawing from these narratives the book not only elaborates on the theoretical concepts of GT but also offers culturally sensitive guidance for Indian practitioners wishing to conduct group therapy Written by a practitioner with over 20 years experience this book will prove essential reading not only for practitioners working in India

but also for anyone with an interest in how GT can be applied in group settings in different cultural contexts A Gestalt Therapist's Guide Through the Depressive Field Jan Roubal,2024-11-28 This book is intended for psychotherapists working with depressed clients In particular it focuses on how working with depressed clients affects the therapists themselves and elaborates on how therapists can care for themselves in such demanding work to prevent burnout or process it meaningfully as part of their professional development Based on the results of the author s own long term experience qualitative research and theoretical concepts describing psychopathology from the humanistic existential perspective of Gestalt therapy this book describes a paradoxical way of working in which therapists transform their own experience in the presence of a depressed client Using the example of working with depression the book introduces how the field theory approach can be used in clinical practice The book provides a conceptual framework practical skills and case examples illustrating what a field theory approach brings new to the table This will be a useful guide for psychotherapists and Gestalt therapists who regularly come into contact with depressive clients as well as for therapists who are themselves experiencing professional exhaustion and are at risk of reaching burnout **Gestalt Therapy, an Introduction** Vernon Van De Riet,Margaret P. Korb,John Jeffrey Gorrell,1980 1 theoretical foundations of gestalt therapy 2 philosophical assumptions of gestalt therapy 3 psychodynamics 4 health and dis ease 5 change processes and the course of therapy 6 the therapist person and role 7 transcript of a therapy session **Social Work Treatment 4th Edition** Francis J. Turner,1996-09-01 **A Field-Centred Approach to Gestalt Therapy** Lothar Gutjahr,2024-05-07 In Gestalt therapy sociological political and economic research is often neglected or ignored Drawing on analyses about current societal conditions this book considers that there is no such thing as a postmodern therapy and offers a new approach to Gestalt therapy Gestalt therapy is still currently based on the Cartesian worldview even if relational approaches are in search for an in between The author s approach of Gestalt therapy is based on an idea by the founders Contact is the first reality so the field coemerges and coexists with individuals perceptions providing specific conditions demands limitations and opportunities An individual s field is not an afterthought established by the perspective of the first person singular i e individuals but a *conditio sine qua non* Gutjahr reflects on both theoretical and practical aspects of the field s many processes of resonance Putting the field consistently at the centre of his approach the author describes the main tenets expanding on previous versions of Gestalt therapy This important new book is at the cutting edge of the current discussion of relational and field oriented approaches to Gestalt therapy and will be of particular interest to practitioners of Gestalt therapy psychotherapists phenomenologists as well as theorists of philosophy sociology and therapy Counseling Theories and Techniques for Rehabilitation Health Professionals Fong Chan,2004-02-17 This text provides a state of the art treatment of the dominant theories and techniques of counseling and psychotherapy from a rehabilitation perspective Written by recognized experts in their content areas the book focuses on several knowledge domains underlying the practice of counseling in rehabilitation settings These domains are presented within the framework

of the major theoretical approaches to counseling and applications are explained as they relate specifically to people with disabilities Case examples are used throughout the text Basic techniques and selected professional issues related to practice are also presented This collection will be useful for practitioners as well as for upper level undergraduates and graduate students in rehabilitation counseling psychology and other rehabilitation health care disciplines such as nursing occupational therapy and physical therapy

Enjoying the Tune of Appearance: An Mental Symphony within **Gestalt Self Therapy**

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