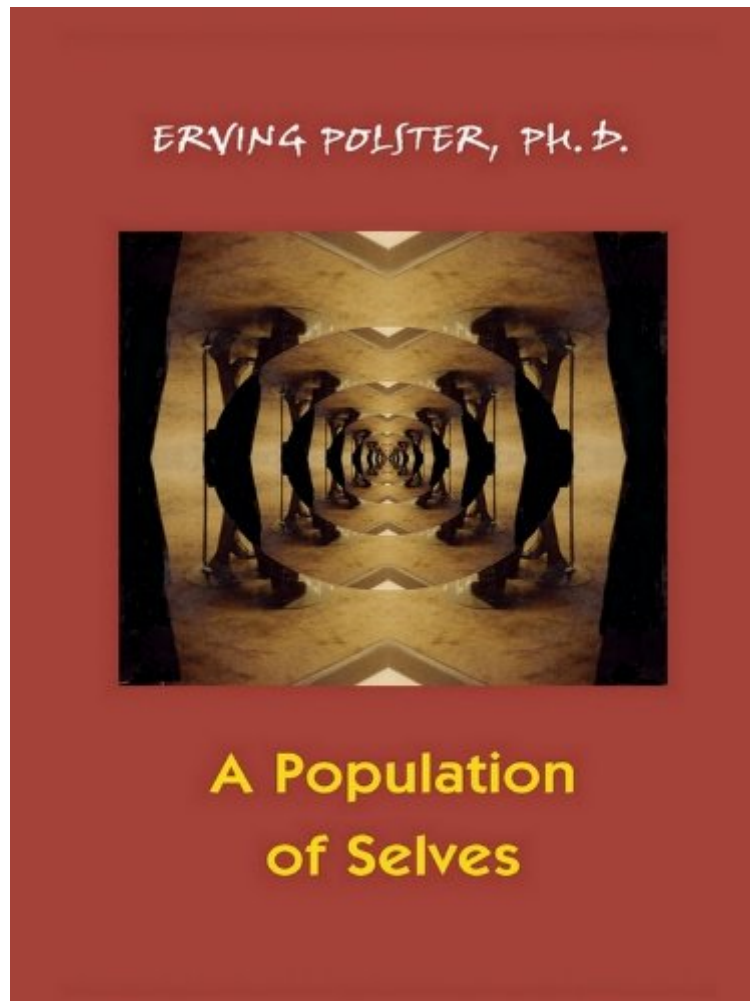


The book was found

A Population Of Selves: A Therapeutic Exploration Of Personal Diversity



Synopsis

Erving Polster--coauthor of the landmark work "Gestalt Therapy Integrated" -- greatly expands the knowledge and thinking on the development of self. A Population of Selves offers therapists new ways of thinking about the self as well as specific procedures to help patients realize a powerful and healthy sense of self: a goal at the very heart of the therapeutic process. In an innovative expansion of therapeutic theory, Polster shows how the human reflex to summarize and animate experiences serves as a natural springboard for the formation of selves. He enlarges the therapeutic aim of synthesizing alienated aspects of a person by offering a construct of heterogeneous characters within, each with its own place and voice. Every person is host to a population of selves: the infantile, the cunning, the rebellious, the lover. Using case examples from his own therapeutic practice, Polster illustrates eight major pathways for therapists to elicit new selves and to help their patients renew neglected or misunderstood selves. His approach ties self theory more closely than ever to actual therapeutic practice. He shows how to evoke selves through the use of stofy, and he explains how to tighten up therapy sessions to encourage the emergence of selves. Polster also suggests techniques aimed at improving contact among various selves, as well as between therapist and patient, and then augmenting strong contact with the powerful complementary use of empathy. Finally, he demonstrates how to guide patients through their alienated selves and, without robbing each of its identity, link these selves to create a greater sense of personal identity.

Book Information

File Size: 563 KB

Print Length: 270 pages

Publisher: The Gestalt Journal Press (November 1, 2011)

Publication Date: November 1, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B006IYEZ3U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #983,657 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Gestalt #68 inÂ Books > Medical Books > Psychology > Movements > Gestalt #751 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Education & Training

[Download to continue reading...](#)

A Population of Selves: A Therapeutic Exploration of Personal Diversity Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) The Demographic Dividend: A New Perspective on the Economic Consequences of Population Change (Population Matters S) Structured-Population Models in Marine, Terrestrial, and Freshwater Systems (Population and Community Biology Series) The Person-Centred Approach to Therapeutic Change (SAGE Therapeutic Change Series) Seismic Stratigraphy, Basin Analysis and Reservoir Characterisation (Handbook of Geophysical Exploration: Seismic Exploration) 8 Keys to Recovery from an Eating Disorder: Effective Strategies from Therapeutic Practice and Personal Experience (8 Keys to Mental Health) Dataclysm: Love, Sex, Race, and Identity--What Our Online Lives Tell Us about Our Offline Selves Divided Minds and Successive Selves: Ethical Issues in Disorders of Identity and Personality Broken Images Broken Selves: Dissociative Narratives In Clinical Practice Trans Bodies, Trans Selves: A Resource for the Transgender Community The Letter Q: Queer Writers' Letters to their Younger Selves True Selves: Understanding Transsexualism--For Families, Friends, Coworkers, and Helping Professionals Masking Selves, Making Subjects: Japanese American Women, Identity, and the Body Social Selves: Theories of Self and Society Why Good People Do Bad Things: Understanding Our Darker Selves Go Only As Fast As Your Slowest Part Feels Safe To Go: Tales To Kindle Gentleness and Compassion For Our Exhausted Selves Demystifying the Out-of-Body Experience: A Practical Manual for Exploration and Personal Evolution La ville d'Alger vers la fin du XVIII siecle: Population et cadre urbain (CNRS histoire) (French Edition) The West Indies in 1837: Being the Journal of a Visit to Antigua, Montserrat, Dominica, St. Lucia, Barbadoes, and Jamaica; Undertaken for the Purpose ... of the Negro Population of Those Islands

[Dmca](#)