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Gestalt Therapy | Living Creatively Today

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Gestalt therapy is a client-centered approach to psychotherapy that helps clients focus on the present and understand what is really happening in their lives right now, rather than what they may...

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Gestalt therapy sees healthy living is a series of creative adjustments (Latner, 1973, pp.54). This means adjusting one's behavior, naturally and flexibly, to the figure in awareness. One example of this process is that I am writing when suddenly I realize that my lips are dry and my mouth is parched.

Gestalt Therapy Explained: History, Definition and Examples

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1. Author(s): Masquellier,Gonzague; Cojean,Sally Reeder Title(s): Gestalt therapy : living creatively today/ Gonzague Masquellier ; translation by Sally Reeder Cojean.

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In Search of Good Form, the long awaited sequel to Joseph Zinker's path-breaking and classic bestseller, Creative Process in Gestalt Therapy, is an exciting and practical guide to Gestalt work... Contact and Context. ... Living Creatively Today Gonzague Masquellier

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and Psychotherapy: Gestalt Therapy was his collaborator on his seminal 1951 book Gestalt Therapy), Erich Fromm, Clara Thompson, and Harry Stack Sullivan. Although Gestalt therapy today seems to be enjoying a renaissance in the United States after some decades of losing popularity, it is burgeoning in most of Europe, Australia, Mexico, and South ...

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