



## Gestalt Therapy (100 Key Points)

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### Product Description

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. This new edition of Gestalt Therapy: 100 Key Points and Techniques provides a concise, accessible guide to this flexible and far-reaching approach. Substantially updated throughout, 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.

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