



Gestalt Therapy: A Guide to Contemporary Practice

Philip Dr. Brownell M.Div. Psy.D.

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This book is a practical, professional reference on the practice of Gestalt Therapy (GT) by Philip Brownell, a leading practitioner and scholar in the field. The book covers the philosophical basics of GT and contrasts it with various types of psychotherapeutic approaches. The book also provides guidelines on how to apply GT principles to therapeutic practice with clients. Lastly, the authors cover training on a post-graduate level, certification, and continuing education issues relevant for the practicing therapist.

Key Features:

- Explains Martin Buber's use of "dialogue" in gestalt therapy and how to practice in a dialogical manner
- Compares and contrasts the features of a gestalt system of diagnosis with *Diagnostic and Statistical Manual of Mental Disorders (DSM)*
- Provides GT treatment planning and case management practices

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