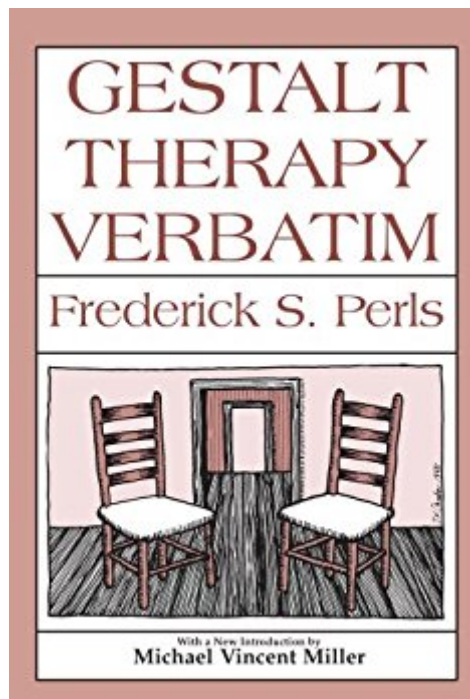


The book was found

# Gestalt Therapy Verbatim



## Synopsis

Compiled and edited from transcriptions of three workshop/demonstrations that took place at the Esalen Institute in 1968, the first section of this book includes four lectures wherein Perls presents a clear explanation in simple terms of the basic ideas he believed underlie the philosophy and methodology of Gestalt therapy. The lectures are followed by verbatim transcripts of work Perls did with workshop participants. This Gestalt Journal Press edition includes an introduction by Michael Vincent Miller that explores the political and cultural milieu when Gestalt therapy leapt to the "theatrical forefront" of the human potential movement.

## Book Information

File Size: 838 KB

Print Length: 324 pages

Page Numbers Source ISBN: 0939266164

Publisher: The Gestalt Journal Press (March 16, 2013)

Publication Date: March 16, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00BVMA66E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #199,889 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Gestalt #7 inÂ Books > Medical Books > Psychology > Movements > Gestalt #121 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Education & Training

## Customer Reviews

I found a free copy of this 1969 version that my library was giving away.. Wow!The first 76 pages are a talk he gave about gestalt therapy to a group who might choose to stay for a 5 week workshop on dreams at Esalen. The book is transcribed from his spoken talks, which gives the reading a lively and irreverent feel, like you are transported back to 1969 with his cursing, smoking etc.The

remaining pages are transcripts of his interactions at the workshop, one on one asking people to BE certain parts of their dreams. For example, a woman describes a dream about a house where she is walking up the stairs. Fritz says to her, BE the house and talk to the woman who is walking up you. Because he believes each part of the dream represents a fragmented part of oneself, and to give these parts a voice resolves their unfinished enlightenment or gestalt. I did not read the book for the dream work however. I am giving it five stars for the first 76 pages about how and why people get stuck with unfinished enlightenments/gestalts. A theory he describes beginning on page thirtysomething and throughout the 76 pages is the idea that people need to be frustrated. Our culture tends to avoid discomfort and frustration. But only through frustration, when other options are blocked, do we draw upon inner resources, our natural self and natural processes to bring forward the natural enlightenment about that issue, or gestalt. He gives an example of thanking Hitler for making it impossible for him to stay alive in Germany, for this trip through other countries, without guarantees of safety or income, exposed him to the processes that would become his great discoveries, enlightenments for himself and to share.

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

Gestalt Therapy Verbatim Gestalt Therapy: An Introduction to the Basic Concepts of Gestalt Therapy In Search of Good Form: Gestalt Therapy with Couples and Families (Gestalt Institute of Cleveland Book Series) Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Gestalt Therapy: Therapy of the Situation Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Gestalt Therapy Integrated: Contours of Theory & Practice The Healing Relationship in Gestalt Therapy Gestalt Therapy and Spiritual Perspective: The InnerSense Collection The Gestalt Approach & Eye Witness to Therapy Gestalt Therapy for Addictive and Self-Medicating Behaviors Gestalt Therapy: History, Theory, and Practice Gestalt Therapy Now Aggression, Time, and Understanding: Contributions to the Evolution of Gestalt Therapy The Gestalt Therapy Book Cupping Therapy: An Essential Guide to Cupping Therapy, How it Works, and Its Benefits ( Suction Cup Therapy | Chinese Cupping | Bekam | Hijama | Ventosa ) La psicología de la Gestalt: Cómo sacar provecho del funcionamiento de la mente humana (Gestión y Marketing) (Spanish Edition) Ser padre hoy: Terapia Gestalt y paternidad (Spanish Edition) Healing Tasks: Psychotherapy with Adult Survivors of Child Abuse (Gestalt Institute of Cleveland Publication) Consenting to Grace: An Introduction to Gestalt Pastoral Care

[Dmca](#)