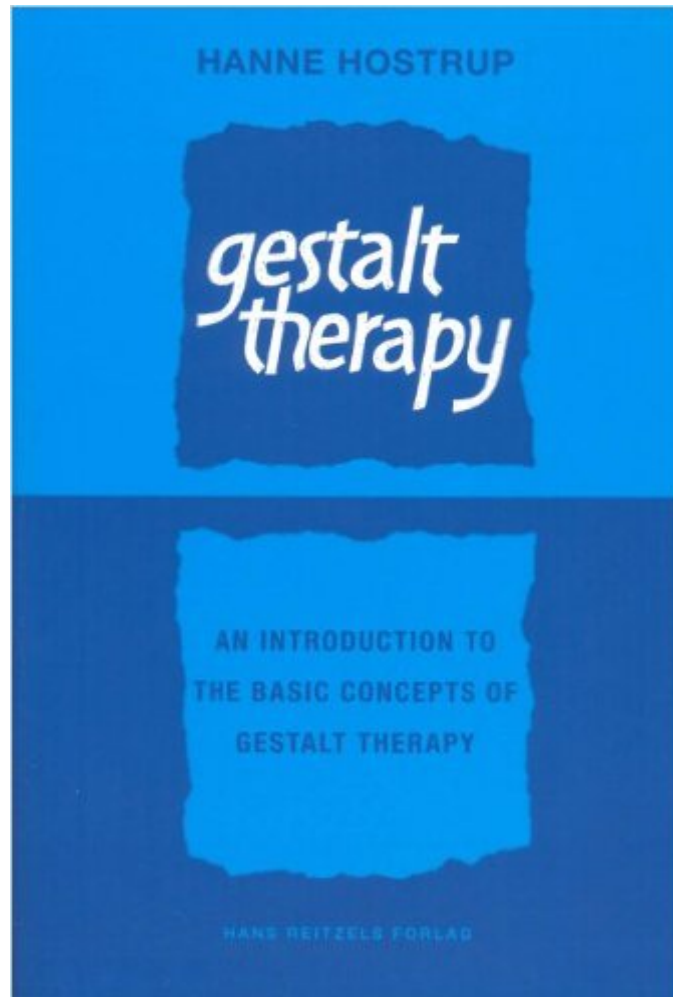


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# Gestalt Therapy: An Introduction To The Basic Concepts Of Gestalt Therapy



## Synopsis

Gestalt Therapy is primarily an introductory textbook. It offers a clear and sober presentation of the values, theories, method, and techniques of gestalt therapy. In addition, it describes the various applications of gestalt therapy and the associated ethical and practical conditions. Originally, gestalt therapy was developed as a therapy of neurosis, but although its basic concepts remain the same, gestalt therapy has been expanded and refined in both theory and practice, and 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. The book discusses the impact of the U.S. origins of gestalt therapy and 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. Gestalt Therapy is aimed at gestalt therapy students, psychologists, students of psychology, and health professionals.

## Book Information

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## Customer Reviews

Several people have asked me what I would recommend as current reading in Gestalt Therapy. My first thought went to: Hostrup, Hanne, (2010). Gestalt Therapy: An Introduction to the Basic Concepts of Gestalt Therapy. Copenhagen: Hans Reitzels Forlag. This book is filled with useful clinical insights, theoretical concepts not normally addressed with this degree of thought, and the seeds of some novel ideas that are worth exploring further. The book first appeared in Danish and

then came out in an English version. English is not Dr. Hostrup's primary language so it is a pleasant surprise that the writing in English is so crisp and clear, easily readable and smooth. I envy her ease with writing! For some Americans Hanne's depiction of the Gestalt therapy that Americans first took to Europe, may be a bit dismaying and startling. She does not have a good opinion of Americans trying to foist "Americanism" under the guise of "gestalt therapy" on Europeans with a history, culture and philosophical depth that has its own validity. In her defense, many of the first American Gestalt trainers in Europe were there because they were they did not wear well in America either and eccentric ex-patriots can often hide personal defects as "lovable" eccentricities when in foreign settings. From her description, this was often the case. But that is not the important part of this book. The background of Gestalt therapy (GT) is the first part of this book. In this section Hanne explores some of the basic premises of GT. Of particular interest is her chapter on Existential thinking and the concept of Existence as well as the values that underpin the meta-theory of GT.

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