



Gestalt Therapy: 100 Key Points and Techniques

By Dave Mann

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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 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.

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Gestalt Therapy: 100 Key Points and Techniques By Dave Mann Bibliography

- Sales Rank: #126849 in Books
- Brand: Brand: Routledge
- Published on: 2010-08-29
- Released on: 2010-07-28
- Original language: English
- Number of items: 1
- Dimensions: 7.79" h x .67" w x 5.08" l, .75 pounds
- Binding: Paperback
- 296 pages

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Editorial Review

Review

"Mann shows a wealth of specialist knowledge, communicated clearly, and takes the reader on a therapeutic journey into the world of Gestalt. I recommend this book to all practitioners, students and professionals, as well as to clients wishing to review the journey they have made with their therapist." - **Terry Browning, Gestalt Counsellor, London & Member of the British Association for Counselling and Psychotherapy.**

"Whether you are familiar with Gestalt Theory, or just starting out, this book is a must. Mann has successfully undertaken the task of outlining key concepts in Gestalt Theory and has provided a benchmark to work from. Do not consider borrowing this book, you must buy it! You will keep dipping into it for references, definitions, ideas and examples." - **Dr Sally Denham -Vaughan, UKCP Registered Gestalt Psychotherapist, Trainer, Supervisor and Writer.**

"I wish this book had been available when I was beginning to learn about therapy. I treasure the sophisticated humanity, grace and flexibility that gestalt therapy embodies and yet its theory can be difficult to grasp. Mann, writing in his conversational style, draws the reader into gentle conversation with a wise elder who makes gestalt therapy accessible without reducing its wisdom." - **Lynne Jacobs, Ph.D., Co-Founder, Pacific Gestalt Institute, Los Angeles, CA, USA.**

About the Author

Dave Mann is a UKCP Registered Gestalt Psychotherapist, Supervisor and Trainer affiliated with the Metanoia Institute, Gestalt Psychotherapy Training Institute and Sherwood Psychotherapy Training Institute. He is also a former Assistant Editor of the British Gestalt Journal.

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