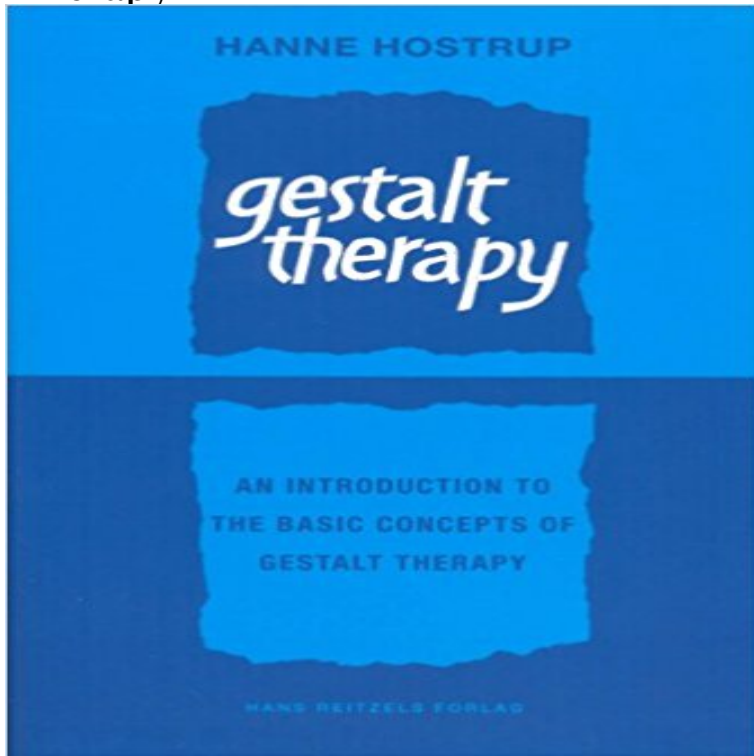


# Gestalt Therapy: An Introduction to the Basic Concepts of Gestalt Therapy



Originally, gestalt therapy was developed as a therapy of neurosis. Although its basic concepts remain the same, gestalt therapy has been expanded and refined in both theory and practice. Today, it constitutes a modern form of psychotherapy, suitable as both a form of developmental therapy and a treatment for a wide range of client categories with many different mental disorders. This book discusses the impact of the US origins of gestalt therapy, and it underlines the importance of a high degree of sensitivity to cultural aspects as gestalt therapy spreads throughout the world. It is crucial that gestalt therapists consider the culture and the social conditions which form the context for their practice of gestalt therapy. The book is primarily an introductory textbook, offering a clear and sober presentation of the values, theories, methods, and techniques of gestalt therapy. In addition, it describes the various applications of gestalt therapy and the associated ethical and practical conditions. It will be essential reading for gestalt therapy students, psychologists, students of psychology, and health professionals.

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