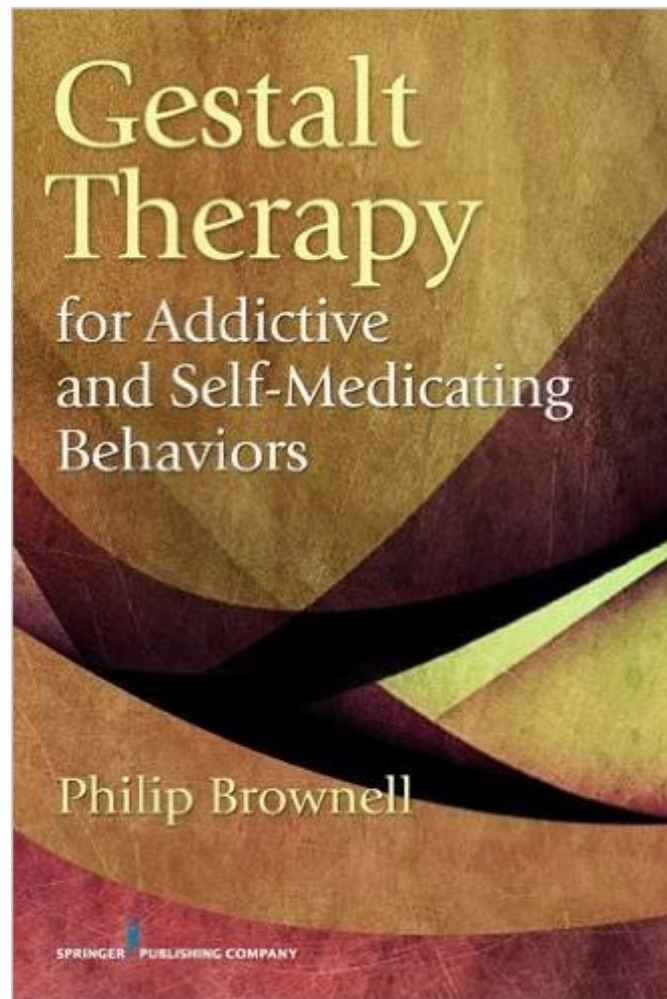


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# Gestalt Therapy For Addictive And Self-Medicating Behaviors



## Synopsis

This volume describes the most current gestalt approaches to treating substance abuse and other self-medicating behaviors by a leading practitioner and scholar in the field. It is based on the gestalt view of the self-medicating dynamic as one of pattern repetition and difficulty overcoming rigid patterns of response to sensory experience and life's routine demands. The book provides a practical model for helping clients with the gamut of self-medicating behaviors-substance and alcohol abuse, overeating, gambling, overworking, rage, and others-and describes a recovery program as a system created to change one's lifestyle over time through the development of disciplines that ultimately shape one's life. The volume will also be helpful to therapists in other modalities as an alternative therapy when treating self-medicating clients, as well as a spiritual alternative to the 12-step approach. Key Features: Applies current gestalt therapy approaches to the spectrum of addictive behaviors Provides practical treatment models for self-medicating behaviors Written by a prominent practitioner and scholar of gestalt therapy Offers a spiritual alternative to the 12-step approach to recovery

## Book Information

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## Customer Reviews

I recently reviewed over 50 various books, articles and other publications for a literature review as part of a psychotherapy Masters program on Addiction. Of all of the publications, one in particular, Gestalt Therapy for Addictive and Self-Medicating Behaviors by Philip Brownell, grabbed my attention. I have found myself returning to it time and again as a reference and a refreshing view on

the paradox of recovery, the differences between sobriety and recovery and various approaches to treatment. It is easy to read, embraces the contemporary model of gestalt therapy, and offers practical treatment advice. This book is not just for gestalt practitioners, but is relevant and valuable to anyone in the addiction recovery industry. I highly recommend it. Get it!

Brownell is an incredibly engaging author pulling the reader in through his personal accounts and dynamic vignettes! As a therapist working in the field of addiction, this book provides a breath of fresh air. Using the client driven approach with my patients has allowed new dialogues to emerge and thus a deeper understanding of the therapeutic relationship and the self.

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