



## Skills in Gestalt Counselling & Psychotherapy (3rd Revised edition)

By Phil Joyce, Charlotte Sills

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Skills in Gestalt Counselling & Psychotherapy (3rd Revised edition), Phil Joyce, Charlotte Sills, This practical guide to the Gestalt approach has successfully introduced thousands of trainee therapists to all the essential skills needed at each stage of Gestalt practice. Now in its third edition, each chapter has been updated with the latest relevant literature and research findings. In addition, there is: \* Expanded content on working with more challenging client issues, \* Integration of ideas from sensorimotor and EMDR psychotherapy, as well as some mindfulness techniques, \* New material on depression and anxiety, and \* Three brand new chapters on building resources and working with trauma. The authors offer practical guidance on issues such as setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, making the most of supervision, adopting a research approach and managing difficult encounters. This is an ideal text for use on counselling and counselling skills courses, and provides a useful overview of how to understand and manage the whole process of therapy, especially those training in or practising Gestalt. Phil Joyce teaches at Metanoia Institute, London and a Gestalt practitioner and...



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