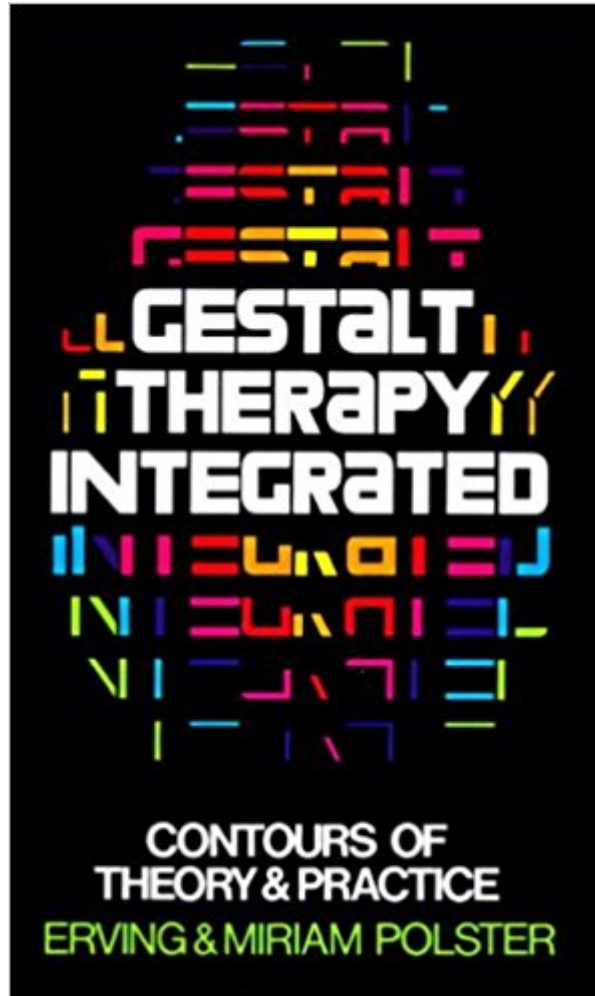


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# Gestalt Therapy Integrated: Contours Of Theory & Practice



## Synopsis

Explains the fundamentals of the behavioral theory that is based on an integrated view of the personality. For the student and the professional.

## Book Information

Mass Market Paperback: 329 pages

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Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (9 customer reviews)

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## Customer Reviews

Erv and Miriam Polster were two major stars in the pantheon of psychotherapy, Gestalt therapy in particular. They were strongly influenced by the ideas of Isadore From and Lore Perls, with whom they studied at the Cleveland Institute of Gestalt Therapy and in New York City. For many years they trained practitioners in the methods of Gestalt therapy through their training center in La Jolla. They also did workshops across the US and abroad. This book is written in the 1970's and shows it, with its somewhat flowerly and gushy style. However it is probably the best book around for someone who wants to know a bit about the theory and practice of this approach first-hand, from two people who really knew what they were doing.

I was fortunate to study with Erv and Miriam Polster in the late 1970's. This book I recently reread and it sure stands the test of time. Little did I know when I studied with the Posters how influential they would be in the development of Gestalt therapy. This book is extremely helpful and destroys the myths often perpetrated about Gestalt therapy! I had forgotten just how good this book is! Charlotte Mabry, Ed.D.

Everyone who plans to study psychology or are in any medical care profession should learn the information in this book so that they can understand and communicate with clients & patients in more understanding ways. Invaluable for lawyers, law-enforcement professionals, etc. 7/3/15; 3:03 AM in New Orleans

I agree with another reviewer that this text is somewhat dated, but it is still one of the "must reads" for a gestalt-literate therapist. Perhaps not as purely practiced as some of the major schools of psychotherapy, and unfortunately more often misunderstood to be a group of therapeutic techniques, the philosophical and theoretical underpinnings of the Gestalt model will continue to form the gestalt of all good clinical practice!

This basic introduction to gestalt therapy, first published thirty years ago, is relatively easy to read and covers quite a lot of concepts and practices. It also provides many anecdotal accounts of example cases to help illustrate its themes.

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