



Skills in Gestalt Counselling & Psychotherapy (Skills in Counselling & Psychotherapy Series)

Phil Joyce, Charlotte Sills

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This practical guide to the Gestalt approach has successfully introduced thousands of trainee therapists to the essential skills needed in Gestalt practice. Now in its third edition, the book includes:

- New chapters on working with trauma, and building client resources
- New material on depression and anxiety
- Expanded content on working with more challenging client issues
- Integration of leading ideas from contemporary trauma therapies.

The authors offer practical guidance on the entire process of therapy including setting up the therapeutic session, creating a working alliance, assessment and treatment direction, managing risk, supervision, adopting a research approach, and managing difficult encounters.

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