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Nota di contenuto	Cover; Copy Right; ABOUT THE AUTHOR; FOREWORD; INTRODUCTION; 1: What is Gestalt?; 2: The Therapist is incarnate; 3: Fritz Perls, the Father of Gestalt Therapy; 4: The Theory of the Self; 5: Gestalt-Pedagogy and Socio-Gestalt; 6: Gestalt and the Brain; 7: Dreams in Gestalt Therapy; 8: The Body, the Emotions; 9: Vital Drives: Aggression and Sexuality; 10: The Personality Profile (Psychopathology); 11: Twenty Basic Notions; ANNEXES; Short bibliography: in English; Short bibliography: in French; Practical information
Sommario/riassunto	Gestalt Therapy has been developing steadily for the last 50 years in America as well as in Europe. It is currently practiced in different settings: individual, group, and family therapies; personal growth; social, medical and business organizations. This book describes a specific French approach: a synthesis of French culture (greatly influenced by psychoanalysis) along with a mobilizing and interactive method, emphasizing the cycle of contact, evoking the emotions, the body and the right hemisphere of the brain. This book is written mostly for beginners and for psychotherapy clients: it summ

