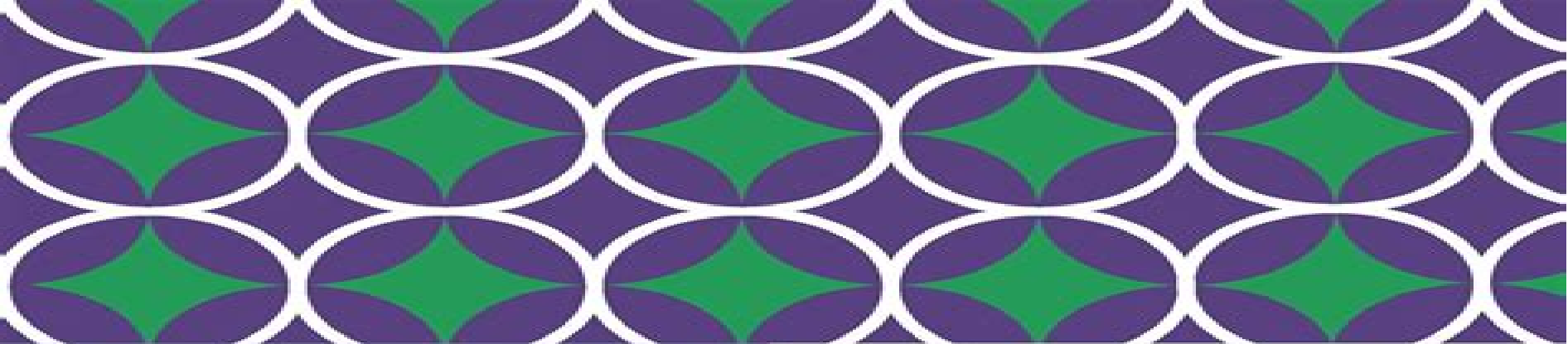




Fourth Edition

# Skills *in* GESTALT

Counselling & Psychotherapy

Phil Joyce &  
Charlotte Sills

Counselling &  
Psychotherapy  
**Skills in**  
.....  
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# Skills In Gestalt Counselling And Psychotherapy

**ML Yell**



## **Skills In Gestalt Counselling And Psychotherapy:**

**Skills in Gestalt Counselling & Psychotherapy** Phil Joyce,Charlotte Sills,2009-11-18 Skills in Gestalt Counselling Psychotherapy Second Edition is a practical introduction to the application of the Gestalt approach at each stage of the therapeutic process Taking the reader through these stages the book focuses on skills which arise out of Gestalt theory as well as those invoked by the therapeutic relationship As well as offering guidance on practice issues affecting counsellors such as assessment and treatment considerations using a variety of Gestalt techniques and developing client awareness this fully updated edition has been expanded to represent new developments in the psychotherapy field New material includes the implications of neuroscience and psychotherapy outcome research for the therapeutic relationship new chapters exploring action research disturbed and disturbing clients and Gestalt supervision and coaching short term work in primary care and the NHS This is an ideal text for use on counselling and counselling skills courses especially those training in Gestalt and recommended reading for anyone who uses Gestalt skills in their work

**Skills in Gestalt Counselling & Psychotherapy** Phil Joyce,Charlotte Sills,2001-09-10 I looked forward to reading this book and was not disappointed It reflects the best of the Gestalt approach it is clear challenging and refreshing Emphasis is placed on the importance of a safe and supporting framework within which therapeutic work takes place and this is reflected in the reader feeling a real connection with the authors The humanistic element of Gestalt comes through clearly in this book Not only is this an important read for those training in Gestalt but it is equally important for trainees and established therapists in the humanistic and integrated field Counsellingbooks com This book was put on our reading list for diploma students in humanistic counselling and it has been snapped up by the students Bee Springwood Self assessment and goal setting developing the client s awareness maintaining the relationship and bringing the counselling to an end The authors also examine the spiritual dimension of counselling and offer guidance on some of the special considerations affecting counsellors such as the context in which they are working the duration of the relationship and particular problems with which clients present For all those training in Gestalt or who wish to sharpen their skills as practitioners this will be essential reading

**Skills in Gestalt Counselling & Psychotherapy** Phil Joyce,Charlotte Sills,2014-02-11 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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provides a step by step guide to using counselling and helping skills with confidence and proficiency The author's three stage model of counselling relating understanding and changing is designed to facilitate developing lifeskills in clients and to help them to change how they feel think communicate and act It includes new chapters on Technology mediated counselling and helping with updated research and references throughout Using practical activities and case examples the book takes you beyond the basics to more advanced skills making it an essential companion for all counselling skills courses Richard Nelson Jones has many years experience as a counsellor trainer and psychotherapist His books have helped train thousands of counsellors and helpers worldwide He is a Fellow of the British and Australian Psychological Societies and of the British Association for Counselling and Psychotherapy [Essential Counselling and Therapy Skills](#) Richard

Nelson-Jones, 2002-01-11 This is another well planned and well organized textbook specifically aimed at students in training as counsellors and psychotherapists who have already completed an introductory course British Journal of Guidance and Counselling Richard Nelson Jones focus on skilling the client provides a valuable toolkit making explicit what is implicit in many counselling models His Skilled Client Model provides an excellent substitute for Egan's Skilled Helper Zo Fitzgerald Pool Director of Training working with clients to find shared definitions of their problems enabling clients to improve how they think communicate and act and dealing with questions of diversity ethical practice and the value of supervision Accessibly written the book contains numerous skill building activities and case examples making [Essential Counselling and Therapy Skills](#) an ideal textbook for practical skills training in counselling counselling psychology psychotherapy and other helping professions

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