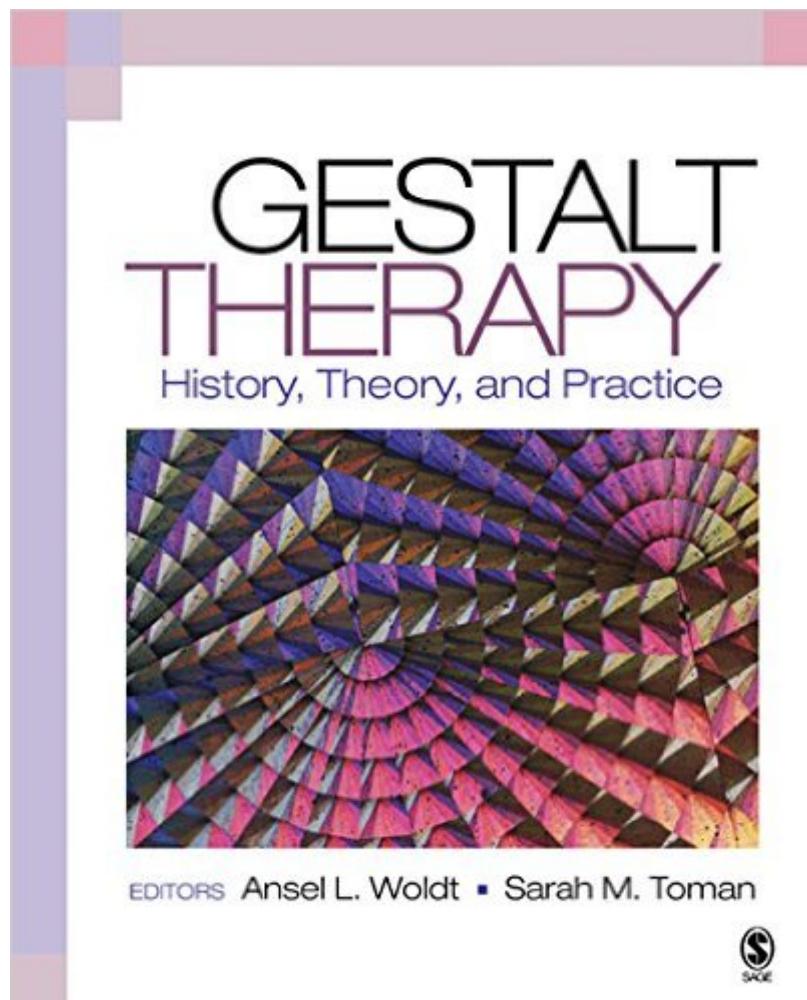


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# Gestalt Therapy: History, Theory, And Practice



## **Synopsis**

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.

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## **Customer Reviews**

First, full disclosure admits that I am a contributing author to this book. However, I'm not writing to advocate my chapter; rather, I'm writing because I am feeling fortunate and grateful to be among the other authors in this great book. That is true, and it is also true that the content and approach to this book provides a comprehensive treatment of Gestalt therapy that serves our discipline well and provides a solid reference for trainees. Many of these authors are people with whom I have been meeting, conferencing, discussing, arguing, and from whom I have been learning ever since I

started my journey in formal Gestalt training. I would rank this volume in the top five for Gestalt therapy literature worldwide.

I am very impressed with this important and comprehensive contribution to the Gestalt Therapy literature. We have assigned it for our post-graduate training institute. The students find it clear and informative. I highly recommend it for both beginning and advanced students of Gestalt Therapy.

Many aspects of gestalt therapy presented in a way that I find engaging and at the same time exploring theory in detail. I particularly like the commentaries in the form of a dialogue along side many of the chapters, as they deepened my own thinking. This has been an extremely useful book to me as a resource in my training- I imagine I will continue to re-read and refer back as I begin my practice. It's quite pricey but it is a treasure trove.

I am only reading this text for a course. The language is not concrete, and I am having a hard time applying the information to counseling applications.

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