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Nota di contenuto	Cover; Contents; Preface; Acknowledgements; Introduction: A field theoretical and relational model of contemporary integrative Gestalt; Part I - Attending to Beginnings: Initial Conditions and Existential Meeting; Chapter 1 - Using initial session(s) for meeting, clarification and two-way assessment; Part II - Exploring the Client's Context and Culture; Chapter 2 - Attending to the whole person; Chapter 3 - Understanding field theory and meeting clients from a field perspective; Chapter 4 - Understanding how people organise their psychological field Chapter 5 - Using phenomenological methods to describe and investigate the fieldChapter 6 - Understanding the paradoxical theory of change; Part III - Developing a Dialogic Relationship as a Crucible for Self Development; Chapter 7 - Understanding Gestalt theories of self and their implications; Chapter 8 - Understanding the dialogic relationship and developing a person to person dialogue; Chapter 9 - Making a working alliance with clients; Chapter 10 - Understanding transferential processes within the dialogic relationship Chapter 11 - Integrating the different components of dialogic relating in practicePart IV - Observing Process, Developing Diagnostic Perspectives and Therapeutic Strategies; Chapter 12 - Observing

clients' processes of contact and styles of moderating contact, while developing diagnostic perspectives; Part V - Exploring Awareness and Contact; Chapter 13 - Exploring and developing awareness and contact; Chapter 14 - Reintegrating disowned aspects or polarities of the self; Chapter 15 - Exploring personal responsibility; Part VI - Integrating Experimental, Creative and Transpersonal Dimensions Chapter 16 - Integrating creative imagination and experiments Chapter 17 - Introducing and developing imagery and metaphor; Chapter 18 - Introducing fantasy and visualisation; Chapter 19 - Working with dreams; Chapter 20 - Opening to the transpersonal and caring for soul; Part VII - Working with Embodiment, Energy and 'Resistance'; Chapter 21 - Using embodiment, movement and play; Chapter 22 - Attending to body process and energy flow; Chapter 23 - Appreciating the wisdom of 'resistance', while exploring the impasse Part VIII - Attending to the Background* Features and Processes in Clients' Lives Chapter 24 - Attending to the ground from which figures of contact arise; Chapter 25 - Exploring and developing awareness of support systems; Chapter 26 - Identifying and unravelling life themes; Chapter 27 - Attending to continuity, assimilation and completion; Chapter 28 - Calibrating your approach for people who have a fragile sense of self or are easily shamed; Part IX - Shaping Counselling over Time; Chapter 29 - Shaping therapeutic work over time; Chapter 30 - Attending to the final stages and endings Conclusion: Simplicity, complexity and paradox in Gestalt counselling and therapy

Sommario/riassunto

'In this eminently sensible, practical and thought-provoking book, Jennifer Mackewn takes gestalt light years forwards towards a synthesis and integration of psychological styles and away from what she describes as ""Perlism"". I agree with her: this is a book for therapists, not principally for gestaltists... In inviting the reader to ""pick and choose"" from the many and varied, always practical, hands-on approach chapters... Jennifer Mackewn hopes we will both enjoy her book and find it of use. This reader, commending the book to you all, has no doubt that both her hopes will be fulfilled'
